

Fully Present in Japan

Lessons on Fear and Love during Tragedy

By Lyssa Royal Holt

The following is a first-hand account of one person's experience in Japan during the devastating earthquake and tsunami that rocked a nation. The author, Lyssa Royal Holt, has been working as a channel, author, workshop leader, and spiritual consultant in Japan since 1990 and these are a few of the lessons she learned during the tragedy. It is shared with the hope that it will assist others in similar circumstances. It is offered to her students, friends, and spiritual family in Japan as a gift of gratitude for the two decades of love and growth she has received from the Japanese people—her greatest teachers in this life.

March 11, 2011: It was a typical Friday in Japan, as people went about their daily business. Saya, my friend and interpreter, arrived at my Tokyo condo at 11:30am on March 11 to take me by taxi to the port where we would catch the hydrofoil boat for the 2 hour trip to the active volcanic island of Oshima. Oshima's volcano, Mt. Mihara, last erupted in the mid 1980s and caused an island-wide evacuation. Since that time, it still steams but has been quiet. Oshima has a sister relationship with the Big Island of Hawaii. Hawaiian kahunas are often seen here doing ceremonies. It is a very sacred place.

We had been planning this weekend for nearly a year. In Japan, I teach a year-long channel training and personal development course that brings me to Japan three times per year for 4-5 weeks at a time. I have been working in Japan for over 20 years and it has become my second home. This was just another "normal" weekend of work for both Saya and I. We had asked to travel to the island early, one day before the group arrived, so we could prepare everything for the retreat. This was supposed to be my class's final graduation ceremony, on the slopes of this volcano.

Boarding the boat named "Rainbow" with our packed lunches, there was an air of adventure. It was my last weekend of work, after working nonstop for nearly five weeks. The sun was shining and it was a rare warm day compared to the last five weeks of Japanese winter weather. We were in good spirits, and during the 2 hour journey we ate our lunches, chatted, and just relaxed – looking forward to a powerful and fun weekend with the class.

Upon docking at the port on Oshima Island, we gathered our luggage and formed a line to disembark. While standing quietly, what appeared to be a series of big waves hit the boat and knocked us off balance. The time was around 2:45pm. Thinking it was a bunch of rogue waves, everyone laughed at our inability to stand upright. No one realized that those "waves" were, in reality, the force of a 9.0 earthquake that struck in the ocean off the coast of northern Japan in the Tohoku region.

We disembarked and found the bus for our tiny hotel. The hotel was in the forest high above the shoreline, toward the volcano. The bus ride was uneventful, except that suddenly Saya could no longer receive a signal on her cell phone. We arrived at the hotel

and saw the TV in the lobby. A group of older men were gathered around watching it. A quake had hit Japan and caused a fire at a telecommunications building in Tokyo. This is a common occurrence. We didn't give it a second thought.

Because we had so little time left until sunset, we hurriedly put our luggage in our rooms and called a taxi to take us up to the volcano. We had to find a special spot for the group's graduation that was scheduled to take place on Sunday at the volcano. The taxi arrived and we drove about 20 minutes up the slope to the park's entrance. The taxi driver agreed to wait for us and we hiked in, trying to find a special spot. After finding the spot, we hiked back toward the parking lot. Announcements began blaring through an island-wide tsunami warning system. They were telling people to leave the shore immediately, and that buses and boats would be suspended until the tsunami warning was over. We knew we were on the highest ground of the island, so we had no worries. But even with these announcements, both Saya and the taxi driver said this is a common thing to happen any time there is an earthquake. There was no need to worry.

Arriving back at the hotel, the lobby TV was still showing the fire in Tokyo. We went to our rooms to relax before dinner. I managed to make a pot of green tea before Saya frantically knocked on my door, came in, and turned on the TV. This was when we saw the first live pictures of the tsunami that was washing away whole villages in the Sendai area. It was unreal. The Prime Minister came on to make an announcement. Then we started to notice the aftershocks. They were coming every few minutes, and they were strong.

