

New Earth Vision--- Ulla Anderén and Gary Kendall

During the late summer of 2005 the two of us, Ulla Anderén and Gary Kendall, were in Mt. Shasta, California, attending a workshop with Amora Quan Yin. While visiting the mountain, St. Germain came through Ulla to acknowledge the earth-centered work we had already started and to say that he would now help us to set an agenda for activating the higher-dimensional earth that was to come. The Sirian Masters of Light came through Gary to say that they would help also and that a part of the agenda for this work would be restoring earth's original evolutionary plan. The two of us, Ulla and Gary, are working for the New Earth. We have worked on sites in the US, Sweden, Guatemala, Peru, Portugal, Egypt, Guam, Tanzania, Bali, Argentina and now Sri Lanka. Our mission is to assist the evolution of the Earth and humanity to their next stage of spiritual evolution in alignment with the guidance given to us by the Ascended Masters and the star people assisting the Earth's transition.

We have established this newsletter to share knowledge and to make connection with others who are called to this work, who want to learn the teachings given to us and to travel with us to additional sites. Please, feel free to share this newsletter with others and to send us the email address of anyone who would like to receive future newsletters. And, if you feel called to participate in this work, write to us and let us know.

Come visit our website at <http://www.newearthvision.org/>!



Our Backgrounds. *We have both studied energetic healing in Mt. Shasta with Amora Quan Yin who is our principal teacher. We have both also worked with Peruvian healers, especially don Victor Estrada who is the person who introduced us to each other back in 2000. Ulla started her spiritual training in Sweden with Ambres while Gary started his in the US with Peruvian teachers.*

Journey to Sri Lanka

An invitation came to connect with the Sirian Masters of the Light. They seemed to have a special interest in this trip to Sri Lanka. First, they showed us an old Buddhist temple that was being transformed into something new. Ascended Master Buddha himself will assist we hear, not to replace Buddhism, but to help reshape it for the New Earth. Our group will be giving support to this important transformation. It is important that we stay focused in our highest hopes for humanity without limiting judgments. This is heart-work, not mind-work. Envisioning through the heart. Everything we do has an impact in how far humanity will ascend during the transition to the 5th-dimensional Earth. Second, the Sirians show us that Sri Lanka will be an important spiritual center for the New Earth. It has the possibility of holding a sixth-dimensional connection and therefore could be an important connecting point for the Sirians. No wonder they have such a strong interest in this work. Sri Lanka will be like a Garden of Eden. Our group will help prepare the path for this blossoming.

Our planning and preparation for this trip owe a great deal to Simon Peter Fuller who has been leading groups in Sri Lanka for many years as part of the work of his organization, Wholistic World Vision (www.wholisticworldvision.org). He has generously offered to help us and to give support to our work in Sri Lanka. The day before we began our formal program, Simon Peter met with us to share some of his knowledge and experience of the island. He described Sri Lanka's deep and vital connection to ancient Lemuria and the

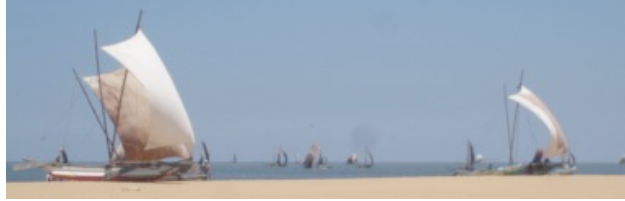


Tilak and Simon Peter Fuller

strong feminine energy that permeates the whole island. Sri Lanka has been a Buddhist nation since the inception of the religion. Then again, overlaid on top of this ancient history is a modern history of violence primarily associated with the foreign powers. The violence has been most recently manifested in the civil war with the Tamil Tigers. More suffering was caused by the tsunami of 2004 which devastated the southern part of the island. Cleansing, so much cleansing to prepare Sri Lanka for the new period of peace predicted by Vedic Astrology.

Two Days Before The Program

Sri Lanka is a long way from Europe and the trip left us all tired and jet-lagged. Our group consisted of Eva and Anders Wiger, Kerstin Brodin, Monica Lindblad, Susanne Källström, Anna Strååt, Annika Blom, Miriam Pagliarini and Christina Castwall. We all spent a few days at a hotel by the beach in Negombo, resting up for the work ahead. Our hotel like many others has survived the downturn in tourism caused by the civil war and the people who have worked here have waited patiently for the tourists to return. Every time there was an announcement about the war on the television, the staff would stop and watch the news.



