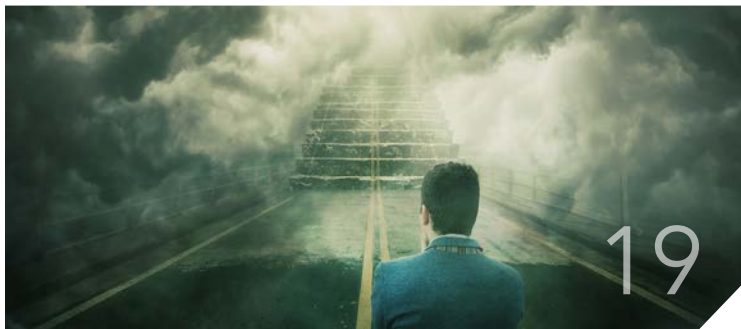
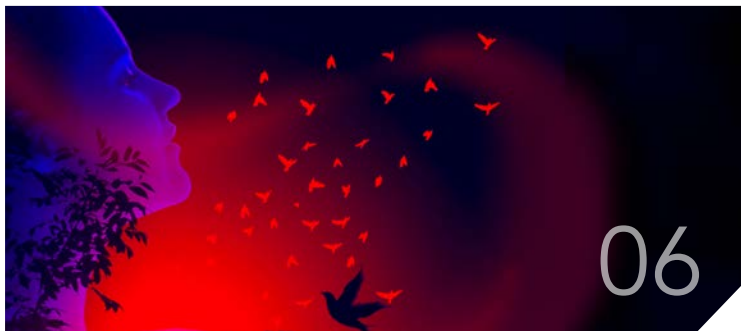




SHAUMBRA™
INSPIRE CONSCIOUSNESS
MAGAZINE 0522



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THE PAINFUL TRUTH



By Geoffrey Hoppe

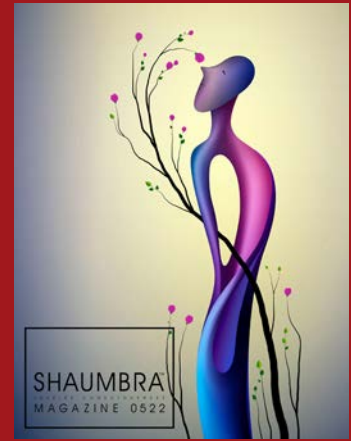
I am in agonizing pain. It's not about the physical pain caused by integrating my light body. I know what that feels like. I can deal with that because I understand what my biology is going through. This is something quite different. It's not muscle pain from working too hard in the yard here at Villa Ahmyo. That goes away in a day or two, especially after sitting in the hot tub at sunset with Linda, Belle and a glass of wine.

It's the pain of watching what's happening in the world. I just want to scream. Wars. Conspiracies. Unconscious humans. Bureaucrats. Corruption. COVID. Excuses. Rudeness.

I just want to scream and my body is in pain. I want to call out every power-hungry jerk in the world. Even the so-called leaders and smart ones don't seem to have a clue. There is absolutely no reason for injustice, inequity and suffering on the planet, yet humanity blindly accepts and practices it.

There's not enough CBD oil in the world to relieve my pain.

Then, I hear a voice from deep within. I am here to do one simple yet profound thing, the voice says: To shine my light. But in the moment of hearing that inner voice, I want to take my light and shove it up the wazoo of the corrupt ones, the conspiracy sheep, the zombies, and the pompous leaders. I estimate that less than 3% of humanity is corrupt, but what really galls me is the other 96.99% that is asleep. That is really who I am upset



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with. Why don't they wake up and say, "No More!""? Anything less than joy should be unacceptable.

I can't bury my head in the sand, although there are days I wish I could. I can't pretend that "It's all good, man." The next time I hear someone say "It's all good" I'm going to burst into spontaneous combustion. I'm in too much emotional and physical pain to romp down Fairy Lane with the unicorns and bliss-ninnies.

I probably shouldn't even be writing this article. I actually tried writing a "normal" article about some of the recent Shaumbra activities, but it seemed so lame and disingenuous. I'm pissed about what's happening in the world around me. Yeah, yeah, it's all my energy, and that only makes it suck even worse. Where is the "Delete" button so I can reboot my energy?

I mourn the loss of Shaumbra friends that have gone the way of conspiracy and duality. Lately I've been getting all sorts of conspiracy crap from Shaumbra around the world. Really? What do they expect me to say when they send this stuff? What I want to say is that they are immersed in huge distractions to avoid the inevitable confrontation with their Soul, *because the Soul knows that the only true conspiracy is the lies a human tells themselves.*

The other day I received a link for a new video from three separate people, probably because it included a discussion about St. Germain. There are three hours of video content filled with very few facts and a lot of conspiracy distortions. Each person that sent it to me insisted this was all absolutely factual,



and that I needed to wake up to the “truth.” Oh, and also tell Adamus that he’s playing into the hands of the 10 richest families that control the world.

Here’s a link to the video: [Everything is a Rich Man’s Dream](#). Is it just me, or is this three hours of unsubstantiated conspiracy chaos? Do people actually take this stuff at face value? If so, then they should also check out the [Birds Aren’t Real](#) website. Please don’t tell them this website is totally a spoof on conspiracy theories. Let them think that every bird on the face of the planet is actually a government surveillance device. It gives them another reason for avoiding their Soul.

I’m not sure whether to laugh or cry, but Linda and I have received a dozen or so emails from Shaumbra that are leaving Crimson Circle because.... Linda and I got a (gasp) COVID vaccination! They say we can no longer be trusted because our bodies are filled with spyware and little robots and tracking devices. I don’t give a damn if you’ve had a COVID vaccination or not. It’s a personal choice. Linda and I travel a lot and we’re always around people. Plus, we’re not spring chickens any more. We’re officially listed as Age Impaired. So yes, we got COVID shots the moment they became available because we didn’t want to end up in a hospital ICU bed. Don’t tell them, but we also got a dreaded Booster Shot! The COVID shot, what foods you put in your mouth, what movies you watch on Netflix, and who you make love to, are personal choices.

Do they really believe we have mind-control devices imbedded in our body as the result of a COVID shot? Don’t tell them that it doesn’t matter if you got vaccinated or not because all of the two-ply toilet paper in the world is infused with microscopic robots that make their way into your brain. That’s where the term butthead originated. Charmin-brand toilet paper is actually owned by the C.I.A. Why settle for wispy chem-trails from aircraft when you can go straight to the source with toilet paper. Duh!

Maybe tomorrow my angst and anger will subside. Maybe the sun will come out and remind me of the beauty and humor of life. Maybe I’ll remember what I am here for: To be on the planet as an embodied Master at the Time of Machines. Maybe I’ll remember the numerous lifetimes of work it took to get here, and the epic changes that are occurring on the planet right now. Maybe this gray cloud of despair will go away so I can get back to Shining My Light. Good lord, the world needs it right now. I feel a little guilty that I’m not joining with other Shaumbra around the world today to do some consciousness shining. This is my day off from shining. I just need today for some venting and ranting. It’s been building up for a long time so now I just need to blow off some steam.

On second thought, I think I’ll watch Kuthumi’s new message, *Metaphysics of Pain*. It was just released... perfect timing for me. He has some interesting advice about letting go of pain, as I recall from filming the channel back in March. I think I’ll take his advice right about now. Check out the trailer and you’ll see what I’m talking about: [Metaphysics of Pain](#).



KASAMATM

THE SOUL'S DESTINY

NEW!

KASAMA ONLINE

AUGUST 19–21, 2022 • HOSTED LIVE BY GEOFFREY & LINDA HOPPE

In this highly informative Cloud Class, Adamus answers some of the biggest questions about the soul, as well as staying on the planet as an embodied Master with energy serving you in grace. The premise is simple: You are in the midst of a beautiful and natural process of reuniting with your soul, but oftentimes it seems challenging or elusive because of the human perspective and conditioning.

Adamus addresses the toxic element of suffering that humans have come to accept as part of life, even though suffering is totally unnecessary. He discusses the attributes and destiny of the soul in a way never presented by religions, philosophers, or gurus. His definition brings clarity to the relationship between the human and its soul, as well as a feeling of familiarity as you remember the inherent intimacy of your soul.

If you've ever wondered about the nature of your soul – what it is, where it is, and how to allow it into every moment of your life – this eight-part Cloud Class will bring you to a new level of awareness, along with many profound "ah-ha" moments.

SESSIONS

1. Kasama vs. Suffering

The ancient word “kasama” means the soul’s destiny, which is the natural and inevitable reunion of Self and completion of lifetimes on Earth. While this destiny has never been in doubt, the human felt separated from the soul for a very long time, which brought the opposite of kasama: suffering. Adamus talks about the many ways humans have created suffering over the eons, saying that it’s time now to be done with suffering in all its forms.

2. Beyond Suffering

Adamus talks about the more unique triggers that cause Shaumbra to suffer, for they are different than for most humans. He then leads a merabh to go beyond this disturbed and unnecessary way of living. There is simply no need whatsoever for suffering; now is the time to be in kasama, the flow of all that you are.

3. Attributes of the Soul

With a peculiar reminder that “you can’t get there from there,” Adamus invites the listener to feel deeply into “I Exist.” He then lists the main attributes of the soul and invites you to let go of the perceived separations between the parts of Self. It’s all right here.

4. Attributes of Energy

After sharing the very important fact that “energy responds to self-perception,” Adamus lists the main attributes of energy and then some of the triggers that activate it in the human experience. Energy reflects one’s self-perception with total accuracy, which Adamus clarifies with his own “hierarchy of self-perception.”

5. Self-Perception

The perception of yourself determines how energy responds in your life, and this can be changed at any time. Adamus tells a touching story that illustrates the unlimited potentials available when you perceive yourself in a new way, then leads a Merabh to do just that.

6. Choices

Adamus compares the communication from the soul to a pulse, somewhat like the human heartbeat, as they tune into and beautifully communicate with each other. He then

guides an experience of making deep and conscious choices, but without the usual human definitions and limitations.

7. Kasama Effects

Referring to the previous in-person events upon which Kasama is based, Adamus discusses what he calls the “Kasama Effects,” the things that Shaumbra tend to experience as they move into direct connection and communication with the soul. While challenging at times, this beautiful transition will ultimately settle into a deep balance and light.