The evening was a blur. We were glued to the TV. Saya had to translate the important information to me. She kept trying in vain to make phone calls or send text messages. Nothing was getting through. Around 9:00pm my company managed to call through a landline to tell us that all boats had stopped and we were stranded on the island. This also meant that our group would not be arriving for the graduation weekend. In fact, many of them were stuck on trains bound for Tokyo as they tried to travel there to meet the very early boat the next morning. We found an old laptop in the hotel lobby and managed to post a note on Facebook that we were ok – as many of our friends and family within Japan and overseas would definitely worry.

The rest of this weekend was surreal to say the least. Our experiences do not compare to the suffering of those directly affected. Our isolation on this tiny island, perfectly safe, not knowing when we could return to Tokyo, quickly contrasted with the devastation in Northern Japan. Because we were stranded here, with no phone or bus service, there was very little to do except “enjoy” the sights. This was a strange realization that caused some guilt – how can we enjoy ourselves when so many in the country are suffering?

It became clear that we were called to go to Mt. Mihara, the active volcano, the next day (Saturday, March 12). We did not know why, but we knew we needed to hike to the top and walk around the entire crater. In all the years I've been doing the work that I do, I've learned not to question this type of “directive.” We prepared ourselves for what awaited us at the volcano the next day. That night, sleeping was nearly impossible. The constant

aftershocks, earthquake alerts on my cell phone, and the urge to turn on the TV in the middle of the night kept us more awake than asleep. After a hearty lunch the next day, we hired the taxi to take us to Mt. Mihara.

The climb wasn't easy, and there were many times we wanted to forgo the full hike in favor of an easier route. But once we 'plugged in' to the energy of the volcano, turning back seemed impossible. By the time we were 2/3 of the way around the top of the crater, we were the only two on the volcano. The desolate landscape stretched out before us and we could not see another soul. We continuously felt the subtle, rolling aftershocks beneath our feet from the belly of the volcano while we could see the steam coming from the crater. It was an experience we won't soon forget.

We stopped toward the end of the journey to shoot a short video for my students from the top of the crater. It was heartbreaking to know they couldn't make it as well as being unsure that everyone was indeed safe. While we stopped, I offered to do a channeling for Saya with Sasha (the Pleiadian being that I have channeled since 1988). As I have done thousands of times before, I opened myself to allow her words to flow through me. But something strange occurred. I received a message that basically said, "I cannot speak to you now. I am in your current time/space continuum and am engaged in relief efforts." In addition to this, I felt an energy I have rarely felt – as if there was a frequency that was blocking out transmissions. It wasn't anything uncomfortable or intense, just strange. We accepted this unusual situation and began hiking down the mountain.

After a call to the taxi driver telling him we would be late, we hurried down the slope. Just like the day before, tsunami alerts were blaring but we were exhilarated.

Once again we had to ask, how could we be enjoying ourselves when so much pain and suffering was happening elsewhere in Japan? Despite these questions, we knew clearly that there was nothing else to do. We were stuck here on this island. We had a choice to be miserable or to open our hearts, be fully present, and enjoy the moment. How many times have I heard (and *given*) teachings about staying fully present with what is? When put that way, the choice was clear (though not easy). We finally surrendered to the reality before us, tried not to feel guilty, and opened our hearts to our experiences on the volcano. Once we finished the hike, there was a very tangible feeling of completion, as if we did what we came to do. We didn't understand why we felt this way until later.

That night it became clear that the boats would run again the next morning, and we could depart on the same afternoon boat that we were scheduled to take had there not been a quake. The whole weekend was filled with these types of synchronicities.

The next morning, we checked out and had a lot of free time before the boat's departure. On the warmest day of the year so far, we sat in the garden. I offered to channel Sasha again, to try and see if I could make the connection this time. Not being able to connect the day before was a very strange experience, so I, too, was curious as to what Sasha would have to say. Here is an excerpt from Saya's conversation with Sasha.



