



Dear Friends,

Thank you for sharing your time on Facebook with me. I'd like you to know how much I appreciate your interest in my Listening For Light books, so I have made this special, free download document for you. It contains some of the new material from Book II which will be out shortly and also, some material which is not published.

These messages began in the Alps of Switzerland, in the palace shown above. Since then I have been graced with the opportunity to act as a scribe for the Council of Seven Master Teachers. Their guidance has been a blessing and their clear instructions have always been to share this work... "Our Voices are for many."

Listening For Light, Book I, is a collection of 200 Lessons or Meditations which can be used anywhere to help bring the mind to a peaceful, quiet and still place of Listening. Each stands on its own and can be read daily or any time you need a moment of inspiration or Guidance. Often mystical and other-worldly, the Lessons are also practical, non-denominational, for all of us.

Listening For Light, Book II, which will be published soon, is a continuation of these many meditations but will also contain some longer passages from the Council plus some history of how I came to be a scribe for them. Their words are recorded exactly, unedited, yet they are surprisingly beautiful and wise, as you shall discover.

Again, thank you for your interest in Listening For Light. I hope you will find this short venture into True Listening inspirational, possibly leading you farther on your path.

In Light,

Karen K. Russell

# *Listening For Light*

## *Lessons*

*Often you hope to get everything else accomplished before settling down to your Higher Work. This is hopelessly naïve, Dear One. The house is only a dwelling not a living work - it nurtures no soul, no path but only reflects beauty or chaos. Work upon your Inner Home instead.*

*We Who Teach are Here for you and all who desire Us in their lives. The printed Lessons shall be as a Guidebook and a bridge of thought over which to travel to Us.*

*Although you in yourself are a worthy and gifted being you must truly be Empty before the Wisdom can find a Path through which to pour like water.*

*Why not you? You are as important a piece of clay as others I have molded. My Work is done through men and women like yourself. Do not doubt Me! Do not hesitate. I will see to the perfect unfoldment of your life if you give it to Me.*

*All is part of the larger picture, like a vast puzzle. Each piece must be located and fitted perfectly into place before the picture begins to take form. You have now completed a small corner piece only and even that is not quite complete. More seeking for answers is needed. Be more diligent for your dreams are to be answered in this Work.*

*These are Lessons to be applied, not folded away to tomorrow. Read and reread what we give you until you make these Truths truly yours.*

# *Listening For Light*

## Passages

### **T**hought-walls

**B**e Here now. Focus upon each letter, each word which Flows. Bring your being into alignment with this time. Abide. The Flow is always Here. Our Teachings are for all who Attend. Just as in a school of learning with many halls, many subjects, many Teachers, you must enter these Gates on your own. There is no competition Here, however each student receives much attention. Their desire to know Holy Teachings is all that is required, plus great focus. This is not an easy task for most. You are not alone in your frustration. Mortal mind has learned much that applies not Here. Therefore you and others struggle to move through thought-walls which keep you out. Find the Gates. As in any wall there are openings, different for each Seeker of Truth.

### **E**volvment

**D**uring these times, many changes for many old, set patterns are tumbled, often violently, yet the reconstruction brings wisdom and strength to most. To remain in a constant and comfortable status does not produce Evolvment. For all the suffering, there is the counter side of growth and Evolvment which Souls seek. Harmony is not usually a component of such reconstruction. People love being peaceful, happy, secure, yet they are not living their lives to produce such status quo but to grow, to learn, to accomplish their Lessons. In these days Evolvment is being forced to speed up. It is time for all humanity to better itself. Complacency does not produce those results. As group consciousness Evolves and wants to Be more, there grows an answering Power which begins to fuel that wish and chooses those who are tired of oppression and yearn to speak out for change. The earth also shakes itself in new ways. All works toward change, Evolvment; complacency no longer is enough. Stay Connected.

## *K*arma

*I*t has been prophesized, foretold - the earth's energy is reflected in its people. It is about rapid change, you know. People are tired of accepting overlords. To advance there must be establishment of new patterns. I asked of how the Soul chooses and if so. We say, yes, to a degree. The Soul, before entering a new opportunity is not given details such as how it shall die or suffer. It would slow the natural progression of evolvment. The Soul is often given a choice based upon its past "karma" as it is called. Does it wish to finish other Lessons begun before and with those same Souls?

Often the Path to Healing involves choices which develop situations to be worked through. This you may already know. The situations or consciousness surrounding others is often compounded as others also desire the same Paths. This helps create multiple Paths which are often difficult but rapid and involve much suffering. This suffering is like a terrible mountain Path fraught with pain but also learning and therefore change, which was the intent originally. These choices appear to be random but are invisibly led or leading to that which the Soul needs or desires.

Before birth the Soul can choose direction but not how it shall unfold. That is left to a Higher Power. The Soul is incapable of enormous orchestration. There is a grand element of Trust and Faith involved as the Soul evolves and refines its Path. This choice of reentry into human life must be done to set the next pattern in motion. It is quite complex, as the Soul not only has its own agenda but interacts with those who are a separate part of the whole. They do not usually interact consciously with one another so each seems alone and unguided.