We also prepared for the work ahead by holding a preparatory ceremony with everyone in our group. Almost immediately, Ascended Master Kuthumi came in to show Ulla and Gary a map of the New Earth centered on Sri Lanka. This island would become the spiritual jewel of the southern hemisphere. During the ceremony there were many metaphors of transition experienced by the members of the group. Suzanne saw an image of a veil being lifted up and off. Christina saw the image of an old stone temple in which the stones became clear like glass. Eva spoke about the choice that humans face between being attached to suffering or to bliss. Then too, Kuthumi spoke to us of how suffering is a core issue for all humanity that must be transformed. There are new spiritual challenges ahead for the New Human. The group also experienced many metaphors about rings. Suzanne saw a bird with golden rings in its mouth that grew to enclose our circle. Anders had an image of rings around the group that were rising up and moving to higher frequencies. The group took this image and each member began hanging what they needed to release on the rings. We watched as these personal limitations dissolved in the higher frequencies.

First Day

We gathered in the hotel lobby after a breakfast buffet rich in local fruits. At 8 am we boarded our tour bus with our Sri Lankan driver and Tilak, our guide for this trip. Tilak is a shaman from a family of shamans. He has also been a professional dancer touring the world with a Sri Lankan dance group. Now he was introducing us to his island and his culture.

This day was devoted to traveling from Negombo on the western coast of the island to Kataragama, a major spiritual city on the southeastern coast. The roads were good but we had to drive through many small towns whose streets were clogged with shoppers. The Sri Lankan New Year arrived in five days and people were already busy preparing. Given the intense heat, Tilak asked the bus to stop at a roadside stand where we drank coconut juice straight from the husk to help keep us well hydrated. We stopped for lunch at the old colonial fort in the town of Galle. Established in 1589 by the Portuguese, the fort is now a world heritage site. As we drove along the southern coast, we also saw the devastation caused by the tsunami--- houses that were still left crumbled and coastal forests that lay in ruins. We also saw the rebuilding funded by many nations, especially by the Japanese with their strong Buddhist ties. The landscape slowly changed to a flat coastal plain before we entered Kataragama at night and settled into our hotel.

Second Day - Kirivehera Dagoba

We knew from the beginning that Kataragama was to be the site of our major work, but we had no idea what this place would actually be like. We drove to a large temple complex with Buddhist and Hindu shrines intermingled together. On foot, we crossed a bridge over a small river and gathered under a broad, nearby tree. There had been a celebration the night before and people were still moving about leisurely. The day was very hot. Men, women and elephants bathed in the river. Children played. A visiting



group from a local community paraded across the bridge and into the temple complex playing loud instruments. What we were observing must have been exactly the same for over a thousand of years.

We formed our circle under the tree and began our work. We started by shifting up through the dimensions, focusing on the 6th dimension and then the 7th, and then the 8th, etc. When the group reached the 10th dimensional level, energy began to flow down through the circle and into the first dimension. At first it was a cleansing energy, and then an energy like kundalini, and then clear light. The members of the group had many diverse experiences, some involved with images of birth and others with communications going in and out from the earth. Ulla saw a connection slowly coming into alignment between the Milky Way and Andromeda, our sister galaxy. It became stronger and clearer as the group continued to conduct energy down. The Ascended Masters came. "This is what we do," they said, "transform the world."

The group came out of trance back into the reality of the riverside and the people around us. We ate a box lunch before moving on into the heart of the temple complex where we picked a spot on the pathway to the great Dagoba in a grove of Tamarind trees. Closely watched by a group of monkeys, we formed our circle again. It was a slow start. The group held its focus and waited. Slowly a new energy began to emerge and flow downward through the circle, a 'creation' energy. Ulla perceived this energy as connected to the Andromedan central sun and continued the alignment begun in the morning. She heard, "This is the energy with which we will build the New Earth." We then refocused ourselves in the 10th dimension. That gave rise to images of flowers and geometric patterns. When we refocused our attention on our circle as a whole, we began to move up as a single unit through the dimensions into an alternative reality.



The session came to a close soon after that. Another theme that had emerged in the morning and which continued in the afternoon was the relationship of the world's religions to the New Earth. In the morning Monica had encountered representatives of the world's religions who worked to bring truth through the heart, not the head. Kerstin now worked to release those aspects of religion that emerged from fear like the illusion of our separation from god. And when these dissolved she heard, "It is now up to you." After our session we strolled around the Dagoba admiring the beauty of the entire complex.