Sasha: Hello to you, it is Sasha.

Saya Kagami: Hello Sasha, it is so great to hear from you!

We picked up the phone this time, yes? Actually, I am not speaking to you right now from your time/space. This might sound a little strange, but yesterday the message that Lyssa got about us being in your time/space – that was true. Actually we still are in your time/space in your “now”. But this message is actually coming from your future. So from the point of view of the “me” that is speaking to you now, this crisis has already passed. That is why we are able to make the connection today. Yesterday it was an interesting situation because when you were on top of the volcano [Mt. Mihara], there were many things you were dealing with that would “jam the transmission” so to speak. As Lyssa has said, this is pretty unusual. In all the decades she has been channeling, this has not happened in this way.

One reason we could not connect with you yesterday had to do with the energy of the volcano you were on. It is very electromagnetically active. Also, there are channels of energy that are connected from volcano to volcano. The volcanoes tend to regulate the seismic energy, so even though Mt Mihara was not in the region of the earthquake and was not erupting, it still had a high level of activity – but not the kind of activity that would have caused an eruption. Those electromagnetic fields were very strong.

It wasn't just the field of Mt. Mihara. Because all the volcanoes were working and connecting to act like a “pressure-release valve”, that was one reason why the energy on the volcanic level was pretty intense. Most of the time, this doesn't stop us from making connections. But that situation, in combination with everything that was going on such as the mass consciousness (which was in a tremendous amount of turmoil), added to the difficulty. When you have a group of people who are in the emotion of fear, it can be difficult to connect. We've used this analogy before in reference to Y2K. It is like trying to yell to someone in a hurricane. That is another level to the difficulty of communicating with you yesterday.

Also, something else has to do with the issue of timing. Looking at it from the bigger picture, we weren't needed to give a message to you yesterday. We know your minds wanted to have the communication, but from the perspective of the bigger picture, it wasn't needed at that time. As you know, Lyssa was told that we were in your time/space. We literally were in your time/space, which is an uncomfortable place for us to be. The ships were cloaked, although you might find in a few weeks that when things calm down, people may come out and discuss the sightings they had during the earthquake time, especially in the area of Sendai and surrounding mountainous areas. For the most part, the ships were cloaked in the most populous areas. Even when the ships are cloaked to the eyes, those who are sensitive can sense or feel us.

SK: Were you working on the seismic energy in the Sendai area?

Yes. As you know, the actual seismic work is not my expertise. I am on a ship with those who are doing that work. We've said before that we've been in the Mt. Fuji area for a long time. Fuji is a main energy area for volcanic energy. We've been shifting around to other areas as well, as needed. About a week before the quake, we were sensing that oceanic fault line, so we were over the ocean in that area, with many other helpers whose expertise is in seismic work. My work was mostly monitoring the energy of the mass consciousness field, and in whatever way I could, assist in calming it. Heightened emotional fields tend to increase negative manifestations.

The seismic experts were trying to bleed off or release the energy that they felt was building. It is important to note here that we Pleiadians (and other nonhuman beings) can't always see where the actual physical manifestation will take place. Very often we can sense a spike in electromagnetic activity in a certain location, but that is not where the physical quake happens. You might think that because we are "more advanced," that we can stop it. But the science is not that accurate because it also depends upon the people, the planet, and the mass consciousness. We can have a general idea of where it will manifest but we are not always correct. However, we did sense a big electromagnetic spike in the ocean in that area where the epicenter was. That is where the teams were working.

Of course, there are teams like this working on the plates around the planet. This is not just one team. One other aspect to remember is that ethically, there is only so much we can do. We are still bound by the precept of noninterference. Without being directly asked by your people, we can only act in minor ways to assist. This may seem cruel, but it is actually one of the strongest precepts in our interplanetary relations. We cannot break that code. In the ancient past, when we've done so, there have been dire consequences.