8. Merabh of Kasama

Bringing it all together in a profound Merabh, Adamus invites you back into the deep space of communion and relationship with yourself. Let yourself feel the song of your soul in every cell of your body, every thought, every lifetime, every dream, every moment. Because here in your natural state “There are no struggles, no battles, no regrets, no worries. Here there is just the soul rejoicing.” Welcome home.

HIGHLIGHTS

- Energy responds to your self-perception
- The song of your soul has always been there
- Now is the time to release all suffering
- Sing back to your soul
- See yourself in a new way
- Allow kasama to become a way of life

Cost: \$595

Access: 90-days access to video, audio & text e-reader

Repeat: GRADUATE DISCOUNT – Graduates receive a 50% discount on the registration cost of \$595. Discount is applied automatically at checkout when logged into your personal CC Store account.

REGISTRATION OPENS MAY 7, 2022

FEATURED ONLINE EVENTS



KEAHAK XII® **ONLINE • JULY 2022 - JUNE 2023**

Keahak is a one-year program, designed by Adamus Saint-Germain, for the realization of your "I Am" consciousness into your daily life. This will be our 12th year of Keahak, which has been recognized as one of the most impactful and beneficial Crimson Circle programs for Shaumbra who are committed to embodied enlightenment in this lifetime.

[MORE INFO](#)

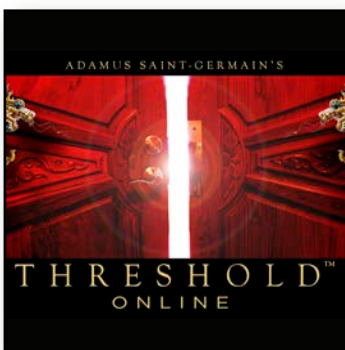
REGISTRATION CLOSES ON JUNE 15, 2022



SEXUAL ENERGIES SCHOOL® **ONLINE • JUNE 17-19, 2022**

This opportunity for profound transformation and healing is offered twice a year. With benefits that can include better health, the end of energy stealing and power games, balanced relationships, enhanced creativity, and true enlightenment, it is ultimately a return to Self. Hosted live by Geoffrey and Linda, includes multiple sessions with Tobias and Adamus, as well as guided personal experiences.

[MORE INFO](#)



THE THRESHOLD™ **ONLINE • JULY 08-10, 2022**

The journey of an angel from first arrival on Earth to final emergence as a Master is long, filled with experiences, joys, and heartaches. Forgetting oneself is the "fall from grace" for which humans eternally seek redemption. But the accumulated layers of guilt and shame cannot be brought into Realization, so the dragon comes in to dig up and release every burden still carried by the human.

[MORE INFO](#)

FEATURED ONLINE EVENTS

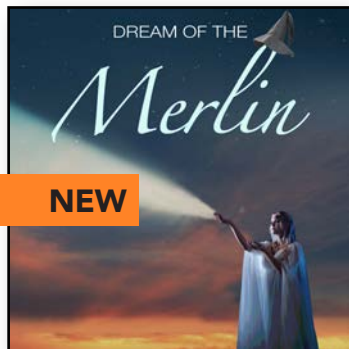


KASAMA ONLINE – NEW! **ONLINE • AUGUST 19–21, 2022**

If you've ever wondered about the nature of your soul – what it is, where it is, and how to allow it into every moment of your life – this Cloud Class will bring you to a new level of awareness. Adamus answers some of the biggest questions about the soul, as well as staying on the planet as an embodied Master with energy serving you in grace.

[MORE INFO](#)

Opens for registration on May 7, 2022



DREAM OF THE MERLIN – NEW! **ONLINE • SEPTEMBER 10–11, 2022**

The title of Merlin is bestowed on those who allow the magic of their own energy to serve them in grace, and are illuminating their light to the planet. Join Shaumbra from all around the world for this inspiring 2-day event for channels from Adamus Saint-Germain, Merlin, Sam, Nikolai Tesla, and mystery guests, plus special presentations from Geoff & Linda.

[MORE INFO](#)

Opens for registration on May 7, 2022

FEATURED IN-PERSON EVENTS



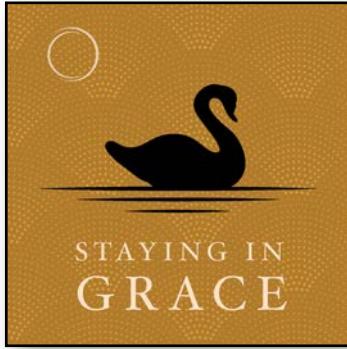
SPACES STILL AVAILABLE!

TIME TRAVELING WITH ADAMUS **KONA, HAWAII • MAY 10–14, 2022**

Are you ready to let Time work for you? In this new workshop, Adamus will take you through the experience of Time Traveling in the Now, allowing the Past and Future to come to you. He'll guide you through experiences of being in And Time, where you can still function in linear earth Time but also in Æterna, or No Time. It's one of the greatest gifts for an Embodied Master.

[MORE INFO](#)

FEATURED IN-PERSON EVENTS



SPACES STILL AVAILABLE!

STAYING IN GRACE KONA, HAWAII • OCTOBER 5-9, 2022

Adamus is rolling out a new gathering titled *Staying in Grace*, about staying here on the planet in grace, as a Master, at this Time of Machines, even when faced with the challenges of everyday life. This event will be held at Villa Ahmyo in Kona, Hawaii, an ideal location for experiencing grace with the natural beauty and peaceful energies of this remote Pacific Island.

MORE INFO

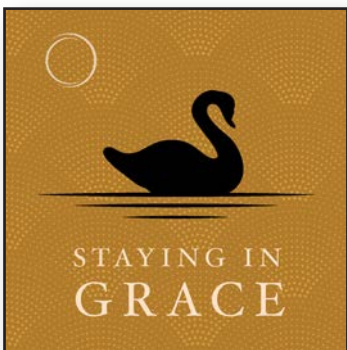


SPACES STILL AVAILABLE!

TIME TRAVELING WITH ADAMUS KONA, HAWAII • OCTOBER 26-30, 2022

Are you ready to let Time work for you? In this new workshop, Adamus will take you through the experience of Time Traveling in the Now, allowing the Past and Future to come to you. He'll guide you through experiences of being in And Time, where you can still function in linear earth Time but also in Æterna, or No Time. It's one of the greatest gifts for an Embodied Master.

MORE INFO



SPACES STILL AVAILABLE!

STAYING IN GRACE KONA, HAWAII • NOVEMBER 9-13, 2022

Adamus is rolling out a new gathering titled *Staying in Grace*, about staying here on the planet in grace, as a Master, at this Time of Machines, even when faced with the challenges of everyday life. This event will be held at Villa Ahmyo in Kona, Hawaii, an ideal location for experiencing grace with the natural beauty and peaceful energies of this remote Pacific Island.

MORE INFO



SPACES STILL AVAILABLE!

MASTERS IN COMMUNICATION KONA, HAWAII • NOVEMBER 21-25, 2022

This workshop signifies a new era for Shaumbra as we transition from being the students to becoming true Masters. It's all about energy and communication, whether with non-physical entities, nature, other people, or yourself. All energy IS communication, the song of your Soul, and it's time now to understand how it flows and how use it without limitation.

MORE INFO

EVENTS CALENDAR

2022

PLEASE VISIT [CRIMSON CIRCLE STORE](#) FOR MORE INFORMATION ON THESE EVENTS

NOTE: Not all events may yet be open for registration; Crimson Circle Angels receive advance notice.

CCCC – Crimson Circle Connection Center, Louisville, Colorado

MAY

07	Monthly Webcast & Shoud	ONLINE ONLY
14	Keahak XI	Online
10-14	Time Traveling with Adamus	Villa Ahmyo, Kona, HI
28	Keahak XI	Online

JUNE

04	Monthly Webcast & Shoud	CCCC & Online
11	Keahak XI	Online
17-19	Sexual Energies School Online	Online
26	Keahak XI Finale	Online

JULY

02	Monthly Webcast & Shoud	CCCC & Online
03	Keahak XII Intro	Online
08-10	The Threshold Online	Online
09	Keahak XII	Online
23	Keahak XII	Online

AUGUST

06	Monthly Webcast & Summer Party	CCCC & Online
13	Keahak XII	Online
19-21	Kasama Online	Online
27	Keahak XII	Online

SEPTEMBER

03	NO Monthly Shoud in September	
10	Keahak XII	Online
10-11	Dream of the Merlin - Online	Online
24	Keahak XII	Online

OCTOBER

01	Monthly Webcast & Shoud	ONLINE ONLY
05-09	Staying in Grace	Villa Ahmyo, Kona, HI
08	Keahak XII	Online
22	Keahak XII	Online
26-30	Time Traveling with Adamus	Villa Ahmyo, Kona, HI

NEW!

METAPHYSICS OF

PAIN

INSIGHTS INTO PHYSICAL PAIN FROM A HUMAN NEUROLOGIST AND AN ASCENDED MASTER

Physical pain is a helpful “alert system” that the body uses to keep us safe. However, when pain is chronic and undiagnosable, there’s something else going on. In this presentation, Kuthumi differentiates between the immediate, acute pain of a physical injury and the lingering aches and pains or “phantom pain” associated with things like bringing in the light body and integrating old stuck energies. He says that this type of pain is always emotionally based and offers very practical solutions in how to release it.

Neurologist Dr. Douglas Davies, Beverly Hills, CA, joins Ascended Master Kuthumi Lal Singh and adds his medical expertise to this discussion, particularly helpful since all pain perception comes from the mind’s interpretation of what’s happening in the body. Kuthumi and Dr. Doug discuss the purpose and causes of pain, how to communicate with your body to understand the source of your pain and offer very practical solutions for releasing the chronic pain that many Shaumbra experience.

Kuthumi also shares his own experiences with intense pain, even after enlightenment, and how he was finally able to say goodbye to the suffering. An excellent presentation for anyone experiencing chronic pain or wondering how to communicate with their body.

HIGHLIGHTS

- Nearly all chronic pain is “emotionally sourced”
- It is often based in stuck energies seeking release
- Communicate with your body and your Self
- Ask what the pain is about, then tell it goodbye
- Learn practical and effective ways to release the pain
- Let go... let go... let go...

