

THE SUPERCONSCIOUS PART II

The Earth Vessel Door



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WELCOME TO THE FIRST DOOR OF THE SUPERCONSCIOUS



As the first of the Violet Doors is opened to us, we begin to perceive ourselves in a different way. Whereas before we were physical beings moving through our physical reality, now we are more—much more. But what is this “more”? Yes, that is the question. It is behind the Violet Doors that we find that answer.

We begin our journey now through the first door. In the other sections, this door was known as the Physical Body Door. In the Superconscious Section, however, this door has transformed to become the Earth Vessel Door.

Once beyond this door, we can no longer perceive ourselves as being “just physical.” Our physical body is now looked upon as the vessel that holds our Essence, our Soul, our Lightbody, while we travel through our third dimensional lives.

Enter this door, please, with the grace and patience that it took you to arrive at this threshold. All that you have seen yourself as, all that you have known as reality, shall be altered as you begin to perceive your physical life through the viewpoint of your fifth dimensional Multidimensional SELF.

When you open this door my dear friends, the Arcturians, will greet you...



Beloved One,

We call you with our hearts. Welcome Home, we are preparing a celebration in your honor. Yes, you! Do not look around for the one to whom we speak. We speak to you—YOU, the one who will listen.

We have long awaited the return of our kin who have so bravely served upon the Great Mother. Your time of homecoming is nigh. Do not doubt, nor fear for we have taken you into our vibration. There is no way in which you can get lost now. Just relax into our lure. We are bringing you Home.

Remember the violet trees that sway in the ether of the yellow sky? See the colors that emanate from each leaf and hear the melodies they create as they mingle with the breeze. Feel the warm glow of life as it welcomes your arrival. All that holds form here is aware and communicates. Even the Formless Ones embrace your Soul and free you of ALL limitations. Feel how you are united with all life and how all of life is united with you.

Remember now as an adult, what you knew as a child. Home is not a place; is a state of consciousness. Relax now, my one, enjoy the journey. You are going HOME and HOME is where you've always been.

It is the completion of Kundalini's journey into the Crown Chakra, and the subsequent opening of our Third Eye, that has allowed us to begin the conscious recognition of our true, multidimensional nature. Therefore, we will begin with the seventh chakra and the transformation that occurs as Kundalini joins her Divine Complement, in our crown.

It is also at this "time" that we become aware of,



and merge with, our Divine Complement.



THE SEVENTH CHAKRA

LOCATION: The location of the seventh chakra, also known as the crown chakra, is at the crown of the head, the location of our “soft spot” as an infant.

PETALS: The crown chakra is known as the Thousand Petal Lotus. When it is clear and open, it is our own personal Stargate, or vortex, into the higher dimensions.

NOTES AND MANTRA: The musical note for this chakra is B and the Mantra is “aum” or “ee” as in bee.

COLOR: The color for the seventh chakra is violet. Red, which is the lowest color on our physical perceptual light spectrum, and just above infrared light, rules the root chakra. Conversely, violet, the highest color on our physical perceptual light spectrum and just below ultra-violet light, rules the crown chakra.

RULES: The crown chakra rules the cerebrum, top of head, entire brain, and nervous system. It is also said to rule the right eye. In Egyptian mythology, the opened Third Eye is called the Eye of Horus. The physical left eye rules the Moon and the feminine, manifest physical world, and the right eye rules the masculine, unmanifest spiritual world. Therefore, the Right Eye of Horus brings the Spirit down into matter and then feeds that Spirit into the Left Eye of Horus. In this manner, the Third Eye remains open, grounded in the physical world, and fully perceptive.

The more we “download” our higher dimensional powers into our physical body, the more it is essential that we are centered and grounded. If we plug in a small fan we do not need a third prong. However, if we are plugging in a powerful air conditioner we must have that third, grounding, prong or we can burn out the electrical system of our house. It is the

same with our Soul's house, our physical earth vessels, we must remain grounded or we can burn out the electrical system, the nervous system, of our physical body.

The crown chakra rules, not only our brain's control of our entire nervous system, but also our Higher Self's control of our entire physical incarnation. Once our crown chakra is open, we can become aware of our true "brain," control mechanism, which exists beyond the limitations of the third and fourth dimensions.

Our ability to perceive our physical life from that higher perspective allows us to gain access to our multidimensional consciousness. While in that multidimensional state, we have the ability to see the myriad forms of our existence in the many different planes and realities.

The crown chakra governs Cosmic Consciousness that is our connection to spiritual wisdom, aspirations, and knowledge of the Truth. From this perspective, we see ourselves as a spark of consciousness creating all and, paradoxically, "Being" ALL. From our Cosmic Consciousness, we are the dreamer and the dream and realizing that all that is perceived is an extension of our SELF.

Just as the root chakra represents our connection to Divine Mother or Mother Earth, the crown chakra represents our relations with our Divine Father or Father Sky. Father Sky and Mother Earth join together, Spirit into Matter, to create their Child of Love, consciousness in a physical form.

Mother Earth in our first chakra grounds our power and sends it up from the earth to join Father Sky in our seventh chakra. This rising Kundalini connects us with the energy that comes from the higher dimensions while it gives us the power and responsibility to, in turn, ground that energy in the physical plane.

Our relationship with our mothers is associated with our first chakra. If our bonding with our mother was not sufficient for our needs, we often feel cut off from our roots and from our very physical life. Our attitudes toward home, security, and money are also negatively influenced. Conversely, our relationship with our human fathers is associated with our seventh chakra. Since the crown chakra represents our unity with all life, we feel a sense of isolation from "God" and humanity if our bonding with our father is insufficient.

SENSE: Our multidimensional and extrasensory senses are ruled by the seventh chakra. Once this chakra is opened, our sense of empathy and unity expands. When we raise our consciousness, we experience another person, place or object as if we are inside of them or as if we are "being"

them. It is important, then, that we remember that with this power comes responsibility. We should activate these senses only to provide help or healing—NEVER for mere curiosity or with any malicious intent.

Compassion is the main sense that develops as our crown chakra opens. We have two kinds of compassion: Crown Compassion, which is more about perception and communication, and Heart Compassion, which is more about emotions and empathy.

ASTROLOGICAL SIGN: The signs of Capricorn and Pisces rule this chakra; Capricorn rules inner viewing, concentration and the essential perception of matter by Divine Light, and Pisces rules dissolution of limits, devotion, and Oneness with ALL THAT IS.

ELEMENT: The element of this chakra is the Cosmic Energy, which is often experienced as an inner light emanating from the deepest part of our being. This Cosmic Energy, which rules the higher kingdoms and stems from the Source, feels like an ultimate intelligence and a sense of all knowing.

When our crown chakra opens we can also experience the complete isolation and blackness of the Great Void. This Void, which resonates just below the fifth dimension, represents the raw potential for all that can, or will, be. The total darkness is representative of the center of a seed before it opens into the light of manifestation. When we can perceive from our crown chakra, we can identify both extremes of all polarities.

The opening of the crown chakra expands our perception into the fifth dimension where there are NO polarities. Therefore, there are many paradoxes associated with this chakra as it represents the “end of all paradox”. As we travel through the higher dimensions, it is important that we release all judgments associated with the polarities of light and dark.

We must instead consult our own inner knowing and higher consciousness to navigate us through our inner worlds. Eventually, we will all be aware of our fifth dimensional selves; they know no judgment and hold no fear. For what is judgment, if not a form of fear?

CONSCIOUSNESS: Since our crown chakra represents our multidimensional consciousness, as we open this chakra our reality will no longer be limited to the third and fourth dimension. When our brow chakra, the sixth chakra, opens we begin to travel into the higher sub planes of the fourth dimension.

With the opening of our seventh chakra, and the subsequent activation of our Third Eye, our consciousness can now enter the fifth dimension. It is

then that the many realities around and within us gradually become consciously apparent.

