

## Coherent Expression

*Suzanne Core:* Good morning, everyone! It's so good to see each of you as we gather again to sound the tone together. These are unprecedented times. This is an unprecedented hour, and it will be fun to see what the Lord has in mind. Among the themes Laura and I have been considering is “entertaining the Lord.” Uranda once said, “Our first business, always, is to entertain the Lord.”

This past week, I felt like the Lord was entertaining us. What a remarkable, magical light show we had—at least in the Northern Hemisphere. All 50 states bathed in the Northern Lights, a spectacular display, signs in the heavens. The Lights actually reached my back deck. Seeing them was on my bucket list, but I didn't expect them on my own deck. That was exciting!

The Northern Lights are produced by electromagnetic storms from the sun penetrating the Earth's atmosphere and hitting its magnetic field. The interaction of solar flares and CMEs (Coronal Mass Ejections) with Earth's magnetic field can produce light and color. There's also a factor called the Schumann Resonance or Schumann Frequency: low-frequency magnetic waves that surround the Earth. It's also called the OHM, the Earth's heartbeat. We'd probably call it pneumaplastm. The International Planetary Attunement Team (IPAT) provides daily attunement to elements of our Earth, our home among the stars. Several of us present this morning are IPAT members. We work with geologic layers, weather, atmospheric layers, and such. Recently, members were speaking of sensing changes in the frequencies of the planetary vibrational patterns, rising frequencies. When solar flares or CMEs meet the Schumann Resonance, we can get a marvelous light show, as happened this week, when several strong CMEs happened at the same time. It was spectacular! The IPAT team has been speaking of it as raising the planet's vibratory realm. PenDell said, “It vibrates through everything and everyone in Earth's field.”

The Schumann Resonance has been tracked for many years. It was measured at 7.83hz for decades. In 2017, it began rising, up to 36hz. Back then, Joe Dispenza wrote that there was at least the potential for increased consciousness with the rising frequency. He said, “If you aren't aware we're living in a time of high anxiety, tension, and passion, then you're probably not aware.” Recently, one of our number, Lloyd Meeker, wrote, “When it rises, it pushes all substance into higher vibrational levels.” That sounds to me like ascension. Signs of change aren't usually as visible as the Northern Lights, but a sense of change is in the air; a shift in atmosphere; time speeding up. In response, some hearts and minds will rise with it and there will be increased consciousness. Some will reject it.

Christine Jonas sent me an email she got this week which I want to share. “As the energy of such a storm interacts with Earth's magnetic field, it can disrupt systems like GPS, satellites, radio,

and power grids (even lawnmowers and tractors). Studies have shown that brainwaves are also affected. Not just ours, but birds, wildlife, pets. When storms like this hit, the energy doesn't stay in the sky. It ripples through everything connected to Earth's field. It can be felt as pressure in the head, waves of fatigue or energy, anxiety, restlessness, sleeplessness, even heart palpitations. Birds fly erratically. Pets bark at nothing. Wildlife can become disoriented. This is more than space weather. It's planetary resonance. Stay grounded. Breathe. The Earth's frequency is surging tonight.” Seems like good advice!

On the positive, creative side of rising vibrational levels, there are also examples. There's a lot moving on the surface of the Earth in this man-made, mind-made world of ours. Some of it is seen as destructive, disintegrative; some as creative, integrative. Either can be disturbing at times, especially if your treasures are in earth instead of in heaven. Rising frequency shows up in thought, word and act; in attunement with life currents; with passion, with intensity; in infinite variety.

When moments of creation pop up, I think of them as entertaining the Lord. I still think of an event Maureen Laken mentioned a few weeks ago about Pope Leo XIV and King Charles, not just meeting but holding a prayer service in the Sistine Chapel. This was something that had not happened in 500 years. Through the video reporting, it was the first time I had seen the inside of the Sistine Chapel, and it is spectacular.

Another example is that of a young man, Ilia Malinin, 20 years old, who is now the world champion of men's figure skating. He is poetry in motion on the ice. When he skates, you would think his body is made of water, and his athleticism allows him to do things never done before. He continually pushes his own boundaries: he was first to do four quads in a short program. Now he's the first one to do six. That's a remarkable way of entertaining the Lord.

It's often said that the outer idea is that there's much to be given up in order to walk in the way of the truth of love. The truth is, nothing of real value is lost. All things are added. The “inner urge” of the Creator-Being, who I am, that we each are, always moves with the force of love, the radiation of light, the embrace of life. Seeing how people entertain the Lord is exciting. When I see Ilia on the ice, I feel his passion, his joy, his strength. My heart leaps. I am transported in that moment. It is as breathtaking as the inside of the Sistine Chapel or seeing the Northern Lights from my deck. What I *see* is the love of creation for the Creator. What I *bring* is the love of the Creator for the creation.