Length: 1:17:56

Format:

Downloadable audio, text, video

Cost: \$25

Featuring:

Kuthumi Lal Singh,
Dr. Douglas Davies,
Geoffrey & Linda Hoppe

Recorded in Kona, Hawaii,
March 2022

[MORE INFO](#)

[WATCH EXCERPTS](#)



NEURO- DIVERSITY & REALIZATION

A STORY OF SHAUMBRA DIVERSITY

Do you know a realized master with ADHD or autism? You might and not even know it. I recently realized that I'm realized... but then I also realized that I'm neurodivergent, which means that my brain works differently than the typical way.

I'll get to realization in a moment, but first I'd like to explain my particular strains of neurodiversity to give some context. I'm neurodivergent in two key ways that I'm aware of, both of these differences come with their own challenges and their own benefits:

APHANTASIA

- I can't see or hear in my head, so my imagination is blind and deaf. Often I don't know what's in my head until I start expressing it. I can think in thought-words but it takes effort.
- My memory is affected; memories feel very distant since I can't bring them up within my mind.
- This helps me stay in the present moment. It keeps me grounded and focused on my current life.

AUTISM SPECTRUM

- One definition of autism is that it's difficult to be "normal." In Kindergarten, I remember feeling like I was completely different than the other kids. I thought, "where did they learn to play like that?"
- Some things come easy to me, but other day-to-day things can be challenging. This is because I process information about reality differently than others, with a hypersensitivity to details and dissonance. The hypersensitivity applies on many levels – my senses, communication, and how I think through problems or experience my creativity.
- This sensitivity means that I can be very aware; however, it can be challenging to assign meaning to what I'm feeling. For example, I might be very aware of a disconnect in what someone is communicating between their words and emotions, but not be able to label it or describe it, or know how to respond to it.
- Trying to process and understand all of the details that I'm aware of can be exhausting and overwhelming. It can also be easy to



By Moishe Groger

start overthinking the details. However, once I have an understanding it's usually a very deep understanding – more than most.

- I care a LOT about clarity and honesty because it leads to understanding and I don't judge or shame people who are clear with me. I actually need a lot of clarity from others when they communicate so I can follow them without getting overwhelmed with internal questions about the details.
- Communicating "normally" is the first thing to go out the window if I'm tired, overwhelmed, or in a group setting. When I'm tired or busy I'm more likely to be blunt, which can come across as rude or callous. However, I am deeply empathic, just with a different way of communicating.

Autism doesn't limit me or define me – duh. Nothing will ever do that again. Rather, my autism was a catalyst into my realization. I wanted to be different in this lifetime, somewhat off Main Street from the pack.

In many ways, there's a lot of overlap between being autistic and being Shaumbra:

- It's being a little different and not fitting in. Not looking for validation from the outside world, or approval in the eyes of others.
- It's choosing not to care what others think of you.
- It's being empathic and caring – a little too much sometimes.
- It's having to go within for clarity and direction in life. Having to trust yourself and your knowingness.
- It's valuing honesty and clarity. Being a bit blunt, "pirate-y."
- It's not always being able to express yourself to the people around you. Not being valued by most other people because they don't see you, they're too busy being human.
- It's beautiful and unique for each of us.

I have to rely on my knowingness, on my feelings, and on my heart. I have nothing else to go on. If anyone questions me (including my own mind) I might not have a good answer other than "I know what I know." I'm stupid and slow in some ways. I can't remember a damn thing, and I don't really comprehend a lot of humanity – nor do I want to. I need a lot of time to myself, and I'll pull back from others when I've reached my socializing limit. At the same time, I love to connect with others, and I do so with an open heart and no judgement when others are willing to open up to me.



SO WHAT IS REALIZATION LIKE FOR ME?

I think one of the most beautiful things about Shaumbra is our diversity. We'll all experience our realization in our own way, and we'll all choose to design our lives on the planet post-realization in our own creative ways.

To me, realization is almost stupidly simple, like the I Am, Allowing, and everything else that we do. For me, it was just a 'no more' moment one day – I'm done, I'm COMPLETE. I'm simply unwilling to see myself as anything less than complete anymore, I won't indulge in it. I will never again search for fulfillment or try to fix parts of myself that could be seen as imperfect (they can change on their own when they're ready). A master is free to be who they are and know that it is beautiful, no matter what. My human self can doubt it and ask for proof, but I made a deep, passionate choice to be done – and so it is.

Did I integrate all of my aspects? No, probably not. I just don't need to. I accept them as they are. I am whole and complete, regardless of my so-called flaws or limitations. To think of my quirks as flaws that need to be integrated is such a human perspective. The true forgiveness is realizing that nothing needs to be forgiven. I've always been complete/realized, I've never really needed to integrate anything to deserve the awareness of it. I was still realized when I was playing the human game of victim/abuser, I was just as worthy then as I am now. I've never been cut off from soul, the experience of separation was an adventure where I pretended to forget myself.

Accepting my realization feels so simple and obvious. Why did it take us so long to get here, to this choice and feeling of completion? Why did we have to deconstruct so much and go through so much change for such a simple shift in perspective?

We truly went so deeply into unworthiness and suffering – and for what? I have ancestors on my Dad’s side who died in the Holocaust. Many of my differences that I now love would have gotten me killed – between the Jewish blood, being gay, being autistic. We did our best to guard our unworthiness with a mile-thick steel sarcophagus so that it could flourish unhindered by any hint of acceptance. Now the earth is deciding if it’s ready to give up the very old & abusive power games, like war. Is mass consciousness ready to no longer be a victim?

The shift in perspective to completion is so simple but it changes everything. I’m still in the chaotic aftermath of that shift, with so many changes happening so quickly. My human is playing catch up! Case in point: realizing that I’m neurodivergent. Realizing that I’m autistic was not one of my expectations for post-realization life. I just realized that I’m autistic this year, earlier in 2022. But now I understand that about myself and it brings more clarity, more compassion and understanding for my human... and my human is beautiful, just as it is.

So that brings the question, what next? So far, my life isn’t exactly easier post-realization. Some things are more difficult, some things less. I have most of the same human challenges, if not more due to the increased pace of change in my life and in the world. There’s the constant barrage of mass consciousness. I feel simultaneously 100% free, but also chained. Instead of simply integrating the human and moving on, I have to somehow let the human expand and change so it can survive here in restriction, while also being complete. And yet there’s something so beautiful about choosing to be here in the midst of it all.

AND... I have so much to be grateful for, so much that I love about my life. I have more trust, grace, and sensuality than ever before in my life and that helps. I moved to Hawaii a few years ago, pre-realization. I wanted to stay in the Aloha energies that flow around these islands. I work for myself, owning a small company. I also help Crimson Circle with productions when they’re in town. I have the company of a very sweet, loving partner. I have a handful of close friends here on the island who inspire me and like to be around me. I feel loved and accepted by the people I care about the most.

This year my human says it wants rejuvenation, so I’ll be slowing down a bit, enjoying the continued unfolding on this crazy adventure. I’ll keep shining my light on the parts of me that feel stuck or alone. I’d also love to hear more from other Shaumbra, what is realization for you? What’s life like after, both the beauty and the challenges? We all have so much beauty and passion to share, and I can’t wait to see yours. Please express yourself, both to the world and to other Shaumbra!

Moishe Groger lives in Kona, Hawaii, just 5 minutes south of the Villa – so you might run into him if you come to Hawaii for an event. His passion is to enjoy life on this planet while he’s here, slowly creating a new standard for how one can be a human in grace. He can be reached via [email](#).

TO KEAHAK, OR NOT TO KEAHAK



By Geoffrey Hoppe

// *Do you think I should take Keahak, or not?"* I'm asked this question a lot this time of the year, when registration for the new Keahak year is underway. There's also some discussion about it on social media.

Keahak 12 registration closes on June 15, and the K12 Introduction Session is July 3. Then we're off and running on July 9 with two sessions each month in the House of Keahak with Shaumbra from over 60 countries, and translations into 10 languages. Keahak has become Crimson Circle's single biggest program other than the monthly Shouds, especially since live workshops have been limited due to COVID and travel restrictions.

It's ultimately a personal choice, but I'll offer some genuine considerations in case you're undecided. It's also a good idea to talk to some Keahakers on the [Crimson Circle on Facebook page](#). Just make sure to differentiate between those who have actually taken Keahak and those who haven't.

Keahak is not an instant cure or magic remedy. Adamus pushes the envelope in Keahak, so if your life is in turmoil right now it's probably best to wait until things settle down for you. The sessions are often intense as we break through new levels of consciousness.

It takes me longer to recover from channeling a Keahak session than channeling a workshop or Shoud. Linda knows all too well that I have to have a lot of quiet private time after Keahak. I usually go work in the yard for the rest of the day just to get rebalanced. I strongly discourage anyone who is taking prescribed anti-depressant medications from taking Keahak. It will be a waste of money because the medications will keep you from feeling the depth of energies.

Keahak requires personal commitment. We do two sessions per month, and the sessions build on each other. In other words, you need to experience every session in sequence rather than bounce around or skip some sessions. You'll have full access to the recordings so you can go back and listen to any session at any time, but you'll want to tune in to the most recent session before going to the next. Keahak is not for someone that wants to get a little taste here and a little taste there. You can do that with the Shouds, but you'll be wasting your time and money if you do it with Keahak.



Keahak has more of a "Saint-Germain" flavor than the Shouds or workshops. Whereas Adamus is known for his antics, distractions and entertainment in the Shouds, especially with live audiences, in Keahak he starts with a short summary of the previous session to set the energy, then launches into the new material like a serious but compassionate college professor. The sessions typically run 60 – 70 minutes without breaks or distractions. Once in a while Adamus calls for a music merabh near the end of the session, and once or twice a year he takes audience questions, but most of the time it's pure, unadulterated Adamus Saint-Germain. If you're looking for entertainment and laughs, Keahak probably isn't for you. It's serious stuff.

Adamus reads the energy of the group and delivers the messages accordingly. Keahakers tend to be much more committed to their journey, so the messages and energy in Keahak can go deeper and faster. Keahak is also the venue for Adamus to bring out new information for Shaumbra. Eventually, Adamus brings a large portion of the

Keahak material to the Shouds but usually not as deep as during the Keahak session. In other words, the Keahak material isn't exclusive to Keahakers. If you decide not to participate in Keahak, know that much of the material will eventually come out in a Shoud.

