

Rainbow Revelation

29th August – 4th September 2020

	Rocks		Sphinxes
Cream	Janice	-5	<i>Chetna</i>
	Sangama	4♣	<i>Sophie</i>

Sector 14: Northern Sweden, Northern Finland, NW Russia,
Arctic Circle, Greenland, Barents Sea

Guardian: Dheeren

Sector
Information:

Light	Shraddha	1	<i>Dheeren</i>
	Sudhi	4	<i>Shantam</i> <i>Vasu</i>
Winter White	Bhuti	0 Plastic	<i>Alison G</i>
	Dhyana*	0	<i>Andreas</i> <i>Brady</i> <i>Kanan</i> <i>Kavido</i> <i>Shunya</i> <i>Sudhi</i> <i>Valmeera</i>

Italic Indicates Sphinx or Liquid Rock

'X' indicates Sphinx Rock, * Not updated in last 6 months

Licking the Cream of Life!

Energies of Liberation: Cream

Is Life an ocean of **Cream**? Do you have it in you to lick the Cream of life, to devour its lusciousness, its exquisite sensuousness, to revel in its glorious sunshine or its rainbow showers? Can you translate your life into Cream?

It is easy to lick the Cream of life when you are young and are pulled towards energy and romantic or sexual situations – juice flows like a mango river in your heart and you can play and dance. Responsibility is not crunching upon you.

But suddenly you have to grow up, make money, have a career – and then children appear and need taking care of, and soon, aging parents wave their white flags and need taking care of. So much is needed from you that you sometimes feel as if you can barely breathe.

It is no good pouring upon others endlessly, unless your acts of ‘service’ towards others still allow you to taste the Cream of life. Life is not meant to be austere, making you haggard. Life is meant to be a joy, a blessing, even while responsibilities are squeezing you.

So is there some secret key, some hidden button that allows life to be full of zest and joy – even while those weights and chains are entangling you? The Cream Ray is the ray of deliverance – even while you are dealing with everything that needs to be dealt with.

Gliding in Cream, you become kissed by life a hundred times. But how can it happen?

Cream is the polar opposite of making things hard for yourself. It is not telling you to abnegate all chores and responsibilities, to dash off into the sunset somewhere, free of the burdens of your life. But silky Cream can smooth your way through tough situations.

Cream contains the essence of aliveness, even while aspects of life are trying to drag you down. Cream asks for a consciousness that is full of *Light* – to see how you can make each day an adventure:

*Showering waves of joy and light
To the whole world
As if one is writing a symphony.
Being a light-helper,
Awake, aware, alert.*



You are naturally a light-helper when you are Light and awake upon the Earth. You do not need to make a grandiose ego-trip out of it. You are Light in your essence and the way of Light is to lick the Cream of life.

This can be meditation, but *fun* meditation! This can be exercise, but *fun* exercise. Yes, you can be a light-helper, but it should not be a dedicated chore that is steeped in misery. If you are miserable, you cannot help others. If you are full of Light, you do not need to do any more than shower waves of joy.

If joy cannot come, if it is somehow locked inside you and you cannot taste the Cream of life, then you need to follow the Yellow Brick Road! Each element of your life needs examining: “How is my current life inhibiting me from glorious joy? Have I missed somewhere, someplace? Did something go wrong? Did I slip out of harmony?”

Life is naturally full of harmony. It may be the *hidden* harmony to you. What is the harmony of some of the situations that you enter? Bad things, seemingly bad things seem to happen – what is the hidden harmony here?

In your own life, seek out synchronicity. Have you missed out on a turning-point on the Yellow Brick Road? Has something foiled you or derailed you?

These are all questions you can apply to your daily life. Cream is a joyous fling; it is not ponderous, nor is it arduous. Cream recognizes that life is not easy, but it insists that it is possible to lick the Cream of life. You do not need to be railroaded into some gravel pit. You do not need to be wasted or denied the juicy fruits. All these messages are the messages of Cream.

But you can only leap into the ocean of Cream, you can only splash around in it, if you have terrific consciousness. And everything that happens in your life is to lead you to that state of consciousness. That is its *synchronicity and harmony*.

Nothing in life is trying to give you a hard time in itself. There is no vengeful God afoot. You are an intrinsic part of the Oneness, and only humans have the capacity and power to feel the Oneness. And if you can *feel* the Oneness, then you can lick the Cream of life.

When you have a *recognition of the synchronicity and harmony of all that exists*, you can feel the Oneness. Then that Light shines so brightly it can shine on all the nooks and crannies, on your thoughts and emotions – a shimmering Light of consciousness.

Then you can purr like that cat who got the Cream – and you can pour endlessly on those whom Existence has appointed you to pour upon: children, parents and relatives, friends in trouble, friends who just need some support – or working as a light-helper in the world with advice, expertise and radiance.

But none of it is worthwhile unless you can lick the Cream of life. And you cannot lick the Cream of life unless you are “*awake, aware, alert*”:

*Showering waves of joy and light
To the whole world
As if one is writing a symphony.
Being a light-helper,
Awake, aware, alert.*

It can be like writing a symphony – because the Cream is coming from your soul. You are painting the world with your love. The music of your inner heart is being piped across the cosmos.

It is not being wrenched from anywhere else, from some outside juice or situation or person. *You are Light, you are Cream.*

Beloved ones, the waves.