



WORLD PEACE EXERCISES

**Excerpts from daily channeled messages between
'89 and '03**

by The Buddha Consciousness/Quest

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Personal Experiences listed below the Exercises

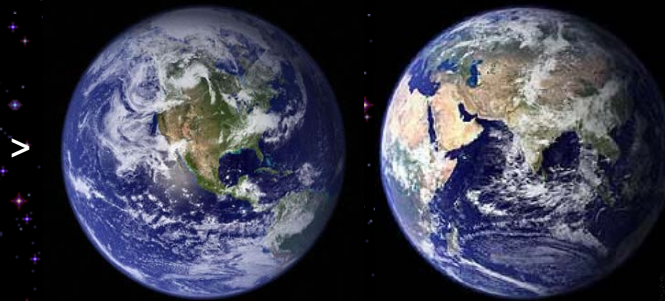
Personally, I like working with techniques such as presented here, because they're impersonal, they allow the practitioner to "help" humanity and the Earth and, I have found at least, actually engenders a love for humanity that can so easily be counteracted by individuals' egos in a "bricks and mortar" church setting. - Rev. Don Chapin

For those that might have a problem working with a global concept for these exercises:

One method is to see the Earth from outer space and simply visualize the energy you are working with as surrounding the Earth.

Another method is to simply "send your consciousness" around the globe, directing the energy everywhere possible. (I started using this approach many years ago, seeing various lights pop up and sending those lights additional energy to encourage their respective opening to the God consciousness/expanded consciousness states that they were initiating.)

A third method is to visualize the Earth in the palm of your hand and direct/see the energy you are working with cover the whole globe.



Background

The basis for this quite new and interesting approach to achieving world harmony and peace, which we called "The Work," started in July 1998, with notebook documentation starting on July 20, 1998. In this "Work" Diane (ref. <http://www.lprww.us/diane.html>) would act as a "human transformer," so that the energy that TBC/Quest enveloped the Earth with could be done at the level of "the human vibration." Although TBC had originally wanted to do this daily, Diane's physiology could only tolerate it for every other day. With rare exception, therefore, this "Work" continued every other day from July 1998 until November 1, 2003, with TBC, and then Quest, refining the color presentations for the best effects, with the final results presented here. As this activity worked on the Earth, there were many newspaper accounts of very positive "firsts" occurring around the globe.

The Buddha Consciousness on Sep 12, 1989: "The leaders of the world, in so many places, are selfish and unloving souls. But, many are beginning to see the light and are struggling for balance on the planet."

The name change for this Universal Consciousness, from The Buddha Consciousness to Quest, occurred on Oct 3, '98.

Quest on Feb 26, 2002: "Self-indulgence and abuse of power may be relegated to the past. These are new and vast concepts on Earth. However, with the spiritualization of ego, many new things are possible."

Quest on Apr 17, 2002: "You have been living lives of violence for many years. The torture, violence, murder and

animosity prevailing on Earth is greatly sapping the much higher vibration Earth has achieved. This is of considerable concern. (Even) service to humanity seems to be so new to so many of your world leaders. In time, it is hoped humanity may learn the dramatic effect you have on one another."

Quest on May 11, 2002: "Earth is, indeed, promoting change toward harmony (but) this is a difficult task with a planet filled with so many things that are not conducive to peace."

Quest on March 22, 2003: "You do have our permission to use 'the work' with great license, as long as you are true to the truth. We know you will be."

World Peace Exercises

Using God light, the following exercises/meditations are designed to change the mass consciousness of the Earth to a more positive form for the New Millenium. The colors and applications are gleaned from researching many private reading notes to extract the essentials for this application, with the color selection and order given providing the best results. Other color options are also given, to provide an "education" of what color and light possibilities there are, as well as providing a boost to these other Earth-plane areas needing improvement. Those that can currently, or eventually, observe these God lights will see a brilliance, dazzle and intensity that cannot be described. (Some artists, for example, that try to emulate such colors often wind up somewhat frustrated by our physically limited visual spectrum.)

Those that use this exercise/meditation should be as free of negative beliefs as humanly possible, since you are not only using/sending God's light, but God's light... with your own vibrations included. Although it may be beneficial to achieve a true meditative state, the

"depth" of your meditative state is of little importance. Therefore, as an "exercise," you can visualize the energy application activity, with intent, purpose and emotion. And, if at all possible, *let that emotion be one of love*. With sufficient practice, you may see this happening through your third eye, or sense the occurrence through other means.