Shaumbra is a diverse global group. Some like going fast, some prefer a more casual pace. Some like being at the leading edge, others like coming in the second wave because the energies tend to be more settled. Keahak is generally for those wanting to dive head first into the experience even if the energies get crazy at times. It's for those desiring to explore new frontiers of consciousness right now, and not just hear about it later. Keahak is not for those who are looking for counseling, healing or therapy. It's for those who have generally put those things behind them and are now ready for graduate level metaphysics.

Once in a while I hear the comment that Keahak is for the "elite." Well, it's actually for anyone ready to make a commitment to themselves for a year. Not all Shaumbra are ready, due to situations or circumstances in their lives. Keahak is open to everyone. There are no previous requirements, not even the Sexual Energies School. You don't have to take Keahak 11 before you take Keahak 12. You can jump in at any time while registration is open. Just know that it will be an intense year of personal commitment.

Keahak is not cheap. Registration is \$900 for anyone that has taken any previous Keahak program, and \$1200 for first-timers. That works out to around \$50 per session for first-timers and \$37.50 for previous Keahakers. It's right in line with Crimson Circle's pricing model, but Keahak is 24 sessions over one year, rather than a single session or a typical multi-session Cloud Class. The price causes people to really think about their level of commitment for the year. If you can't afford Keahak, please don't run up your credit card debt thinking it's something you *have* to do. When you're ready, the funds will be there, and so will Keahak.

To Keahak, or not to Keahak? Take a look at your life. Can you make the one-year commitment or would it just add to the current chaos? Are you ready for something new, or do you need the time and space to integrate the information from the Shouds, Cloud Classes and free products? Are you balanced enough to dive into advanced metaphysics or should you perhaps sit this one out, and even wait for the information to appear in a later Shoud? Are you ready for Adamus to be with you for a year, or do you need time just to be with yourself?

No matter what you choose, you are Shaumbra. You are honored for your journey, and you're always a part of this sacred Family of the Rock.

[CLICK HERE FOR MORE INFORMATION ABOUT KEAHAK 12](#)

NEW!



Sexual Energies School

JUNE 17-19, 2022

HOSTED LIVE BY GEOFFREY & LINDA HOPPE

THE PATH TO FREEDOM AND SELF-LOVE

WHY SES?

Nearly all of us have experienced childhood trauma, emotional wounding, energy feeding, power games, and even physical or sexual abuse in our lives. With these painful things in our history, it's easy to see other people and situations as the cause of our unhappiness and limitation.

However, with a deeper understanding of energy dynamics and the choice for self-love, one begins to realize that it has all been a wisdom-gathering game played out in the basic pattern of the masculine-feminine energy split. As a result of this duality imbalance, there is an energy virus that has brought distortion to every part of life, including relationships, sexuality, physical health and more. Even though this virus is pervasive and seemingly inescapable, there is a solution, one that opens the way to self-love, energy sovereignty and enlightenment.

This solution is a "prescription" that helps one to eliminate the virus within themselves, thereby no longer passing it on to family and loved ones, and bringing an end to its destructive internal effects. In fact, when you step out of power dynamics and into self-love, the virus simply loses interest.

IS IT FOR YOU?

Physical, sexual, emotional and psychic abuse are prevalent all over the world, manifest in every part of society and impact every single person, whether rich or poor, young or old, masculine or feminine.

However, this abuse energy is often difficult to identify because it shape-shifts, quickly changing form like a mutating virus in order to remain hidden and active within each individual. It can appear sweet and vulnerable in one moment, and viciously shaming in the next. It can act out as both the abuser and the victim, feeding on the energy stirred up by these dynamics and perpetuating its existence.

The virus causes physical imbalances in your body, especially in the abdominal area; imbalances in the mind that cause depression, anxiety and fatigue; and distortions in the family, workplace, school, church and other organizations. It is carried and propagated by virtually everyone on the planet.

NOTES:

- Regular price: \$595
- Previous attendees receive 50% discount during checkout
- Text translations in 20 languages
- Essential for attendance at most in-person Events and Threshold



SES ATTENDEE COMMENTS

All makes sense to me now. I am so glad I was able to attend. ~ MR

I never thought I would really need something like SES. Of course, I didn't have a clue what it is truly about. This year I felt the call to join, and I understand so well why this is one of the core materials. Life changing. Difficult, but so beyond-words beautiful. ~ MG

It's been amazing and life changing experience for sure. ~ RS

I thank myself for allowing and accepting the gift ... to attend this SES course. I could not have wished for a better gift than self-love. ~ EL

It has been a total change of living and a big shift in my life. ~ FG

This course has indeed been the greatest gift I could ever give myself. ~ RH

Life changing experience indeed. ~ HG

I've just realized that I've been playing the power game against myself for a long time, doing so from a hidden perspective which translated into 'reasoning'. ~ RA

This is my 3rd SES in 10 years. The content is still 60% fresh. I hear many new layers. It's a good check on my 'journey' in the last 10 years. ~ SL

HIGHLIGHTS

- Learn about the sexual energy virus and how it affects your life
- Create your own path to self-love, and allow the return to joy
- Discover the futility of power games
- Learn how to stop others from depleting your energy
- Improve your relationships, health and well-being
- Excellent for counselors and other professional facilitators

[MORE INFO](#)

[WATCH EXCERPTS](#)

FREE!

ENERGY VAMPIRES



WHO'S FEEDING ON YOU?

Geoff and Linda discuss some of the many ways energy feeding & stealing can take place, and give practical advice on what to do about it.

MORE INFO

HEAR EXCERPTS

- Recognize physical, psychic, and energy abuse
- Move beyond victimization
- It's about self-love, not blame
- Everything you need is within
- Choose freedom whenever you're ready
- Everything changes when you say, "No more!"

A wide-angle photograph of a mountainous landscape during the golden hour. The foreground is filled with large, jagged rocks and a dirt path. The middle ground shows steep, layered mountain slopes. In the distance, a valley with a winding river and more mountain ranges is visible under a clear, light blue sky. The text 'MEMORIES OF SILENCE' is centered in the middle ground in a white, outlined, sans-serif font.

MEMORIES OF
SILENCE



I'm back in the desert, in this lonely village in the middle of nowhere, in a little rented cabin, a place to come to whenever I need pure nature, solitude, a break from the noise of the busy world and especially when I need some silence.

I woke up early and did my morning singing practice while the sun was rising over the desert hills. This practice clears away the energies of the night, the echoes of dreams, bringing me into a state of joyful emptiness and gratitude to welcome this new day. We never know if there is a tomorrow, so I guess that's all there is, to make the best out of this day, to live and enjoy it fully, to be in the moment.

I love the desert; it connects me to that timeless essence of my own being. Some places and conditions just support a peaceful state of mind and being in a masterful consciousness. The desert is my refuge. It allows me to fully be myself, to tune into myself, because there are so few distractions. Benching here is a totally different experience compared to more urban environments; benching here means to commune with silence, to fully be with yourself.

Human life has gotten very noisy. There is hardly a moment of silence and just when you think there is, your neighbor starts mowing his yard, or a truck reverses in your street with that annoying and penetrating 'beep, beep' sound. That's one of my favorites. I mean, what genius came up with that nonsensical idea that a truck needs to beep when it goes reverse; and they've got volume! Noise pollution just doesn't seem to bother people as much as visual pollution, but I believe that noise is one of the biggest obstacles on the journey to enlightenment. Noise simply sucks!

I truly love silence. My soul longs for it, drinks it in like a good old wine, absorbs it like dry land under the first rain. I love the fragrance of silence, the elegance, the infinite nothingness. Today during a silent walk in the surrounding hills, I suddenly remembered an encounter that left a strong echo within.

It was quite some years ago, in a time when I lived and traveled in the Himalayas. I loved to go trekking and I was on a hike to an ancient temple up in the higher hills when I came across a secluded village, far away from everything. You could only reach there by foot, and it had been quite a steep walk, first through semi-tropical valleys and forests, then over more and more mountainous terrain. The last part of the path led me through a red blossoming Rhododendron Forest. While walking through those enchanting woods, I



By Gerhard Fankhauser
aka Master G

suddenly heard giggling noises. I looked around and, to my surprise, discovered some of the village women up in the trees, cutting leaves and stuffing them into the baskets on their back. Most of them were half hidden inside leaves and blossoms, but the whole forest was reverberating with their chatting, joking, singing, and especially giggling as they saw me coming along. I'd never experienced anything like that before, it was a scene straight out of a fairytale.



Leaving the forest, the path led on to a meadow with orchards and fields surrounding the village, and with a breathtaking view to mighty Himalayan peaks. Arriving at the gate of the village, I was welcomed by a bunch of curious children that escorted me to a simple stone house where I was greeted and welcomed by a family that offered me to stay at their home. I happily accepted as there were obviously no guest houses or restaurants in the village; just one tiny store where you could buy matches, candles, cigarettes, sugar, flour, and candies.

I spoke some Hindi and could have simple conversations, but everything was very clear even without any words. The villagers were quiet people and they listened and sensed very well. There was a simple kind of knowing that made it very comfortable to be with them; it felt natural to be a guest in their home. This village was far away from civilization with no electricity, no TV, no modern technology. Even my lighter and flashlight were an attraction. Nobody just passed through here by chance, only some pilgrims on their way to the higher-up temples at the foot of the glacier. The family I stayed with were good hosts and provided me with a simple but delicious meal and of course some chai. All in all, I really felt welcome and not treated as a stranger in any way.



In the evening I sat on the bench outside of the house, together with the grandfather of the family. We sat there in silence, smoking a pipe and listening to the gentle sounds of the village and surrounding forests. There were the voices of children before falling asleep, some arguing of a husband and wife, the mooing of cows, bleating of goats, cackling of chickens, chirping and singing of birds, chattering of monkeys, and barking of dogs. It all blended in such a harmonious way, and I realized for the first time how the silence was merging all those different sounds into harmony. The deep and profound silence was like a vessel for everything else. Silence was not the absence of sound, but the essence of it, the silent center of it all, and music, the most evolved music, was awakening within us the sensitivity towards silence, towards the present moment, towards a harmony within.

While I contemplated that illuminating song of nature and life, we gazed at the slowly fading silhouettes of the mountains under the dark velvet sky with its grand dome of stars. It was epic and grand. We sat there for a long while in silence, no need for words, simply enjoying each other's presence and company. Before we went to bed, grandfather looked into



my eyes and said: "For us here, in our village, God is present." These were the only words spoken that evening and I understood what he meant, I felt it. I sensed the innocent sacredness of their life, the undisturbed beauty and pure harmony before falling out of paradise.

