

The Kryon Teachings

Channeled by Mario Liani

The Kryon Group is the name that Mario Liani uses to describe the loving energy of Kryon. This energy is not a single entity, but a higher consciousness group of angelic realms that operates without individuality and with absolute synchronicity. Kryon is channeled in several languages by different spokespersons around the world. Mario Liani is a channel for Kryon in the Spanish language.

Crossing the threshold of self evaluation

Channeled on 10-11-2005

Dear Humans:

The Kryon Group lovingly greets you from this inter-dimensional space that now allows the opening of a crack through which we will subtly slip to bring you the teachings you are now accustomed to receive from this channel.

Dears, this channel had a recess of several months. This recess was necessary so that he could move forward with the transmutation of certain processes he needed to take on and carry out in order to be taken to a new spiritual level in harmony with the new subtle energies he will have to deal with from now on. These processes are almost at an end and your spokesman is now more relaxed, calmer and better equipped to offer you the teachings the Kryon Group wishes to transmit in the spirit of love and celebration.

The trademark of one Group

Some of you may ask who we are... We are a group of angelic energies operating under a trademark where we don't need to differentiate one from the other on an individual level –as many of you perhaps thought we could- in our state of evolution is not necessary to stand out. On the contrary, we privilege the Unity of All that Is since we are subject to it.

We encompass the energies of Gabriel, Raphael and others –known to you or not- as one single aspect of light, so to speak, one single tone or frequency that you would see – for those of you who can perceive it- as a pulsating luminous mass of white, green and golden tones.

Our channel, who is only one of the many interpreters, has clearly identified the essence of the group –our energy flow- with the special trademark of that entity that you have come to know as Kryon. This mark, for those of you capable of being in intimate communion with such frequency, is a perfectly identifiable tone, like a “feeling” at the level of the higher heart.

We, through our spokesman, who adequately describes Kryon not as “one” entity or “one” being, understand that is necessary to let you know that Kryon is “in reality” the manifestation of several intentions in one, singing in unison a melody that expresses a very special and singular harmony that you could perceive as a “style” of Being, a Group style.

Dear Humans, for those of you who like music, remember the special sound of a favorite musical group who separated after many years due to disagreements amongst its members? Remember that even though some of the members formed groups with other musicians who were not the original members, the group never sounded the same again? We don't need to tell you why, it was obvious to you that

when the members of the group came together they created a very particular sound, a style that was not possible to emulate. Isn't that true? This sound is the essence of a group and represents the very special trademark that marks the union of common purposes.

Any group, human or angelical, who operates under joined purposes, projects the result of this union through a unified consciousness. At the heart of a musical group, when the members change, it may be very difficult to maintain that projection since the sound is the result of the gathering of unique talents derived from the individuality of each member and not undermined by a desire for leadership.

In a non-human group aligned with the frequency of Unity there is no room for the desire to outshine others only for the prevalence of the group consciousness, where is not important who is in the group but "what is the purpose or goal the group wishes to project." For this reason, even though some leave and some join, the trademark of the group will always be the same, its tone will always have the same vibratory frequency or style of intention that exists at its core.

In your earthly world, there are political, scientific, civic and non-governmental groups that have been conceived under a certain modality, and the group leader does not leave his individual imprint or seal so that the group does not play his tune; the leader must try to guide the group under certain policies established beforehand, where a personalized vision does not exist but only the consensus of the whole group. It is thus that the group creates music of a very particular and unique style.

The energy of the group under the criteria mentioned above is the energy born from the higher levels of consciousness, characterizing the true motivation of the being that is attuned to the frequency of Unity, which is opposed to the separation generated by individuality.

The human groups are mirrors of the divine groups. When a group of humans get together with a definite purpose, they begin to generate a spiritual intention that transcends the intention of the human who founded the group, since the group is the essence of the spirit of togetherness that should guide all their actions, dear humans. The spirit of togetherness sets apart the learning that could take them to experience the concept of unification, the concept of Unity. Unification represents the road towards the understanding that We Are All One. In the unification of consciousness, there is no place for the separation originated by the ego.