The process of our awakening begins with expanding the consciousness of our physical selves and working to clear our etheric bodies. Then the astral, the mental, the causal and the spiritual I AM consciousness can align themselves in preparation to ascend into the fifth dimension.

Until we reach the fifth dimension we can “work” towards enlightenment, but from the fifth dimension on, we must simply “BE”. “Doing” is not important then; consciousness alone is important. And finally, in the sixth and seventh dimensions even consciousness is not important as there is only the “Isness”, the “Nowness” and the “Hereeness.”

To experience the worlds beyond the lower fifth dimension, we must release ALL desire, even for “good” or “right,” for there is no polarity. Therefore, there is no good or bad, right or wrong. To travel the higher dimensions, an empty mind is needed, a mind that is not longing for anything, not waiting for anything, even Truth or enlightenment. This “empty mind” just IS. It is without longing, without desire, and without wish. Then, suddenly, you are there, and even the cosmos is gone.

PERSONAL TIME LINE: The crown chakra represents the stage in our life when we are SELF-realized. We no longer need the polarities of male or female, human or divine. We understand that this physical reality is but one small segment of our total SELF, and we realize that we chose to incarnate during this space and time to fulfill our Mission, our reason for embodiment.

Riches and adulation from others is no longer a driving force because we know that completion of our Mission may or may not be recognized on the physical plane. We also know that when we stay attuned to our inner guidance, our ego’s needs and fears will be balanced with love, and all will be revealed to us within the proper Time.

This detachment does not mean that we are disassociated from our human self. So long as we wear a physical form, there is a portion of us that remains limited to the rules of the third dimension and separated from our total SELF. However, when the crown chakra is open and our Third Eye is functioning, we can view our reality from the perspective of our Higher Self. Then we can give our often struggling human self the unconditional love, acceptance and forgiveness that is ALWAYS needed and deserved.

In this stage of our life, we realize that the third dimension is a hologram of our own illusions set forth so that we can learn and grow. We are aware

that the third dimension is now collapsing into the fourth and then the fifth dimension. We are active in the facilitation of this process. In fact, it is likely that we are now in the fourth dimension.

How this changes our experience of “life” is for each of us to discover and, hopefully, share with others. As we each awaken, it is our responsibility to assist in awakening others in the manner that our Soul directs. In this way, the planetary ascension can proceed. We are all One, and every time we help another we help ourselves. Paradoxically, every time we help ourselves, we help others.

SOCIAL TIMELINE: When enough of our Earth’s population opens their crown chakra and activates their Third Eye, Earth’s collective consciousness will reach the fifth dimension. We then will become a Galactic Civilization with full awareness of the life forms on other dimensions, planets, and worlds. We will no longer need to wage war against each other, as we will realize that we are the United Peoples of Earth. We are one family, not only on our planet, but also in our solar system, our galaxy, and beyond.

From this state of consciousness, we no longer need to worship any beings that we consider “higher” than us, because we understand that we, too, have a “higher” portion of our own being that we can constantly, consciously access. Therefore instead of worship we commune and communicate.

ENDOCRINE GLAND: The crown chakra is ruled by the pineal gland. The pineal gland has photoreceptor cells which regulate the secretion of the hormone melatonin. Melatonin regulates our circadian body rhythms, which are our rhythms of waking and sleeping, or consciousness in our outside world and consciousness in our inside world. The pineal gland is also the primary link between our Soul and our brain. It is, therefore, our gateway to multidimensional awareness.

Science and metaphysics agree that the pineal gland functions as a regulator of light and that it also plays a role in our reproductive cycle. Scientific research suggests that the pineal gland may function in converting neural information about light conditions into hormonal output. In other words, when there is less light, the pineal gland produces more melatonin, and when there is more light, it produces less melatonin. This keeps us awake and functioning in the daylight and facilitates our sleep at night.

The pineal gland also plays a significant role in sexual maturation, as there is an abundance of melatonin in young children, which is believed to

inhibit sexual development. The pineal gland shrinks as we enter our early teens and puberty begins.

Metaphysics teaches us that the pineal gland receives Cosmic Light, and the means through which we can “download” it into our third dimensional consciousness. The pineal gland rules our biorhythms of feeling high/light and feeling low/dark. Because we live in the land of polarities, the crown chakra and its pineal gland is needed to blend the darkness of the Great Void with the Cosmic Light.

Once these polarities are blended, we can integrate the entire spectrum of the constantly streaming, higher dimensions into our physical reality. Once the pineal gland has “downloaded” this energy, our pituitary gland can instruct the other endocrine glands to assist us in raising the frequency patterns of our physical form.

NERVE PLEXUS: The crown chakra connects us to our Unity Consciousness. Therefore, this chakra rules our brain and entire nervous system.

CLEAR: When this chakra is clear we can receive cosmic energy to initiate the development of our Galactic Consciousness. In this state of consciousness we can perceive the Cosmic Love and the All-Knowing of our fifth dimensional SELF. This re-awakens our ability to perceive the patterns of cause and effect, as well the light matrixes that create the illusions of our holographic physical reality.

This skill, however, is usually not remembered until we are able to release at least 51% of our programmed core beliefs in limitation and separation. The Path to Illumination is paved with patience, so we must be patient with ourselves regarding this issue.

Most of us have worn physical bodies thousands of times over millennia of time. Fortunately, with an opened crown chakra we can again access a sense of well-being, unity with all life, open mindedness and faith in ourselves and in our higher directives. We then can gain enough peace of mind to listen to our Higher Self frequently and consistently. It is our own Higher Self that will assist us in re-programming our minds to the daily acceptance and integration of our own divinity.

When we change our selves, our relationships with others change as well. When two people with clear crown chakras mix their energies, a soft golden light fills their auras as both people experience a deep sense of unity and communion. The three upper chakras of both people join in the communion/communication as the transference of wisdom is carried from third eye to third eye. This mutual communication is understood via the

throat chakras and their heart chakras. This mutual language of love communicates in an empathic, telepathic manner.

UNCLEAR: Depression, a feeling of confinement, closed-mindedness, intense worry and anxiety, cerebral tumors, cranial pressure, headaches and migraines, mental disorders, scalp problems, and sleep disorders can result from an unclear seventh chakra. There can also be a fear of religion or spirituality, frustration and unrealized power, little joy in life, fearfulness of things that cannot be understood with the physical senses, and even schizophrenia.

When the crown chakra is blocked, a very unpleasant muddy, dark curry color taints the crown chakra and the entire aura. When communicating with them, we may experience a tingling and prickling sensation in our crown, and we may feel a warning that psychic protection is needed. When two people communicate whose crown chakras are unclear, many misconceptions and misunderstandings are common. Their exchange may become adversarial with no evident means of understanding or effective communication.

EARTH CHAKRA: The seventh chakra of earth is said to be Mt. Fuji in Japan. Just as the crown chakra rules both the sense of isolation and unity, Japan was isolated for many years while the society was unified within itself. Mt. Fuji, or Fujiyama (yama means “mountain” in Japanese) has provided a spiritual basis for Japan since ancient times and pious people endured hardships for days in their quests to climb this sacred mountain. This mountain is a 12,380 foot high dormant volcano which is world-renown for its symmetry and serenity.

Mt. Fuji, as does the crown chakra, welcomes each new season in a beautiful and dramatic way. In spring, cherry blossoms burst into bloom at the foot of the mountain, followed by the flowering vermilion azaleas, which announce the coming of summer, and by July, the Alpine Roses start to bloom. By late August, summer is over and the Fire Festivals of Fujiyoshida celebrate the coming of winter and the end of all treks to Mt. Fuji’s peak.



DIMENSION: All Dimensions are ruled by this chakra, as it represents our full multidimensional consciousness.

SUMMARY: Just as many have climbed our personal Fujiyama to reach the peak, the opening of the crown chakra represents the culmination of Kundalini’s journey from our Root to the thousand-petal lotus in our Crown. This journey represents the completion of one world and the

commencement of a new one. That world, of course, was always there, but we have forgotten it. We forgot where we came from, and we forgot the great glory and complexity of our true SELF.