I realized the precious gift of this moment with gratitude, but there was also a knowing within me that their life was going to change, that they too were going to fall out of paradise once modern civilization reached them. There is no avoiding that, like we can't avoid a child losing its innocence when it grows up. We all fell from paradise, fell from grace, and had to go through the whole experience of life, through illusions and distractions, wishes and hopes, highs and lows, through experiencing love as well as hardship and pain, until we set out on our journey back home.

That's why I am here, writing this article, and that's why we all are here, gathering as Shaumbra. We made it back home. We've arrived at the point where we are simply asked to bench, to relax into the present moment, and to shine our light into this world.

Gerhard Fankhauser is a master musician from Austria and founder of the musical group Yoham. He is an accomplished guitarist, song writer, overtone singer and an inspiring teacher with a deep passion for the timeless mysteries of music. He has worked with the Crimson Circle since 2007 and has created various recordings of 'new energy music' which has become an integral part of the journey of Shaumbra.

Contact Gerhard via his website healingworldmusic.com

DREAM OF THE

Merlin

ONLINE

OUR 8TH ANNUAL MERLIN GATHERING!
SEPTEMBER 10-11, 2022



Once a year for the past eight years, we have joined our Merlin energies in celebration of our journey to mastery on Earth. With the unprecedented level of changes happening around the world this year, the 2022 Dream of the Merlin online event has the potential to be one of the biggest and most transformational ever.

“Merlin” is a title rather than name. There have been many embodied Merlins throughout the ages, each serving in that role at the most important times in history. Even Saint-Germain was known as Kammet the Merlin in the times of Camelot. Now, the title of Merlin is bestowed on those that allow the magic of their own energy to serve them in grace, and are illuminating their light to the planet.

This inspiring 2-day event will be webcast from the Crimson Circle Connection Center in Colorado so Shaumbra from all around the world can participate. There will be channels from Adamus Saint-Germain and friends for more than 8 hours of inspiration and celebration. You’ll have 90 days access to all the videos. We’ll also provide text transcripts (in e-reader format) of the channels within two weeks after the event.

The annual Merlin event has been the biggest annual Shaumbra gathering for many years now. Due to unusual circumstances on Earth and in the cosmos, we’re doing it online once again, and the good news is that now more Shaumbra than ever will be able to participate. Join together with thousands of kindred Merlin spirits from around the planet for the Dream of the Merlin event in September 2022.

SESSIONS – Channeled messages from Adamus Saint-Germain, Merlin, Sam, Nikola Tesla, and mystery guests, plus special presentations from Geoff & Linda.

REGISTRATION – Opens May 7, 2022

COST – \$250 through August 21, 2022; \$300 thereafter

LANGUAGE – This event will be presented in English, with subsequent text translations listed in the store (no refunds or extensions will be granted due to translation availability)

REGISTRATION OPENS MAY 7, 2022



Cost \$25 (through July 1, 2022, \$33 after)
 Format: Download
 Access: Unlimited

[MORE INFO](#)

[WATCH EXCERPTS](#)

I AM LIGHT – ACCEPTING YOUR ENERGY

Your light always shines, even it's sometimes hidden. After many lifetimes of being judged, punished and rejected for your light, the human tends to keep it hidden, even from yourself, resulting in health issues, physical and emotional pain, conflict and lack. Instead, take a deep breath and allow your light to open and shine, filling you from head to toe with its gentleness, magnificence and wonder. You cannot hurt anyone with your light, but you can bring wholeness and joy to your human self. Don't wait until death to reunite; let your light shine now. It's your natural state!

Physical pain comes from holding back on your own light; emotional pain comes from turning your back on your true Self. Let your light blossom and flow, as the I Am rejoices in every moment of every experience.

Be in your light now, dear human. You've earned that right.



Cost \$0
 Format: Download
 Access: Unlimited


[MORE INFO](#)

[LISTEN ONLINE](#)

SAINT OR SATAN – A TIPPING POINT FOR GLOBAL POWER

Like something out of a Shakespearean play, Adamus talks about how Russian President Vladimir Putin is the incarnation of St. Vladimir (956 – 1015 AD). Now, Vladimir the Great reincarnates as Putin to once again lead his people, and perhaps the world. The invasion of Ukraine captures global attention, but the bigger issue is about power, and the story could play out in a couple different ways. Putin has the potential of resorting back to his warrior and power days by conquering Ukraine while the world watches Satan (power) at work.

Or Putin (Vladimir the Saint) may sacrifice himself by becoming the icon for old power games, be forced to back down in Ukraine, lose face and eventually all power. This sends shock waves around the planet, and a message from humanity that power games and wars will no longer be tolerated.



THE MASTER'S LIFE 15
**ACROSS
THE RIVER**

Cost \$145 (through June 1, 2022, \$195 after)
Format: Cloud Class
Access: Stream for 90 days after purchase

MORE INFO

WATCH EXCERPTS

THE MASTER'S LIFE 15 – ACROSS THE RIVER


CO-EXISTING AS MASTER AND HUMAN

This is the time to savor every precious moment on the planet, even though staying as an embodied Master brings unique challenges. Adamus uses the metaphor of a river to symbolize the veil, the perceived separation between Master and human, heaven and Earth, and says that it's time now to bring them together. No longer lost, separate, and alone, soul and human are united now, always aware of each other, never again to forget.

The invitation to go beyond duality reverberates with healing, memories, and the fulfillment of every lifetime's dream. Each session is a gentle opening deeper into Self, bringing you to a glimpse of the ultimate homecoming.

"I thank you for your service. Now, let yourself keep floating down the river. Let yourself keep benching. Let yourself keep enjoying the beauty of this last lifetime on Earth."

~ Adamus



TWO'S DAY
FOR SHAUMBRA

FREE!

A message from Adamus
for February 22, 2022

Cost \$0
Format: Download
Access: Unlimited

MORE INFO

LISTEN ONLINE

TWO'S DAY FOR SHAUMBRA – A MESSAGE FROM ADAMUS FOR 2/22/22

This is a time of many different elements coming together, particularly duality and power. Adamus says that a massive "power vortex" is churning over Eastern Europe right now. This very seductive cyclone is pulling in the ego and power issues of leaders all over the world, digging up unresolved power struggles from the past, and drawing out power issues in nearly all humans. It is a critical time for Shaumbra to shine your light without taking sides, to illuminate new potentials without agenda, and to observe what happens from behind the short wall. It's more important than ever not to get drawn into games of power – or powerlessness – but simply radiate in compassion.

Power is a very seductive illusion. But, like the sexual energy virus, it doesn't like being revealed. Feel what happens to the power cyclone as you shine your light, not to change it or take sides, but simply to bring light.

A man with dark hair, wearing a brown corduroy jacket, is sitting on a wooden park bench, viewed from behind. He is wearing blue socks and brown boots. A brown leather bag is on the ground to the left of the bench. The background is a blurred park with green grass and trees. The text "BENCHING IN DISGUISE" is overlaid on the back of the bench in white, with "BENCHING" in a solid font and "IN DISGUISE" in an outlined font.

BENCHING
IN DISGUISE

In the [January 2019 edition](#) of *Shaumbra Magazine*, Herald and Orianne tell the *Ascended Masters Club* how, while still on earth, they transitioned from a monastic, ashram lifestyle to the *Crimson Circle*. With the world now teetering on the edge of unprecedented turmoil and chaos, this charming pair returns to share another life story, one whose insights reflect Adamus' message to *Shaumbra* today – that we are here, quite simply, to share our light with the world.

We join Herald and Orianne mid-story, even before the entire cohort of *Ascended Masters* has assembled. It seems Herald never lost his earthly habit of starting things on time...



By Alex Quici

// ...and she told me, 'You are my amazement.' This was something we'd say to one another, usually in a playful manner, when one of us had done something to surprise or impress the other. But I don't remember exactly how it started."

"I do," said Orianne, her face lighting up, "with the parallel parking. When we first moved to France, you'd never had much practice driving in a big city. I don't know how you did it, but each time you had to park, you'd just slide the car into the tiniest of spaces. Like peeling a banana, only in reverse. So smooth, and never a scratch."

Herald shrugged his shoulders, not knowing what to say to this. For him it just came naturally. But even more, he had never heard Orianne speak in metaphors while on earth. This was new behavior. He thought this would be a clever time to make the "amazement" remark, but Orianne cut him off before he could even start.

"And then there was the violin."

"What about the violin?" asked Herald, remembering the regret he felt that he quit after only six years.

"Are you serious?! The fact that you picked it up so easily, and with no...what's the word for *sofège*?"

"Music theory!" called one of the Ascended Masters from the back of the room.

"Thank you! So yeah, with relatively no training, you played Bach and Mozart and Vivaldi. I don't know too many people who did that. Who cares if you stopped? You were my amazement," and she laughed.

Herald began to feel a little hot under the collar, still not comfortable having all the attention on him like this. He decided to move the story along and to finally get to the point.

"After this happened a few times, with Orianne expressing her...amazement...for lack of a better word, I began to make a list of all the times in my life where I had amazed myself. It wasn't easy. Orianne is such the perfect mirror. But I was compelled to look at all the little, seemingly insignificant accomplishments—"

"Like turning over rocks in the garden and investigating the creepy-crawlies wriggling underneath," Orianne interrupted.

There she goes with the figures of speech again, thought Herald. *And English isn't even her native language!*

"The first on the list was easy — religion." This caused quite a stir in the Ascended Masters Club, because everyone there remembered religion to be such a hot topic on earth.

"Oh yeah, Herald hated religion," said Orianne nonchalantly.

"I didn't exactly *hate* it."

"You didn't exactly love it. And you ended up studying religion in college, and then living in an ashram! How's that for ironic?" laughed Orianne. This made the other Ascended Masters chuckle as well.

"That's true. But to be fair, I—"

"Didn't know much about religion?"

"That's right, nothing in fact, even though I came from an Italian family. My grandmother was devoutly religious. To the point where—"



"Herald thought Jesus was Italian!" Orianne and the others in the room laughed for a good long time at this one. Herald laughed too, but mostly out of embarrassment.

Once the ruckus had died down, Herald continued, this time in a more solemn tone. "The most difficult rock to turn over was that of work," he said, impressed with himself that he could carry on with Orianne's literary skill. He glanced in her direction only to see her dispassionately picking at a finger nail.