The Spokesmen of the Group

Kryon is also a Group that operates under a unified intention, with very special and unique characteristics through which the Spirit, the family to which we all belong, offers the human very specific moments of reflection through topics common to the group's agenda and the spokesmen. In fact, our channels, spokesmen for the group, are authorized to touch on topics already on the Group's principal agenda. But, because this is a group effort, is evident that our spokesmen should try to attain mastership, and learn to juggle it with the humility necessary to understand that they don't speak for themselves, but rather for a group that seeks the highest good of all.

We are the Kryon Group and we use that name as the manifestation of a trademark or style that identify us. As a group and in that spirit, it would not be consistent to manifest before you through a single spokesman, since you live in a melting pot of ethnic and geographical ideologies. Therefore, as a Group, we have spokesmen that

convey our messages in different languages and different cultural focus. This is necessary because your geographical differences would not allow you to identify with the experiences and needs of a culture different from yours –as it, indeed, happens.

Our spokesmen are also members of the Group, but do not mistake them for an elite class different from the rest of you. They are humans just like you, and also are –just like you- searching for answers –among other things- because they act as spokesmen for a group of intangible beings that speaks through their thoughts. No small task, is it?

If you think about it, perhaps the price they have to pay is rather high, because they risk being called crazy, presumptuous or of using a purported “self-titled” responsibility to achieve their own personal interests. And we say “self-titled” because to the rest of you they gave themselves the title of spokesmen of spirit.

We now ask you this, if they had not done this, if they had not followed the urge to take on this responsibility, do you think any other human would have appointed them? Isn't this type of responsibility always “self-elected”? How is it different to what some religious people define as “the call of spirit?”

Dears, not all of you are prepared to hear this call. Admit it. The risk is too great, because it could be some sort of a social stigma. Someone who follows a spiritual or religious vocation is seen by you as someone “different” that walks a path that is definitely for the minorities.

Without going into details, we would like to tell you that our potential spokespeople have felt and followed a special type of call. However, some of these people did follow their path to the unknown while others, doubting themselves, feared the potential criticism and desisted. Is that simple, but we cannot judge, dears. Not one of them.

Those who answered the call opted to activate the potential in their contracts and they are blessed because of it, and now they are discovering themselves because they decided –blindly- to take the jump into the abyss. As incredible as it may seem, their courage is helping others to take the jump with more confidence, knowing that they are safe. Those who didn't answer the call opted to realize their potential at some later point since they came to reconcile their duality, being angels without memory in limited human bodies and this, dears, is not an easy challenge to meet, and above all, to realize that once there was an angelic memory in their human bodies.

Thanks to those who answered the call, we are here with you now, dears. Thanks to the channels who give you information from the other side of the veil you know how things are in the two sides, and most importantly, how the human can reconcile both visions. Thanks to them and their efforts we can now dance before you and through these letters that represent the road to your heart.

We call some of our channels “partners.” What a suitable word! Are we not a Group? Then, let's work in society! All of us, you and us, we are partners in this great venture called Spirit. We are all shareholders. Therefore, let's work on its behalf and let's make the best we can, for us and for the evolution of others.

Masters of Themselves

Our partners or spokesmen –however you prefer to call them- are just people like you who decided to work and leave anonymity behind. Blessed are they, those you

already know and those who are not yet manifested, because thanks to them, we can communicate and our Group can establish contact with you more often!

Bless them all –even those that convey a distorted message contaminated by their own personal agendas- because some of them cannot fully relay our message –not with the impeccability, humility and mastership that is required- is no less true that they have put in motion the necessary intention to transcend their own human limitations, serving as an example or anchor...and this is more than we, as your guides, could expect of anyone of you, dear Humans in the path of duality.