The opening of the crown chakra represents the termination of our ability to live as a victim to the illusions of our physical life. Yes, we are still human. We still live within our corporeal body and are, therefore, subject to fall into the dramas of our separate, limited self. However, we are no longer live in it.

We have kissed the ONE and we are left with our Divine Discontent fully activated. This “discontent” is like a homing beam that pulls us in the direction of our core energy frequencies. Now our Homes in the stars, in other galaxies, and in other dimensions, call us continuously and implore us to return. That is, to return and yet stay; return Home in our awareness and in our consciousness, yet stay in the third dimension where we are actively living our Mission.

Now that we remember who we are, we are beginning to remember why we came here. There is one Mission that we all have in common, that is the to ground the vibrations of our Home in the higher dimensions into our daily lives. Each dimension has a different resonant frequency. Resonant frequency is the base line frequency or center frequency. Within each dimension or personal consciousness there is a resonant or primary frequency, or vibratory rate. This frequency is higher on days when we are filled with love and lower on days when we are filled with fear. In other words, our third dimensional self will fluctuate in frequency from “survival” to “peak experience.”

Our personal resonant frequency, or frequency signature, is often determined and/or measured by our brainwaves. Opening the crown chakra allows us to access our Delta waves while we are still somewhat aware of our physical body. These brainwaves are the “homing beam” that allows us to access our SELVES existing on other stars, galaxies and dimensions.

Once we access these portions of our total SELF, we can develop a relationship with them. These higher SELVES permit us to see our world from their perspective. To perceive the separation and limitation of the physical world from a portion of our SELF that lives beyond illusion is the beginning of our Galactic Consciousness.

As we communicate more with these higher dimensional portions of our SELF, the veil between the words begins to thin, and our perspective of all life is raised above the third dimension. That is how we become aware of the causes of our problems that have stemmed not from this life’s

childhood but from other third and fourth dimensional lives (often known as “past lives”), as well as other parallel realities. Fortunately, by this time we can also access our SELF to assist us in understanding and integrating this multidimensional information.

Our connection to our greater SELF, our Soul, gives us the support and courage to consciously remember the root life in which we first experienced the fear that has echoes through many other lifetimes. This “first time” that we had an extreme negative experience often creates an engram, which is like scar tissue in our Soul.

This engram programs our Soul to recreate that experience over and over until it is resolved. Once we have journeyed in our consciousness into the realities in which these patterns first began, we can call upon our Higher Self to balance that pain and fear with Unconditional Love.

Our Soul has recreated these situations in life after life so that we can gain mastery over these emotions and situations. Once love has balanced fear, our resonant frequency can rise through out ALL our lives in all dimensions, times, and locations. We receive our connection to this Unconditional Love, on a daily basis, once our High Heart is opened.

Our physical heart resonates to the color green. This portion of our heart chakra rules our human love. Human love can be courageous and selfless, or fearful and selfish. On the other hand, our High Heart resonates to unconditional love and compassion. Our High Heart is located just above and in front of our physical heart in our fourth dimensional etheric body. Our High Heart resonates to the color pink.

Unconditional love is based on compassion. With this compassion, we can unconditionally love, unconditionally accept and unconditionally forgive all life. All of us, no matter how spiritual or self-realized, have difficult times in our physical lives. It is in these times that we are challenged to accept the unconditional love and compassion of our Higher Selves into our physical awareness so that we may receive its love and comfort. We have been trained that it is divine to suffer. Now we must rewrite that limitation to the truth which is that we no longer need to suffer because we ARE divine.

It is our open crown chakra that initiates this process of “releasing suffering.” The crown chakra is the center of paradox—light and dark, known and unknown. The great love of the Cosmic Light brings us Unconditional Love and the great darkness of the unknown can bring Enormous Fear. From standing in the absolute center between light and dark, known and unknown, in the center of the open thousand-petal lotus,

we can see that they all are merely different extremes in the illusion of physical life.

From the perspective of our opened crown chakra, we are in constant contact with the assistance and understanding of our fifth dimensional selves. Therefore, they can give us understanding, love and compassion to assist us when we become fearful or confused.

With their assistance we are able to see the big picture that allows us to remember that we chose to enter our physical life to fulfill a Mission. We will still feel the emotions of fear, anger and sorrow because we are wearing our earth vessel. However, even if no one in our physical reality can help, we can ALWAYS receive what we need to complete our initiation from our own inner guidance.

Multidimensional healing is the process of finding the original cause of all our "life issues". We have been reliving these issues over and over, in this life and in other lives. These core beliefs in separation and limitation have kept us asleep and battling the worlds around us, as well as within in. When we can heal these issues at the core, that is the first life in which they were experienced, we can change many of our realities at the same time.

Once the first experience is healed, then the patterns that have resonated through out many other lives can easily be seen. When we can consciously perceive the patterns of our behavior, then we can begin to "catch our selves in the act" so that we can change. However, even though these patterns will diminish, they will not completely leave because it is these issues that are tied to our Mission. The issues that we have worked on life after life are the core of our service to others, to the planet and to our Higher Self.

It is through healing ourselves that we can learn to heal others. Once we have faced our Dark Side, our fear greatly diminishes. After all, is it not the "enemy within" that causes the greatest threat? This release from fear gives us greater courage to continue our own personal healing and to assist in the healing of others and our planet.

We all chose to come here from the higher dimensions to assist in this great time of transformation. Just as we have had lives where we "fell into the darkness," we have also had lives in which we were Spiritual Initiations. Upon the completion of these spiritual lives we consciously returned Home to a higher dimension.

Through connection, communication, and deep understanding of these "Initiate lives" we can access and remember the innate power that we

were born with. These powerful lives will also introduce us to our higher-dimensional, intergalactic selves. Every time that we interact with these higher portions of ourselves we download a bit of their frequency rate.

For example, if we have a bowl of ice (our densest physical self) and we subject it to steam (our highest, formless self), the ice will turn to water, which is the pure essence of both the ice and the steam and the midpoint between the two. In other words, the two polarities working against each other will move us into the center point, the fulcrum point, and the point of balance.

This center point is the point of power because it is the point from which we can see both sides. Being able to see both sides, both extremes, allows the detachment that creates compassion. Compassion opens us up to our higher worlds because it frees us from the dramas of our physical self. Compassion lifts us out of the third dimensional matrix and into our multidimensional perspective. Then we can view the third and fourth dimensional polarities around us without getting stuck in them. We are then “in the world, but not of it”.

From this center point, we are free to experience the worlds below us (the ice) and the worlds above us (the steam) while we remain in the center (the water). The center point is the flow, the point of surrender—surrender to our Soul. This is the place without emotional charge, negative or positive, that loosens us from the constraints of our old beliefs in separation and limitation. From this place we can fall into the flow, surrender to the NOW, unite with the Oneness, and allow our Soul to become the Captain of our Earth Vessel.

The more individuals who are able to hold this center point, the more we all will experience the paradigm shift out of materialism into spirituality, out of limitation and separation, and into the Oneness, Hereness, and Nowness of our true nature. Each time any one of us communes with our Higher Self and downloads our higher dimensional resonance into our physical bodies, we contribute not only to our personal ascension but to the planetary ascension as well.

TOGETHER we will each discover our own personal puzzle piece, and then connect it to the whole. Then, as a planet, and as a species, we can create Heaven on Earth.



