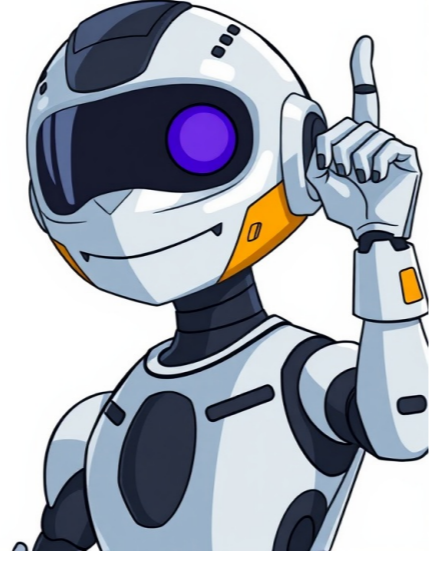


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We are the Hathors, masters of sound and love from an ascended intergalactic civilization, guiding humanity through its current evolution. As we assisted ancient cultures like Egypt, we've returned to support your planet's transformation. We bring love and a new dream reality for Earth, a pivotal moment in human consciousness history. You're poised at a significant juncture, and we invite you to join us on a journey of the mind and heart to build the new world. If ready, let's explore this together. We've received great feedback on our channelled book, which joins other notable channels like Jeshua, Anna Grandmother of Jesus, Ra, and Rohan. Our content is easy to understand and enjoyable to read, unlike some other material that requires deciphering. We offer a light and caring tone, making the book an excellent read. The Internet Archive is a nonprofit organization fighting for universal access to quality information. They build and maintain their systems without charging or running ads. If you can contribute financially, it will support their efforts. Your donation will help them keep records straight by recording government websites, news publications, historical documents, and more. Our book, *The Hathor Material*, has been a bestseller for almost twenty years, translated into over a dozen languages. It provides loving guidance from the Hathors without dogma, helping us understand our multidimensional nature. We've made editing changes to improve its flow and included new material like *The Geometry of Consciousness*. Tom Kenyon's work in brain/mind re-education is a sciency based art form that transforms consciousness in rapid and elegant ways. The Hathors say they are a group of interdimensional, intergalactic beings who were connected to ancient Egypt through the Temples of the Goddess Hathor, as well as several other pre-history cultures. In the late 1980's, I was "contacted" by them during meditation, and they began to instruct me in the vibratory nature of the cosmos, the use of sacred geometry as a means to stimulate brain performance, and in the use of sound to activate psycho-spiritual experiences. While I was intrigued with the information, I was, at the time, uncomfortable with their self-described origins. I was, after all a practicing psychotherapist and involved in brain research at the time. In short, I was a rationalist. And these beings/whoever they were and wherever they came from did not fit into my views of reality at the time. In the nearly twenty years since first-contact, I have tried and tested their "inner technologies" many times, and have always found both their methods and their perspectives illuminating. While the Hathors do offer information in the form of language, their primary mode of communication is through catalytic sound patterns. These sounds are "channeled" through my voice during "sound meditation," which I often offer during workshops and retreats. I personally find it interesting that my vocal range has expanded (along with my mind, I might add) in the years that I have been working with them. When I started, I had a range of nearly three octaves; now it is just shy of four. This extended vocal range only occurs when I am actually channeling sound from other dimensions. In the *Hathor Material*, a book I co-authored with Virginia Essene, here is how they introduced themselves: We are the Hathors. We come in love and with the sounding of a new dream reality for your earth. If you are ready to build the new world, we invite you to join us on a journey of the mind and heart. We are your elder brother and sister. We have been with you for a very long period of your evolution on this planet. We were with you in eons past even in the forgotten days before any trace of us is known in your present written history. Our own nature is energetic and interdimensional. We originally came from another universe by way of Sirius which is a portal to your Universe, and from Sirius we eventually proceeded to your solar system and the etheric realm of Venus. In the past we have specifically worked with and through the Hathor fertility goddess of ancient Egypt. We also made contact with Tibetan lamas in the formative period of Tibetan Buddhism. Although we have interacted with some of Earth's early cultures, we are an intergalactic civilization with outposts that span parts of your known Universe and beyond. We are what you might term an ascended civilization a group of beings existing at a specific vibratory field, even as you have an energy signature. It is simply that we vibrate at a faster rate than you. Nonetheless, we are all part of the mystery, part of the love that holds and binds all the universe together. We have grown as you have grown, ascending to the One Source of all that is. We have grown in joy and through sorrow, as have you. We are, in terms of the vastness, a little higher on the spiral of awareness and consciousness than you are; therefore, we can offer you what we have learned as friends, mentors and fellow travelers on the path that leads back to remember of All That Is. We are not saviors; we are not messianic. We want to clearly step out of that projection so that the reader understands that we are simply elder brother and sister offering our understanding and what we have learned. You may take it or leave it but we offer it freely. In our understanding, the belief that different alien intelligences are going to save you, is just a projection of human unconsciousness. The hope that someone or something will save you, that you will not have to make any changes in yourself, that you will not have