Have you ever thought about how these channels, our spokesmen, had to exercise their own sense of self-value in order to face the journey in the darkness that means to become our representatives? Have you ever thought about the fact that they must first heal their own self-evaluation, so that they can adequately serve as your beacon, anchor or support?

Who has been the anchor for your channels? Who has prepared them so that they can accept such huge responsibility? Who helps them feel secure during times of uncertainty; the times when doubt plagues them and they ask themselves if what they are living is not just a trick of a very imaginative ego thirsty for recognition?

Only themselves, dears! Yes, they helped themselves, because they possess within, as do each one of you, the mastership necessary to break the paradigms of duality, to literally break the shell of duality that imprisons and limits them. They broke out of their own shell! There is nothing more powerful to elevate your self value than to do what they did: break the barriers of their own human limitations, and accept, without anyone suggesting or imposing, that they were chosen to carry out a spiritual mission. Who chose them? Their own Higher Self, their own Multidimensional self, the one that contains within Itself the total divine seed that makes us all angels of the same family, the one who has planned everything in synchronicity with all of the other beings. What a magnificent Divine Plan! What master synchronicity!

Ah, dear humans, do you now understand why our spokespeople have decided to leave the security of the womb, the comfortable closet of anonymity and have accepted that they are different, that they are Masters of themselves, that they are Masters aligned with the Master Mind that rules the Divine Plan?

They are different because they have accepted themselves as being different. It's that simple. They are masters because they accepted to be, and, above all, because they accepted to recognize it, and because they accepted to practice, perfect and transmute the Mastership of Themselves. To be Masters of Themselves is to recognize divinity above the duality that imprisons in the constant now of their own earthly experience.

The realization of self-mastering is not an instantaneous occurrence. It is activated through a process where you first need to question your own human essence. Once achieved, the proper potential that could motivate you to begin your journey on the path of self-evaluation is generated. And this is the main theme of our communication...

Healing processes

When a human finds himself in a personal process of internal search, during which his entire being has been shaken due to experiences brought on by the intrinsic and understandable need to sum up and understand everything he has lived in a particular period of time, experience that could cause him to change and be

"different"... it's inevitable for this human to deal with his self-perception and self-evaluation.

When this being begins to question what he's doing with his life, with himself, and wonders which way to go, the potential necessary to generate change begins to open. Part of his being unconsciously aligns with the need to understand and accept that the process he's going through is perfectly normal and understandable. But there is another part of himself, dears, that doesn't understand, that doesn't want to understand, that doesn't properly value this process he's going through. This is, in fact, a true process of cleansing, healing, renovation and transmutation, by which the human should "re-move" all residue and baggage of the experiences that have adhered themselves to the many subtle bodies that form his entire being.

And we said "re-move" because the human undergoing the process would have to shake, vigorously move and move the residues, facing them until he understands why they are there. This process can be as unpleasant as trying to remove stubborn stains from clothing or furniture. When you do this several things can happen... The memory of the reason for the stains covers you with shame, true? Because you have to scrub the stains, you are faced with the reasons –some maybe uncomfortable- why the stains are there. Sometimes you ask yourself –after much scrubbing of these stubborn stains- why am I doing this? Perhaps it's easier to just throw away the stained clothing, or reupholster the furniture than to bother with the stains... Deep down, could it be that you do it with the idea of "saving" what you can before you make an irreversible and drastic decision to get rid of something you value so much?

For the human to be able to favorably take on his process of transmutation is necessary to go over the reasons why he's carrying this baggage. He needs to face them and process them before he decides to throw anything away, because everything that has adhere to it it's just a residue of what he has not been able to process, what he has not been able to digest and that now goes with him as a digestive or intestinal nuisance derived from the constant and daily ingestion of poorly balanced meals that, not having been process properly, have created an accumulative and negative effect on the physical body.

We give you this example so that you can understand that –just like a badly digested meal- confrontations, emotions, group dynamics and all the situations you have to face daily without properly processing them, have a tendency to leave a trace, baggage or a discomfort that will manifest any moment, requiring help, treatment or that you face them with the purpose of healing yourself.