Third Day - Sella Kirivehera

Tilak told us that the Kirivehera Dagoba temple complex had a sister site which was just a little further away. This site was less grand but very old and set back into the forest. It too included both Hindu and Buddhist temples. We left our shoes at the entrance and negotiated our way barefoot around the various buildings and up the stairs to the main plaza area. After a short discussion with one of the overseers, we found a spot on the outskirts where we could set up our circle.

After we sat down, Gary brought up the significance of the circle working as a single energetic unit in the way that it had yesterday. He led the group in shifting through the dimensions one step at a time up to the 9th. Ulla received a message from the Grand Masters of the Light: "You are supposed to plant a new energy, a seed, into this place." Gary went up through the dimensions, while Ulla went to hold space in the first dimension. The circle was now stabilized as a multi-dimensional channel. Very slowly a great energy began to shift down through the dimensions. And at this same time, we heard bells ringing off in the distance. As the new energy began to pass directly through the circle, the many bells around us in the temple complex began to ring loud and bright! There was a great feminine energy descending through the circle. The whole circle felt the energy and its presence pressing to come through and we focused hard on this process however we visualized it. We saw the energy in various ways: like the Statue of Liberty, like intersecting spirals of energy, lotus flowers, a dancing woman, musical tones, etc. Reminiscent of Quan Yin and yet distinct, only later did we recognize this energy as the feminine side of Lord Maitreya, the Goddess Maitreya. And then too, there was this blue-turquoise light connected with Goddess Maitreya that seemed to radiate out through everything. "Seeing with the heart," was the message that Monica received. The energy descended into the first dimension and there was a shared feeling of being in the Garden of Eden.



It had been a stunning experience and now we took a break for lunch. We walked back through the temple space feeling so different from when we had arrived. Tilak had procured box lunches of local foods with lots of fruits. When we returned to our circle of chairs, we were missing many of the things which we had left there. It seems that monkeys had been trying to go through our bags and one of the local people had moved our things into a hut for protection.

We started again, very slowly. The circle was still caught up in the energy of the morning's work. Ulla and Gary were called to a high-dimensional ceremony for bringing balance between male and female, another precondition for humanity's ascent. And just as they were finishing, an elephant came into their vision. "Not for human beings alone," was the message. In the group there were many shared images of the elephant, as well as images of whales and other animals. The whole of our relationship with the animal kingdom came up for us---animal suffering, the feeling of the

animals toward us, and much more. "Don't forget the oceans," was a message to Anders. Human consciousness was lacking in its sense of service to the whole web of life. The New Earth is not just about human evolution. All of life is engaged in this process. We closed our circle with an affirmation to be mindful of our place in the New Earth and to honor the whole of the web of life.

Fourth Day

It was an early car ride up from the coastal plains and into the central mountains. We passed through beautiful scenic vistas with deep valleys and sheer peaks. After a short break for lunch while looking back over where we had been, we headed for the beautiful city Nuwara Eliya, one of Sri Lanka's satellite Cities of Light. This is the heart of tea country and tea plantations covered the hills in all directions. This is also one of the centers of old colonial rule. We stopped for afternoon tea and a walk in the garden of the old English *Hill Club*, which, while filled with artifacts of its English past, is now operated by Sri Lankan people.

Fifth Day- Sri Pada

It is another day of beautiful scenery on our way to Sri Pada, Sri Lanka's most sacred mountain. Near the top is a monastery where a huge footprint is preserved in stone. It is either Buddha's, Shiva's or Adam's footprint depending on your point of view. This is a major pilgrimage site especially for Buddhists and Hindus. The journey to the peak can take many hours. Our goal was simply to find a place at the base of the mountain where we could gather, but that task became much more difficult when we realized that the pathway was lined with merchants as far as we could see. Then too, rain clouds were gathering and we guessed that we had little time in which to formulate a plan. Miraculously, Tilak found a Buddhist monk from his home village who was working to construct a temple along the pathways. Well, there wasn't much of a temple yet, but there was an area in the back that was protected by an overhead canopy. From here we could see up where the peak of the mountain was covered by clouds. All around us was thick vegetation. We had just formed our circle when it began to pour down rain.