SK: Are you a Pleiadian team?

We are a mix.

SK: Like a contact team?

Very much so. We wear many hats, so to speak. My expertise is the contact work, but also with the group consciousness field. You are going to find that those who are seismic experts will also assist in contact work.

We know that both of you would like to know what your role was, if any, in this. We are trying to find a way to explain this that is accurate. There isn't a "linear" reason. It isn't because you had to "go and plant a crystal in the volcano" – it wasn't anything like that. Things were happening on many levels, and everyone has a role to play. Some roles seem more subtle and others more direct. But no one's role is more important than anyone else's.

On one level, both of you carried the energy of your group. As you know, last week Lyssa went to Zojoji Temple in Tokyo to bless the gifts (bracelets) she had for the students. One of the things she did when she went to Zojoji was to visualize each student in the class and open herself to connecting with them. The bracelets were literally charged with the class energy. When the two of you came to Oshima, you were carrying the energy of the whole group. In that way, it wasn't necessary in the bigger picture for the group to actually come. This is the reason why the quake struck right when you docked. It was necessary for you both to come and carry the group's energy, but it wasn't necessary for the group to come. The earthquake event itself was going to happen anyway; you had to get here before it happened. It was simply an expression of synchronicity.

SK: We were just in time.

You just got here, and then the event happened, which gave the other students enough time to not leave home or to stay safe. We realize it was a bit chaotic and not convenient, but it would have been a lot better than the struggle they would have had to experience in order to get here. But in the end, the boats stopped running anyway.

SK: And the group would have been very anxious once they got here.

They would have been very anxious and distracted, and it was important that *that* energy not be put here in the volcano. What you put in the volcano is transmitted to the other volcanoes.

SK: Are you saying that all the big volcanoes in Japan are connected? Or the world?

The world. Of course, the ones in Japan are connected because they are close to each other. But in general, all the world's volcanoes are connected, yes. If you had had a bunch of people coming here who were in fear, and all of you were on the volcano putting that energy in there, that would not be a helpful thing.

SK: That is great to know for future reference.

So yes, you and Lyssa did experience shock and fear, but when you hiked the volcano yesterday, that was not the energy you were experiencing. You both actually experienced joy, happiness, fun and adventure. That was more the energy that needed to be put there. This is another reason why you were "removed" from the situation [being isolated on the island], because then you could maintain that energy when you went to the volcano to do your work.

It is interesting. You had two things going on. You had the situation with your class. It was supposed to be the graduation weekend. In the work you did yesterday, you actually supported them. But also, you were doing planetary work, which did not have to be conscious on your part. That means you didn't have to go up there on the volcano and "om" or pray or meditate. Very often, when the ego is trying to do that kind of work

through certain types of activity, the flow is not as clear. But if you are just “innocently” there, so to speak, enjoying the energy, opening yourself, then the energy can really flow. And you both were very open when you hiked the volcano.

Your higher selves, myself (Sasha), and the teams, were sending you energy in a way that could flow through you and into the volcano. This also happened around the world with “volunteers” at other volcanoes too. Thus, the energy moved to the other volcanoes and the volcanic energy system. We often need “agents on the ground” in order to do that kind of work. That was another reason why you had to come. If the group had come, you would not have hiked the volcano due to time constraints. As we look at it, everything happened very synchronistically and as it should have. That is also why you had the feeling that the “job was done” when you finished the hike. It was! Once you left the volcano, you didn’t need to be on the island any longer. Interestingly, the boats then started running again.

SK: So we helped, in a way, by being there and being open, and enjoying the experience.

Yes! It really is that simple to be of service. Sometimes people think it has to be more complicated. You felt the powerful energy shift when you were hiking up at that one corner you turned.

SK: The energy changed.

Yes. You would not have gone up that high if the group was with you. When you felt the energy change, that was when you entered the “electromagnetic wi-fi spot” so to speak. You could start to connect with us and the team and the energy of the volcano. That is when we started transmitting – when you entered that section of the volcano.