When a human is in the middle of a cleansing, healing and transmutation process two aspects of fundamental reflection ensue. One of them is related to the question about why he "should" be going through this process that forces you –even though it may not be what you wish at that moment- to an internal revision (why me, God, why?). And the other aspect that surfaces is that the human questions all the circumstances that, directly or indirectly, force him to clean up his surroundings so that he can continue on his journey. In the end, this being feels that –no matter what he does- there is no escaping...

The majority of these situations –though obviously not all- dear humans, correspond with those situations that you called "end of a cycle." The end of a cycle is inherent to all the processes, because everything that surrounds you –including yourselves- is subject to a cyclical plan where the processes tend to be structured in specific learning frames that take place in the same way life moves and manifests, as the rhythmic and constant cyclical plan you call "the four seasons." Remember: "as above, so below." In virtue of his own "personal cosmic clock," that

each one of you is subject to, you could be forced to cyclically confront certain periods during which life may seem to be holding you accountable, and you will see the need to undergo this process of revision with honesty and impeccability towards yourselves. And do you know why, dears?

Because there cannot be accountability and a following reconsideration, acceptance, healing and transmutation if you didn't not come from a place of impeccability of the soul, which –beyond your own beliefs or immediate circumstances- will push you to recognize and accept that within you there is the need –which cannot be postponed- to become someone better, to transmute something that at the present time it's not working any more.

As we said before, this need to process your own personal evolution can emerge from cyclical situations that must be periodically process or very specific processes –non-cyclical- that your Higher Self has populated in order to activate within you the potential for spiritual evolution.

No matter what you do, your own cosmic clock will lead you through those circumstances. No matter what you think, your consciousness will make you walk the process during which you will have to face yourself, you will have to validate aspects of yourself that you may have wished not to face until this moment. This could be very painful but it's necessary.

Why did we mention self-evaluation at the beginning of this channeling? "Kryon, you spoke of self-evaluation but didn't explain why self-evaluation intervenes in the process of transmutation." Dear humans, we are going to answer that question which is being formulated inter-dimensionally at this very moment.

Crossing the threshold of self-evaluation

In order to be able to self-evaluate, the human being needs to process and understand certain aspects of himself. If you don't understand, you lose your sense of self-evaluation because you feel incapable of processing satisfactory answers that make you feel at peace with yourself. When the human being is not capable of processing his own answers, he perceives himself to be isolated, he perceives himself to be "misinformed about who he is" and his self-evaluation suffers. This is the high point related to self-evaluation. When you feel misinformed about yourself, you feel that you are on a road that ends abruptly, and it seems that there are no more possibilities to go on or get anywhere.

When you experience what we call "misinformation about yourselves," is because you have walked a path of someone else's questions, the path in search of someone else's answers, and when you come to this extreme point, what is left? Only the void or the knowledge of your own inability to give yourself the answers necessary for you to understand.

The instant you come to this point, to this fork in the road, this is when the real alchemy within yourself begins, is when you truly begin the process of transmutation. In this moment, dears, the human being does –when he aligns himself with All That Is- the only thing he can do and that is to give himself to God, give himself to Spirit.

When you become aware of your inability to understand something that is beyond human comprehension you begin to accept that you are at the mercy of superior forces, that you must surrender to them so that they can guide you- if you want it and you ask for it- in your search for the answers you need and the understanding necessary to regain your self value.

To get answers from Spirit, dears, you only have to learn to surrender in silence, just listen to the beat of your own heart. When you come to this point of surrender and you realize that there is nothing else to do but to leave your worries in the hands of Spirit, this is the moment you cross the threshold, the threshold where you lost your self value, where you were hurt and the only thing left was to hang on to the idea that you could not expect anything else from yourself or from others, at this point you have accepted that things are the way they are and you have decided to adapt yourself to them.

