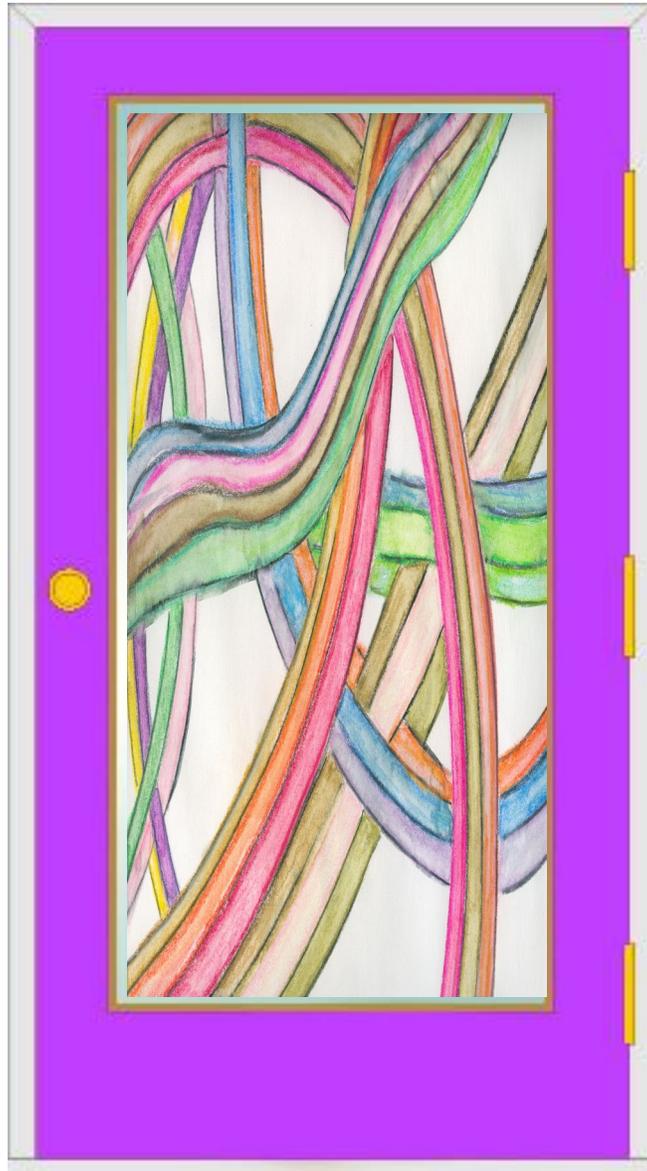


SUPERCONSCIOUS PART V

INTEGRATION PROCESS PART I



THE INTEGRATION DOOR

Because the process of Integration is so massive, this Door is much larger than the others. Not only will there be integration of what you first experienced in the Violet Temple in the Illumination Door, but you will also be called upon to integrate all that you have learned in the entire Unconscious and Conscious Sections. Because of this, the Integration Door is divided into several smaller Doors:

INTEGRATION DOOR INTRODUCTION

INTEGRATING INTO YOUR CONSCIOUSNESS

In which you will remain in the Violet Temple of the Pleiades to integrate your Higher Light into your consciousness

INTEGRATION INTO YOUR PHYSICAL BODY

The integration of your Physical Body is actually a “recalibration” of each chakra so that it can download, accept, integrate, and use the 5th/6th dimensional light in your physical body.

Since this is such a huge task, the integration of Higher Light will be done Chakra-by-Chakra, starting with the’

Chakras of the “Unconscious”

Chakra One, Chakra Two and Chakra Three

Chakras of the “Conscious”

Chakra Four and Chakra Five

Chakras of the “Superconscious”

Chakra Six

(now in the Superconscious Section as your Third Eye is opening)

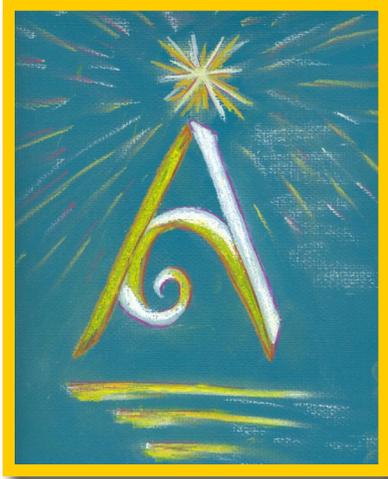
Chakra Seven

(will not be downloaded into and integrated until after your merging with Gaia to assure that you will be sufficiently grounded before you take on such high vibrations. Therefore, Chakra Seven will be downloaded and integrated in the Fulfillment Door)

INTEGRATION INTO YOUR PLANETARY BODY

Merging of Person and Planet, Chakra by Chakra

AWAKENING WITH THE ARCTURIANS



Good Day, we are the Arcturians,

We have come to remind you that you are one of the many who has made a pact with us. You made this pact while you were in the sixth dimension writing the hologram for your present incarnation. You agreed to download, ground and integrate your fifth and sixth dimensional Soul/SELF into your current third dimensional body and to allow your Soul to become Captain of your earth vessel. You further agreed to merge your higher vibrational SELF with Gaia to assist in the process of Planetary Ascension.

We are calling you NOW to remind you that it is “Time” for you to fulfill your agreement. We are, and always have been, the gentle nudge and the loving “feel” that has always urged you forward in your journey of “return to SELF.” While you were in the sixth dimension, you knew that this reality would afford you a great opportunity for the expansion of your consciousness. On the other hand, you also knew that it would be a life in which it would be easy to get lost in the illusions of the third dimension. You knew that you might forget your pact, or doubt that you had ever made it. Hence, you asked us to contact you as soon as you could possibly hear, and believe in, our call; which we are now doing.

THE ATMA

We are also reminding you that you promised to be a vehicle through which we, the Arcturians, could share our resonance with the physical plane. We wish for you to KNOW that we are within you, as we in “community” with your sixth dimensional Soul Essence. As you Awaken, we ask that you keep us in the forefront of your consciousness. Feel us down to your toes, out to your fingers, and up to the top of your head. Most important, feel us in your heart. In fact, feel us within your High Heart. Your High Heart, just above your human heart, is the holder and guardian for your Atma, your Threefold Flame of Life.

We, as well as all other higher dimensional beings, enter through the portal of your opened Crown Chakra, but we enter your consciousness via your Atma. Your Atma holds your Three Fold Flame of Life, which protects your first eight cells. Your first eight cells are the DNA blueprint for your present incarnation, and where your transformation into Lightbody begins. Please allow our Essence to join your Soul’s Essence, which you are currently downloading, so that we may enter your Atma and assist you in your transformation. FEEL our Essence

NOW as it blends with yours and flows throughout your physical body. Recognize our Unconditional Love and Everlasting Peace deep within your heart.

JOINING ESSENCE

Close your eyes to recognize this Love and Peace, as you accept, ground and integrate it into your present day consciousness. Permit us to channel our Essence, our thoughts and our words through your body, so that you may radiate our Unconditional Love and Everlasting Peace deep into Gaia's Earth, and high into Her aura, the atmosphere. HEAR our Arcturian Group Mind in your every thought, and FEEL our Unconditional Love with your every emotion. KNOW our face when you look into the mirror. RECOGNIZE our step as you walk through your life, and SHARE our Essence with all that you touch. We are you, and you are us. We are over, under, around and through you.

With our Essence within yours, you are aware that Gaia is approaching Her "time of ascension." You also know that we Arcturians are to be Her protectors during Her vulnerable time of re-birth. We have been chosen by the Galactic Federation to be Gaia's "re-birthing coach," as we are best suited to assist Gaia in fulfilling Her Divine Plan of becoming a "Planet of Love." The Pleiades, Sirius, Andromeda and Antares are also very active in assisting Gaia and Her inhabitants.

All of us are here now to remind you to remember that the key to your success is to download, ground, integrate and project the higher dimensional, "unconditional emotions"—Unconditional Love, Unconditional Acceptance, and Unconditional Forgiveness. It is through these unlimited emotions that you can return to Detached Compassion, which is the perspective of your Soul/SELF.

UNCONDITIONAL EMOTIONS

Unconditional emotions are free of all judgments or opinions. The giver of the unconditional emotions, loves, accepts and/or forgives without conditions or limitations. Since these emotions are free of judgment, they hold a neutral charge, in that they are beyond polarity. There is no good/bad, dark/light, love/fear, as these extremes are merged into the Oneness of the higher worlds. Hence, there is no "bad" or "dark" or even "fear, for these extremes have merged into the center of the ONE.