SK: Could this be said about any other volcanic mountain like Mt. Fuji?

It can be, yes. But because on Mt. Mihara there are not huge amounts of people doing pilgrimages, the energy is more pure and not as polluted. Fuji-san has, of course, a powerful energy. But in the summer there are many pilgrims. All those thought forms can sometimes create an energy field that isn’t as clear. We don’t mean that it is “dirty.” It just isn’t as clear.

SK: When we passed that zone then, we were connected to you energetically?

Yes. You were before that, but not as strongly. Again, the best analogy is like walking into a wi-fi hot spot.

SK: And thus we were able to do the work we were supposed to.

Yes. It was actually more important for you to walk around the crater, which is what you did, than to sit in one spot and meditate.

SK: Though it was hard to walk around the crater!

Yes, but you heard our encouragement of, “You can do it.” Now you are glad you did. Also, you both received a healing as well. Whenever you put yourself in that type of environment, your electromagnetic bodies are cleaned. You both really needed that because of the type of work you do. It was a nice cleaning for you both as well.

SK: There were about 50 dolphins stranded ashore less than a week before the earthquake. The same thing happened with whales in New Zealand. Does that have something to do with the seismic energy?

Yes. Of course, as you know, dolphins and whales are sentient species. It is almost as if they are doing the same type of work we ET teams are doing before earthquakes. They are doing it from under the water.

SK: And they died!

Yes. They often sacrifice their lives. It is not always necessary for them to die when they do this type of work, but sometimes, especially in the case of very strong earthquakes or strong electromagnetic buildup, there is a feedback loop that short-circuits their “sonar.” (You call it sonar, but it is actually a much more complicated system than that.) They get disoriented. Sometimes, they even experience what you as a human would call a “concussion.” Their brains get damaged. They were doing some of that work, yes. We know this is hard to imagine and may sound a bit “science fiction,” but from our retrospective point of view, all the work many were doing has actually decreased the magnitude of this earthquake.

SK: Yes, that was what I felt. I am so grateful.

You were correct. The same happened with New Zealand. The work we all do—humans and nonhuman beings—can decrease earthquake magnitude, but cannot stop it all the time. As soon as we see the build up and can release the pressure somehow, then at least it can be lessened. And as we said before, we extraterrestrial teams are limited in what we can do unless your people directly ask for help.

SK: But the dolphins and whales don't necessarily have to die, right?

That is correct. They don't necessarily have to die. Sometimes they just get injured. Sometimes when they are trying to bleed off some of the electromagnetic energy and the bleed off happens too quickly or powerfully, that is when their “sonar” gets scrambled. It is almost like a concussion that comes from an explosion – just the energy force can affect them. They don't always die, but sometimes they do, unfortunately. But they are prepared to.

SK: It is their service?

It is their service. They don't see death in the same way as humans.

So from our perspective right now, it is impossible to tell you an exact time frame I am speaking from that correlates with your time stream. However, it is within a few months of this event. From my perspective in the time stream, the worst is over. But please know that whenever anyone speaks to you from the future, it doesn't necessarily mean that the future we've experienced is the one you will unfold. In the one that we are speaking from, there might still continue to be quakes, probably no more than 6 on your Richter scale. More likely in the 4s and 5s.

SK: Are they aftershocks?

Of course there will be aftershocks from the epicenter. However, they trigger weaknesses in other places. Those quakes are not a build up of electromagnetic energy. They are just weak spots that are adjusting. You have basically two different types of quakes. You have one that is an electromagnetic build up that has to be released, or you have quakes that are responses to those build ups and they happen in weak areas. What we see is that there might still be quakes (not compared to 9.0), but some "big" ones. There aren't any to be concerned about. They are inconvenient, yes. Scary, perhaps. Again, we are very hesitant to talk about future because our time line is not necessarily the same one you will experience.