Although very much behind the scenes, this is a tremendous work, with far-reaching consequences for changing Earth's mass consciousness and for Earth's entry into a higher vibration.

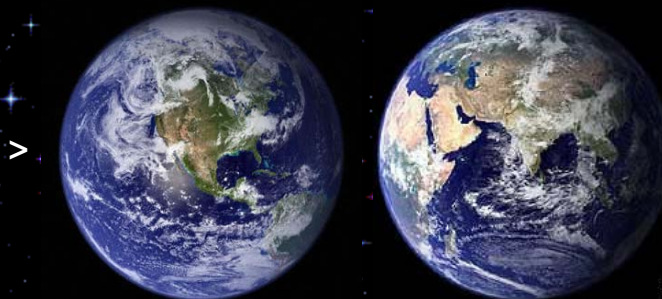
It may not be feasible for you to go through the whole spectrum (as I have), but to work with the lights and applications that you feel comfortable to work with in a given sitting. Also, group applications, where one individual "calls for" the group to work on a particular energy, or set of energies, can be particularly effective.

And again, for those that might have a problem working with a global concept for these exercises:

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To All World Leaders:

For the best results, send volumes of:

- 1) pink light for service vs. self-service;**
- 2) palest gray that they might serve in stewardship;**
- 3) palest yellow to peace and harmony, to serve versus self-service; and**
- 4) follow with brilliant white light to lift it to its highest vibration.**

Other Options & Applications to use with World Leaders:

- **Send volumes of pink light, followed by palest green to assist in healing anger and hostility. To all world leaders, highest white light that they may truly serve.**
- **Send pink light, along with darkest, boldest green that ego may cease its relentless demands and will not act as a smoke screen blocking inspiration.**
- **Send light of glistening violet, that they may connect with one another, followed by brightest white light that they function in the highest way possible.**
- **Send darkest, boldest green that all may share in this healing in every respect.**

- **Send as much healing chartreuse as possible, followed by as much pink and then white light as possible.**
 - **Along with green for ego, pink for service and amber for animosity and hatred, send diamond light for aggression.**
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To Assist Earth into the higher vibrational modes:

"May indifference and insensitivity from one to the other stop on Earth."

For best results:

- 1) Boldest green to ego and ego's relentless demands, which, at times, can be followed by pink light to assist in the spiritualization of the ego.**
- 2) Send volumes of highest, brightest apricot, to all in hatred, animosity and a one-side mind-set, that these conditions may STOP on Earth. (Such a change is critical, since this condition is not in tune with Earth's rising vibrational attunement.)**
- 3) One or both of these applications can then sometimes be followed by highest, whitest light to lift this activity to its highest vibration and to assist in the maintenance of Earth's higher vibration;**
- 4) Send Rainbow light to balance all of Earth and remove as much negativity as possible, or send strongest Divine white light to all areas that can utilize it, followed by rainbow light to lift it to its highest, most negative-free and balanced vibration.**

Other Options and Applications

to Assist Earth:

- **For peace and harmony around the Earth, send a palest yellow light.**
- **That world peace may become more than just an ideal... toward harmonious living.. send volumes of highest, brightest white, that these lights lift and assist Earth.**
- **Send pink light to conflicts on Earth, also to *assist* in the spiritualization of the ego.**
- **Send a lighter shade of green, a chartreuse, to promote healing of animosity on Earth, followed by highest, whitest light to lift it to its highest vibration.**
- **Send Crystal light to neutralize disagreements, dense, negative energy and "locked-in" mindsets (such a problem on Earth) and to fortify the presence of peace on Earth.**
- **Send Amber light to balance the energies of Earth, for animosity and hatred.**
- **Visualize waves of negativity being removed from Earth. (Visualize that same negativity being converted into white light, before being released to the Universe.), then being followed with brightest white light.**
- **Send translucent light to world peace. May all of Earth find its way to such an attitude.**

Miscellaneous Applications:

- **To all those in pain, suffering and torture, send a**

compassionate yellow light.

- **To all those in the illusion of illness, send a precious peach, that they may know God's love as health & well being. May all illness, in every form, become neutralized as the unconditional love of God continues to pour onto Earth.**
- **For improved fortunes for all, send golden light.**
- **To all those passing over, send a glorious lavender so that they may fully open to the unconditional love of God.**

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**- - - - - (Don's) Personal
Experiences - - - - -**

Sometime in 1988, after hearing about such a process and before meeting Diane, I started sending my consciousness around the globe, observing "sparks of light" that I interpreted as individually-emerging "Christ-consciousness openings" (in the larger, not strictly Christian sense). I'd then send those "openings" as much energy as I could to encourage sustained further opening on the part of that individual. I still do this periodically.