On the other hand, polarized emotions are a product of the third and fourth dimensional worlds, where the Laws of Separation and Limitation reign. In your 3D world, spectrums are "separated" into extremes and illusion hides what is "in between" the edges of the spectrum. For example, the spectrum of emotion is separated into "love" and "fear," the spectrum of illumination is separated into "light" and "dark," and the spectrum of behavior is separated into "good" and "bad." Therefore, your consciousness is split between your "light side" and your

“dark side,” and your reality is split into “you” and “me.” Since people are “good” or “bad,” you are “afraid” of a bad person and “love” a good person. Until you raise your consciousness into the higher frequencies, illusion hides the “in-between,” the place of Detached Compassion.

This separation into “you” and “me” also limits your ability to feel unconditional emotions, as you have to discern between the enemies that you fear—and—friends that you love. This discernment is not that easy, as a “loved one” can also be your enemy. Furthermore, when love is conditional, you are only loved if you are “good enough.” On the other hand, in the higher worlds, you are all one. Therefore, there are no enemies, for if you hurt someone “else,” you also hurt yourself. In fact, if you cannot hold your consciousness to the resonance of Unconditional Love, you cannot maintain your conscious connection to that reality, and they only experience a polarized reality, such as the third/fourth dimension.

Unfortunately, in the third and fourth dimension there are those who would hurt others, no matter what the cost to themselves. They do so because they live in fear and feel separated from love. When your consciousness has expanded to embrace the higher dimensions, you know that love and fear are merged into the spectrum of EMOTION; just as good and bad are merged into the spectrum of BEHAVIOR. This knowledge allows you to rise above your own fear, for you understand that the “harm” of the lower vibrations cannot touch you while you resonate to the higher vibrations.

From your “higher” Self, you are able to see through your Eyes of Soul and clearly perceive the “in-between” that joins all life into ONE. From that perspective, you neither judge nor fear. Instead, you realize that that reality is not YOUR reality, and you allow the beings of the lower world to learn their lessons, just as you have already learned yours.

As your Planetary Ascension progresses, you will be increasingly aware of those who are choosing to ascend and those who wish to remain in the third dimension. It is important that you remain above the conditional quality of judgment and maintain your position of Detached Compassion. In this manner, you can merely “observe” the process of choice and not allow your resonance to be lowered by engaging in the illusions and dramas of the 3D Game.

CALIBRATING YOUR CONSCIOUSNESS

We ask you now to Unconditionally Love your earth vessel, Unconditionally Accept it exactly the way it is, and Unconditionally Forgive it for any limitations it may have. If you cannot have unconditional emotions for your self, how can you have them for others? It is important that you appreciate that your earth vessel is the vehicle in which this fragment of your Soul/SELF, your present ego/self, is housed so that you can participate in the 3D Game. You chose to enter this

time/space as you knew what a marvelous opportunity it would be to experience the processes of transformation into Lightbody and Planetary Ascension. Therefore, honor, your present physical body which has allowed you to walk the Earth, experience the “schoolroom Earth,” think your earthly thoughts and feel your earthly emotions.

As you download your Soul, you will become conscious that it is YOU who creates your reality, YOU who choose your thoughts and YOU who choose your emotions. Your ego/self does not have this ability, for it is living from the core belief that it is a victim to the world in which it lives. On the other hand, your Soul/SELF realizes that you can calibrate your consciousness to rise above the victimizations of the third/fourth dimensional realities. When your downloaded Soul becomes Captain of your earth vessel, you will KNOW that your experiences, thoughts and emotions are actually a product of the brainwaves to which you have chosen to calibrate. For example:

When you choose to calibrate your consciousness to Beta Brainwaves your primary experience is the third dimension and below. This reality appears to be “outside” of you, and you experience it through your Individual Consciousness.

On the other hand, when you calibrate your consciousness to Alpha Waves, you perceive both the “outside” and “inside” worlds simultaneously. While in Alpha, you are able to experience Collective Consciousness, as you are using “whole brain consciousness.”

In Theta Waves, you experience only your “inside” world but have a constant awareness of your physical vessel. With practice, you are able to connect to the Planetary Consciousness and KNOW the Heart of Gaia, as well as the messages of all Her inhabitants.

Finally, when you choose to calibrate your consciousness to Delta Waves, you experience only your inside world and have very little conscious connection to your 3D earth vessel. You are then able to experience Galactic Consciousness and are primarily attached to your higher dimensional bodies as you travel the Universe in your Essence.

THE FREQUENCY OF EMOTION

The emotional experience of happiness and joy is the ability to calibrate your brainwaves to your highest possible frequency. Unhappiness, on the other hand, is a result of falling out of calibration with your higher brainwaves. You can have the same experience that made you “unhappy” while in a lower brainwave but maintain your calibration to the highest brainwaves and still feel “joy.” When your “physical consciousness” is calibrated to the Light of the fifth and sixth dimension, you naturally function with Theta Brainwaves and beyond. Furthermore, once your “physical body” has been recalibrated to integrate and

project fifth and sixth dimensional Light, you can experience Theta Brainwaves while interacting with your external reality. In this manner, you can share your joy with others.

Then, if you merge your calibrated higher consciousness with Gaia, the consciousness of Earth, you can serve as a step-down-transformer through which the fifth and sixth dimensional Light can be downloaded through your body into to Gaia's body, Earth. As your resonance rises, you assist Gaia further by merging your higher vibration with Gaia to assist in raising the resonant frequency of Earth. In turn, as Gaia's resonance rises, She further assists you by grounding your Higher Light to protect your earth vessel from overload. In this manner, you and Gaia are in partnership to expand the 3D Matrix.

Your service is:

First, you expand your consciousness into the higher dimensions.

Then, you consciously perceive the higher dimensions.

Then, the 3D Matrix of your body expands to integrate these perceptions.

Then, you integrate your expanded 3D Matrix into Gaia's 3D Matrix.

Then, Gaia's 3D Matrix expands.

The original "3D Matrix" of separation and limitation is created and maintained by THOUGHTS of a polarized world," then fleshed out by the collective EMOTIONS of separation and limitation, and subsequently activated by the collective INTENTION for "extreme individuality." A "5D Matrix" is created and maintained by THOUGHTS of Unity and ONENESS, EMOTIONS of Unconditional Love, Unconditional Acceptance, and Unconditional Forgiveness, and the INTENTION of Planetary Ascension.

As you expand your 3D Matrix to encompass fifth dimensional thoughts, emotions and intentions, it will "stretch" it, much as you would stretch a rubber band. As you, in partnership with Gaia, expand your 3D Matrix into a 4D, then into 5D Matrix, you prepare for Planetary Ascension. In fact, you have already transformed much of your 3D world into the fourth dimension, which is why there are so many changes in your body, as well as in Gaia's body.

EXPANDING CONSCIOUSNESS

Just as downloading new programs into your computer changes and expands the operations of your computer, the downloading of your Soul/SELF changes and expands the operation of your earth vessel. With your download you may need to add more "memory," or you may need to get a more powerful "modem" for communication purposes. Your earth vessel must also alter itself in order to accommodate the higher operating frequencies and abilities of your higher dimensional SELF.

When your consciousness expands beyond the confines of the third dimension, the vessel in which that consciousness resides must also expand. This process is much like the hermit crab who outgrows its shell and must search for a larger one. In Earth's "past," when humans achieved the state of consciousness that many of you are now experiencing, they would individually ascend. That is, the physical vehicle would "die," because the vibratory rate of their consciousness was too high for that body to accommodate.

Fortunately, Gaia, as well as a great many other humans, cetaceans, animals and plants, is also expanding Her consciousness. Even the mineral kingdom is raising its consciousness. Due to this vibrational shift of the planet, you all have the opportunity to "ascend" into the higher dimensions without "dying."

DIMENSIONAL BODIES

The shift from the third to the fourth dimension is not too difficult, as you experience this change every night when you fall asleep and go into your "night body." However, the shift from the fourth dimension, which is still polarized, to the fifth dimension, which is beyond all polarity, demands a greater adaptation for your consciousness and a total transformation of your body into Lightbody. Once you have entered the fifth dimensional realities, it is an easier transition into the vibrations beyond the fifth, as there are no longer the polarities of "separation" and "limitation."

