

Disabling Darkness – KRYON channelling – 18.10.2023

Based on the transcription provided by YouTube (<https://www.youtube.com/watch?v=4LKakmTQtsU>) the text was formatted and carefully compared with the audio file (see footnotes for problems or uncertainties)
27 November 2023 v1.0 | idiosyncratic@gmx.de | I am not a native speaker of English

What do we do when we see a war happen? How do we help those who are going through such great sorrow? How can we help others when we feel our own ability for compassion has been disabled? That's what we'd like to talk about in this brief message, so that you know compassionate action is needed now more than ever.

In this video, we share how we can disable the darkness and hear from Kryon about how we can create greater states of global peace.

LC: Hello everyone! Thanks, for joining us, I'm Lee Carroll ...

MM: ... *and I'm Monika Muranyi.*

LC: We're here today to help us all deal with what our planet is going through. Together Monica and I host a weekly subscription program called „Healing Wednesday“ but we offer this program for free on the first wednesday of every month and we encourage all of you who don't know about that please to see it.

Many who watch our programs regularly, they've been asking us to comment on the horrific things that are happening in the world today. Some are seeing that we are not addressing these things on our weekly Wednesday programs and we're not.

Part of our philosophy of the Healing Wednesday program is to create a safe place that is free of any news or drama of the day. Our weekly program is like a sanctuary where we can retreat for a while and receive uplifting messages and here an incredible variety of course of special guests as well. In addition I then channel messages from Kryon and have been doing that since 1989.

The entire reason for the Kryon being here is because of the shift we are in, it's a shift in consciousness on this planet and humanity is beginning to awaken. I know, I know right now many of you are saying if there's an awakening going on I don't see it. All I see is darkness.

Let me give you a metaphor that Kryon has given over and over. When you turn on really bright lights in an old dark room all the dirt begins to show. Dirt by the way that was always there and all the ugly things that hid in the dark for centuries are suddenly right out in the open. And those who operate in the darkness are doing their best by the way to keep that dirt there and eliminate the light.

MM: In the process of this dark light battle we see things that just break our hearts and there's many of you who are wondering why Lee and I don't talk about this on Healing Wednesday and again it's part of our philosophy to provide a safe place for retreat and yet many want to hear what Kryon's perspective is on the events that are filled with such darkness. And that's the purpose of us doing this message for everyone today so that we can hear from Kryon about these events that are going on. And I think these last couple of years we've certainly had a fair share of events that just are horrible. I mean we've had fires, we've had floods, all these devastating natural disasters where a significant loss of life has also occurred and then there's those events that just shock you to the core like human trafficking and war.

I remember when there was war that broke out, Russia-Ukraine. I mean I was crying for that and it took me a while to move through that grief and now we have another situation in the Middle East and again it's so heartbreaking and distressing and yes I cried and Lee and I have friends that we know that are affected in those areas.

So that's what we would like to speak about today to perhaps help you navigate through the events that you're either directly or indirectly experiencing or you're watching from afar and you feel quite helpless. I mean what do you do when you see something that's the worst of the worst and it brings you to your knees and you can't stop crying about it. What can you do to help those who are going through a tragedy and you are witnessing this? What do you do when you feel as though your own compassion has been disabled?

LC: The first step that Kryon ask us to do is understand the dynamics of the dark energy that is before us. There is a Light-Dark Battle happening right now and what the darkness wants is for you to remain in sorrow. If you stay in that sorrowful place where all you can think about is how awful it is or that the dark side is winning then you are doing exactly what the old dark energy wants.

As long as you are focused on watching what is taking place and feeling the effects of it you're disabled. Kryon asks that we temper that which is giving us sadness and empathy or that brings us to a place of despair. These reactions can void, completely eliminate hope.

Kryon has told us over and over that the dark energy of this planet is scrambling for power and wants to take all of us back to a low energy earth. The quickest way to do that is to put us in fear, sorrow, hopelessness. Without hope there is no chance of the generation of light. We generate light as light workers. Remember, hope is an active energy of benevolence. You can even design benevolent action in consciousness and send it to places. And the quickest way to disable that ability to generate light is to squash a light worker. Cover their light. If you remain in sorrow and grief your engine

of light is covered and you cower in the corner of hopelessness and you send nothing to the field but more sadness.

So instead of remaining in a place of despair we're being asked to disable the seeming lack of hope and temper our empathy. That's an interesting phrase. Empathy is defined as the ability to share another person's feelings. As compassionate¹ as that may sound the empathies² around me right now are being totally disabled at the moment, I can see it. It's only when we can temper that process and get through it that we can then develop something even better called compassionate action.

The seeds of energy that are planted from a tragedy, a horrific event, they never go away. Time will temper them but they never go away. However an old soul can transmute that and make a difference through compassionate action. Those seeds are then changed to something else. Instead of them laying there affecting our lives over and over Kryon tells us that it's us actually changing our past. Whoa! What a concept.

