#### Kathryn Jensen's 12-22-11 Holiday Newsletter

This morning (12-21) at 5:30 I woke up to a request by Jesus to receive and transcribe the following Christmas message. He lovingly emphasizes the incredible importance of self-care during these challenging times.

#### My Gifts to you...

- After Jesus' message I've provided a link to an extraordinary video of human-whale interactions. It's incredible...as you watch be careful. You might ascend!
- Next I've given you a list of inspiring lectures on Spiritual Life. If you crave clarity, as I do, about the varied spiritual paths here on Earth, you might really appreciate what's shared.

Holiday Blessings to you, Kathryn Jensen

## A Christmas Message from Lord Jesus Christ Through Kathryn Jensen

This season celebrates love. Love embraces all of you and serves you even if you doubt you're worthy. Christmas celebrates far more than my birth. Christmas catapults Earth into a new life force. That's right. Every year, at this time, the hearts of human beings light up with appreciation for All That Is. The God Force holds the Gaia Force very consciously in the highest frequency that can be absorbed by Gaia's fellowship of human beings.

Heart to heart, you all love one another more deeply than ever before—this Christmas season of 2011. The great shift of the ages has been in full force hasn't it my dear friends. I give you my promise that the Holy Spirit cares for each and every one of you as you move through tumultuous times in your financial lives, in your personal lives and in your physical bodies' attempts to heal...

Your prayers are for Peace on Earth. All That Is and All That Ever Has Been is completing a tremendously complicated revamping of the grid system of the Gaia Force. This process moves mountains of debris that prevent the grid from flowing God Force to the chakras of the Gaia Force.

Peace, my friends, has never been more competently prepared for by the human race. Those of you who are reading this Christmas message are the gentle ones with gigantically heart centered missions. Your hearts make more of a difference than you recognize. You often have blinders on to your influence, because of your personal challenges coping with these demanding times.

I now find most of you completing a cycle of letting go of fear that's defining you as conduits for blessings beyond your comprehension. Divine intervention, to tell you the truth, takes place as you, the life force workers of Earth, take care of your burdens. You use many methods to help your fellow man. Helping others is your heart's desire. Most of you are wise enough to know that you must first take care of your own depletions.

Through these newsletters you have received communications from the dolphins and whales of your Gaia Force. I remind you to gift yourself with their consciousness and their activations. They are published at <a href="http://www.dolphin-energyhealing.com/2012.html">http://www.dolphin-energyhealing.com/2012.html</a> and <a href="http://www.bluedolphinessences.com/LightWork.htm">http://www.bluedolphinessences.com/LightWork.htm</a>.

Find one transmission that resonates with you the most and serve yourself with the transmission and the accompanying activation. Those of you, who do so, will know you are deeply cared for by the cetaceans and all the guardians of Earth's human race. Your guardians include the ascended masters, the archangels, your guardian angels and the sacred devas of your Gaia Force.

You are brilliant sensitves beloveds. To be as brilliant as you are can sensitize you to the depth of others' torment as they, like Gaia, purify. You may become overwhelmed by the cause and effect of clearing fear from your own body-mind-spirit, as you observe the same phenomenon taking place within the body-mind-spirits of those you love.

I can't emphasize enough how critical it is at this time in human history to care for yourself as you care for others. You are Gaia's tenders dear friends. As you tend to yourself, you tend to the hearts of those you love.

Beloveds, I am yours in service, Lord Jesus Christ

# This is so enchanting......

Extraordinary Interactions Between Humans and Whales-youtube http://www.youtube.com/watch?v=rjP7SG9OVVA

### Dr. Symeon Roger's Spiritual Life Series

His site: http://globalresiliencesolutions.com/what-we-do/about-dr-s r

I've been transfixed by the following lectures on Spiritual Life. As I've been listening I've been taking a look at the pure, loving teachings from our cetacean spiritual guides and how they fit in with more conventional spiritual perspectives.

In the following lectures Rogers talks about the major religions. He clarifies the difference between a spiritual path vs. a religious path. He explains with clarity and objectivity what so many of us perceive as off kilter about the western world's version of Christianity vs. the original authentic teachings. He explains the reality of the Muslim path and specific teachings in the Koran. He gives a great talk on the New Age....and much, much more.

If you experience the desire to deepen into contemplation on your personal spiritual path during this holiday season, listen to these beautifully crafted lectures. (I suggest you copy and paste the links on your browser and save the mp3's to your desktop for easier management)

- 1. <a href="http://frsymeonrodger.audioacrobat.com/download/782c26b4-3f9a-b844-e68f-d0072fec064d.mp3">http://frsymeonrodger.audioacrobat.com/download/782c26b4-3f9a-b844-e68f-d0072fec064d.mp3</a>
- $2. \ \underline{http://frsymeonrodger.audioacrobat.com/download/f22968ee-a405-0a41-d2c4-1082e138f2f1.mp3}$
- $3. \ \underline{http://frsymeonrodger.audioacrobat.com/download/1f639992-6822-174d-7899-aa44a632011.mp3}$

- 4. <a href="http://frsymeonrodger.audioacrobat.com/download/f59907c3-4313-7265-593f-631a65bf2127.mp3">http://frsymeonrodger.audioacrobat.com/download/f59907c3-4313-7265-593f-631a65bf2127.mp3</a>
- $5. \ \underline{http://frsymeonrodger.audioacrobat.com/download/46f3bb39-8010-fe7a-8feb-\underline{cf480ab74065.mp3}$
- $6. \ \underline{http://frsymeonrodger.audioacrobat.com/download/c7a63b1c-3650-1a13-1331-11d639753228.mp3} \\$
- 7. <a href="http://frsymeonrodger.audioacrobat.com/download/501b3cdd-0b43-d848-9c2f-c2f3973cf584.mp3">http://frsymeonrodger.audioacrobat.com/download/501b3cdd-0b43-d848-9c2f-c2f3973cf584.mp3</a>
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- 9. http://frsymeonrodger.audioacrobat.com/download/f58776fb-1cac-b518-09c4-7b71fc164567.mp3