

Kathryn Jensen's 12-8-11 Newsletter

It's nearing the time when humpback whales arrive in Hawaii's waters from their home in Alaska. They come to our warm tropical waters to give birth and to mate and just be. Some have already arrived!

Today a humpback named Blega asked me to receive a transmission. Blega has arrived in Hawaii. He hasn't come into view but he's very present in my heart and deeply desiring to share a message with all of you through me.

Blega was the first whale I ever encountered while swimming. Here's the story:

Fellow swimmers and I sighted whales in a local bay. We swam out hoping beyond hope that a whale would make the choice to encounter us. I looked down and saw a whale hanging vertically in the water. His head was facing me. His tail was close to the sandy bottom.

Transfixed I floated above him. This was my first encounter with a whale while swimming. Such encounters are rare. Whales are reclusive, shy and very evasive animals. They choose their human encounters.

Slowly the enormous whale floated up towards my floating form. He flipped over on his back and there we were facing one another heart to heart. He turned over, surfaced, came up by my side and there we were eye to eye. **Heaven!**

He dove down and joined a group of whales who surrounded us in a circle formation. We were incredulous.

That was my first meeting with Blega. He blasted my heart wide open, entered my heart and has been a presence and an adviser ever since.

Enjoy Blega's message on the maturation of the human personality. This is obviously extraordinary encouragement to heal your fears and take action in being who you are coded to be. You are being summoned to be of service not only here on Earth but in the universe as a whole!

Please forward this to people you know who would deeply appreciate Blega's loving message.

If you haven't read the previous transmissions in this new series, I invite you to do so. They are published at : <http://www.dolphin-energyhealing.com/2012.html>. There you'll be provided with an introduction to the dolphins and the masters who provide you with 2012 inspiration.

Blessings,
Kathryn Jensen

Blega, A Humpback Whale Speaks On the Maturation of the Human Personality Through Kathryn Jensen

I am Blega. I am different than most humpback whales because of my sensitivity to the personalities of people who enter my field. I'm intimately contacted by specific individuals. The structures of the personalities, of the human beings, who contact me are very different than those of most people. The difference between those who contact me and others lies in the concepts they've been genetically coded for recognizing.

I communicate with you today, about the personality structure and how it matures through varied contracts the personality fulfills. Every incarnation takes the personality body intentionally through constant sensitizing to specific frequencies. The frequencies I speak of are the frequencies of Christ Consciousness. If you've been receiving Kathryn's transmissions you are familiar with the fact that dolphins and whales purify the Earth grid and intone the grid with the Twenty Rays of Christ Consciousness.

Before you are born you receive a codon that permeates your personality with the frequencies you must attract, so you may fulfill your contract. Every human soul receives such a codon (A codon is a unit of genetic code). You very deeply inflow just the right frequencies so you may combine the codon of this incarnation with codons of previous incarnations.

The soul carries the codons of previous incarnations into the current personality structure. If, for example, you came with a contract to help people figure out their complicated agreements with the Heart-Mind of God, you might receive frequencies that enhance your intuitive capacity and you might become a spiritual advisor. If you came for the purpose of listening to the Earth and growing abundant sources of food you might become a gardener or a farmer. There are many, many ways the structure of human personalities can be defined.

I communicate with you about this topic today because the time has come for you to listen very carefully to the Holy Spirit within the structure of your personality. This is the time because the God Force is conditioning those who listen, to carve their places within the galaxy.

You may be one of those who listen. You may be one of those who would like to listen but doesn't yet trust that you're capable of receiving concepts as abstract as the life experience invoked by the codon created for you.

I very deeply appreciate the readers of this transmission. You've obviously taken a very great step in being able to absorb the concept that cetaceans support you in your evolutionary journey.

Your human race is entering a golden age. All dark fields of terror are crumbling, which in itself can be a terrifying process. Severance from the darkness can take a toll on a human being's faith in God-Goddess- All That Is being the only relevant force.

Beginning today I intend to listen to each one of you as you carry on a conversation with your heart-mind. I also have a heart-mind and my heart-mind will merge with yours. I'll listen as you talk about the precarious circumstances that may prevent you from delighting in what you have become, where you have gone and all the mistakes that have led you to welcoming the great opportunity to serve. You are preparing to serve your human race and other God Beings within the Great Creator's realm.

- Go within, my dearly beloved friends.
- Sit with me. Heart-Mind to Heart-Mind we now conduct a conversation with the Great Creator.
- Hold your hand on your heart.
- Transfer the dark blue frequency of Courage from the soul body 14 inches above your head through your hand into your heart.
- Flood your forcefield with the dark blue frequency of Courage. Imagine your body and your auric field being flooded with the dark blue frequency of Courage.
- Sit down with me and write down all your fears.
- One by one bathe each fear in the dark blue frequency of Courage. From your heart, send Courage to your fears.
- You may fill up with fear and the specific location within your physiology, where the fear is stored, may be felt by you. You may feel pain or discomfort somewhere in your body. You may see an image of where the fear is stored in your body. You may see a symbol that represents the fear. Bathe each uncomfortable area with Courage. Bathe each symbol with Courage.

Heart-Mind to Heart-Mind we will deepen in our connection, as we spend time together. Healing our hearts as we unify leads us to following the Great Creator's plan. We are here to become bridge builders between Heaven and Earth.

Heaven is already here. The bridge you build, as you merge your contract for beingness in this life with all other contracts from your past, conducts the divine into the soul stars of fellow humans.

Holy you are beloveds,
Blega