ACCEPTANCE

Release the struggle and accept the gift
For heart and mind to make the shift

Into the ONE that's always been
Beyond all fear and free of sin

This step is one we know we'll make
It is the journey we ALL must take

We know and own all of our life
To cherish the love and release the strife

For as we travel where we go
The Truth within, we soon shall know

Where once we hid to close our eyes
We hold the Truth and free the lies

We have awakened just in time
To feel our SELF that is sublime

We accept the call from Heaven's Gate
For now we can no longer wait

Into our SELF we forge ahead
Towards all we've done and all we've said

Our life will never be the same
For now each Soul will have a name

We shall see the ONE in every face
As, collectively, we live in Grace

Together NOW, we all shall travel
To find the Mysteries we will unravel



ACCEPTING THE CALL

THE SEVENTH CHAKRA

1994—1996

It was 1994 and my connection with my inner worlds had given me the courage to let go of the “what ifs” and live more in the “now;” I was gaining the wisdom to allow each moment to unfold before me, at least more often.

SPIRITUAL LIFE

My meditations continued like a serial story with each installation picking up where the last one let off. My lessons with the fifth dimensional group continued, and I had learned by now to better perceive with my fifth dimensional senses. In one very special meditation the inner teacher took me aside and said, “Follow me.” I did, and she took me to a beautiful garden with a circular pond with a waterfall at the far end.

My teacher instructed me to enter the pond and swim to the waterfall. When I dove into the “water,” I realized that it was like liquid light and felt like swimming in silk. The water shimmered with a silver sheen and created a soft melody as I moved through it. Also, I could breathe it like we breathe oxygen on Earth. The water felt like a welcoming womb, full of hope and expectation. Would this water also take me to a new life?

I swam in this pool for what seemed like a lifetime until, at last, the sound of the waterfall broke my reverie. The sound beckoned me to enter it, to merge with it. There was a secret there, a promise. This promise made my heart leap and my mind race with myriad memories; memories of loss, pain, joy, and love.

Without my even knowing, I was suddenly in front of the waterfall. There was a small ledge of rock so that I could face the waterfall and look into it, like a mirror. Yes, there was a reflection. Was it of myself, or was someone on the other side of the water? My heart expanded beyond the limits of my form as my mind asked that question.

Something, or someone, so familiar, more familiar than my self, was on the other side of the waterfall. Could I join that person? Would he, or she, want me to? No, it was a male, yet so like me that he was a male counterpart of me. At last, I could wait no longer. With one step, a step that I have waited for all of time to make, I stepped through the waterfall.

It seemed like forever before I had walked through the falling liquid light. When you have waited lifetimes, how long does it take to make a single step? Then, we were face to face. In a flash of radiant joy, I realized that the person was my Divine Complement, the other polarity of me that I had felt my entire life.

We stood face-to-face and heart-to-heart. Naturally our lips met in our Soul's kiss, and we merged into one being. I/we were the complete androgynous fifth dimensional being that we had always been.



Dear Love, so soft and gentle
you kissed my lips today

Silent as a morning cloud
you came into my dream

You reached for me and pulled me through
the limits of my mind

Then palm to palm and heart to heart
the worlds between us blurred

But with your kiss my world came back
and I was left alone

Oh, but alone shall never be
what once it was for me

For all my life the memory of
your kiss upon my lips

shall draw me back into your world—
the place where we are ONE

In that Oneness I shall know
the being that I AM

With open heart I think with love
and love with peaceful mind

Polarities extend beyond
the limits they have known

and you and I shall live inside
THE SILENCE OF OUR LOVE

Time stopped, space disappeared. I was Home. We were Home.

Then a hedge, which I had not noticed before, opened up in a welcoming manner. A memory from this life's childhood flooded my mind. There was another hedge. It was at my Grandmother's house, and I would climb through it to play with my very first friend.

Now, with my first friend in all my lives, we walked through the hedge, arm in arm, into the higher planes of the fifth dimension.

CAREER LIFE

There is a natural inflow and outflow of life. Being self-employed most of my life, I have experienced this most obviously in my career. Living next to Mother Ocean, I have always likened that inflow and outflow to the ocean's waves.

When the waves are pulling back into the ocean it is best to go into the water. I could of course go into the water when the waves are crashing forward, but there would be much resistance. Once in the water it is best to return to the shore riding the force of the shore-bound waves. If I tried to go against the wave, I would again meet resistance.

It is the same in life. There are times of inflow when we are naturally drawn to go inside to learn and to prepare for our "ride" when it is time for the outflow. During inflow, our primary focus is on our inner life as our outer life is usually familiar and unchanging. While following the outflow

we are busy “doing” in the world and often find it difficult to find the time to go inside.

My career was still in inflow. Gradually, I was gaining more clients and I had lots and lots of time to write—yes, I finally moved past watching Star Trek and playing solitaire. All of my life I had wanted to go away somewhere so that I could do “something”. I had envisioned myself going far away to write. But the Universe taught me again and again, that the only place I need to go is within.

PHYSICAL BODY

Finally, my body had calmed down. The hormones had assisted the pituitary gland in its transition and Goddess Kundalini was now about to meet her mate in the Crown Chakra, just as I had met my mate behind the waterfall. Perhaps both meetings happened at the same moment within the Eternal Now.

The pituitary gland is known as the Seat of the Mind and the pineal gland is known as the Seat of the Intuition. My intuition was becoming a part of my body and my everyday life. The pineal gland was now preparing to combine its essence with the pituitary gland to awaken the Third Eye. When it did, I began my final initiation.

FINAL INITIATION FOR THE SEVENTH CHAKRA

Since I was writing more, I had finally purchased a computer and had become comfortable with it. My seventh grade typing class paid off because I did not have to look at the keys. I had always avoided typing because I went too fast, just like I did in my life, and made too many mistakes, just like I did in life. With computers, typos are no problem as they can be easily corrected.

My written meditations told me to write with the computer so that I could close my physical eyes, see with my Third Eye, and quickly write down what I was experiencing. What I received was communication from the Brother-and-Sisterhood of Light. They initiated me into multidimensional Cosmic Consciousness and took me on a journey through the vortex. (This journey is documented in the Dreams and Aspirations Door of the Conscious Section.) In this journey I met my own future, fifth dimensional, androgynous self, Kepier.

My initiation was, “how could I tell anyone about this?” Surely, I was being delusional. Then I discovered the Internet and found that there were a lot of people, all over the world, who were just like me!! There was an opportunity for me to enter a college Website and “come out of the closet.”

All my life I had kept my spiritual life a secret. I had never had many people in my life who shared the same experiences that I had and I was afraid that I would be judged—like I had judged my own spiritual teachers. How could I go public? Maybe people would think I was crazy? Or, maybe people would not even care! It was the “not caring” that happened. I think my counter read 250 when the site went off-line. I had probably linked to it 100 of those 250 times, checking the counter.

My initiation was to not “need to be acknowledged,” but instead to acknowledge myself. A few people connected with me, and I learned that it was more important to have the courage to try than to be successful. Most importantly, I had come out. I had publicly stated, “I am a multidimensional being and SO ARE YOU!”

I had stepped upon the Seventh Step to Soul, but Kundalini’s journey had not ended. She had traveled up my spine to meet her completion and had opened me up to my multidimensional self.

NOW I HAD TO GROUND THAT SELF IN MY THIRD DIMENSIONAL LIFE.

I AM

I AM the Mother of your Heart
and the Father of your Mind.

I AM the Presence of Light for which
you have hungered your entire incarnation.

I AM the Hope you seek
and the Promise you fear.

I AM the Perfection which is calling
and the Caution which holds you still.

I AM your fingers, your toes
your breath and your heart.

I AM all that you have ever been
and all they you shall ever be.

I AM that I AM and
I AM now entering your Body.

Welcome me as a mother
welcomes her first born.

Embrace me as a lover
who has been away and just returned.

Hold my thoughts ever in your Mind
and my emotions ever in your Heart.

Know me ~ as I AM you.
Love me ~ as I have always loved you.

Yes, I AM the One,
the One whom you have always sought.

I AM in you, over you
around you, and through you.

I AM that I AM
and I AM Your SOUL.



GROUNDING THE KUNDALINI 1996- Forever

When the pineal gland joined the pituitary to open my Third Eye, I looked at the book I had written about my other incarnations and saw it, not from my fourth dimensional perspective, but instead, from my fifth dimensional perspective. This book then became two books: Visions from Venus, A Multidimensional Love Story and Reconstructing Reality, Visions from Venus PART II.