Those seeds of hopelessness and fear are transmuted to the creation of compassion and a feeling of being able to really make a difference. This is one of those new tools Kryon has talked about for the shift. It allows you to feel, sense or visualize those who are either currently going through a tragedy or perhaps who've done one in the past, gone through it, without being overwhelmed with the empathy that puts you in a place where they are to continue to be troubled and in trouble along with them. You see, that's what the empathy does, it puts you right with them and you stay there.

Compassionate action allows you to reframe your grief to an action of compassion and send it to those who need it. Without even knowing someone's name or what they look like or or anything you can visualize peace and laughter and inner joy – and see God inside them.

Did you know that science is on our side? It's now proven that consciousness is energy, it can be measured as affecting physical things. That's how you combat the darkness. It's compassionate action where you take the time to send out a ripple of love, compassion, and benevolence for better days ahead. And you have enough empathy for others but you don't let it stop you in your tracks, instead you convert it to light. Visualize peacefulness for those who have none. Give them what you have if you're in a place of peace. Send what you have and send it to them without any bias so you think might deserve it or need it.

I'd like to ask Monica to guide us in a brief meditation before we conclude with a message from Kryon.

1 Slurred transition between ,compassionate' [?] and ,as'

2 Phonetically rather : *empaths*

[8:38] **MM:** *Thank you Lee and what I would like to do is actually just focus on us collectively creating a field of coherence with each other. And so to do that it is so easy and simple. I invite you to close your eyes and allow your breathing to slow down. And as you breathe in through the nose allow that to be a count of four or five as you breathe in. And as you release allow that to be a count of five or six as you breathe out. And then as you slowly breathe in through your nose and out through your mouth this slow rhythm of breathing sends a message to your body that right now you are in a safe place. And in this safe place the invitation is to relax. Total relaxation of every part of your body. Start with your head, relax your head, relax your neck, your shoulders, your arms, your hands and as you keep breathing slowly relax your chest, your abdomen, your thighs, your knees, your calves and your feet and in this place of complete relaxation knowing that we are in a safe place I invite you to focus your awareness and your attention to the area of your heart, your intelligent heart that radiates an eternal state of peace, love, compassion, benevolence. There is an infinite intelligence within your heart and in this moment as we have slowed our breath and attuned to the relaxed state of our bodies we are creating a field of coherence between our hearts. And it is simply focusing on the love that is generated within the heart field that we have created between us as old souls, as light workers who know how to do this. We amplify each other's intention and as it was asked a moment ago if you are in a place of peace why not send that out to those in this moment who do not have that. And so in this relaxed state of tranquility and peace let us collectively release this state of peace into the field around us and the intelligence of the field will direct this energy exactly where it is needed. And so all that we ask is to remain in this state of tranquility, relaxation, and peace.*

And we now invite Kryon to bring us a message for these times.

CHANNELING

[13:00] Greetings dear ones, I'm Kryon of Magnetic Service.

Why do we ask you – those listening to this – to find a state of peace and tranquility? And the best answer I can give is because what you experience right now as a human being listening to this perhaps who is not in trouble is that you can take that which you generate and literally send it around the world. That's what a light worker is, that's truly the definition. The lighthouses who guide those to safe harbors because you have a light.

I would like to define something now and reveal something. The definition I would like to define is *recovery*. For those who have followed me, the messages that I have given this particular time in the planet, you might have wondered why it is that I have labeled this year the year of discovery, the year of *recovery* – both of them actually. But recovery was the word I chose. The discovery is ongoing and because you only allow one word [laughs] per year from me I didn't continue the discovery.

Instead I said recovery. But truly you are still discovering things, aren't you? You're discovering that it's not over. Recovery – how could I describe this year as the year of recovery? What are you recovering from? And now I will reveal it almost at the end of this year. I will reveal what this means for it's profound, dear ones, what is going on right now.

When someone is in a dark coma and they've been there for some time you go to the hospital perhaps or the place where they're kept perhaps and you check in to see if they've awakened and they're still in a coma. And then one day you might get that message from the hospital or wherever they are being kept that there is an awakening starting to go on, they are recovering from the coma! And you may go there and they're opening their eyes. What has happened since I went into the coma? What is, what is it that's new or different, what what have I missed? How long have I been in the coma? This is the metaphor for a recovering humanity from a dark coma of the past that you've been in.

You're starting to awaken from a darkness into a discovery of light. And in the process there is friction – dark against the light – that is showing up. This is not new news and for those of you hearing this for the first time, dear ones, this was predicted by the ancients and you can see it in the stone walls that they've described it in.

This is the time the precession of the equinoxes that humanity would either destroy itself or awaken. The time has passed for the destruction. You have been awakening for some time. In the month of November I'm going to give four channels about this awakening from darkness, this may be the first, making it five, but this is what is going on.

Humanity in general is starting to awaken to light and in that those who are invested in the dark really are in trouble. Have you noticed even just this year how the sparks are there and how things are happening you never expected to happen in ways that are alarming? You might think the dark is winning. That's not what's happening, the dark is losing profoundly, dear ones, to the light. Take a look at the reaction of the wars on the planet at this moment compared to the reactions of the wars in the past on this planet fifty to eighty years ago. It seems that when one country goes the others follow. They polarize themselves, they take sides and it becomes another World War. In this particular case those battles which are occurring have caused the countries all over the planet *not* to take sides except one – compassion.