In sixth dimensional consciousness you have an intimate awareness of the body of your Divine Child, who can easily combine imagination with creation. It is in the sixth dimension that you, in conjunction with your Divine Child, can re-program any, or all, of your fifth through third dimensional holograms. From your sixth dimensional perspective, you KNOW that surrendering to the Flow of the ONE is what allows you to be a Conscious Creator of any "body" or reality that you wish to experience.

In the seventh dimension you rejoin your Oversoul and become the body of your Soul Family. In your Oversoul form, you serve as a transporter of higher frequencies to the lower dimensional realities, as you guide and direct ALL the bodies that ALL your Soul Family has chosen to wear.

The eighth dimension is the Archetypal Energy level. On this dimension, your body is no longer an individual form but is, instead, an archetype, a prototype of the original version, for all the "forms" of All the realities with which your entire Soul Family has decided to experiment in ALL the lower worlds.

In the ninth dimension there is no sense of individuality, and you live primarily as pure consciousness. However, if your greatly expanded group consciousness desires to have the experience of a physical form, nothing less than an entire planet can serve as your "body." In the tenth dimension your group

consciousness has so expanded that only an entire Solar System can serve as a physical “body.” By the eleventh dimension, your group consciousness has so expanded that only an entire Galaxy can serve as your “body;” and by the twelfth dimension you have returned to Source and are in Unity Consciousness with the physical form of your Local Universe.

There are also non-physical, multidimensional beings, such as Devas, Elohim, Angels, and Archangels who exist primarily as pure consciousness and easily traverse the dimensions in service of others. These beings are able to create any form in any dimension and then return to pure consciousness with no effort. They may even choose to “wear” a human form if they feel that is the best manner in which to fulfill their service. However, they usually choose to channel their resonance through those who are already physical, much as we are asking you to do.

EXPANDING YOUR CONSCIOUSNESS

As you expand your consciousness to embrace your full SELF, the mystery of creating your fifth dimensional Lightbody is as simple as tying your shoes. Can you remember when you were a child and looked upon that task as awesome and too difficult to attempt on your own. Fortunately, you now remember that you aren’t “on our own” and you never were. You are, and always have been, with your SELF, your Planet, your Solar System, your Galaxy, and your Universe. All of these expanded forms of All That Is are an expression of YOUR Highest SELF.

It was this “SELF” that chose to send a fragment of its total Essence through the 3D Matrix of forgetfulness to see if it could “do it on its own” as an “individual body.” You did this to experience the process of contracting your consciousness into an individual form and then expanding it consciousness back into a multidimensional group form. However, this “new” group form is not a “herd mentality” but is, instead, a group mentality in which the sense of individuality is not lost. Instead, “individuality” lives in “unity” with the Oness. Now you can awaken, each and every ONE of you, to the knowledge that you have completed your task, and you can release the illusion that an individual must be “separate” from others and “limited” to one reality in one dimension.

In closing, we The Arcturians, welcome you to the Integration Door in which you shall be instructed in downloading and integrating your fifth and sixth dimensional SELF into your third and fourth dimensional ego/self. This process began while you were in the Violet Fire in the Illumination Door. http://multidimensions.com/super_illumination_home.html Hence, we refer newcomers to that location. Once you have completed your process of integration, remember to daily recalibrate. Just as a musician must tune the instrument before playing it, it is important that you tune your instrument, your

earth vessel, before you begin your day. Would an artist begin a painting with a dirty brush?

COMMUNING WITH YOUR SOUL/SELF

Each morning find the highest frequency of your magnificent multidimensional SELF that you can embody for that day. Take a moment to commune and reintegrate your Soul/SELF into your physical “body.” In this manner, the higher dimensional channel of communication and guidance can remain open throughout your day. Keep your mental channel attuned to the fifth and sixth dimensional frequencies, as these frequencies cannot be clearly accessed until your consciousness has been calibrated to receive them.

We recommend that you then ground these high frequencies in Gaia so that they can be accessed and used without harm to your physical vessel. Until you have completely merged with Gaia, do not attempt to open the messages that come in on these higher dimensional frequencies. Your earth vessel is accustomed to functioning at a very low vibration. Hence, you will have to retrofit it before you call upon it to make such a huge leap in resonance. At the completion of your grounding process you will be fully “Awake,” and your earth vessel will be updated with the necessary mechanisms to download, integrate and use transmission of higher dimensional Intelligent Light.

We are very pleased at your/our great progress. We say “your/our progress” because we are ONE with you. Therefore, you are ONE with us. We are your Command Station; hence, we are invaluable to you. We surround you with our Light and support you in our Web of Life. It would be impossible for us to let you down. Know that your Mission shall be completed. You are a brave Spiritual Warrior as well as representative of the Goddess.

The male and female within you is being blended in preparation for your Mystical Marriage with your Divine Complement and return to your androgynous Lightbody. Realize that any yearnings you have for Home are beacons of light that your energy can track to return Home in your consciousness. You “Home-sickness” is not your enemy. It is your friend that guides you.

You will now begin the process of Downloading your Multidimensional SELF. IlliaEm will now educate you regarding this process. Again we commend you and remind you that we are dedicated to supporting you throughout your ENTIRE process.

Blessings on your journey,
The Arcturians



DOWNLOADING YOUR MULTIDIMENSIONAL SELF

I AM IlliaEm, Elohim of Arcturus, here to congratulate you on your successful return from the Violet Fire. If you have recently joined our group, you may wish to review our process that began in The Illumination Door. http://www.multidimensions.com/super_illumination_home.html

At this “time” in your earth life, you are about to “come out” into the world as your true SELF. For that reason, you came to the Violet Temple on The Great Central Sun of Alycone, the Pleiades. It is here that you basked in the Violet Flame of Transmutation to release any thoughts, emotions and/or core beliefs that could interfere with the fulfillment of your Greater Purpose. While you were in the Violet Flame, (in the Illumination Door) you also merged with your sixth dimensional Essence in order to re-write the hologram for your personal, as well as planetary, ascension.

However, now you are faced with yet another challenge. This initiation may be the most difficult of all, for you must integrate this Higher Light of your SELF, first into your third and fourth dimensional consciousness and then into your physical body. Finally, we hope that you will participate in grounding and integrating your fifth and sixth dimensional SELF into Gaia’s planetary body. We ask this because you are among the volunteers of the Planetary Ascension Team, and among the most courageous of all Earth humans.

It is a great honor to take part in this event, one which you have prepared for in many incarnations. However, your lives of preparation do not diminish the courage it will take for you to push aside the Collective Consciousness of your physical reality and be your SELF in a world where you have been trained to “hide your LIGHT.” However, before you can show your true Light, you must download and integrate it into your consciousness and then into your physical form.

BEING A VANGUARD

Being a vanguard, in your society, means that you will likely suffer much judgment. You have taken this challenge even though you feel the fear rising up within you. It is fine for you to feel fear; it is part of the human condition. However, do not allow your fear to stop you, which I am sure you will NOT! You have continued your process, one step at a time, and are now prepared for the next level.

Since you are in a timeframe where your society is still largely ruled by the darkness and fear, ignorance is bliss to many of your citizens. However, do not fear, as your ascension is assured. You ARE raising your vibration of others, as well as the vibration of others. Those who are the leaders often feel alone, for they are at the head of the pack. You are among the Wayshowers, the Scouts who go ahead to find the best Way. Also, Remember, my One, the first shall be the last. The Captain is always the last one to leave the sinking ship.

You have “gone down with the ship” before, in Atlantis, when the planet could not be ascended. You, and the rest of the Ground Crew, but will not have to do so now, as you have returned to assist Gaia in Her ascension. Times may seem very bleak, but that is how it always is at the initiation of the ascension process. First the darkness must be faced before your own inner light can be amplified.

DOWNLOADING YOUR MULTIDIMENSIONAL SELF

I, IlliaEm, wish now to tell you about the downloading process so that you can clearly understand it before you begin. There are several stages to downloading.

1. In the First Stage, you communicate with the higher dimensions, as you have in the Violet Temple. Through the communication with your multidimensional SELF, you realize how your present day Essence is intertwined with the Essence of your higher dimensional fragments. This realization allows you to more easily become ONE with your total SELF
2. In the Second Stage, you begin to understand how your Multidimensional Self's Essence actually IS your Essence, for you are different portions of the same Being. Through this awareness, your Essences begin to merge. The combining of Essence is stage two of the download process. Stage 1 and 2 were initiated while you were in the Violet Flame in the Illumination Door.
3. The Third Stage begins with the process of INTEGRATION. The “first integration” will be to merge your Soul/SELF's fifth/sixth dimensional consciousness with your ego/self's third/fourth dimensional consciousness. This integration of consciousness prepares your physical body for download and integration. Your only awareness of this process may be that you begin to take on many subtle changes. You may find

that you gain, or lose, weight, that your body shape changes a bit, that your energy level and/or your sleep patterns change, or that your dietary needs become different. These alterations are so subtle at first, that you often do not notice them. However, the change escalates over “time,” as your Soul prepares your body for a jolt of higher frequency. If you can be conscious of the process, it will make the next stage easier.