SK: We are concerned about the nuclear plant. Are you helping with this? I don't know what to ask about this!

One reason you don't know what to ask is that you aren't really clear about what has happened yet [because it only happened 2 days ago in your time]. To some degree that is because even the professionals aren't clear about what has happened. As you've seen, there has been some radiation. Again, from my future time line, there was not a disaster on the scale of Chernobyl. However, they still need to be cautious. My teams don't work with that; but there are others that do work with radiation. Especially, nonphysical beings have a specialty, because they are able to shift what is "radiation" to you on a physical level. To them, is only electromagnetic energy. They can help shift the frequency of it. They have been working on that. Right now, in your time stream, that issue is not resolved.

Obviously for you in Tokyo, there isn't much you can do. The worst thing you can do is worry about it. What you can do, is to try to calm those who are freaking out.

SK: Do you think we created this reality? Could this have been avoided?

Even though this event took place in Japan, it is really a world event. The New Zealand earthquake and now the Japan earthquake are connected. Now that you have moved into [what Mayan calendar researcher Dr. Carl Johan Calleman calls] the 9th underworld and unity consciousness level, you might find events happening that force unity consciousness to happen until you take the initiative to create it yourselves.

SK: That makes sense, because it is creating a unity consciousness in Japan right now.

Yes. You had Egypt, and even what is happening in Libya. Even though it seems like it is creating polarity, it is actually creating a stronger unity field than polarity field. Sometimes polarity is needed to create unity, as strange as that may sound. Strong polarity is often a precursor to integration. The real shift will be when you don't need negative events to create that field. These events train you to know what it feels like to be in a unity field so that you can naturally generate it and not be *forced* to generate it. Does that make sense?

SK: That makes a lot of sense. I am so glad that there is a positive meaning to this.

So in that way, Japan was of service. The New Zealanders were in service, the Haitians, the Egyptians – everyone. They add to this opportunity to train your mass conscious how to generate unity consciousness without being forced to do so. That is a big service.

When you go back to Tokyo, we would recommend for you and Lyssa to, as best as you can, stay centered and balanced. You will notice a difference in energy. It might be a little bit frenetic. You might have difficulty focusing. If that happens, don't worry. There will be more aftershocks. Stay centered. Don't worry about it.

SK: When my friends and family are not centered, I should just help them be centered?

Help them. It is very hard to teach the idea that whatever is happening in the now is all that exists. The other night, Lyssa said she had a dream. It was the night you arrived here (after the quake) and she was with the channeling class in the dream. The message she told the class in the dream was that all you can do is move with the flow of energy. If you resist it, it makes it worse. That is the same message we share now. We know some people don't want to embrace that idea, because the ego thinks it means, "I accept the earthquake," or "I promote it." That is how the ego interprets it. No! It is recognition that what is happening in the moment is the only thing that exists right now. You cannot change the now moment. If you try to, it becomes denial. So you are either here—and fully present—or you are not. If you are not, then emotionally you are unbalanced. It is what the Buddhists call "suffering." When you are not fully present with what is happening in the moment, you suffer. You instead spend your time wishing for things to be different or stuck in the past.

Let yourself be creative with how you share that idea with other people. [Pause – aftershock is felt.] There are still a few more aftershocks. We don't know if you are feeling them physically, but electromagnetically they are coming.

SK: Thank you for this session!

You are very welcome. We send our love and best wishes to all of our Japanese family and if you speak with any students, friends who know us, please share our love and best

wishes to them. Of course, it extends to the whole Japanese family, even though we do not know physically. Much love to you. – Sasha

That afternoon, we boarded the boat for Tokyo. Sasha was indeed right. The energy in Tokyo was a bit frenetic, with many people buying up food and water. Now that I had access to English-language TV, it became impossible not to watch. Of course, this added to the grief and heartache over the events. Soon it was unbearable to watch because I only ended up crying. Being back in Tokyo for a few days before my departure, we had quite a series of strong quakes – one large enough to force me to take shelter under a reinforced corner of the condo. The magic of the island faded away and the reality of life in modern-day Japan re-emerged. But yet, I will be returning to Japan in a few months. I cannot stay away. And once again, there will be a journey back to Oshima Island to complete the graduation ceremonies.