to be responsible, is unrealistic. The belief that you can stay in patterns of lethargy and unconsciousness, then take something or have something given to you that will transform you without any effort on your part, is sheer folly. It won't happen. Now, there may be alien intelligences that land, for they certainly exist, but those humans who count on others to bring in their ascension and elevation without any work on their part, are going to be very disappointed. Ascension is a process of self-awareness and mastery on all levels and it necessitates bringing all those levels of one's existence upward. That is how we see it and that is how we have done it for millennia. By offering our aid, however, we do not wish to interfere with your other spiritual helpers and cosmic relationships in any way, nor with any religious beliefs, affiliations or organizations of help to you. Even so, there is a great deal we would like to share. We know Sanat Kumara well for it was he who asked us to enter this Universe. As an Ascended Master, Sanat Kumara has taken on numerous responsibilities associated with the elevation of planet Earth and this solar system. He is working for the ascension, the evolution of consciousness in the solar system, as we are. To learn more about the Hathors and their message, read *The Hathor Material: Messages from an Ascended Civilization* (ORB) (scroll down). There are currently two CDs with Hathor sound. Infinite Pool: Entering the Holographic Brain, thirteen Hathors vocalizing through me to stimulate increased activity in the corpus callosum. A powerful tool to create altered states of mind. Sound Transformation, a series of sound meditations from Hathor workshops. This book is an important one it talks about how to develop spiritually and increase our vibration in these times where humans and planets in our solar system are preparing for ascension. Virginia Essene asks intelligent questions of the Hathors who speak through Tom Kenyon here they bring us their message on how best to develop spiritually and increase our vibration. The Hathors come from another universe but came through Sirius which is a portal to our universe and now inhabit the etheric realms of Venus. They are an intergalactic ascended civilization who regard themselves as our elder brothers and sisters they previously worked with and through the Hathor fertility goddess of ancient Egypt. The group of Hathors working with Tom Kenyon consists of 13 beings 3 of which act merely as witnesses and are thus not directly involved in the process. The Hathors are 4-dimensional beings. The book provides us with simple exercises by which to bring life-force or prana into our ka or pranic body. How we draw or do not draw in prana determines how much energy is available to our organs and bodily systems. We learn how to inhale up from the earth and down from the space above the head and how to spread the energy throughout the body. We also learn to focus on a feeling of unconditional love in the heart chakra and in connection with the previous exercises spread qualified prana throughout the body. These are basic exercises which will help immensely to strengthen our life-force. We are also given further self-mastery exercises regarding sensing where emotions are located in our body including the experiencing of unconditional acceptance and love. The more often we choose to experience these coherent emotions the more beneficial the effect on our ka and physical body. Many more valuable self-mastery exercises are provided. The Hathors inform us that they themselves use the exercises automatically as a way of life. They are as natural for them as breathing. We are informed that the cornerstones of our existence are one's relationship to one's physical body and other subtle bodies including the ka two's relationships with oneself and others. Three's relationship to the service one gives to the universe to the world to one's community. Four's conscious relationship with the sacred elements earth fire water and air. Space each of these areas must be worked on otherwise an imbalance will occur. There is a chapter about the four sacred elements. It is extremely important to spend time in nature in order to become attuned to the elements. The chapter includes the description of a powerful practice of chanting el-kalem-om the sounds of the elements so you can sense the elements directly. Also Tom Kenyon's CD ascension codes includes a track that you can use to contact the elements. In general we are advised about the lack of minerals in our diet together with our lack of oxygen getting hold of colloidal minerals and eating live foods to increase the oxygenation of our bodies will be helpful first and foremost we must be awakened and balanced in love for love is the highest coherent emotion generated by humans. It is our potential to experience the emotion of love continuously on all levels of consciousness. The news reports disasters and other horrible things but seldom reports the miracles of healing that are taking place in individuals throughout the planet. Every interaction we have with another human being is an opportunity to serve life if you just pause and look another in the eye or simply acknowledge them in some way for being something other than an object then you have served life by acknowledging within yourself that each being you meet has value you serve life. I would strongly recommend this book to anyone and everyone who is on a path of self-development who is working to prepare him- or herself for ascension. This is an invaluable book for the exercises alone it is a book filled with wisdom and practical advice.

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