"Suffering!" yelled someone.

"Slavery!" yelled another.

"Torture," came a slow, grim voice from the side of the room.

"So how did you suffer?" came the question, directed at Herald, which made the room laugh again.

"Teaching," said Herald meekly. At this announcement, the Ascended Masters all turned to one another, nodding their heads and murmuring in agreement that yeah, this must have been pretty bad.

"For a long time," Herald continued, "I thought that teaching English was below me. What I really wanted was to get into the diplomatic service. So, I took the test."

"Three times," interjected Orianne.

"And failed—"

"Three times," laughed Orianne, holding up three fingers. "Then there was Interpol," she continued, showing three more fingers, "and the Red Cross, and the World Health Organization." Two more fingers. "And that bio-medical company." A ninth finger went up.

"Impressive," said an Ascended Master with long red hair and wearing ruby-studded shoes like Judy Garland in *The Wizard of Oz*. "Or should I say, *amazing*?" she added with a wink. "I hope you stopped there, Herald, otherwise Orianne is going to need more hands!"

"Yes," said Herald, looking over at Orianne, who nodded, "I believe that was it." And he continued to explain how he thought he had been destined to work in government or in a large, international organization. "The choice to teach English seemed too easy, like I had failed and couldn't do anything better."

"Then came the shift. Not long after Adamus introduced the subject of sharing our light when we—"

"Bench," Orianne said aloud, but mostly to herself.

"Yes, benching. I realized that I had already been doing that. And for several years. My work, teaching, was benching in disguise! Because whenever I was with a student, one-on-one, I felt an incredible exchange

taking place on subtle levels. I never really cared about the mechanics of the language so much, but the more I was in touch with my Self, the more the person sitting across from me felt at ease. And that's when the magic would happen."

"Magic?" asked someone.

"They cried," said Orianne.

"You made your students cry?" asked the red-haired Master with a coy smile.

"No. I mean, yes, it happened a few times that someone would choke up in class, but—"

"Men," said Orianne.

"You made your men students cry?!"

"It just happened. But there was so much more. We talked about subjects that they never spoke about with anyone else. When I mentioned this to my colleagues, I discovered they never had experiences like this. With me, the students really opened up."

"They sure did," said Orianne with a twinkle in her eye. "They talked about death. And consciousness. And energy. And—"

"Yes," said Herald. "When I understood that teaching was really just a form of benching, I was thrilled. I felt like I'd been entrusted with a universal secret and that my job, which allegedly was to teach English, was really about so much more."

"Does that mean you don't have any regrets about Interpol or those other government agencies?"

"The tax breaks would have been nice," quipped Herald, "but no, I saw that just by being me, without any pretense, and without 'aiming' my light at anyone or any issue in particular, I was doing what I had come to earth to do. I was benching. It was really cool when I think about it."



Herald listened, waited for a reaction, but the room had gone quiet. There were some nods, some polite smiles. Finally, Orianne broke the silence. She leaned over and whispered into Herald's ear: "Tell them about Hercules."

"Orianne, I don't know if this is the right time to—"

"Oh yes," came the collective cry, "what about Hercules? We love a good hero story."

Herald felt slightly embarrassed. Hercules was one of his childhood heroes. There was a cartoon on television he used to watch as a kid, and in this series, Hercules had a belt that, when opened, would shoot a beam of light into the sky.

"It was meant to be a signal. Hercules would open his belt, send the light into the heavens, and call one of his sidekicks to come running. That year I asked for a belt like that for Christmas. Not to call people. But because I wanted more than anything to send light, my light, into the universe." Herald fell silent.

"And?"

"And I never got it," he said, shrugging his shoulders.

"Ah, but you did," said the ruby-shoed Master, sweeping the long, curly red locks from her face. "Let's take a vote," she continued, turning to face the others. "Who here thinks Herald should forthwith be known as...Hercules? Raise your hands."

Every single hand in the room shot into the air. Herald looked at Orianne, whose two arms were straining to reach the ceiling above her.

"What can I say – it fits," she said, eyebrows raised.

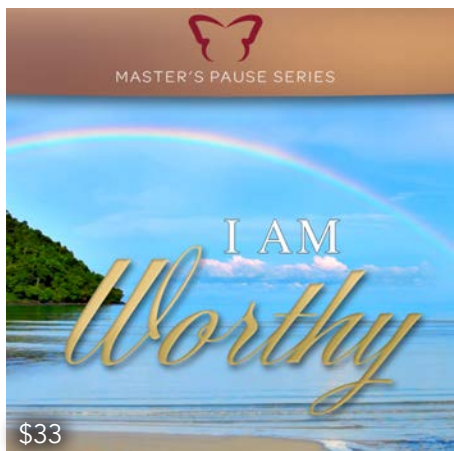
And with that began one of the largest, most joy-filled benching parties the Ascended Masters Club had ever seen.



*Alex is a teacher and writer who has lived in France for more than 20 years. He is currently working on the sequel to his first novel, *The Buddha Club*. He and his wife have been involved with *Crimson Circle* since 2000. Alex can be contacted through his [website](#).*

THE CRITICS CORNER

Excerpts from Shaumbra reviews and comments on various products in the CC store. To leave your own feedback on any class or product, simply go to the item page in the [Crimson Circle store](#) and click on Ratings and Reviews!



DECLARING YOUR WORTHINESS

Like most children, I looked to my family for acknowledgement and worth and I can see how this pattern of looking to others played out during my life. I also realize that it has always been up to me and me alone to declare my worthiness. ... Unworthiness is tied into guilt, shame and doubt. I concur with Adamus that there's no place for it anymore for Shaumbra. At any point you can simply state that you are worthy and are ready for your own energy. Then it is so. And your energy rejoices!

I don't often bring up the price of Crimson Circle products, but I feel the Master's Pause series is extremely affordable considering the information and experiences they contain.

~ KH

WELL WORTH IT!

I AM abundant and I AM worthy since it's all my own energy serving me dammit so why do I sometimes hide it, justify it or still feel a tad, wee guilty around those with more challenges, including many Shaumbra who eke out an existence? Or why should YOU for the grand life you are creating?

Isn't this the ahmyo life as Masters we should be exemplifying? It's not about more "stuff" but living truly with ease and grace whatever you choose whether it's a tent or a villa!

We need to celebrate and applaud our creations knowing each is living the flow they allow. Yes, it IS simple, it IS profound, and it IS time to get over living a life of limitation and struggle. All or nothing.

~ TO

ABSOUTELY WORTH IT

Am I worthy? This Masters Pause gave me a clear and straightforward answer. Yes, I am. That could be the whole review because it is that simple. Yes, this is absolutely worth it. It was something I needed on my way, because without Self Love... I am worthless.

~ IJ

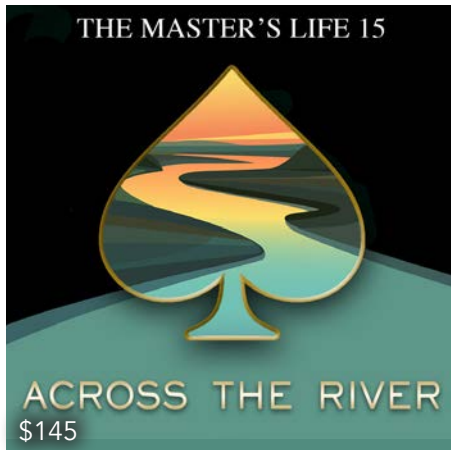
A MOST WORTHY EXPERIENCE!

Coming to know worthiness is an unfolding, becoming more and more familiar and at home in the communication with the Song of My Soul.

And it's also seeing a bigger picture of the things, including Worthiness is an angelic sense; how our natural state of being worthy as angelic beings changed in our human experience; the things humans do to try to feel worthy; and most importantly, how feeling worthy is the essence of accepting and allowing my Energies in service to me. There's really a lot packed into this relatively short session...

~ PS

THE CRITICS CORNER



INTENSE, DEEP & TRANSFORMATIONAL

If you want to stay on Earth after your Realization, this is a must have. I have heard most channels twice, and each time felt very wobbly afterwards. Almost like I have been walking around halfway here and halfway in another reality... It is difficult for me to describe all that I felt in the River, but a feeling of being safe and in the right place was some of it. And the feeling of seeing the Master sitting on the other side right across me is almost un-describable. Like one, but in two expressions. Being full in a way. I also deeply felt the truth of "All is well in all of creation".

~ AMA

SOOTHING AND CLARIFYING

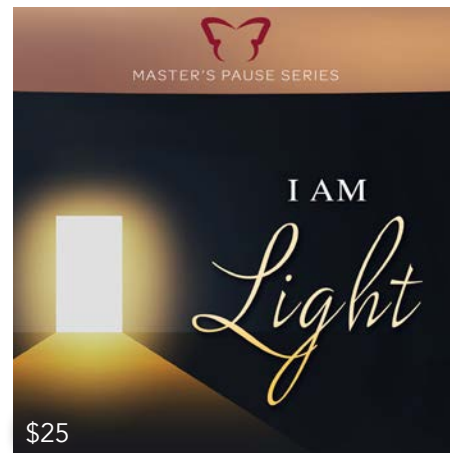
Wow... it can be a revelation and expansion, a cleansing and balancing, an integration and release, a deeply sensual experience and sacred journey... if it's allowed. Adamus taking me gently and lovingly through many experiences in ML 15, it's beyond words... leaving me with a big YES; this is how I can stay embodied on Earth for a few more decades!

~ LC

MOST IMPORTANT SESSIONS EVER!

Thank you for this transformative and epic material! I always knew that resolving the last anchor points of this reality would take a maturity that would naturally emerge one day. That is exactly what I feel now, at the same time the presence of my heart is so bright that I see the anchor points, standing in front of me like metal pillars. What a contrast to my fluid light being.