After Diane passed and I started putting together the "World Peace Exercise" from her notes, that I've detailed below, I started using that same technique, although not as "religiously" as I probably should have.

Then, on Nov 4, 2007, I had a strong urge ("received the word"?) to simplify that process by simply surrounding and interpenetrating Earth with the effervescent pink God-Light of Love. This approach was confirmed by channeled words from an independent source, on Nov 23rd, of "He got it! He got it"

On Dec 22, 2007, I again felt as if a message "came through"

and I began using the white light of Christmas, converting it to pink light and "going" all around the globe with that. The result, within the first two days of application, seems to be a very heavy concentration of pink... really thick.

Mar 23, 2008, Easter morning. Again, using the higher intensity of God Light (above) that is so much more abundant on these holidays, I found that attempting to combine the pink and God Light (similar to FM radio waves) wasn't as efficient as having the pink light of love ride along with the God Light (similar to AM radio waves). The "penetration efficiency" was considerably higher with this approach. Also, in using this approach on Mass Consciousness, since you are then essentially an open channel to that energy, I found you have to be on guard and work on blocking out or dissolving many of the aberrations that "love" assumes within that consciousness.

July 9, 2008: A very interesting experience! Again, working with pink light and "infusing" Earth in that, followed by yellow light (which I now "understand" is to assist in moving Earth into the higher energies) and infusing Earth with that, also. This time, however, I had felt many others "behind" me and to each "side," assisting with this operation. I knew instinctively that these "others" were not of Earth. I had been reading channeled materials about the Pliadians, Arcturians, etc., and had probably made some form of connection with these cultures. I have no "direct" knowledge of this, but felt that the large numbers of "the others" that were working with me in this endeavor, came from some of these other worlds/cultures.

August 6, 2008, on the way to the coast through the redwoods, doing "my thing" in attempting to merge energies/commune with those magnificent trees... this time received an almost overwhelming feeling of love. Later that day, while meditating in the hotel room in Gold Beach, I "learned" that this global meditation can also take the form of tapping into the love I felt coming at me this morning, adding the pink light/God's love and feeding all of that back to Earth. Very interesting concept... and it works!

For a slightly different approach, open Thanksgiving '08 Experiences on the Oregon coast.

September 19, 2009

After having been "directed" and working with white light, followed by effervescent pink light, on the mass consciousness around Earth for a couple months (this took the appearance of clearing out "tunnels"), I found myself observing another "tunnel" leading off to my right side and descending. As I went deeper, the "medium" to which I was applying the white light became extremely dense, of a consistency almost like a thick oil spill. This descending tunnel came to a "T" so I started off to my right, "received" a correction, then turned around to take the other branch. I soon came to what I sensed was a large room or cavern, which was confirmed when the white light began clearing the "gunk" from it. Although I hadn't expected it, I also immediately experienced a whole-body confirmation of protection (kind of a tingling sensation all over). After the cavern was cleared, I then "coated" the room walls with the pink light. I then started to follow through to address an assumed entrance on the other side of the cavern, but "received" the information that this was enough for now, so turned around and left the cavern.

Getting a "message" to re-check the large cavern, I found it was again filling with "gunk" from the entrance on the other side. However, when I then used the white light to re-clear it, I found that the "gunk" couldn't adhere to the cavern walls as it had originally.

Velly intellesting!!!

February 4, 2010

Working with both white and pink light around Earth, then began moving out to a galactic position (Milky Way), using the energies from our Galaxy to direct toward Earth. Very soon was working from an inter-galactic position ("pushed"? , "requested" to move out to here?, voluntarily moved to here? - don't know), but using white light from all of these galaxies, not to just raise Earth's vibrations, but to "clean up" the negativity pouring off of Earth into the Universe.

Years 2010, 2011, 2012

Kept sporadically working on mass consciousness, particularly in the U.S. because of the hypocracies that are so apparent, with white and pink light. No longer seeing it in a "cavern," but as a dark layer of pollution hovering above

the surface of the Earth. The darkest layers seem to be the Eastern seaboard, Washington D.C. and north. At one time I had a whole class work on the mass consciousness and, on a map, could see that layer literally shake from the Eastern seaboard all the way to the Mississippi.

Rev. Don Chapin, Ph.D., webmaster

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