And they're saying how could this happen, we're not going to get involved. You know dear ones that something has happened when Switzerland is no longer neutral, you know that Europeans know that, you know something has changed on this Earth when the countries don't then raise their hands and says well yes I'm, I'm going to to

join these and that and there's polarization, there just isn't [??]³. It's, it's more like small groups are making a lot of horror. That's different.

And they have something in common. If you've noticed take a look at the commonalities that are happening, with all that which is horrific at this time. They want to take you back fifty years, maybe even eighty to a time that all of you recognize and know about because those were your grandfather's times. It's not going to work. And yet there are still those who believe it will, are invested in it and as I said and I have said and I asked my partner to tell you if you buy into the hopelessness and the fear they're winning. I know you don't want to hear this but this was expected. I know you don't want to hear that. It didn't have to be as horrific as it is. Humans have free choice on how to treat things that they always knew were just a little bit out of balance.

For instance let me ask you this: mothers, fathers, wherever you are on this planet listening to this. What do you teach your children about your neighbors? What have you perhaps unconsciously taught your children about who is around you even on the planet? And I will say this as long as you teach them who to hate and you pull out the past and tell them why they should hate them that's where the hopelessness comes from.

Mothers, fathers, if I had some advice for all of you I would say this: be careful what you teach your children. You can teach them the history that used to be and you can tell them you can transmute it to the history that can be. Instead of perpetuating something for centuries you can stop it now. The advice for humanity: get younger leaders [laughs] and do it by choice because these are the ones who are not invested in an old history like those perhaps who are here now.

There are so many things that humanity can do right now to temper all of this and win much much faster. Win means peace, win doesn't mean win a war, it's a consciousness victory that we choose, that you choose. And that's why you're listening to this program perhaps. I have a suggestion.

I had suggestions to the United Nations, I've been there seven times. Those suggestions of course are laughed at because they're not practical, they go against political savvy and none of them have ever been taken to heart. But now here's one that someone may actually put together. It may not be in a perfect way but it will cast attention in a very very benevolent way to what's happening. All of you are wishing to do something about what is going on and I am telling you the energy of a billion people thinking the same benevolent compassionate thoughts are profound! They change so much. It's just a matter of getting you together.

3 unintelligible

That's how many could be involved, more than a billion if you did it right. A new kind of world peace day perhaps – except it's not a day – it's four minutes, four minutes where everyone on the planet who can stop. Whether it's the daytime or the night time or they have to get up in the middle of the night to do it, there's four minutes where everything will be turned off which is media. Four minutes and well everyone will cast their eyes upon seeing everyone on this planet as God sees them. That works for all religions dear ones.

See those in trouble as God sees them and love them accordingly, that's all, that's all. You don't have to send them a doctrine, you don't have to send them what you think they need, just ask to send the energy to those in trouble that God sees and wants as well. The Creative Source Spirit God, whatever you wish to say, is common to man. You could do this and someone can put that together so that when the entire planet starts to focus on that there'll be an awakening of the others. This is profound stuff, I want to contribute.

There'll be some perhaps objections because the doctrines aren't right. It's time for you to relax that four minutes of sending peace. What does your God say about that? Your God says: do it, do it! Muslims, Jews, Christians, others – doesn't matter, it just doesn't matter. The God is the same one!

How does God see what you do right now? I will say to you dear ones it's time to change things and this is the way it's done. This has been proven now so many times through the experiments of those who are trying to prove, see and know about collective consciousness affecting other places. What if a billion people simply stopped for four minutes?

Four? The structure of the universe, everything divisible by four, the universe is in base twelve. Four minutes – stop and think about those in trouble and send them what you have. There are those listening to this and say well that's not going to do anything and if you think that you haven't paid attention to the latest science. You haven't paid attention to what's going on on the planet and the changes of consciousness and how humans are starting to awaken and care about each other in a much better way.

I am telling you that this planet is waking up from a coma. They are recovering from darkness.

The things you see on this planet now don't have to last and last and last. History does not have to repeat itself and now I'll say the words: this could be the final battle. When you realize it doesn't work, when you realize none of them ever have this could be the final battles of this planet. And if you make that so everything starts to change. When this earth is a safe place to be and safer and safer the inventions will be delivered to you that have been waiting: to grow food, make electricity, clean the water. Stellar

inventions you haven't thought of yet are waiting for you when you stop fighting with each other.

I am Kryon, I see a multi-dimensional earth, I see energies that are lurking and waiting to come forward when it's no longer dangerous to come forward. These are the things I've always told you about. This planet has a life⁴ source you can't stop ~~and~~ ~~the~~ and the dark ones are fighting for their existence and their going to lose.

Stay with me. Four minutes. Who's going to put that together? We can do this. You can do this. It's time.

I am in love with you, all of you. These are the days I came for, I talked about, I predicted. Let's make them short.

And so it is.

4 After repeated playing I still hear *life* although *light* would also be appropriate here