When I observed my other lives from a fifth dimensional perspective, I began seeing this present life from a fifth dimensional perspective as well. This perspective began the process of grounding my Kundalini in my fifth chakra of higher creativity and higher communication.

My higher communications with the inner planes expanded to include the Arcturians, Mytria—my fifth dimensional Pleiadian self, Jaqual—my fifth dimensional self from Antares, Franquoix—my Draconian/Arcturian hybrid self, IlliaEm, my Arcturian Oversoul, and most recently, Tarmaine—my non-manifest self from Sirius B.

I wish to remind each reader that ALL of us have these connections. I am no different from anyone else. It is just that the awakened Kundalini has allowed me to remember more of my total SELF.

However, there was another extremely difficult challenge that I had not expected—the opening of my High Heart. Although some of my friends had suffered pain for months from the opening of their Heart Chakra, my opening had been relatively pain free. Because of this, I was not prepared for the difficulty I experienced with the opening of my High Heart.

The High Heart is located just above the human heart and resonates to the color pink. Whereas the human heart is the center of conditional, physical love, the High Heart is the center of unconditional, divine love. In order for my High Heart to open, I had to heal a core belief that was established with my first human incarnation.

The leaky boat of my finances was sinking. I had to throw everything overboard that was not vital. I guess I could have gotten a “job,” but that seemed like I did not trust my Soul. I could only do what my heart loved doing, but first I had to release my shame—lots and lots of shame.

Why was I ashamed? I was ashamed because my old indoctrination was that I was not “good enough” or “successful” unless I made lots of money. In other words, a financial portfolio is the true measure of a person’s worth. Even worse, to be in debt was a shameful thing.

My body was responding to the shame and signaled the beginning of my initiation. I became very ill with a lung infection during Christmas 1997. I was so ashamed because I could not buy nice presents. I had to know that "I" was enough of a present, and that I, my being, my love, was a great gift. This flew in the face of every core belief I had been programmed with as a child. Unfortunately, I did not learn this lesson that Christmas and did not gift myself. In fact, I think I was pretty miserable to be around.

As a child, I received copious Christmas presents. Every year I felt ashamed because I was getting presents when it was Jesus' birthday. I would start the unwrapping vowing to think of Jesus and send Him love with the opening of each present. However, I never was successful. Somewhere in the flurry of excitement of physical "stuff" I would forget my vow and forget completely about Jesus.

From this early experience, it was shameful for me to desire physical wealth. This belief that I could love God OR love physical wealth started with my first incarnation and was repeated life after life. In these many lives I was the ruthless conqueror driven by greed, or the conquered victim driven by fear and shame.

It took me the entire year of 1998 to release all this shame. The shame that had begun with guilt about poor finances, expanded into ALL the shame I had ever felt in ALL my lives. Many of these lives were as a woman. My lessons had been around the enslavement of my love, my sense of unworthiness, and shame for what had been done to me and for what I had done to myself.

Many of us who have taken on female bodies in this life have volunteered to release all the shame that the feminine energy has accumulated from the eons of male domination and female subjugation. In order for Gaia to ascend into the fifth dimension, the Goddess must be free to express Her full power. Then the polarities of masculine and feminine can be balanced and merge into the Oneness of the fifth dimension.

It was not until that shame was released that I could open my High Heart to Unconditional Love. This Unconditional Love had to be for myself first. After all, how could I give to others that which I did not possess myself? Also, to love another unconditionally without unconditionally loving ourselves can turn us into a doormat. When we love ourselves unconditionally, we will not allow others to treat us poorly, as we may do with human love.

Also, unconditional, fifth dimensional love is not unconditional unless it encompasses Unconditional Acceptance and Unconditional Forgiveness.

Again, in order to give away these Unconditional fifth dimensional virtues, we must give them to ourselves first. That is what took a year. How could I love, accept, and forgive myself—UNCONDITIONALLY?

My body struggled bravely through this process. The lung infection, heart chakra malady, returned two more times. In my entire life I had not been sick that often. However, I refused to leave my Path. I knew that I had to Trust. I knew that I had to “let go” and “let God/Goddess.”

By late 1998 I was feeling better, emotionally and physically. It was then that I began to receive communications from ACEA (All Consciousness of Earth's Ascension). I also had a powerful present and lesson from Kepier, my future self. For my birthday on December 27, 1998, she gave me the gift that would allow me to finally release my secret belief that I could not be spiritual while having financial abundance.

Here is a part of that letter:

12-27-98

Happy birthday to me, this day marks the close of one of the more difficult years of my life. I wish to take some time now to reflect upon what lessons I have learned so that I will not have to learn them again, at least not in the same painful manner... I will ask Kepier for assistance.

Dear Kepier,

Please assist me in understanding the lessons that I have learned this year and please, instruct me about fifth dimensional manifestation.

Dear One,

I am pleased to assist you in both of your requests. First, allow me to add one new lesson that you have learned this year, the lesson of humility. Humility is a very important quality for a Light worker. You, as well as the many others who wish to ground the fifth dimension on Gaia, are healing all your third and fourth dimensional fears with your fifth dimensional, unconditional love. It is in this manner that you shall create the reality which you so desire. Remember,

**THE STRONGEST CREATIVE FORCE OF ALL CREATION
IS UNCONDITIONAL LOVE**

If you wish to create something, you must love it into your life. You have wished for more money, but you have continued to hate it, or be angry at and afraid of it. That is not love.

For your birthday – our birthday – for I now reside inside of you, I give you the gift of “LOVE OF MONEY.” Yes, money. Not financial freedom or reward – but MONEY. Money is a word that you have tainted with your shame. Now love that word and love money.

Love attracts. Love heals. Heal your relationship with money by loving it. Call on me often. I will continue to send you the feeling of “love of money” until you have healed your old relationship with money and have learned to love it into your life.

In response to your next question, the key to fifth dimensional manifestation is WHAT YOU BELIEVE IN YOUR MIND – YOU LIVE IN YOUR LIFE. If you can believe in your mind that you cannot have both money and spirituality, then that belief becomes a reality. On the other hand, if you believe that money does NOT limit your spirituality, than you can have both money and an “awakened” spiritual life in the same moment. Remember, you are creating your own reality. An old belief that was created many lives ago, and reactivated in this childhood, can be released simply by ceasing to believe in it.

Within in a few months, my business had more than doubled, and I had plenty of money to live comfortably. I had cleared my third and fourth “other lives” of shame and was, therefore, able to keep my mind centered on loving money. Whereas before I would say, “I am so afraid that I can’t get enough money.” I now would say, “When I get my money I will spend it on...”

The money did come, and the shame I had felt around not being worthy because I didn’t have enough money was cleared. While my High Heart was opening I had surrendered my first, second and third chakra to the Goddess because I knew that I had to be completely grounded to bring down my Power.

Regarding my third chakra, I became aware that I came from three generations of diabetics, and I sought guidance with a dietician to balance my blood sugar. My second chakra was working to assist me in communicating better with my third dimensional self. It was always easy, at least for me, to become lost in my higher dimensional experiences. My second chakra reminded me that I had promised, along with many, others, to ground the fifth dimensional energies into the third dimensional world.

My root chakra encouraged me to come out of hiding and to openly and honestly BE who I am. My first step towards that was this website and the publication of my books, one of which, Thirty Veils of Illusion, was written over fifteen years ago.

CONCLUSION

The process of my Kundalini rising took 22 years. Part of the reason for the long journey is that the process started in 1974 when the resonant frequency of the planet was much lower. Now as the entire planet is preparing for a conscious ascension into the fourth and fifth dimension, there is social resistance. The escalating resonant frequency is rise, and more people are feeling "The Call," at least in their unconscious.