The realization of Truths is also a part of the evolvment desired. They must go through the maze which Teaches as the Soul grows in realization and thus progresses. Many do not awaken during their lives but continue to stumble through

*life not awake enough to realize their own choices, their own Paths. Many lives are cut short because on some level, the Soul halts the mispath and desires to approach the evolvment from a new start, to not continue that lifetime because it is going on an unenlightened course. The mass choices are called wars. Sometimes their deaths are chosen to help change old patterns. As a people evolve together they can help change happen through their passion for change, their willingness to give all for a better world. This sacrifice requires courage and often that is a Lesson the Soul had failed to achieve. Often these wars are full of those who have only that way to evolve in their chosen Paths. There are always victims, the unfortunate who die but have had their opportunities for evolvment, as they had chosen. After death, they are given a new opportunity after releasing their old life with its trials. These trials are often not seen as Paths to more Enlightenment until the Lesson is done, the lifetime is over.*

*Only from a new perspective and chance to look back over their opportunities and how they handled their Paths can they hopefully learn from that life's Pathways. These forays out into life then back to review are times of opportunity for Evolve-ment. Those who continue the lower Paths have not yet learned Higher Lessons through which to Evolve. Yes, the Soul has opportunities for choices, many, many choices. The answers are not given but discovered as the Soul Evolves.*

## **I**nnner Place

**B**e here now. Useless thoughts shall fly through your mind until you receive only Higher Thought. This is how to begin. Do not spend energy wrestling with them but be in the silent Strength. Inner Quiet is powerful beyond your dreams for you and many merely come into a great Energy called Loving Light. This is difficult to understand because of your dependence upon your senses. Imagine that you were blind and/or deaf. You would then appreciate knowing a totally different Way. You cannot truly Know this place before you are Here yet you can open your Listening and Trust and learn.

# *Listening For Light*

# Stories

*“About twenty years ago in Switzerland, to my astonishment, I began to put pen to paper and record a wisdom that I couldn’t claim as my own. As a “normal” person, I struggled to quell my growing anxiety over such words flowing from my pen – where’s this all coming from? –what is this other reality? –Don’t you have to be a guru or something for these experiences? Clearly I was neither a guru nor serious student of meditation, yoga or whatever one needed to be to receive such other-worldliness. I saw nothing while writing (I still don’t) yet I learned to be trusting and empty like a vessel, unimportant in its form but necessary to facilitate the transfer of this gift, this knowing, to others.*

*Being a scribe of these words of Light has been a beautiful, humbling and fascinating journey. The words, teachings and lessons are but a very small part of the twenty year partnership with those who call themselves “The Council Of Seven”.*

*I have found no judgment in these Lessons. They are for all who wish to listen and grow. The Teachers are always patient and can easily be as practical as mystical. The Lessons are for all of us. They are ageless and while they perhaps sometimes seem to echo Biblical passages, I sense they exclude none for they are more encompassing than any one religion.*

*From time to time, the Council gave me instruction which while it seemed personal, was always imbued with a greater meaning which could take me out of my small mind and back to the place of profound quiet and deep Listening. In order for you to understand that this is for us all, with no exceptions, I am sharing some of these messages with you.”*

*There shall be resistance in many forms to these Writings. You must either choose to please those who know not all that they think that they know or to be an obedient Scribe. Get your own judgment out of the way. It is naught but fear, you*

know, an old be familiar companion. It has only the power over you which you permit. You shall read of others' Listenings as well. They too were shy about their first attempts. This is only natural for the first time experience. You have resisted first attempts in many things through fear of failure yet you assure failure of a different mode when you shrink back from attempt. Your sensitivity and imagination serve as a wall to keep you back.

*"During my time of traveling in France and Switzerland, I experienced a strong connection with the presence of the Indian Master Mahatma Gandhi and a tiger in the ancient, elegant old palace where I was staying. I also considered writing a children's book. These symbols (Gandhi and the tiger) were important to me but I was continually reminded to remain focused on those things which would further the Work."*

*All works in perfect timing. May Divine Order enter your life. Doubt not your scribings or publishing them. It is meant to be shared, that is all you need to follow. Also, the children's book from Gandhi and the tiger; much can be taught through this simple tale. Hear Our Words, Daughter. Continue this Path. We wish you every happiness and Spiritual growth, a book or two completed this year.*

*"In my own life as a therapist, I often had questions about how to reconcile sickness and distress and how we deal with loss. Occasionally they took this opportunity to teach me through others who sought healing and to allow their guidance to show me the Light."*

*Light is Light. It is seen differently however, through many eyes. God knows this and gives the options or freedoms to each creation so they can grow into more God-like beings. P has done very well with her chemotherapy. Your words and work meant much to her. She took it all as tools and became a worker rather than a victim. She has turned an inner corner. It cannot be revealed about her physical state, yet her inner bodies are beginning to Be in Light, Power, Love. This turn-about is her most positive step yet. She must rise above family and friends who mean well but hold her back in their minds and hearts, expectations.*

*Humans are slow to release into healing for they cannot imagine that it can be done so rapidly. Miracles are usually only found outside their experience, they believe. P must hold to her new strengths and awakenings with great diligence and power, for others see her as a victim. Still, disease is a manifestation of consciousness even though this is not believable by most. Much of the formation of such consciousness takes place on another plane, unseen, unknown to mortal mind but nevertheless, a Reality.*

*Children who manifest illness do so as full souls, not young souls. The soul knows its plan, its choices. Often their lives are given for others, lessons to be completed and too, their lives were mainly for that lesson, not a full lifetime. These are special Teachers in small bodies. The grief that is left is also part of the Teaching. Loss is an awakener in some. Not all who remain take on the Lesson as it is intended for always there exist choices, yet in these cases there are intrinsically special Paths which are presented. No situation involving loss is without new Paths which ennoble and strengthen. P's family has gone onto new Paths. Some are strengthening, others are not, yet all are changed. P is the teacher here. As she learns, she teaches, she raises the level of consciousness in all. Continue to work with her when able. She is a willing student. She progresses. Also, the work teaches and enriches you, does it not? Thus, you also are taught and led into your Path as healer. Trust and Abide. Follow your directions, your Guidance.*

***Thank you once again*** for sharing this gift with me.

*Karen K. Russell*