~ SB



LIFE CHANGING

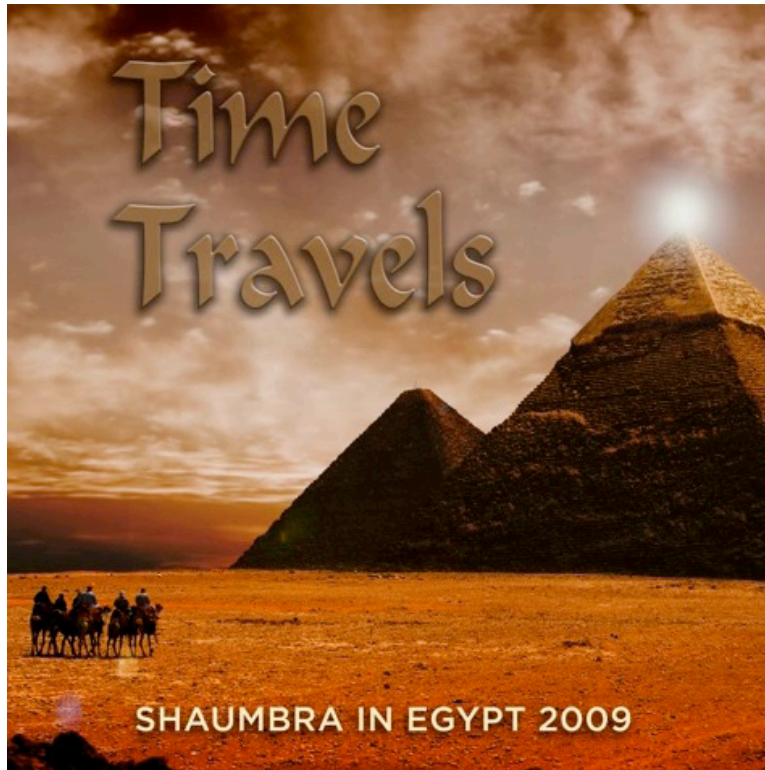
Amazing Master Pause! It made me cry, because I realised how closed and shut down I have been for years. Maybe since I was a teenager. It felt so good to listen to, and it stays with me throughout the day. So, this is life changing for me.

~ JJ

In this monthly feature, we highlight a recording from the past that is particularly relevant to things Adamus and Shaumbra are talking about.

MONTHLY SPOTLIGHT

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NOTHING REALLY MATTERS

Crimson Circle's first sacred tour in Egypt awakens the senses and invites the listener to go far beyond time, prophecy, and destiny. You may feel the Ancient Ones, recall deep memories of Atlantis, reconnect with the Star People, and realize the illusion of death. Tobias opens the tour with the invitation to feel deeply, and then closes it with a potent message from the King's Chamber in the Great Pyramid. In between are messages from Ah-Kir-Rah, Kuthumi and Adamus Saint-Germain. With relevance far beyond the immediate surroundings in Egypt, they provide an opportunity for anyone to discover ancient mysteries, experience true time traveling and so much more.

This collection of channels was given during an unforgettable tour in February 2009 through some of Egypt's most sacred sites. In these messages you will hear about when humans lived underground, who the Star People really are, the true role of the energy of Set and much more. You will be invited on a journey into the future and experience an incredible message from Tobias given in the Great Pyramid at Giza.

Enjoy this deep experience of remembrance and expansion, even if you haven't been to Egypt in this lifetime!

SESSIONS

1. Open and Safe – Tobias (19:24)

Tobias invites listeners to feel and experience deeply as the energies of gods, pharaohs and ancient memories fill the senses. He also discusses some of his own lifetimes in Egypt.

2. Time Travelers – Ah-Kir-Rah (12:16)

The pharaohs and others who stayed in the land have been waiting for those of a singular, united Self who are ready now to bring this consciousness into the future. Oh-Be-Ahn.

3. The Ancient Ones – Tobias (65:32)

With a reminder to open and feel everything, Tobias discusses true time traveling, simultaneously experiencing the past and future Now, the ancient ones, Atlantis, gods and goddesses, and the flexibility of time.

4. Set and Illusion – Adamus Saint-Germain (50:09)

There are potent mysteries still held in the temples. The true magi understands how to go beyond the illusion, held in place for eons by the darkness of Set, without losing self.

5. The Star People – Kuthumi lal Singh (63:23)

Kuthumi mentions spiritual physics and how our radiance changes the past, then talks about the surprising identity of the Star Beings who helped recreate human civilization, and the Natural Way of being all that you are.

6. Into the Future – Ah-Kir-Rah (45:56)

Journey aboard a heart-guided Time Ship into the future, beyond the distractions and into the highest potentials for yourself and humanity. This kind of time travel is very, very real.

7. The Sound of Silence – Tobias (65:42)

Fulfilling two longtime dreams, Tobias offers a “silent Shoud” inside the King’s Chamber, then talks about the many accomplishments people bring through the portal of death, even though ultimately it doesn’t matter.



Format: Downloadable audio and text

Cost: \$95 / \$80.25 through May 31, 2022

Featuring: Tobias, Ah-Kir-Rah, Kuthumi lal Singh, Adamus Saint-Germain, Geoffrey & Linda Hoppe & Norma Delaney

Recorded in Egypt, February 2009

HIGHLIGHTS

- Travel as a magi beyond time itself
- Learn how the Star People helped create civilization
- Reconnect with the gods, pharaohs & ancient ones
- They have been waiting for you
- Heal the wounds of Atlantis
- Move beyond your destiny into a new future

MORE INFO

AUDIO EXCERPTS

WIT'S ON TAYLOR



Although this has been mentioned a few times in the past 20+ years, during the April Shoud Adamus made it very clear that literally EVERYTHING is only in the Now. Here are a couple excerpts:

The only place anything ever happens is the Now. There are no communications outside of the present moment. There are only memories of the past and wondering or perceptions about what the future may be, but there are no communications. Everything communicates in the Now moment. You want communication? You be in the present moment.

The present moment is where everything is, including your past lives. They're really not in the past. The present moment is where all the abundance is. It is not in the future. It is not in the future. The present moment is where your health is.

There is no time.

It's all right here, the present moment. Everything. There are no communications outside of the present moment. There's no healing outside of the present moment. No abundance outside of this. This is it. This is why it's so imperative right now to be aware in the present moment... to communicate in the present moment and to shine your light in the present moment.

While I found all this both fascinating and mind boggling, I couldn't help but wonder what good it does for my day-to-day life. What does it mean that my past lives are all happening right now, and why does it matter? If my health is in the present moment, does that apply to my emotional health too? And how does that help when I'm feeling blown off course by life? If all my abundance is in the Now, where the heck do I find it? My linear and very logical mind really wants to understand, but sometimes this stuff just doesn't compute. However, as often happens these days, I had some experiences recently that helped me start putting it all together.

I'm sure you know what it's like to be in a new situation – meeting someone new, trying something new, etc. – when a past-but-similar event suddenly inserts itself into your awareness. It's the old "once burned, twice shy" thing where you don't want to repeat a painful experience from the past, yet a new situation just brought the memory roaring in. The past has just come back to haunt you, maybe even to repeat itself, and your inner world is on red alert.

Well, life is nothing if not full of surprises, and I recently found myself in a new situation with an old friend. A delightful and unexpected new relationship has been blossoming and life is filled with joy. However, there have been occasional moments of suddenly remembering similar interactions from the past, even "seeing" bygone faces and "hearing" old voices inserting themselves into my current experience. It was disconcerting, as if I was having "bleed throughs" of old memories triggered by the current situation. Of course, this immediately started the inner interrogation: "What am I doing wrong *this time*?"

Why were ghosts from long ago showing up now? Do I *still* have unresolved issues stuck on repeat? Am I such a creature of habit that unconscious patterns so easily kick



By Jean Tinder
Content Manager

in? What are these echoes and wisps of the past that have no place in my Now? And, if they have no place, why are they here? But wait, if everything really is in the present moment, are those old stories still happening in some other version of Now? And what do I do with that information? How does the "present moment" not become one big confusing mess?

Okay, deep breath. Since I asked the questions, I knew the answers would be here somewhere, and they might even apply to other things in my life. In my imagination, I saw something like a wheel with "me" at the center and spokes radiating out in all directions, each one in a different experience. Interestingly, from that center vantage point, all the "past" and "future" spokes were equally accessible from this Now.

The image helped me begin to understand how my other lifetimes are happening at the same "time," and how what I'm doing at the center is touching and affecting them AND whatever they are going through is also affecting me. As I go through Realization, they feel it triggering theirs, which is then literally changing my personal history (and who knows what else). And, if that's true, it must apply to *all* experiences in the "past," not just abstract, mostly forgotten past lives. In other words, rather than unconscious patterns coming back to haunt me, maybe the "bleed throughs" are simply me connecting with myself in other experiences.

- ▷ Maybe I'm feeling the "past" situations because they are being affected by *this* one.
- ▷ Maybe the bleed through is the *healing* instead of the stuckness.
- ▷ Maybe the old memories aren't problems, but parts of me waiting for grace and compassion.
- ▷ Maybe *allowing* them instead of fighting them somehow sets them free.
- ▷ Maybe letting myself *feel* the restless echoes, instead of resist or fix them, brings release and balance.

And that's exactly what began to happen! I've said many times that resisting something only makes it more real. Yet I was resisting those wisps of the past, wishing they would disappear and fearing they were stuck on repeat. I discovered that allowing them into my Now released them from the bondage of "painful memories" and brought them home, back to the perfection from whence they came.

All this kind of blew my mind, for it was a literal experience of all things happening Now and how it can be applied in real life. Any time a difficult memory comes up, I reach to embrace that Now from this one, letting the memory exist Now instead of in some painful version of the past. It's a curious experience, for sure, and hard to explain. But instead of the repetitive chagrin of messing up or getting something wrong or making a poor choice, I'm experiencing *this* beautiful Now scooping up all the scattered moments of the "past" and literally illuminating their beauty!

It's gotten to the point where I'm reaching around for an example to share in this article but finding it difficult to dig up any remaining pain from the past. Is there something I regret? An experience that hurt? I bring that memory to Now

and embrace it. In doing so, somehow the light of my acceptance illuminates its beauty, the experience becomes unstuck, the memory drops its baggage and pain, and yet another burst of my energy is set free. I don't know how else to describe this physic, but its effect is tangible.

In fact, the other day something triggered a burst of panicked emotion that sent me into an anxious spin. I couldn't spend much time with it right then, but a few good deep breaths and remembering what I'd just written here got me back in equilibrium before I even knew what the fright was about or what old version of me got its panic button pushed. Apparently when the choice is made to allow, it can even happen "in the background," as long as I breathe and trust my love for self.