I've been using the word *brilliant* a lot recently. I see so many things and think, “Wow, brilliant!” Various ones say something and I think, “that's brilliant.” Laura and I thought we might share a particular example of brilliance in a poem Martin Cecil wrote years ago.

### Thus It Is

From age to age  
 Love's word rings forth,  
 "The truth is true and all is well,  
 Unconquerable life prevails."

Oh, man, whose strident dreams  
 Lead gravewards,  
 Return to calm and noble  
 Character of life.

Blaze forth, pure virtue;  
 Depart false ambition's restless schemes.

Busy thought and troubled feeling  
 Trespass not in virtue's wise serenity  
 Where firm control and awful power  
 Eternally abide.

Here earth's pains are healed  
 And cruel chaos of mind's spawning  
 Is called again to order and to beauty.

Earlier this week, Laura said, "We are each being asked to do what we do best, completely."  
 Brilliant!

**Laura Fisher:** Thank you, Suzanne. I am not the least bit surprised that you are seeing brilliant things, because you're so brilliant. You always impress me when you speak—so much knowledge and so much sophistication in your knowledge. Suzanne and I have had a fabulous time working together. You can probably already feel that. And I have a few things to say to you after that wonderful picture of the Northern Lights.

Hello, beautiful beings! It's a pleasure and a treasure to be together today, this afternoon, this evening. Just look at us all together again, and again and again. We can be proud of what we've

built together at this time in history. In the Lord's name, we have built a house designed to tell a new story, to change and to fulfill our responsibility. Our responsibility is to let home be visible again on this earth. We've always known that. We've always desired to come home. We can trust and we can depend on each other because our upward connection ensures a logical lateral connection. Our lateral connections are dignified, committed to higher purpose. They are real. We would never criticize each other. Our connections are bathed in love and purpose because we bring our whole love and higher purpose to these lateral connections in everything that comes to us. And if it comes to us, it's ours. It's ours to fill with the love that we have been filled with. You could say it's our workshop to create fineness and beauty on earth, a concentrated vibration, which is, in fact, indication of a job well done, and we are doing well.

This is true entertainment for the Lord. It's a place of rest. It's a place where we walk in truth and in beauty, in the cool of the day, with calm minds and open hearts. We bless our surroundings and we welcome the offerings of nature. We relax when we're in a forest and we can smell the trees. We can hear the birds. The cold snow on our face is wonderful and the hot sun is wonderful. These are gifts for us, always lovely and always life-giving. We never have to think anything else. Our mission, which has been described to us for years, is absolute, and it includes many, many more than the Emissary Body. We've always known that as well, as many as will join the mission. We are in position now to bring God's government on earth, to let this human, messy government simply dissipate in the clarity of order and beauty that truth brings, our truth. Eventually, we're going to have to admit that everything is okay. What we see now is just a result of all that's gone before. There's nothing wrong. God didn't make a mistake. It's exactly as it should be given humankind's former behavior. We are just cleaning up the mess. Our job is to keep our hearts and minds open upward. We receive blessing, kindness and abundance so we can extend that to others. It is time. This is enough now. Let us do our heavenly job.

Rise up, my love, my fair one. Come away. (We don't need to be in this mess.)

For lo, the winter is past, and the rain is over and gone.

The flowers appear on the earth.

The time of the singing of birds has come

The voice of the turtledove is heard in our land.

This is the truth. We all know it, don't we? We rise up, rise up to the truth of ourselves. Truth always brings coherence; it's the nature of truth. I love the thought of coherence. Two weeks ago in our service, Joyce Krantz's description of coherence was as a portal into oneness. Heaven is

coherent. Things work here. Oneness is an organized state on earth. Chaos is not coherence. I found other meanings for coherence; see if they fit for you:

It is a logical flow between ideas.

It discerns understandable patterns to make wholeness complete.

It is a state of logical function.

It is an optimal function of order, which produces beauty, like a tree or a flower. Very organized.

It is the ability to move freely in an organized manner. This sounds like people coming together to do a job properly, to live in optimal function.

Isn't it wonderful when we do something and it just blossoms optimally?

This is my favorite one: "a feeling that your life is making sense."

In these days, this is probably not everyone's feeling, but we have it. Our life is making sense. When we look at nature, see nature, it's coherent, no matter how incoherent and destructive humans have been towards it. The birds still sing, the grass still grows, the leaves bud, grow to maturity, change color and release themselves to fertilize the earth, every autumn, every time, every year. It never fails.