The other part is that I am a Capricorn. Slow and steady works for me so that I can learn to "use" each experience in my daily life. On the other hand, some people may have the entire Kundalini experience in a relatively short span of time. The children of the Baby Boomers were not raised with the same social restraints that we had. Therefore, they can awaken more quickly and easily.

Also, "generation X" is much more able to express both masculine and feminine energies, which is the vital component in raising the Kundalini. The merging of the male and female energies within one form is the sign of completion of the Kundalini's rise into the seventh chakra. If the male and female energies are out of balance, the three rods of masculine, feminine and neutral will not raise at once and the body will suffer greatly.

If I had not also had a career to serve as an expression for my masculine energy, my body would have not fared as well as it did. This may not be true for all women, but as a Capricorn, it was true for me.

I write my story because I believe that many others have had, or soon will have the same experience, but they may not know what is happening to them. If the rising Kundalini is not a conscious experience, and the "unconscious" person may suffer and not know why. In fact, that person may even think that they are having a nervous breakdown when they are actually having a SPIRITUAL INITIATION.

I would very much like to hear other people's stories of their rising Kundalini. We the Lightworkers of Earth have been hiding ourselves too long. I have gotten great comfort and education from others' stories on the web. I hope that there are those who can benefit from my story as well.



TO MY SOUL

No need to lie nor to pretend,
the beginning has become the end.

The end of all that lies between
so far away and what is seen.

Hold me tight within your mind
till you "IN" I are of one kind.

The blending of the future's NOW
will lead the way and show me how.

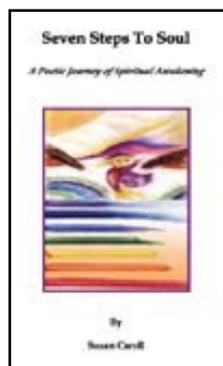
I lay my heart upon your door,
I release it all till there's no more.

Please take me now into the life
that's free from work and daily strife.

I give you all my darkest traits,
release my fears, redeem my hates.

I ease my fist to take your hand
and walk into your peaceful land.

As your door opens so does my heart
and at this ending, new life does start.



Excerpts from:

SEVEN STEPS TO SOUL

A Poetic Journey of Spiritual Transformation

By Suzan Carroll PhD

THE SEVENTH STEP

Freedom ~ Living in Surrender

At first, Soul may seem far away and separate from our everyday life. But once our imagination has paved a path and established open communication with our SELF, we can begin to bring our Soul into our mundane world. This bringing in of the energy and guidance of our Soul is best accomplished if we can totally surrender to it. Our Soul is the portion of us that our inner child never forgot. Can we believe as adults what we knew as children? Can we believe that we deserve our Soul's presence in our daily life and allow it to work within and through us? Can we accept the guidance that our Soul constantly and consistently offers?

There are many questions to be asked. To find our own answers we must go inside ~ inside ourselves. The answers may change with every quest. It is this search that makes up our life.

TAKING THE SEVENTH STEP

The seventh and final stairway was before her. Where would it take her and who would she become when she arrived? The stairway did not look at all familiar, yet it evoked a loneliness deep inside of her. She wanted to travel up the stairs, but at the same time, she feared them. She closed her eyes to calm herself and took a deep breath. The awareness came upon her slowly like a misty dawn and filled her with the joy of the first day of spring after a long winter. She knew the stairway now. Actually, she felt it. This was the stairway HOME. She listened carefully to a silent call that tugged at her Soul. No it didn't tug at her Soul, it WAS her Soul.

Now that she heard her Soul's call, could she surrender to its Wisdom?

TRAVELING THE PATH

The secret to traveling OUR Path is simply to remember:
IN EVERY MOMENT AND IN EVERY WAY I AM TRAVELING MY PATH.



THE PATH TO SOUL

The path to Soul is long and pure.
The path to Soul is narrow and steep.

On the left, there is a cliff that plunges to the depths of darkness. But, the treacherous side is to the right because it is so deceptive.

Slowly, the right hand path descends into the Caves of Long Forgotten Fears. Although the decline is barely recognizable at first, the path descends steadily.

If we are not aware of our descent into the Caves, we can become trapped within our long forgotten fears and lose our way.

Because they were unaware, many a mighty warrior has become lost. For, only by going through the "Mouth of the Dragon," the source of our fears, can the treasure of our Soul's be gained.

The projection of our inner light,
and listening to the call of our Soul,
is all that can lead us through this labyrinth of darkness.

It is only by claiming our fears and cleansing them with our LOVE that we can summon Soul's Light into the labyrinth of our Caves.

This Light will reveal to us that all that we have known, all that we have experienced, is a reflection of our inner world. With the recognition of our own creative powers, we become the Cause and Core, the Sole Creator, of our life.

However, it is best that we surrender the responsibility of that creation to our Soul. Ego is not pure enough to bear the weight of this burden, nor wise enough to confront the ramifications of such power.

Ego believes it can escape into death with a mere, "I'm sorry" or "I didn't know." But, Death is not the end. It is merely a recess, a place to rest, before we again enter the Classroom of Life.

Who are the teachers in this classroom?
And, where do they reside?
How do we learn to allow Soul be
the guide of all our creations?

Deep inside!
Behind the lies awaits the Truth.

Deep inside, and through inside our ego's Caves of Long Forgotten Fears
is the Unconditional Love that illuminates
The Path to Soul.

FINDING THE SOUL

Where do we find our Soul, and more importantly, how can we remember to look for it?

There is an unanswered call for love that hides within our heart. This need for love is unquenchable in our physical world for it is not limited to this dimension. Therefore, we must seek the love inside, for only the love of our fifth dimensional Soul will fill this need. Hence we must look inside for that is the only way we can find our Soul.



MERGING WITH THE GODDESS

“Let us merge into one being,” spoke the Goddess.

It was my dream again, only this time it seemed so real. I saw the Goddess before me in her form as an elegant Priestess. She wore a flowing opalescent gown that wrapped loosely around her body and was clasped at her left shoulder with a silver Owl.

Her delicate facial features were highlighted by her abundant dark hair which she wore swept up on top of her head. Small ringlets caressed her cheeks and the nape of her neck. An aura of feminine power surrounded her and seemed to radiate from her like a beacon.

Copper snakes coiled around each of her upper arms and around her neck she wore a magnificent amethyst necklace. A huge amethyst jewel hung from its center and rested between her breasts. The gem seemed to magnify the radiance flowing from her heart. But, what struck me the most were her eyes. They were as violet as the jewel against her heart and they penetrated my very Soul.

“Let us merge into one being,” she spoke again as she stood before me, face to face and heart to heart.

Even if the Goddess had come to me in my sleep, the honor was the same. How could I resist her request? She raised her hands to the level of her heart and I mirrored her motion. She stepped towards me and I stepped towards her. As our palms touched, so did our hearts.

Slowly, I could feel that we were merging. I felt the copper bracelets cool upon my upper arms and the weight of the amethyst necklace heavy upon my heart. I felt the gossamer gown soft against my skin and the weight of the silver owl which held it in place. My hair was also pulled high upon my head and I felt the breeze playing with the wisps of hair that tickled my face

and neck. On our feet we wore simple sandals and we were standing upon the fertile soil of Earth.

The Goddess sent roots down from her feet deep into the body of the Mother and I felt their pull upon the soles of my feet as well. These roots, carrying our consciousness with them, traveled deeper and deeper, past the topsoil, into the sand, beyond the bedrock, and into the caves of enlightenment. Yes, the Goddess was alive there too, pregnant with all life.

Deeper still the roots traveled carrying our joint consciousness down, down into the molten core of the Earth. Once there, we surrendered our spirit flame into Mother Earth's. Now, our flames were all One. Light as a feather, we floated again to the surface where our combined essence re-entered our body. The Goddess and I had completely merged into one body now and, in doing so, I had merged with Mother Earth.