I always figured the old saying was true that "If we don't learn from the past, we're doomed to repeat it." In other words, if I didn't process and resolve the inner junk that caused past problems, they will just keep repeating themselves. But when it's all welcomed into Now, my current balance and light change everything as *this* moment of beauty blesses every other experience, even the apparent mistakes. Maybe I've never gotten anything wrong. Maybe everything really is all right, even perfect, simply because THIS moment is perfect. _____



We would like to acknowledge the Crimson Circle Angels for your unfailing energetic and financial support. Without you, we would not be able to make this extensive library of material available to conscious and aware humans around the world.

Your support means everything!

In grateful appreciation to the Crimson Circle Angels from around the world.

The Crimson Circle Staff

Welcome to our newest Angels!

Naoko Akimoto

Anna Foster

Manfred Geyer

David Kitkowski

If you would like to become a Crimson Circle Angel, please [click here](#) to see Angel benefits and subscribe.



NEW TRANSLATIONS

Category	Title	Language
ADAMUS ON TOPIC	<u>THE UNFAMILIAR FAMILY</u>	BR, CZ, DE, ES, FR, IT, NL, PL, RO, RU
CLASSICS	<u>WINDS OF THE ANASAZI</u>	ES, FR, NO, RO
CLOUD CLASS	<u>PROGNOST 2016</u>	ES, FR, RO, RU
CLOUD CLASS	<u>PROGNOST 2022 - METAPHYSICS FOR MASTERS</u>	CZ, DE, ES, FI, FR, HU, IT, JP, PL, PT, RO, RU
CLOUD CLASS	<u>THE MASTER'S LIFE, PART 15 - ACROSS THE RIVER</u>	BR, CZ, ES, FR, PT, RU, SL
CLOUD CLASS	<u>THRESHOLD ONLINE</u>	DE, DK, ES, FR, HE, IT, JP, KO, PL, PT, RO, RU
CLOUD CLASS	<u>ADAMUS' SENSUALITY CLINIC</u>	CZ, DE, ES, FR, JP, NO, PL, PT, RO, RU
FREE	<u>ENERGY VAMPIRES</u>	FR
FREE	<u>IT DOESN'T MATTER</u>	BR, ES, FI, FR, IT, PL, RO, RU, SL
FREE	<u>SAINT OR SATAN?</u>	BR, CZ, DE, FI, FR, IT, JP, NL, PL, PT, RO, RU, SV, UK
FREE	<u>TO THE MESSENGERS</u>	DE, ES, FR, NO, PL, RO
FREE	<u>TWO'S DAY FOR SHAUMBRA</u>	BR, DE, FI, FR, GR, IT, NL, PT, RO
INTENSIVES	<u>ANGELS AND ALIENS</u>	CZ, DE, ES, FR, IT, JP, NO, PL, PT, RO, RU, TR, UK
INTENSIVES	<u>TIME TRAVELS (EGYPT 2009)</u>	ES, FR, IT, NO, PL, RO
MASTER'S PAUSE	<u>I AM LIGHT</u>	CZ, DE, ES, FR, HU, IT, JP, NL, PL, PT, RU, UK
SPECIAL TOPICS	<u>DREAMWALKER FOR PETS</u>	DE, ES, FI, FR, IT, RO
SPECIAL TOPICS	<u>RE-ORDER YOUR REALITY</u>	DE, ES, FR, GR, IT, NO, RO, RU, SR, TR

LEGEND: BR=Português Brazil, BG=Bulgarian, CZ=Czech, DE=Deutsch, DK=Danske, ES=Español, FI=Suomi, FR=Français, GR=ελληνικά, HE=עברית, HU=Magyar, ID=Indonesian, IT=Italiano, JP=日本語, KO = Korean, LV= Latviski, NL=Nederlands, NO=Norsk, PL=Polskie, PT=Português, RO=Română, RU=русский, SL=Slovenščina, SR= Српски, SV=Svensk, TR=Türk, UK= український, ZH=Chinese

[VIEW THE COMPLETE LIST OF AVAILABLE TRANSLATIONS](#)

Metaphysics of Pain

Insights into Physical Pain



Time Travels

May 2022 Spotlight - 15% off!



Right Here, Right Now - Merabh

From Art of Benching Shoud 7



Clair de Lune

From I Am Light



Energy Vampires

Excerpts - Free download



Keahak XII

At the point of the arrow



Benching in the Now

Highlights from Art of Benching Shoud 7



Shining in the Now - Merabh

From Art of Benching Shoud 7



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MEET THE CRIMSON CIRCLE STAFF

INTERVIEW WITH RENÉ ELIZONDO HERNÁNDEZ –
PROGRAMMER CRIMSON CIRCLE CONNECTION CENTER TEAM



SHAUMBRA MAGAZINE: Where do you live?

RENÉ: I live in Xalapa, Veracruz, near the Gulf coast. It is a pretty town with a bit of green everywhere you look. We are having very hot weather, which is usual at this time of the year. I do not like the cold, so this kind of weather is perfect for me.

SM: Tell us about your family

RENÉ: I have a little kid, who is two years old right now. He is my boy! His name is René, same as mine. He is a lovely kid, very energetic. I am starting to realize how old I am becoming when I try to play with him. I also have a little niece who is turning 8 next month. Her name is Renata and she is adorable and beautiful. I often say to people that he is my pride and she is my joy. Both together are my Pride and Joy, like the song. I live with my boy and my niece visits often.

SM: What are your job responsibilities, what do you do for CC?

RENÉ: Right now, I am still the new guy, since I've only been with the Crimson Circle for a couple of months. I joined the Crimson Circle Connection Center team, with the purpose of improving the site with my teammates. I am focused now on the internal improvements of the system to create many of the new and amazing things that could be possible using the best practices available, of course.



SM: What else have you done in this field?

RENÉ: I have done a lot of things. I already have 5 years of experience under my belt, always working on the backend. I don't think this makes me an expert, but I like to think that I am a better version of my former self, and for me, it makes those five years totally worth it.

I attended the University of Veracruz and obtained the Electrical and Electronic Engineering degree. In the Crimson Circle, I work with Alberto Lunagómez. We went to school together and we have also worked together before.

SM: What's it like to work in such an unusual company?

RENÉ: I think that everything the Crimson Circle does is really great. I also really like the company's philosophy. Internally, in the IT team, it is awesome. Everyone here is super kind and super professional. It makes learning and working easier. I like the team and I also really like the company.

SM: Do you have any hobbies and passions?

RENÉ: I have two hobbies that I practice every time I have a spare moment. The first one is music. I love playing the guitar. The second one is cooking. I am not good at it, but I try my best to make the best meal possible when I do. Playing guitar is like 'zen' for me; I have done it for about 20 years. It is a part of my life and part of me. Whenever I feel stressed or down, I play the guitar and that lifts me up.

SM: Is there anything else you'd like to share with Shaumbra?

RENÉ: I do want to say something to Shaumbra. A short time ago, I met two Shaumbra gals, and it was amazing to spend time with them. Wonderful people. I had a great time with them. They were in town and wanted to meet a part of the Crimson Circle team, so they contacted Alberto. We got together, and it was very interesting to see how much we have in common. Meeting them made me want to meet more Shaumbra. I want to know all of you, Shaumbra! Maybe I won't live long enough to meet you all, but I'll try. You are very true and passionate people.

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Simon Bessant lives in the UK and is a prolific Shaumbra comedian on Facebook. He Photoshops the images on his phone and posts them in the Facebook group [Shaumbra Grand Embodied Masters Comedy Club](#). Check here each month for more laughs!



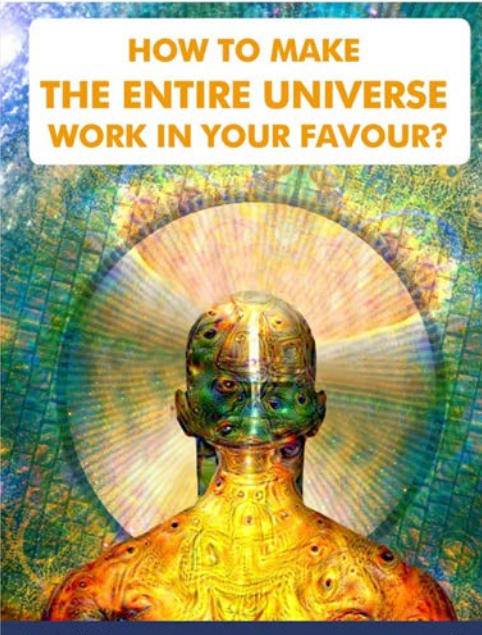
“I am Master Bencher, a new energy superhero. Remember that ceasefire that happened yesterday? That was me....”

When you eventually realise that everything is your energy and you are only experiencing yourself...



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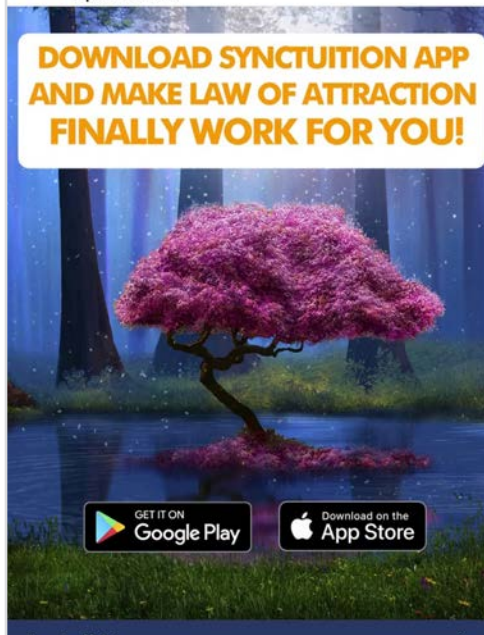


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A sponsored advertisement for the 'synctuition' app. It features a golden, ornate figure with a glowing aura, set against a background of colorful, abstract patterns. The text reads: 'HOW TO MAKE THE ENTIRE UNIVERSE WORK IN YOUR FAVOUR?'. At the bottom, there is a button that says 'Install Now' with a right-pointing arrow.

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A sponsored advertisement for the 'synctuition' app. It features a pink, glowing tree in a dark, forest-like setting with a body of water. The text reads: 'DOWNLOAD SYNCTUITION APP AND MAKE LAW OF ATTRACTION FINALLY WORK FOR YOU!'. At the bottom, there are two buttons: 'GET IT ON Google Play' and 'Download on the App Store'. Below these buttons is a button that says 'Install Now' with a right-pointing arrow.

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