I'd like to tell you a story about coherence in nature that I'm close to. It's about pigeons. Outside my living room window is a church roof with a beautiful steeple that I always enjoy looking at. On the roof, there are often dozens of gray and white pigeons gathered. Every day, always at 4 p.m., they lift off and fly back and forth past my window. The time change we just had means nothing to them. Somehow, they figured it out. They swoop and turn and create orderly, beautiful patterns with endless variety as they swing close to my window. It's my personal air show, and the ticket is the right price. It is beauty personified, a rite of nature. And interestingly, it occurs right above a crowded, noisy street full of people and traffic, one of the busiest streets, where I live downtown. You can imagine the yucky air that they have to breathe. It doesn't make any difference to them. They still do their remarkable patterns. Nature will not be defeated. It's very clear. Life is not going down.

We, the noble assembly, give a constant invitation in our living and our speaking to these facts, with complete assurance in all we do and say. We bless others. That which comes to us is ours to bless. The influence of the truth of nature is spreading. It will not be stopped because the number of humans that are living in truth is exponentially blooming. Division is over. Coherence is here and it's now. There's no question about that.

Margaret Mead—you probably remember her—said a long time ago, “Never forget that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that can change the world and ever has.”

So here we are, a small group of thoughtful, dedicated people who are writing our current chapter in the Book of Life. We speak truth together because we live truth together so we can speak it honestly and powerfully.

It's been a pleasure to speak with you, and now I'd like to suggest that we hear from you. Suzanne recently quoted Uranda saying, “Conversation is something as broad as all creation, something as free as the air we breathe, something complete as the fullness of all that is, something as sparkling and changing as the heavens on a clear night, something as beautiful as a lovely day.”

### **Following Comments:**

**Suzanne Core:** I'm reminded of Pamela Gray saying there is no such thing as an insignificant expression. There's also no such thing as an insignificant experience, or a small detail. I like the definition of coherence as a portal into oneness. Chris Jorgensen recently wrote about planetary consciousness and when I read what he wrote I thought of oneness. What we share of our hearts and expressions and experiences, is an embrace of one another. “Glimpses of the shining citadel,” as someone put it. Thank you all for a remarkable hour.

Laura has a few additional words and a breathing exercise before we move into a unique piece of music. It is *Clair de Lune* played without touching, on an instrument called a *theremin*. The exquisite sound is like hearing an attunement.

**Laura Fisher:** What a wonderful combination of wild beings we are! Because we have the security of our absoluteness in our own living in clarity and beauty, we can be wild. Sanford, would you please put up the image of the lady. ([Image of the lady](#))

I always have my eye out for beautiful things and look what I found. She speaks to me of coherence. Coherence is always beautiful. Chaos is the movement towards beauty. The colors of her garment are all similar hues, but very different colors. Because they're of the same hue, they move together beautifully. The soft sage green of her gown melds into the cream of her underskirt and accents the cream of her scarf. All the colors are highlighted by the gold on her neck, on her head, and the clasp at her waist. Everything is brought together perfectly; the filigree on her cream bodice with gold woven through it. It all makes sense and produces a beautiful treasure. She gracefully uses her flowing scarf to reach upward and to look upward, as if she's receiving a blessing for her beauty. Her head is surrounded by jewels and topped by a feather. She is confident; she is elegant, and organized. So let us enjoy this reality always. Of course, we move through messy places. We

always have, we likely will for a while, but we can come back to rest. We can go where the problem isn't, into beauty, into order.

I am so thankful for everyone. I'm so thankful for working with Suzanne. To close our very splendid time together, I would ask you to engage in a live, active coherence experience together.

[Laura led everyone in a breathing meditation with emphasis on coming home to ourselves.]

Beautiful beings, we are home now. Let us be present to walk in the garden, in the cool of our days, to bless and keep our sacred Earth. Let us always be where others can rest and restore.

([Video of the theremin performance](#))

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**Suzanne Core:** [suzcster@gmail.com](mailto:suzcster@gmail.com)

**Laura Fisher:** [lsfisher@outlook.com](mailto:lsfisher@outlook.com)

### **Pre-Service Music**

#### *1. Pas trop vite*

Composed by Germaine Tailleferre and performed by Anna Fedorova

#### *2. Nocturne*

Composed by Peter Gregson and performed by Jess Gillam & Jess Gillam Ensemble

#### *3. The Theory of Everything [Performed on Piano]*

Composed by Jóhann Jóhannsson and performed by Alice Sara Ott

#### *4. Calling / Ave verum corpus, K. 618*

Composed by W.A Mozart and performed by Czech Symphony Choir

...remixed by DJ Armin van Buuren

#### *5. Fracture*

Composed by Stephan Moccio and performed by Jess Gillam & Jess Gillam Ensemble

### **Concluding Music**

#### *Clair de Lune*

Composed by Claude Debussy and performed by Grégoire Blanc and Orane Donnadiou