The crossing of this threshold marks the construction of a real bridge that will allow you to travel from point to point: from the point where you have baggage, are tired and without hope to a point where you have decided to go through life without hanging on to anything other than the present moment.

Dears, you don't know how much we love that moment! You don't know how much we bless that moment, the moment when you decide to surrender to Spirit and allow us –from our interdimensional space- to help you create miracles in your life! Dears, you don't know the happiness we feel when we give you this information through this channel, because this channel just recently had to go through similar circumstances during which he had to cross his own threshold in the right manner, the manner in which we expected him to do it.

Spirit celebrates and blesses any human that crosses this threshold of change and transformation, because this human, thanks to this experience, now has the opportunity to face aspects of himself that otherwise he would not have perceived, or would have avoided facing these uncomfortable facets of himself.

We speak of self-evaluation, dears, because when the human crosses this threshold, he gives himself permission to leave his baggage behind and release everything, opening himself to change and to jump to the unexpected, this means that he has decided to hoist his sails and sail in the direction of the changing winds of life and the experiences that await him in the matrix of All That Is. And this decision, dears, speaks of a human who has recovered his self value.

And when a human recovers his self value, he is capable of playfully enjoying life, like the birds, free and happy, gently gliding the air currents in the skies, performing great aerial feats that a bird could never achieve, thanks to your ability to adapt and trust that you will be guided by the air currents.

Humans: let yourself go, flow, allow yourself to be transported by the current, avoiding the desire to control the circumstances of your life. You can do it. It's not necessary to have total control in everything you do. There are a good number of situations in which you can and should try to give up control. When you learn to give up control, your sense of self value will increase, because this sense of selfvalue will not depend on anyone but yourself and your unshakable faith in the Divine Plan. No explanations are necessary, and you don't need to understand anything! You only need to be, to feel and to flow. Do it, try it and manifest it! Ask Spirit to give you that experience, but when you do that, dears, ask without fear, with an open heart.

When you face a situation that seems to be uncertain, give yourself to it and befriend it. Speak to that uncertainty and say: "Oh, dear uncertainty, I want to be your friend, I want you to show me the roads you normally travel and I want you to show me everything I fear and that I would never consciously ask for, because I have always been afraid of what may happen suddenly. Today, I have decided to trust you because I know that you, beloved uncertainty, are part of the Master Plan

that makes everything that happens in my life seem to make sense in the learning circumstances that I chose to experience. Beloved uncertainty, today I chose to consciously walk next to you, to learn from you how to value and enjoy the beauty of the unexpected."

Dear Humans, process, heal and transform everything you think you have not been able to consciously face during a period of time in your life. Face it, discern it, analyze it, and explain what cannot be explained, heal what can be healed, leave behind what needs to be left behind and finally cross the threshold without looking back. Look ahead, walk tall and with a light heart, with the feeling that you are being guided by a powerful force that would never make you experience that which you cannot handle. Everything, absolutely everything you have experienced and will experience has been wisely planned by you in the higher realms where you are the Masters of Yourself. In those higher realms of Spirit, you revised all the alternatives and designed all the possible solutions. Therefore, move on without fear because the moment you reach a situation where you'll need a solution, there it will be waiting for you, and will have all the alternatives you have planned for this moment, and this is the moment to choose the best one.

Trust in yourself, because if you trust in yourself you'll be trusting Spirit, a superior force beyond your comprehension, it's true, but who lives within yourselves, who feeds you day after day and who makes it possible for miracles to happen in your daily life.

The Kryon Group lovingly blesses you and reminds you, dears, that is not necessary to physically embrace you in our ethereal arms in order to show each and every one of you the immeasurable love that the Family of Spirit has for you. We know who each one of you is and for that you are infinitely loved, beyond any human expression or sensation. We say good bye for the moments in this communication, but we are present in each and every one of you in all the moments of your life, because we, who are part of this great Family, never leave you, not for an instant.

The Kryon Group blesses you.

Kryon
Channeled by Mario Liani

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