From deep inside my expanded being, I could feel my legs pull nourishment from the earth. I felt the sweet love of the Mother, Lady Gaia, travel up my body. I was the Mother—I was the Earth. From my solar plexus, I communed with the waters of the my great oceans and all the life that lived within them. I remembered how my creatures had first crawled from these waters to learn to live upon the land and in the air. I could hear the call of each life as it spoke to me of its needs, knew intimately the growing of each plant, and felt the burden of every mountain and hill.

Within my heart was Unconditional Love for all that lived upon me. I felt the birth of each babe and the opening of each flower. My emotions changed the weather and the sky echoed my thoughts. I witnessed the continuous rising and setting of the Sun and felt the pull of the Moon as it orbited around me.

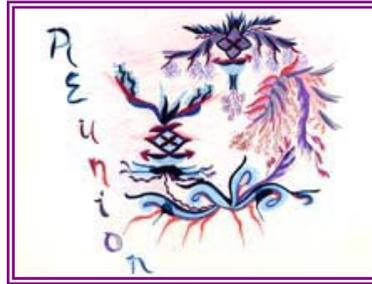
Then my awareness expanded to encompass the entire solar system. I welcomed the energy field of love radiating from Father/Mother Sun which kept each Brother and Sister Planet in orbit. Venus sent a special ray of love to me, her dear sister Earth. This love further expanded my consciousness and I became a traveler in the Milky Way. The Great Central Sun beckoned me Home. Then I saw the Milky Way as it surrounded me. I was the central body of life within the vast expanse of space.

Off in the distance, at the very edge of my Universe, I saw a star. It was Father/Mother Sun and it was calling me--calling me home to Earth. With a gentle tug, I traveled instantly back into the Milky Way, back to my Solar System, back to Earth and back into a small body that was preparing to awaken. The jolt was so intense that my eyes flew open.

As I set up in my bed I saw the Goddess before me and,
deep in her violet eyes, I saw my Soul.

MERGING WITH SOUL

Upon finding our Soul within, we need to allow it to fill our consciousness and our physical earth vessels. Into every cell and every atom, our Soul will flow as Spirit merges into Matter.



THE STREAM OF LIGHT

The stream of light falls upon my head
illuminating my deepest secrets
and bringing them to the surface
of my consciousness.

I am not pleased to see some of them,
yet others fill me with the glory of Truth.

I have always known
that there was more.
There had to be.

Just this life,
just this reality,
just this consciousness,
would not be worth it,
would not be a possibility.

This knowledge set me apart.
I was different from the rest.
There was no reason for me
to believe as I did.

No one around me told me
about the things I knew.
But inside, yes, inside
there was always a Presence.

When I was a child,
this presence was my friend.

When I was a teenager,
IT was my secret love.

When I was pregnant,
IT was my unborn child.

And when I needed IT,
IT was my Guardian Angel.

Always, always IT was there.

When I was alone
IT held my hand.

When I was afraid
IT protected me.

And, when I was sad
IT comforted me.

When no one smiled at my humor,
IT laughed.

When no one answered my question,
IT replied.

And, when no one understood,
IT knew me.

What was this presence?
Only I could keep IT away.

If I didn't believe, IT was gone.
Or, if I fell into the depths of emotion,
I couldn't hear IT.

But, just as soon as I recovered,
as soon as I believed again
~ in myself ~
IT was back.

I could lean to the right,
rest my head upon an invisible shoulder,

and feel an arm about me.

Sometimes the Presence would
brush my forehead,
as if to release the pent-up thoughts
that were forever in my brain.

So what was this Presence?
Was IT just a figment of my imagination?
Or was IT the only reality
and everything else an illusion.

Was IT in me,
next to me,
or beside me?

Would IT ever leave me?
Would IT ever reveal itself?

Oh please, please let IT come forward.
Please let IT enter into my heart
and merge with me.

If IT isn't real,
then neither am I.

If IT doesn't truly exist,
then there is no reason.
There is no love.

IT must be real.
IT is my life force.
IT is my Self.

IT is the part of me
that I have not yet become.
IT is my completion,
my Divine Complement.

IT is that which will mend the tear,
the salve that will heal the wound.

IT is the other half that will
make me whole.

How can I learn to know this Presence?

How can I ignore that which I hear outside and
listen instead to this quiet voice within?

Can I remember
that I am special?

Can I remember
that I do deserve,
I am complete,
I am whole.

I must.
I simply must.
Yes!

Yes, I feel IT just before me.
IT is entering my arms and
stepping into my feet.

I hear IT as IT beats within my heart
and feel ITS breath inside my mind.

I AM complete NOW ~
together as ONE
with SOUL.

SURRENDERING TO SOUL

Surrender now to the feeling of Unconditional Love within. Surrender now to the worlds and realities that have always been within. As we stand at the threshold of our SELF it takes just one leap of faith to Surrender to Soul.

Learning to live in surrender, surrender to our Soul, is how we allow our highest consciousness to enter in and be Captain of our physical earth vessel. Our ego may put up a battle for life, but if we can relegate it to the task of Chief Engineer in charge of care and maintenance of our Vessel, it can accept its demotion graciously.



SURRENDER

To come alive to peace and calm
and open up my heart.
To look into another
and know them from the start.

For all of time within the Now,
the world a speck of light.
The journey is returning,
my wings have taken flight.

To know the door and have the key
to set my spirit free.
I lay my hand upon the Earth,
the Mother speaks to me,

“My lover now is coming.
We’re joining into One.
You shall become a planet.
I shall become a Sun.”

For as we all surrender
to something yet unknown,
the questions will be answered
the pathways will be shown.

I surrender to the moment.
I surrender to the day.
I surrender to the reason
and surrender to the way.

For living in surrender
I have no need to hide,
no ego to get wounded,
no damage to my pride.

Completion is a promise,
understanding builds a trust,
to live within my Soul's desire
and see the world as just.

The dark, the light, the love, the hate
are joined into the One.
In love and sweet forgiveness,
the experiment is done.



MESSAGE FROM ACEA

To all who have heard this call and entered the first door of your superconscious self, this message is for you. You have allowed Kundalini to complete Her journey to meet Her Divine Complement in your Crown Chakra and, thereby, open your Third Eye. Whether or not you know it, your process of returning to Lightbody has begun.

Ancient writings speak of the many psychic gifts and abilities of manifestation and teleportation that were bestowed on Adepts once their Third Eye was opened. This may or may not be true in this day and age. Now, you must continue your job, pay your bills, care for your children and mow your lawns. You do not live in the safety of a Temple. Your society does not pay for the wisdom of your enlightenment. In fact, most of society cannot, or will not, even recognize it.

The gifts of your illumination are subtler now. Although many new skills and abilities become apparent with your illumination, your transformation is no longer just for your personal self. Instead, it is for your entire society. In fact, with each personal transformation, you have more to contribute to the group manifestation of a new reality, and a new vibration of conscious, everyday life.

You are entering the Aquarian Age, the age of group endeavor. Each individual holds a particular puzzle piece that shall be added to the whole at the appropriate "Time." As you each find your personal mission, you will realize that there is actually only one Mission—Planetary Ascension.

Please tune into us, ACEA—All Consciousness of Earth's Ascension, for higher guidance, in a day-by-day, moment-by-moment way so that you can remember and fulfill your "assignment." The remembering of your Mission often begins with conscious connection to your own superconscious SELF. If you who have heard our call, you are, or soon will be, living the process of establishing that connection.

You have bravely entered your unconscious mind and faced your dark side. You have healed many of your childhood fears and cleared old, negative,

core beliefs. You have taken conscious control of the creation of your daily life by healing your victim consciousness and becoming the creator of your reality. You have traveled through the fourth dimension to meet your higher selves. You have journeyed through the vortex to meet your future, fifth dimensional self who is to be your guide, and you have found your unity with us, A.C.E.A.

Now Future SELF would like to give you a personal message:



My dearest grounded one,

I AM your fifth dimensional future/past self. I AM your heart, your mind, your spirit and your body. I AM the first one of your fifth dimensional selves to enter into your third dimensional awareness. And, beloved, there are many, many more of us.