Engulfed in the sound of water, Gary led the group in stepping up through the dimensions and forming a merkaba. The group was lifted up and taken to the mountain's peak. There we entered a crystal city shaped like a pyramid (just like the mountain's physical peak). The energy of Maitreya filled us. Anna described how the energy was soft and flowing like the water that was all around us. Miriam saw a statue with this energy flowing out. For Annika, there was the male and female Maitreya back-to-back with their energy flowing out like water. Monica received the message to "Stay in the flow of the light." We were all asked to carry this new energy into the world. Gary suggested that each person ask for what they needed in

order to pursue a life of such service. For Christina the message was “Just be a tool.” For Miriam it was “Dance the new energy into manifestation.” Kerstin heard “Give your open heart, your compassion, joy and balance.” Suzanne heard “Stay simple” and was shown how she could do this work through her art.

Eventually the merkaba lifted back up and this time we were taken to a Sirian starship high above the earth. There each person was given an energetic flame that entered into their heart chakra. Eva’s flame activated a new geometry in the heart. She experienced the “zero point” where everything simply “Is.” Anders experienced being totally present. “Evolution continues,” we heard! Meanwhile, during all of this time, Ulla had been with Ascended Master St. Germaine who was giving her information about the future of our planetary work. He said that while there is some earthwork to finish, at the same time a new phase has begun, a phase now focused on bringing people across into the New Earth. St. Germaine described a new way of healing that is designed to fit the new times. And then, he presented Ulla with the violet flame after which she experienced its impact on her own healing. (In subsequent sessions he has returned to teach her more about its use.)

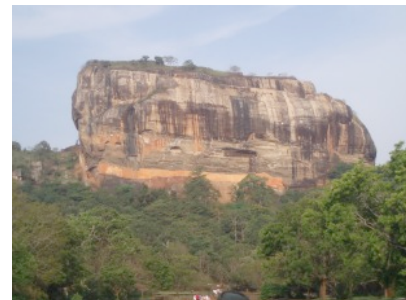
The rain had stopped and when the men huddling around the temple space realized that we were done, they came to offer us tea. As we sat there, we calmly and gently returned to the reality of where we were. We gave our thanks to our host and made donations to the temple project. We walked back down the path lined with merchant stalls on our way back to the bus and our journey to the great city of Kandy.

Sixth Day - Kandy

Our hotel was the old Swiss hotel that had been an important center for the city during earlier times. Its elegance somewhat faded, it is a remembrance of the rich history here. Our day started with a meditation in the hotel’s garden. We each worked individually. Each receiving healing and help as needed. We were joined afterwards by Simon Peter Fuller. Our plan was to spend the day visiting the city. Simon Peter would help guide us around and share his insights into the city. The highlight of the day was a visit to a performance by the dance group that Tilak performs with. Wonderful indigenous art! As a finale to the performance, Tilak also participated in a traditional fire walk. After the performance was over, we all were invited for dinner to Tilak’s house where we met his wife and children. Such is the case for many Sri Lankans, Tilak’s wife is generally out of the country working. We were lucky to be able to meet her. Tilak was brought up in the local shamanic traditions. It is easy to see how the traditions are broken down by the up-rooting social changes experienced by the young. After dinner, Tilak performed a ceremony to give each of us some insight into our future by reading lime cuttings. The ceremony involved beautiful music sung by Tilak and an accompanying musician. It was a moving end to a beautiful day.

Seventh Day – Sigiriya

After driving through miles of hot, jungle landscape, Sigiriya rises up like a miracle. It is a huge flat-topped mountain springing up like a tower overlooking the landscape. With its many protected hollows, it served as a Buddhist monastery beginning in the 5th century BC. During the 5th century AD, it temporarily became the seat of government. A palace complex was built with an extensive network of gardens. It is a great testament to the ancient Sri Lankan civilization and today serves as a World Heritage Site. We formed our circle near the official entrance to Sigiriya but away from the tourists. Tilak had to watch over us constantly to chase away the monkeys.



Our reason for being at Sigiriya had even more ancient roots than the official history. During the late period of Atlantis, there was a war here between Atlantis and the kingdom of Ceylon which was spiritually very advanced. The Atlantians lost the war and with the help of their star allies, the Orions, used their powers to put a restricting spell over the region. (Kerstin received the message that Earth had been caught up in a war between star peoples.) This spell became part of the karmic legacy of Atlantis that needed to be cleared before humanity could move on to the New Earth. Most importantly, the spell needed to be cleared for Sri Lanka to move on. But the clearing would also involve the application of Divine Law. Therefore, we called for the presence of the Grand Masters of the Light who are the judges and guardians of Earth’s transition. Because the clearing would also involve ancient history with star people, we called for the

presence of the Intergalactic Council for Earth's Transition which includes the Sirians and Arcturians who had some involvement with these events.