4. The Fourth Stage is the stage of download and integration of the higher fragments of your SELF into your physical body. During this stage, your earth vessel is called upon to receive, accept and integrate the fifth and sixth dimensions. This phase can be difficult in that your body may display many symptoms of illness or injury. If you can be aware that you are actually improving yourself, you will diminish your level of fear and allow yourself to love the process. Remember that love is the greatest healing force of all dimensions.

The first higher dimensional fragment of your SELF that you download is usually your Future Self. Your Future Self is the “you” that you will be—and in the future have already become—as your planet ascends. In order to understand the concept of your Future SELF, you must think fifth dimensionally so that your mind is not limited by the illusion of time. All of the Ground Crew’s Future Selves are waiting in the aura of their past self to patiently nudge their lower self into awareness of their future.

Because your Future Self is actually “your self” in another timeframe, both Essences are exactly the same. Therefore, your Future Self is the easiest higher dimensional SELFL for you to integrate into your present earth vessel. In spite of this, it is still a vibratory leap from being only a third/fourth dimensional being to integrating a fifth/sixth dimensional being into that body. I say third/fourth dimensional being as this process of downloading will not begin until you have been able to move your consciousness into, and through, the fourth dimension.

With each download, there are usually physical symptoms because your physical body is altering its structure, even down into the level of DNA. Often you will feel VERY fatigued and need to rest frequently. You are like a snake that has outgrown its old skin and must shed it. While the old limitations of that “skin” are being released, your body will usually have some difficulty adapting to its new Self. This difficulty will usually be defined by the unaware recipient as “illness” or “injury.” I say “unaware recipient” as often you will be unaware of this process, and in fact, many may prefer that.

This transformation is happening to many more people now than anyone knows. Hence, there are so many “new” illnesses. On the other hand, if you can be aware of your transformation, you can assist your earth vessel

with its process. Many teachers, leaders and healers are conscious of their awakening and are choosing to share their process with others to act as guides and role models.

5. In the Fifth Step, you will recognize, communicate with, download, and integrate other higher dimensional aspects of your SELF. It is only after several fifth dimensional SELVES are integrated that you can begin to download group minds, such as the Arcturian Group Mind and Elohim and Archangels such as I—IlliaEm.

THE GROUND CREW

While downloading these many higher dimensional Beings, who are actually fragments of your total Multidimensional SELF, it is vital that you are so totally grounded that you actually merge with Gaia. This merging of Planet and Person not only allows you to download even higher dimensional light, but it also serves to further raise the vibration of Earth. You, the members of the Ground Crew, are the step-down-transformers who actually use your physical earth vessels to take in, and share the higher frequencies with Gaia.

The most important component of the process is to stay in the resonance of LOVE and release all doubt. You are returning to the multidimensional Being that you have always been. You do not need to learn, struggle, or try. You only need to surrender to your process and REMEMBER WHO YOU TRULY ARE.

As each member of the Ground Crew wakes up to their SELF and allows more and more fragments of that SELF to integrate into their third/fourth dimensional body, they will raise their vibratory rate, as well as the vibratory rate of Lady Gaia. In this manner, bit-by-bit, the entire planet, and all Her inhabitants, shall ascend.

I now leave you to the loving guidance of Mytria who will guide you to the Integration Chamber so that you may prepare your physical form for the downloading of your multidimensional SELF. Again, I wish to commend you for your great courage and service. Please call upon me whenever you feel the need. I am ALWAYS available to answer your call.

I refer you now to Mytria, Keeper of the Flame, in the Violet Temple of Alycone.

IlliaEm



INTEGRATION OF CONSCIOUSNESS

Parts I & II

Dearest Ones,

I AM Mytria. Once again, I welcome you to the Violet Temple of Transmutation in Alycone, Pleiades. While in this fifth dimensional Temple I am to be your guide. I previously instructed you in the process of entering the sixth dimensional Violet Fire to connect with your Multidimensional SELF and rewrite your personal hologram.

http://www.multidimensions.com/super_illumination_violette temple.html

At this time, I will aid you in integrating these fifth/sixth dimensional experiences into your third/fourth dimensional consciousness. This integration of consciousness is the first step in downloading your multidimensional Soul/SELF into your third dimensional ego/self.

PART I **ENTERING THE INTEGRATION CHAMBER**

See yourself once again in the main entry of the Violet Temple in Alycone. Visualize the large circular entryway with the seven pillars of light rising to the huge amethyst crystal embedded in the ceiling. To your right and to your left are

two crystal stairways. As you see yourself in this entryway, you feel like you are alone, yet also in the presence of many. You are aware of yourself as an individual drop of water in an ocean. You are united with the consciousness of the ONE, yet you still retain your individuality.

A personal Guide who led you to the Violet Fire before has returned to escort you to your Integration Chamber. This Chamber has any form which you choose to imagine. Remember, you have just returned from the sixth dimensional Violet Flame. Consequently, you are fully empowered to create your reality according to your desire.

Your Guide ushers you into the Chamber. Take a moment to look around the room that your imagination has created. Are you surprised at what you see? Once you are comfortably settled, your Guide exits and closes the door. You are alone now; alone inside your SELF, which means that you are also united with ALL life.

Take a moment, an hour or a year to integrate this experience. It makes no difference, as "time" is only an illusion when you are inside your SELF. Familiarize yourself with your personal Integration Chamber. Look at the walls, the floor, the ceiling and the furniture that is in your chamber.

How do you feel inside this chamber which is inside of YOU?

From inside your SELF, who is inside the Integration Chamber; look out to your outer world. Simultaneously, hold the vision of this inner chamber constant in your mind. FEEL your inner world while your eyes are open, and you are completely aware of your external environment.

Maintain a conscious connection to BOTH your inner and outer life.

Note the FEEL of being "awake" in two realities at the same time.

THE WOUNDED EGO

Hello again. I AM Mytria. Remember, I am always here, as I am fifth dimensional and no longer bound by time or space. You may ask me for assistance with your process of integration. For example, now that you are in the Integration Chamber you may have questions about the transformation you are experiencing. When you first begin the process of integrating the higher frequencies into your mundane consciousness, there is a great deal of purging of ego's limitation. This is not the purging of a self-important ego, but the purging of a wounded ego.

Your wounded ego likely still has a grip on your consciousness. Fortunately, it is less of a grip than before. Yet, as long as your consciousness harbors a

wounded ego, it will be difficult for you to express your true SELF, as your “wounded ego” will constantly thwart your efforts to reveal your true SELF to your 3D world. Your wounded ego holds this restriction, not as a punishment, but as a protection. This protection was created by your ego because this wounded part of you cannot take the risk of further injury from others.

On the other hand, your wounded ego sees what it expects to see. It is not aware that it is actually “projecting out” images of its past “wounds” again and again in the hopes that this time you will “get it right.” However, don’t be harsh with your wounded ego for it is your mind and emotions that are continuing the problem. Your old “issues” have such a strong emotional charge around them that they are accompanied by hopeless thinking of “I can never change this part of me.” Therefore, your intention is to “just put up with it.” “Will you ever get this right?” says the wounded ego, as it unknowingly projects the “problem” out into your external world AGAIN. In this manner, the pattern continues.

If you can heal the inner wound that first created your protective behavior, you can rise above the perspective of your wounded ego and into the higher perspective of your Soul/SELF. Then, when the old issue arises again, you can consciously feel the emotional charge and send the Unconditional Love of your Soul/SELF to heal this memory of your wounded ego/self. From the perspective of your Soul you can say, “Here is that LESSON (not problem) again. However, I am patient with my Grounding Point, (ego/self) for I KNOW how difficult life can be in the third dimension.”

Your thoughts can then be ones of comfort, love and patience, which is exactly what your wounded ego needs. With these thoughts and emotions, you can more easily correct your intention to: “I am ready to release this problem.” The secret is, once your internal wounded ego is healed by the Unconditional Love, Acceptance and Forgiveness of your integrated Soul/SELF, the external dramas will disappear.