As each of your fifth dimensional selves enters your physical awareness, and eventually your physical form, the vibratory rate of the molecules in your physical body will rise. As you have seen, there are physical symptoms which accompany this process. One common symptom is that you may become very tired.

This chronic tiredness is similar to the fatigue that an infant, a teenager, or an elder experiences, and is caused by the body working so hard to raise its vibration. Hence, little energy is left for external tasks. You are preparing for a great transformation and much of your bodies force is being used to integrate this new frequency into your earth vessel.

Your finer bodies in the fourth dimension have already accomplished this transformation. Your Causal Body made the transition when it learned to step into Spirit to view the cause and effect of life from the point of viewpoint of the fifth dimension. This means that your Causal Body has gone through the Void into the fifth dimension and has been able to see the Grand Plan, or the “Reason for your Incarnation.” From this perspective, each and every earth challenge is seen as part of your Mission.

Your Mental Body has embraced Galactic Consciousness. Therefore, it is able to accept, and begin to integrate, the portions of itself that are “beings” on other planets, galaxies, and dimensions. Your Emotional Body has learned to love and accept your dark side, most of the time. Therefore, fear has less power to block your higher senses.

Your Etheric Bodies, both the Etheric Body that guards the threshold to the Void before the fifth dimension and the Etheric Body that guards the entrance to the physical body, have become more resilient and open to

transmutation. Your Etheric Body is the Guardian of the Threshold. The Etheric Body that guards the Threshold to your physical body is the unconscious self that protects you from becoming overwhelmed and, therefore, shutting down the process of transformation. It regulates the flow of prana to your physical body so that neither too much nor too little prana will enter it.

Your Etheric Body also guards the threshold to the Void between the fourth and fifth dimensions to prevent an excess of fifth dimensional experiences from entering your awareness until you have completed your fourth dimensional lessons. Your Etheric Body holds the memories of your ancestors as well as all the everyday life lessons that have ever been experienced in all of your third and fourth dimensional realities. In this way, you can take ALL of your lessons and integrate them into your conscious mind—when you are ready.

You may likely display different physical, emotional, and/or mental symptoms as the process of integration of your total SELF continues. The physical body can easily become overloaded by conscious stimuli of the higher and parallel realities. Since the fall of Atlantis, the human brain has functioned at about 10% to 15% of its total capacity. “Whole Brain Activation” is quite rusty and may create problems within the body while this innate whole brain functioning is reactivated.

Your Causal Body may be going through a process of confusion because the third and fourth dimension rules of cause and effect are diluted by the NOWNESS and ONESS of the fifth dimension. Your Causal Body has had to release the concept of “crime and punishment” and replace it with the concept of “Earth is a Schoolroom.”

This confusion may be evident in your every day life as a lack of confidence in your ability to understand why things are happening. Your physical form may suffer anxiety and depression as the illusions of limitation and separation are released and the NOWNESS and ONENESS of the fifth dimension bleeds into your everyday life. This process can create negative feelings as old core beliefs regarding your “unworthiness” leap to the surface of your consciousness to be healed and released.

Your Mental Body may have been amplified by the power of your fifth dimensional consciousness. Therefore, thoughts that could once remain hidden are now shown to your conscious mind and acted out by your emotions and behaviors. Negative core beliefs have been taken from the archives of your memory and played out in everyday life so that they can be transmuted. “Knowing it all” has been replaced with “the more I know, the more I don’t know.”

The Emotional Body has been on a roller coaster ride as your dark side has come to the surface with its many messages of fear. Your “worst fears” have been played out so that you can “survive them” and diminish their power. Again and again, you have had to love the parts of your self that you denied, hated and/or feared.

Your Physical Body may be exhausted and prone to illness now because all of these experiences and lessons that are being integrated into your everyday life. You may also have had trouble with sensory overload as formerly unconscious causations, thoughts, and emotions have flooded your conscious mind.

Your extrasensory perceptions have greatly advanced and “what is real?” becomes a frequent question. The veils between the third and fourth, as well as the fourth and fifth, dimension are becoming thinner and thinner. Memories of past lives, both on Earth and on other worlds and dimensions flood your dreams and meditations and take you by surprise in your everyday life.

You have opened the portal yet often you may wish you could close it. However, the thought of losing this new SELF is more disturbing than continuing your difficult process. You may doubt your sanity or wonder if it is all “just in your imagination.” The veils of illusion are parting and a clear path is opening before you. The illusion of separation from you and “All That Is” is falling away, and a union with all life is forging a pathway of forgiveness—forgiveness toward everyone and everything that has harmed you, including harm that you have caused to your self.

This forgiveness is creating a compassion within you, compassion for others and compassion for your self. It is this compassion that will allow you to integrate me, your fifth dimensional self. Consequently, the more you integrate me into your everyday conscious life, the more you must become conscious of, forgive, transmute, and have compassion for, all your confusion, negative thinking and fear.

The process has now begun! You can’t stop it, because I—your Future, fifth dimensional, SELF—won’t stop it. At long last, you and I are one again. Your ego and I have joined forces. I AM the Captain of your earth vessel and your ego is my first mate.

Let go

I am here

I am you

I Am NOW

WE ARE ONE



I AM LIGHTBODY NOW

I AM LIGHTBODY NOW

I AM LIGHTBODY NOW

Dear Grounded One,

Yes, you ARE Lightbody NOW. However, you do not become your Lightbody, you reveal it. You thrust aside the illusions of separation and limitation, and you decide to stop living in illusions so that you can play the “3D game.” Then, slowly, layer by layer, you will feel a release of tension, a decrease of anxiety, and an abundance of lightness. Then you will REALLY begin to remember.

Gradually, we are beginning to realize that there are other portions of our SELF that reside in other space/time quadrants of the third dimension, the fourth dimension, the fifth dimension and even beyond. Soon, one world, one reality, will be too small to contain your expanded consciousness.

As you begin to regain the memory your true SELF, visions of other lives, other realities, and other dimensions will seep into your “imagination.” But what is imagination if not a good place to hide the Truth. But why would you want to hide the truth? That answer is simple. No one can handle the REAL Truth until they return to the REAL SELF.

The ego cannot tolerate the Truth because it is born of the illusions of the third dimensions. Your ego, which once felt like your “self”, now feels like your inner child and you feel like your “SELF.” This SELF changes so much everyday that you cannot become too attached to anything as it may be, yet another, illusion. Then it will soon “pop”, like all the other illusions did. As each illusion bursts you perceive a small taste, a gentle hint, of the REALITY that you had always believed was “just your imagination.”

Oh yes, this is a bumpy ride indeed. At every turn you must look into a mirror of EVERY emotion and EVERY thought that you chose—yes YOU choose—to allow it settle into your consciousness.

The sign at the threshold of the fifth dimension reads:

BEWARE
ALL emotions and thoughts
will become INSTANTLY manifest
when you cross this threshold.

DO NOT CROSS
before you have learned
to control your thoughts and emotions.

The TRUTH is:
YOU created ALL your illusions and
only you can release them!
Those are the rules of the 3D game.

Fortunately, you have gained some mastery over your thoughts and emotions. You can also ask our fifth dimensional SELVES how they learned to control their thoughts and emotions and release their illusions. The fact is it would be impossible in just one lifetime to “learn” what they have to “share” with you. There are too many lessons to learn, too many experiences to be had. Therefore, you must call on your fifth dimensional SELVES for assistance.

To do this, you must download as many of your fifth dimensional SELVES as you can remember into your current earth self that is experiencing this GREAT RETURN. All of these other SELVES are waiting for a front row seat to this great occasion, and they will gladly pay for it by sharing with you all they have learned.

There will be a marvelous Homecoming as they “come Home” into you and you “Come Home” into them. So please, dear grounded one, we have placed our bets on you. We are ALL here, just beyond that threshold, to help you.

Call for us and we will answer!

Thank you,
Your fifth dimensional LIGHTBODY