Many members of the circle experienced the spell as a heavy blanket or curtain. We demanded transparency in all that happened here and we began to cancel the controlling spell in every way that we could, but we experienced opposition. The Grand Masters would have to make a ruling. We commanded the Orions to cease all their efforts to control humans. The Orions argued that it is part of their mission to challenge humanity's capacity for self-governance. The Grand Masters of the Light decided in our favor with one major caveat: the Orions would be allowed to challenge us again in the future. There is a residual wound in humankind that leaves us vulnerable to influences like the Orions. We took this opportunity to work to heal that wound. Eventually the heaviness began to lift and the curtain began to part. And when this was done, we discovered that hundreds of light beings were waiting to come in. Many in the circle experienced their entrance as a feast in which they offered us fruit. It seems that this old spell had worked to isolate humanity from many star people who were now free to communicate with us. After our session had finished, most of the group toured the Sigiriya complex and climbed up to the temple ruins on the peak. By the time we returned to the bottom, we were quite ready for bed.

Eighth Day - Final Meditation

We gathered in a shady part of our hotel's grounds for our last meditation together. This would be another chance for everyone to do personal work. Ulla instructed the group to put themselves into individual merkabas which would take them to the dimensional level that would most assist them on their personal path. There were many individual experiences that resulted and many messages which we can share. Anna heard "Don't listen to unnecessary things." Suzanne heard "Trust" and "Let go." Christina heard "Cooperate." This was said particularly in relation to the kingdoms of nature. Eva received the image of humanity standing in front of an orchestra that it was trying to conduct and control. The orchestra was made up of plants and animals. Monica encountered a column of elephants bringing wisdom into her heart. Miriam met a new self coming forth who rode on a huge elephant representing the Earth. Annika met a dancing woman who took her to meet a group of women with liberated energy. Kerstin met with a spiritual being named Antara who she had met the previous day. Antara helped to clear energy and activate her to be "ready to contribute to the universe, not just earth." Anders received very clear information about his role of service integrating both earthly and spiritual systems. Gary had been holding space for the group and during the session he watched as 15th-dimensional templates for the New Human came into the group and were attached to each person by the Arcturians. After our meditation and before the long ride to our final hotel, there was time for a ride on real elephants, not just energetic ones, and time for a quiet lunch. During this last long car ride, we watched UN trucks carrying supplies to refugees in the northern part of the country.

Reflections from Ulla and Gary

As we bring this newsletter to a close, we are very much aware of how our work is changing. The Grand Masters of the Light tell us that earth's transition is locked in. Nothing will change that now. Our work with the Cities of Light is fast coming to a close. The network of connections among the cities is almost complete. The karmic wheel of history is completing its cycle. The focus now is on humanity's transition.

The work now moves into a new stage. New tools and ways of working are being brought forth to assist many more people on the path of transformation. The symbol that was given to us to represent this path is the violet flame. We also witness the blooming of a new chakra between the heart and the throat, the chakra of the turquoise light. Never before has there been so much help for humanity coming from the spiritual world and yet most of our brothers and sisters are asleep. If you feel the calling, now is the time to commit. Now is humanity's opportunity to recreate itself in alignment with its highest possibilities for evolution.

After what has been now several years of intense earthwork around the globe, a big picture has begun to emerge of how our activities have fit together within a broader plan and we would like to share that big picture with you. When we look back on the events of these earthwork trips, what we observe is:

- We were first asked to clear and reactivate Cities of Light and to then connect them together in a world-wide grid (Kilimajaro, Giza, South Africa, Bali, Titicaca, Tierra del Fuego, etc.).

- That work has also led to our helping to open up the connections between earth and other star systems (Sirius, Andromeda, etc).
- By opening up these connections, we have assisted earth's transition toward a new orbit and a possible axis shift. This work has required deep clearing and removing of blockages around the earth, some of which go back to the early origins of humanity on earth.
- Along the way we have also brought in information and an energetic template for the new human.

This work has now progressed to a stage at which we will begin putting more emphasis on the development of the new human. New tools and ways of working are being brought forth to assist many more people to be on the path of transformation. The symbol that was given to us to represent this path is the violet flame. It is now humanity's own responsibility to recreate itself and humanity's opportunity to reach for its highest potential"



Looking Ahead! The work continues! Trips are being planned to Hawaii in January 2010, and to Peru in April 2010. If you are interested in contacting us please email Ulla Anderen at ullaanderen@me.com or Gary Kendall at garyskendall@me.com. We are both living in Belfast, Northern Ireland, for much of the year while we continue to live in Stockholm too! We would love to hear from you!