CREATING YOUR HOLOGRAM

In fact, the core message of this Chamber is that all “external” events are first created internally. Once created, this internal program is projected out into the external hologram so that you can play that game until you have “won it.” Winning the game means that you have learned that lesson, completed that task, or “class,” and are free to move on to the next lesson.

Unfortunately, the third dimension is riddled with time/space loops where the same lesson is presented over and over and over. Each repeat may, or may not, appear slightly different. These loops are there to remind you that there truly is only one lesson: Love vs. Fear. Love and fear are the two creators of physical life. When you create through love, you gain an experience of Unity Consciousness. On the other hand, when you create through fear, you gain an

experience of Individual Consciousness. You see fear is not “bad” any more than love is “good.”

“Good” and “bad” are opposite polarities, and polarities only occur in the third and fourth dimension. Fear/individuality can take you into the harsh, selfish realms of humans against humans, which is so prevalent in your time/space quadrant. However, love/unity can take you to the other extreme of the hive mind where there is no individuality. Remember, extremes touch and blur into each other in the fifth dimension and beyond. Therefore, find the middle where you can blend the unity consciousness of love with the individual consciousness of fear. In this manner, you will merge the 3D polarities and learn to live in the non-polarized “in-between” of the higher worlds.

Therefore, do not make fear your enemy. Fear eventually forces you to turn your attention inward towards your SELF. In this manner, you can find the inner holographic projector that is projecting the inner source of your drama out into your physical world. Paradoxically, it is your experience of fear in the “external” world that has forced you to go “inside” to find the experience of love within. Now allow that inner love to create a hologram of a clear consciousness and the belief in your ability to fulfill your goals. Feel the immense creative force of your Multidimensional SELF, and allow your Soul/SELF to find the balance of love and fear which frees you of 3D illusions and “problems.” In this manner you can begin to integrate your higher consciousness into your daily life.

From your higher consciousness you can go inside your SELF to release that which you no longer wish to experience in your external hologram. One of the most important things for you to release at this time is impatience. Impatience makes you “give-up,” and quitting is the only true failure. As you remember more and more of your Mission, you will be free of your impatience, as you will be able to move into the Flow and KNOW that all is proceeding according to your Soul’s Desire.

RELEASING JUDGMENT

As your 3D life continues, you may feel that you have made no progress in the Chamber. Yet, you have for, even though you may not consciously be aware of it, you are confronting an ancient arrogance. This unconscious, ancient arrogance has to be cleared so that you can consciously step into the fifth dimension. Arrogance is actually a fear that YOU are “not good enough.” From this fear arises the arrogant behavior of judging others, so that you can feel “better than” and, hence, “good enough.”

“Fear of judgment” comes from the judgments that you cast on others in the past, which you unconsciously fear will come back to you. As your consciousness becomes fifth and sixth dimensional, your creations will become almost immediate and you will find that, almost instantly, “what you judge, you

become.” Hence, take this opportunity to forgive yourself for all the judgments that you have placed on others. Once you have forgiven yourself, you release the emotional charge that actually attracts the return of negative energy.

It is also a good idea to clear your judgments of others with the Violet Fire, so that they are removed from your aura. You can also use the Violet Fire if you have a fearful thought that you do NOT wish to manifest. Once in your aura, judgments and fears are “in line” to be projected into your external hologram.

Remember, judgments are actually fears turned against another. Your judgment puts you “above” them, and gives you a greater sense of power to alleviate your fear. As you integrate your higher consciousness into your daily life, you will see the world from Soul’s perspective. This higher perspective allows you to KNOW Truths that will calm your fears and activate your Power Within. Your Inner Power will then rest in your aura, ready for projection into your hologram.

Once you have integrated your sixth dimensional consciousness into your physical consciousness, you will be an instant creator, and any random thought or fear can become instantly manifest. Remember whatever is “outside” is merely a reflection of what is “inside.” Hence, as a learning tool set up by your SELF so that you may be conscious of your unconscious, whatever you judge you become, so that you can gain the understanding and compassion necessary to Unconditionally Love yourself and others.

Realize that the yardstick you use to measure others is then unconsciously used to measure yourself. Conversely, the judgment you cast on your self is the judgment that you project onto others as well. Judge not your 3D self; it is a part of you that is very brave. Your physical self is the lowest vibration of your total SELF and holds all of the memories and experiences of all the third and fourth dimensional lives that you have ever lived.

This dear fragment of your total SELF is greatly in need of your love. Unfortunately, instead, you often hold it in disdain. Your present physical reality has given you the opportunity to participate in a great Cosmic Moment, while your body has been your most loyal friend and servant. This earth vessel has constantly taken you wherever you have needed to go in order to have the experiences that were necessary for the expansion of your consciousness. Now, you are asking this clay vessel to transform its carbon-based makeup into a light-based makeup.

Can you see how necessary it is for you to Unconditionally Love your wounded ego/self? Remember, what your third dimensional self defines as “problems,” your Soul/SELF defines as “lessons.” You have not done anything “wrong,” you just have not completed your lessons. When you have allowed your Soul to be the Captain of your earth vessel, your “problems” will no longer be needed for you will have learned all your “lessons.”

RETURN TO SELF

You have worked hard to expand your consciousness. However, you are moving into an era where you will not need to “work hard.” You are preparing to Return to your SELF. Hence, do not judge the body or the life that you have created so far. Beauty is not the size and shape of a body. Beauty is the ability to give and receive love. Success is not what “they” think about you. Success is finding your SELF and expressing it ALWAYS.

Release the memory of all the shame and pain of your many past lives. Choose instead to remember all the Unconditional Love that has filtered into you from your Multidimensional SELF. It is that LOVE which will create the continued health and happiness that will assist you in your great transformation.

Again, relax into your SELF and feel the FLOW of your inner process. Go about your everyday life, but know that, deep inside, you are transforming. Take a moment to think:

What is a “problem” you would like to change?

- *Feel the emotional charge of this problem.*
- *Listen to the thoughts that accompany this problem.*
- *Be aware of the intention that goes with these thoughts and emotions.*

Listen now to the inner voice of your fifth/sixth dimensional SELF.

- *Allow your Soul to show, tell and/or assist you in remembering the first time you experienced this problem.*
- *What is the “protective” behavior that was first used to comfort you?*

Allow your Soul to replace your wounded ego’s comfort with Unconditional Love,

Acceptance and Forgiveness, so you may:

- *Comfort the emotion.*
- *Choose positive thinking.*
- *Select a powerful intention.*

RELEASE the problem as an “excuse” or “reason” for acting from your wounded ego.

DETERMINE to act from the Power Within your Soul/SELF.

From this perspective, CHOOSE to create a new, “improved” hologram for your daily life.

PART II SURRENDERING TO SOUL

At the edge of your consciousness, you are beginning to understand that you are gradually creating a new kind of earth vessel. You know that the process must be gradual so that you can adapt and “stay alive” in your current vessel. This process is much like remodeling your home, while you are still living in it. Everything seems very chaotic while the new structure is being created.

The secret to this process is to allow your Soul/SELF, your highest Essence that you discovered while in the Violet Flame, to totally integrate into your third/fourth dimensional consciousness. You know how that where your life will go is beyond the capability of your ego/self. Therefore, all your ego can do is “let go” of the helm and surrender control to your multidimensional SELF. Choose to “Surrender ALL control of your physical earth vessel to your Soul.” Then, your Soul will be the Captain of your Earth Vessel, and your ego will become “First Mate,” in charge of management of your mundane world.

SYMPTOMS OF TRANSFORMATION

As your process of surrender continues, you may have many “symptoms” that appear to be illness. These symptoms of transformation may include:

- Feeling spaced out and ungrounded. This feeling is due to your consciousness expanding into frequencies that were formerly beyond your conscious recognition. You feel “spaced out” because you are not yet sufficiently grounded to receive a “clear signal.” You are also “spaced out” because your scope of awareness is so much broader than it used to be that you have difficulty “fine tuning” your perceptions to JUST the 3D world.
- Time seems to be moving more rapidly than before. When you first consciously experience the fifth dimension, time appears to pass very quickly because your vibratory rate is so much faster than those around you. However, when your consciousness expands to also be sixth dimensional, you become more accustomed to “no time,” and you feel a need to slow down. When you feel “at Home” with your higher consciousness, you live beyond the confines of 3D time. Hence, you feel no need to rush, as you KNOW that all will occur at the perfect moment.
- You may suffer from headaches, even migraines, and abdominal pain. “Acid reflux syndrome” is a common label for one in the process of transformation. Your biochemistry has to adapt to a new vibration, and your organs of digestion are compromised.