In the days that followed before my departure, I revisited the lessons learned on Mt. Mihara. Whenever the ground would shake, or scary news reports about radiation were broadcast, I would try to breathe and not automatically move into the “default setting” of fear. Fear brings us out of the moment. It incapacitates us. When in fear, we cannot see clearly and cannot be of service to anyone, including ourselves. It leaves us disempowered and grasping for something external to hold on to, which is just an illusion. Fear creates imagined scenarios and then coaxes us to react to them, thus leading us further away from the truth of what is in the moment.

I watched news reports of how survivors in the Sendai area were coping with the aftermath. The striking thing was the general absence of fear. I noticed how tragedy roots us in the moment. They weren’t worrying about the “what ifs.” They were living the worst circumstance of their lives, fully present in the moment because they had no choice. Through all of this, most people were focused on helping others. Even the gangsters! In the face of tragedy, what really matters reveals itself, and the Japanese people are masters when it comes to truly *living* the idea of unity, especially when it really counts.

The other lesson learned on Oshima Island had to do with the nature of polarity. Many of us imagine that we know what “unity” really means. However, it doesn’t necessarily mean an Aquarian-age utopia where everyone loves each other. Very often, the deepest truths seem paradoxical. Can both polarity and unity exist simultaneously? Yes! Can deep polarity lead to profound unity—beyond the “new age” vision of what that means? Absolutely yes! This experience brought me back to the first channelings I did as a new channel in 1985 – that the only true polarity we humans ever experience is the one between fear and love. It takes a tragedy like this to illuminate those polarities and force us to choose. Perhaps we can integrate both within us by acknowledging the fear and choosing love anyway.

Fear is seductive. It is easy to get sucked into that black hole before we even know we are there. Our egos are quite adept at convincing us that we are not acting out of fear when we really are. It was painful to see, for example, Americans buying up iodine tablets for themselves (when there was never any real threat of harmful radiation coming to the US), instead of helping those directly affected by the radiation in Japan. We are human, and fear is a natural part of who we are. But perhaps our evolution as a species depends upon no longer *reacting* to fear from some dark place inside us and instead *consciously responding* to and owning our fear from a place where it can no longer grip us in its seductive vise.

Why are these lessons coming from Japan? I don't think anyone can really answer that question with surety. However, for twenty years my channeled sources have said that the Japanese people have an important role on this planet that has to do with the integration of polarity and the teaching of unity consciousness. They are uniquely qualified to provide this service to our planet, based on the genuine nature of who they are.

Despite all the fear and tragedy, the Japanese people have a spirit unlike any on Earth. They live these tragedies with dignity. Their collective soul fully embodies the concept of unity consciousness. It isn't an effort – it is the fabric of their beings. Perhaps this is why, in light of current events, they are showing all of us the way to transcend fear and take care of each other. Perhaps it is time to pay attention, so we may learn these lessons willingly, humbly, and with great reverence for all that Creation has to teach us. ✨

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Even though Japan is considered a “wealthy nation,” the devastation is in the billions of dollars and is far more widespread than any planetary tragedy thus far. People (mostly elderly) in the affected region in northern Japan are still living in shelters with no heat and barely any food. Help is desperately needed. For those who wish to donate to relief efforts, please go to the American Red Cross page for Japan relief at:
https://american.redcross.org/site/Donation2?idb=0&5052.donation=form1&df_id=5052

You can also text "REDCROSS" to 90999, you will automatically donate \$10 to the Japanese Red Cross that will go straight to relief efforts (in the shelters) in the Sendai area.