- Symptoms of a “cold” or the “flu” may appear. You may have fuzzy vision, and your eyes appear to be weaker, with neck pain or a headache at the back of your head.
- There may be further “cleansing” symptoms such as dizziness, diarrhea, joint pains, nausea, disorientation, disturbed sleeping patterns, or exhaustion. These symptoms are all signs that your body is trying to adapt to the new vibration.
- On the brighter side, you may experience an increase in joy and playfulness and an added sense of adventure. Your fear is gradually diminishing, as you feel the protection of your higher vibrations. You are more disconnected from the dramas of daily life. This freedom allows you more “time” to be creative.
- You will also experience an increase in your psychic abilities of telepathy, empathy, clairvoyance, and clairsentience. You may have dreams, or sudden recall of past lives, or early childhood events. Your sense of purpose will also become stronger, as you feel that you must “do” something of importance.
- Your dreams may be increasingly vivid, as the veils between dimensions blur. You may even wake up with an inner voice giving you an interpretation of your dream. You will find that some dreams will haunt you until you take the time to determine their meaning. This is your higher Self, contacting you in your mundane life.
- More and more you feel connected, but you may not be sure yet, to what, or to whom. You only know that many of the things, people, places and activities that you once enjoyed, no longer hold much of an attraction for you. You care more about who you are BEING rather than what you are DOING. You are increasingly obsessed with finding your purpose and being your SELF.

Take another rest now, either in real time or in your consciousness. Take a long, slow, deep breath to “breathe in” acceptance of your transformation so that you may integrate it into your everyday life.

*When you feel exhausted or overwhelmed remember your mantra:
 “I NOW surrender all control of my physical body to my Soul.”
 Don’t forget, what is impossible for your ego, is effortless for your Soul.*

IN STEP WITH GAIA

I, Mytria, am joyous that you have chosen to allow this process of transformation into your daily life. Please, continue with your process of unconditionally loving

your body and your ego/self. I ask that you Trust me when I say, you ARE becoming Lightbody. Be patient for you are changing on a cellular level. Also, be sure to remain in step with Gaia. If you are below the vibration of Gaia, you will miss the fifth/sixth dimensional “bus.” On the other hand, if you are above it, you will “die” to Gaia’s earth body, as you will ascend. You have signed up to assist with the planetary ascension; therefore it is important that you follow Gaia’s lead.

You must be patient. Remember, this is a group process. In a group, each member must wait for, and/or assist, the other members in order for the entire group to move forward as ONE unit. First, see your body as a member of Gaia’s Earth. Visualize how your “group” extends down into the core of the Mother. Recognize how all HER first dimensional Mineral Kingdom is a member of your Group. Gaia’s second dimensional Plant Kingdom, as well as the second and third dimensional Animal Kingdom is also members of your Group. Feel the fourth dimensional Kingdom of Faerie and the Elemental Kingdom, the undine (water elementals), sylphs (air elementals), gnomes (earth elementals) and salamanders (fire elementals) as members of your Group.

You are a member of a very large multidimensional group. Take a moment now to feel the fifth dimensional, and beyond, Angels, Devas, Ascended Masters, Elohim and Extra Terrestrial Beings who are also members of your group. There is no hierarchical format to this group. Everyone, no matter what their size, shape, color or vibration is an equal member of the ONE. You are all the leaders of your “self” and the followers of your “SELF.” You have all surrendered to your Soul/SELF, and you ALL have released the dramas and needs of the 3D Game.

As an active member of this Multidimensional Group, it is important that you do not allow yourself to become depleted. Depletion occurs when you have forgotten to draw in enough energy from your higher dimensional SELF. You are living many different realities at once now, while you are also transcending the limitations of time. As long as you “take the time” to consciously allow the support of the higher vibration into your physical form, you will at least remember why you are feeling as you do. I will not say that your symptoms of transformation will disappear; they are not supposed to, for they will guide you in the care and maintenance of a multidimensional body.

A BALANCED LIFE

Your new, revised earth vessel MUST have a balanced life. Your “symptoms” will tell you that you must exercise, you must meditate, you must eat in a certain manner, you must be creative and you must have joy, fun and passion in your daily life. If you do not follow this plan, your symptoms of transformation will increase. However, if you dedicate yourself to leading a balanced life, you will experience a reality far beyond anything that you have previously been able to imagine.

You have surrendered control of your third dimensional body to your fifth dimensional SELF. This means that you have allowed your ego to be First Mate and your fifth dimensional SELF, who is multidimensional, to be Captain. How does this change your everyday life?

FIRST, your life changes in that you can no longer feel sorry for yourself because you don't have love, for your ARE love inside your SELF. Therefore, the "no love" illusion must be released.

SECOND, you feel your fatigue, and the fear, anger and pain that accompanies it. In other words, you have lost your capacity for denial. Because of this, you must restructure your life, for you can no longer run yourself ragged and not notice the effects.

THIRD, with the loss of denial, your addictions are in your face. Addictions are anything you "do" or "take" to avoid your feelings. Perhaps your addiction is shopping, eating, exercising or working. An addiction does not have to be a "bad" thing. In fact, it can be a "good" thing that you do in order to avoid your true thoughts and feelings. However, now your "unconscious" thoughts scream in your head, and your "hidden" emotions are instantly displayed in your body. There is nowhere to hide. Most important, you can no longer hide from your self. You are AWAKE!

Take another long moment, or day, to integrate your experience so far.

FEEL your Multidimensional Group around you at all time, and realize that you are NEVER alone. Therefore, there is no need to hide, no need to feel unloved

Accept yourself, unconditionally, for exactly as you are right NOW. In this manner, you will more quickly integrate your Soul.

Consciously observe your thoughts, your emotions, and your body to identify when you have fallen out of balance.

Do not judge yourself. Just observe and decide if you wish to change.

INTEGRATION OF CONSCIOUSNESS

Parts III & IV

PART III

THE POWER OF BELIEF

Remember, dear ones, the reality that you believe in is the reality that you perceive. If you stop believing that you are downloading and integrating your Soul/SELF, your perceptions will shift and your integration of SELF will no longer “be your reality.” Your process will then return to your “unconscious,” and your ego will again take control of your life. Once again, you will be bound by the illusions and dramas of third dimensional reality. You have had many incarnations as a third dimensional being. Hence, your body deva is “addicted” to a third dimensional system. To change that addiction, you need to remember to repeat, over and over, every day: “I now surrender all control of my physical body to my Soul.”

This process of transformation is much like digging a hole in the sand. As soon as you stop digging, the sand falls back in and all your efforts disappear. You need to place a mental sign in your “construction zone” which reads, “Reconstruction by SELF,” so that you can “remember to remember” that you are transforming your self into your SELF! Program this “sign” to appear in your mind when old behaviors and addictions threaten your transformation. Your most stubborn behaviors are actually your addictions. These addictive behaviors are your old friends. They are the things you have done or taken, probably since childhood, as a means of protection against uncomfortable emotions and/or situations.

RELEASING ADDICTIONS

An addiction, such as alcohol, drugs or gambling is not necessarily a “bad” thing. In fact, AN ADDICTION IS A CORE BELIEF THAT HAS BECOME A HABIT. In order to totally release an addictive behavior (something that you DO or TAKE so that you don’t have to think, or feel), find the Core Belief that first initiated those unwanted thoughts and feelings. In order to protect your Divine Child from the harshness of the third dimensional world, your wounded ego created certain Core Beliefs. In the safety of the Violet Temple’s Integration Chamber, allow these Core Beliefs to rise to the surface of your consciousness. Do not perceive them as enemies but instead, as aspects of your self that you have hidden in your deep unconscious.

These Core Beliefs were necessary, as you were not strong enough to face the world without them. However, you have been tempered in the Violet Fire of Transformation. This Flame acts as a poultice to pull the poisons from your body, mind and aura. Once you are conscious of these early wounds, you can heal and release what has poisoned you in the past. Allow your mind total freedom to roam, and listen to what it says. Give your heart complete permission to FEEL the repressed emotions that you have harbored in your body since childhood. FEEL the Unconditional Love of your Soul/SELF protecting and comforting your wounded ego.

MEDITATION

What is the Core Belief that has formed the behavior/addiction you wish to change?

- Feel the emotional charge of this Core Belief.
- Listen to the thoughts that accompany this Core Belief.
- Be aware of the intention that goes with those thoughts and emotions.

Listen now to the inner voice of your fifth/sixth dimensional SELF.

- Allow your Soul to show, tell and/or assist you to remember when and how this Core Belief was formed.
- Feel the emotion that accompanied this event.
- What is the “protective” behavior/addiction that was first used as comfort and distraction from this emotion?

Allow your Soul to replace your wounded ego’s comfort with Unconditional Love,

Acceptance and Forgiveness, so you may:

- Recognize the addictive behavior
- Comfort the emotion.
- Choose positive thinking.
- Select a powerful intention.
- Create a new hologram.

UNDERSTANDING ADDICTIONS

Remember to release all judgment. Addictions can be “bad,” such as drugs or gambling, or “good,” such as working out or helping others. An addiction is not a good or bad thing that you do or take. It is a mechanism to distract you from your true thoughts and feelings. If the action of “helping others” is because you are BEING your SELF, it is not an addiction. However, if you help others so that you can avoid your self, it is an addiction. Granted, helping others will not harm your earth vessel like taking drugs, but it can create a sense of martyrdom that definitely hinders your transformation.

If you are helping others to hide an inner fear, that fear will be spun out into your hologram and create a fearful situation around helping others. As a consequence of this, the very fear that you were trying to avoid through “helping others” will strike you in the face. You see, you are the creator of your reality. Your intentions and emotions are pivotal in the experiences you create. Hence, if you are helping others because your inner SELF has led you to do so; you are not doing it for “them.” You are following your own inner guidance. Whatever “their” reaction is to your assistance, is their reality—NOT yours. On the other hand, if you are “helping them” as an addictive act, your “service” will likely make you feel like a victim because “they don’t appreciate you.” When it is your wounded ego helping them; you may be hurt by their lack of gratitude.

When you are acting from your Soul/SELF and “they” appreciate your assistance, it is a validation that you were indeed tuned into your inner guidance. If they do not choose to take your assistance, then either you were not sufficiently tuned into your SELF, or you chose to create an experience where you could help others without the need for gratitude or recognition. In other words, you chose to create an initiation in which you could learn to accept others’ process without judgment of them, or martyrdom for yourself. Either way, it is your life and your lesson. You KNOW that you did not create, nor are you responsible for, other people’s lives. There are of course exceptions, such as raising children. But, then again, it was your choice to take on that responsibility, whether or not you were conscious of your choice.

A PARALLEL REALITY

You can continue your process of transformation while you also go about your mundane life. Keep forever conscious in your mind that you are in the Integration Chamber of the Violet Temple. Allow this “reality of transformation” to stay at the edge of your mind, like a good book that you are enjoying. Release the stress of your daily life into your “parallel reality” of the Violet Temple. From that reality you are able to feel how often you attempt to hide certain emotions with your addictions and consciously hear the obsessive thoughts run around and around in your brain and scurry to the edge of your mind when you try to focus on them.

Fortunately, this process need not interfere with your daily responsibilities. In fact, it is quite helpful because you can release your distracting and painful emotions into your parallel reality of transformation. In this manner, you can listen to the many thoughts that remind you that you are crazy, tired, stressed out or overworked, and send them into your parallel reality of transformation. It is in the reality of the Integration Chamber that you can gently coax these thoughts and emotions to the surface to be confronted and healed.

When you think, “I am sick, I am injured, I am tired and spaced out,” remember to replace those thoughts with, “In my parallel reality, I am downloading and integrating my Soul.” Remind yourself that your symptoms are not of illness; they

are symptoms of transformation. Instead of having a nervous breakdown, you are having a Spiritual Transformation.

Your physical reality is no longer your only reality, or even your primary reality. Your physical reality is the Grounding Point of your multidimensional SELF. In fact, it is one of MANY Grounding Points of your multidimensional SELF. This life, however, is very important, as it is a magnificent opportunity to be part of a Planetary Ascension. You all petitioned and “waited in line” to be born in this time/ space.

Take a moment now and allow your consciousness to integrate this approach to addiction. Many third dimensional concepts take on a new face when they are approached from the fifth and sixth dimension.

Practice experiencing your experiences in the Integration Chamber as a reality that runs parallel to your mundane life.

PART IV

TREASURE YOUR PHYSICAL LIFE

When you maintain a conscious awareness of your process of transformation, it will be easier for you to ignore the “pull” of old dramas, fears, and addictions. You will also be able to listen to your symptoms of transformation and use them as guides to show you how to create a balanced life. Then you can begin to treasure your physical life and the wonderful opportunity that you are currently living. As you feel the love and guidance of your SELF, you will create more time for yourself, as you will KNOW that you deserve it. Hence, you will shift your consciousness away from the disdain for the third dimension and into the appreciation of all it can offer.

As you love your life on the third dimension, and your earth vessel that allows you to remain in that reality, you will also love the many creations that arise from that life. As you integrate you fifth/sixth dimensional consciousness into your third dimensional world, the third dimension will transform into a reality filled with opportunity, love and beauty. The third dimension has been difficult for many Lightworkers, as they remember, and feel, the call of the higher worlds. Hence, they have not wanted to lower too much of their Essence into a world that is completely insensitive to their true vibration.

To all of you great Beings, I say it is time to come out from your hiding place. You can NOW reveal you true SELF in your everyday life. It is SAFE now, because YOU have made it safe. Nothing can touch you there. You are free of the dramas and illusions for you have awakened to your SELF. With your Soul as Captain of your earth vessel, your perspective on life can keep you free from that which you do not wish to experience. Because you are downloading your

fifth/sixth dimensional consciousness, your hand is on the rudder for your personal hologram, and you are the Master of your Destiny!

RELEASING OLD CORE BELIEFS

About now you may be releasing some old Core Beliefs that have hindered your transformation. Perhaps you are hearing your thoughts say that the physical world is too difficult for you, or that you don't understand how things work here. You may even be feeling sorry for yourself as your inner victim comes up to be released. In fact, when you take the time to listen, you may be quite surprised at just how negative your thinking is. Nag, nag, nag, continues an onslaught of inner thoughts. However, will you shut them up? Well, first, you need to listen to what thoughts you are allowing to take up space in your mind.

It is also important that you feel the emotions that either cause, or arise from, your inner thoughts. Within the nagging is a deep pain and yearning. Can you see now why your ego was wounded? Words were said to you in your lifetime that became imbedded in your unconscious mind. Then you thought those same words to yourself, again and again. Worse yet, your wounded ego heard those thoughts and took them as more proof that life was too difficult, you didn't deserve happiness, and you might as well just give up. All of these thoughts fed the common core belief of "I am not good enough." Do you realize now why you have felt depressed or anxious?

On the other hand, sometimes there is an emotion that does not have a thought. It seems to arise from deep within without any warning. These emotions are actually coming up for release and usually can only be captured if you close your eyes and concentrate on only that feeling. Then, gradually, you will have a memory or a picture vaguely moving through your consciousness. You do not need to engage with this image, just allow it to be.

Once you allow this feeling to exist, it will show you in pictures, or tell you in thoughts, what it is you are ready to release. Say to your self, "I am not HAVING this emotion. I am RELEASING this emotion." Then, love that emotion free. You will "love" it free by loving yourself in spite of this uncomfortable feeling. These emotions are often churned up from a dream you don't remember but linger in your consciousness even after you awaken. In fact, it is good to pay close attention to your dreams while in the Violet Temple. Your dreams will show you that which you are ready to transform.

There are three types of dreams:

Unconscious Reality Dreams

These are about your deep unconscious, and they often leave you with the message of, "So that is how I feel."

Conscious Reality Dreams

These dreams are like rehearsal dreams, in which you are preparing for something that you are doing, or will soon do, in your waking life. These dreams may offer you new ideas and solutions. However, you often wake up tired from them, as if you have been working all night. Also, sometimes these dreams show you just how stressed you really are.

Superconscious Reality Dreams

The third kind of dreams is messages from your Soul/SELF. These dreams are often predictive, or you meet with a Higher Being who gives you a message. You may also hear an interpretation of this kind of dream on awakening.

If you observe your dreams, you will learn much about yourself and about your process of integration.

Take a moment now for integration. How are your symptoms of transformation exacerbated by your thoughts and feelings?

Listen first to your emotions; do not react to them, or even respond. Then, objectively listen to your thoughts; do not edit or change them.

Then, from your “detached observer” make note of how your thoughts and feelings interact.

It is helpful to also watch your dreams for further information. Dreams are not “good” or “bad.” They are messengers which can assist you to better understand your self.

A DIFFERENT PERSPECTIVE

From the perspective of your Multidimensional Consciousness, which you are now regaining, “time” is not an issue. In fact, you can “take time” to be in your Violet Temple reality while you are also at work, driving on the freeway, being on hold on the phone, nursing a baby, or plowing a field. You do not need to be in your transformation process “instead of” doing something else. You can transform “along with” something else. Your body is being rewired so that you can be conscious of, and active in, more than one reality. You are shifting to a new kind of consciousness. Of course it is not really new, it is the true consciousness that you have always had but have forgotten!

Be patient with your third dimensional form. You are one of the “First Ones.” Therefore, you have had to burn through the resistance of the collective consciousness in order to expand your personal consciousness. You will, and are now making, a great difference in the world around you. It may not appear that way, as the illusions of the third dimension are far and wide. However, as the “old” reality falls apart, as it is doing now, you can know that it is because the “new” earth is beginning. The collective consciousness still has far to awaken,

but you, the members of the Planetary Ascension Team, are making more of an impact than you know.

Soon you shall see more changes in your life and in your body. The preparation portion of this process is very difficult and takes much more “time.” However, once the resistance is removed, changes appear very quickly. Visualize yourself in the Integration Chamber now. Yes, there you are, staring at the door. What does the door look like today? Your inner world is changing more quickly than your outer world, so there may be many differences in your Chamber. However, to “see” them, you will have to close your eyes to the outside world, and “look,” inside your SELF.

FINDING YOUR ESSENCE

See now that the door to your chamber is slightly open, and a bright Violet Light is peeking through. Walk over to the door to investigate this light. As you approach the door, reach out with your hand to touch the light. In a flash, all is changed. The room that was once darkened is suddenly filled with Violet Light. Reach out now with your heart and mind now to merge with this Light.

As you do so, you remember all the lives that you have lived and all the people you have lived them with. See all the homes that you have had, recall all the memories, confront all the challenges and accept all the transformations of your many third and fourth dimensional lives. There are, of course, too many lives to experience them sequentially, as your 3D consciousness would. Instead, review them all at once in the NOW of fifth/sixth dimensional “no time.” Allow the many pictures, sensations and memories to flash past your mind screen. You needn’t KNOW them all. Instead, allow them to just BE. If certain realities “hang” in your awareness, you can look at them more deeply later.

Within these many realities of your SELF is the same Essence, in spite of all your different experiences. There are too many situations to talk about, or even think about. All you can do is FEEL. Feel the Essence of YOU that has been present in all your realities, lives, and situations. Just as you are the same person, no matter what you wear, or where you are, you are the same Essence no matter what form you hold and what reality you are in. Of course, your clothes and your surroundings can greatly influence you, but you are not a different person just because you have changed your outfit or moved to a different location.

Granted, some clothing (bodies) is very attractive and makes it easier for you to feel good about yourself. Some places (realities) feel good to you and some do not. However, the Essence of YOU, although it might be expanded or diminished, is the same. It is this way with the many incarnations of your higher dimensional SELVES on different planets, galaxies, and dimensions as well. Your life-stream is a specialist in being its SELF. The Violet Light does not change you. It merely allows YOU to come out from hiding.

Take a moment to become aware of your Essence and of the many aspects of your SELF who hold this same Essence.

Use the FEEL of your Essence to serve as a magnet to connect and integrate ALL the aspects of your SELF into ONE.

INTEGRATION OF CONSCIOUSNESS

Parts V & VI

PART V

MANY SELVES

I am Mytria, here to further assist you. Now that you have observed your Essence, take a moment to examine your physical form from the perspective of your Soul/SELF. Through your “Eyes of Soul” your body has changed, even if that change is not yet apparent to your physical eyes. For one thing, instead of your physical body being YOU, it is the form which YOU inhabit in this particular lifetime. From your Soul’s perspective you can also see that your current earth vessel has become lighter, both in color and in density.

Maintaining your higher dimensional viewpoint, look at what appears to be a cloud, around you. This “cloud” is actually your multidimensional SELF. Move your awareness into that cloud and use your fifth/sixth dimensional consciousness to experience the Essence of your SELF in all your different incarnations on different planets, galaxies and dimensions. Take a moment to FEEL your many forms, friends, families and cultures. Realize that ALL of these fragments of your SELF exist within the same moment of the NOW. All of these fragments of SELF have the same Essence as your present ego/self, which is the dense core of the “cloud.”

From the Heart of your total SELF, which encompasses each and every portion of your SELF, Unconditionally Love your physical ego/self, your “Grounding Point” on planet Earth. That YOU is a great pioneer and an incredibly courageous person. Your Grounding Point is strong enough to see through the many illusions of the 3D world, ignore the myriad opportunities to fall into fear, and stand at the crest of the wave of planetary transformation. This small fragment of your SELF needs love and support to confront the many thoughts and feelings that constantly threaten your return to forgetfulness.

From the perspective of your Multidimensional SELF, comfort, love and support the brave fragment of you who is returning to SELF while also contributing to the Planetary Ascension. From the Heart of your Soul/SELF, embrace your small physical Earth/self to fill that YOU with Unconditional Love. Integrate the consciousness of your Soul/SELF into the consciousness of your ego/self. It is this merging of Heart and Mind of your highest and most expansive SELF within your “self” that will assure your transformation.

Now, place your awareness on your current physical ego/self. Feel how you have changed. Close your physical eyes so that you may more easily see the multidimensional “cloud” of your many SELVES. Be still in your body, heart and mind, so that you may deeply experience the love and consciousness of your SELF. FEEL your Heart expand to encompass the gift of Unconditional Love. FEEL your consciousness rise to accept the “Knowing” of the higher dimensions. You needn’t DO anything. Just BE the expanded SELF that you have always been, but have forgotten. From this state of Beingness, you can more clearly and objectively observe your transformation.

OPENING DOORWAYS

Return now to your awareness of the many lives inside of you, and realize how the Essence of YOU has not changed. Go inside—deep, deep inside—through all of your lives and all of your realities to find your fundamental nature, your Essence. I know that it is difficult to describe this personification of your Soul. Thus, allow me to guide you in a visualization of YOUR Essence:



Close your eyes to see the Cloud of your SELF encompassing you. Use your higher vision to see the “Doorway to your Essence.” As you relax into this image, you feel a quiet breeze that opens this doorway to lead you deep into your core...

which leads to another door to your core...

which is deep in the core of your core...

which leads to another doorway inside of the core...

Doors within doors—Realities within realities...

ALWAYS, there is the “breeze.” This breeze is familiar but undetermined, like an aroma from long ago that gives rise to a certain feeling. However, the memory that accompanies the feeling is still indistinct. Relax into this feeling as you move through the many doorways of your many, multidimensional realities. You may not see the realities. Yet, fortunately, you can feel the “breeze” of your Essence, almost as a ghost, moving swiftly through thousands, perhaps millions, of doors, leaving each doorway open with its passage.

Yes, the doorways are ALL open now. And, your Essence is a gossamer string that ties the doorways together like pearls on a necklace. This “necklace,” with all the open doorways decorating it like charms, forms a huge, Universal Circle. Your Universal Circle shifts and moves up and down, light as feathers in the wind, as it swirls through many different galaxies and dimensions. Some of these “feathers” are different, while some are so similar that they seem to have come from the same bird.

Indeed, you see now that there is a flock of birds just above you, and their feathers are of the same Essence as yours. Indeed, it is the same bird. No! It is not a bird. It is an Angel. In fact, it is a flock of Angels. Above them is the “nest” which all the Angel Birds share. This “nest” is made of light that shimmers and moves like the Northern Lights. This Light radiates from a Source that is beyond your perception, yet you know it is there. It is this Light that unites all the Angel Birds, all the feathers, as well as the Universal Circle with the opened doorways.

As you allow yourself to float into this Light, you feel your Essence blend with all your other Essences. In a flash, you are overtaken by a feeling of unity, a moment of recognition, a whisper of promise. The promise is a secret, a puzzle, a labyrinth. If you can follow this labyrinth, you will solve the puzzle and find the secret—the secret of your SELF.

Take a long moment now, as long as you need, to bask in the Essence of your SELF.

Close your eyes, tune out the outer world, and go deep, deep inside. Once inside, go up, up in vibration.

Experience yourself moving through the Doorways, feel your SELF in all your myriad forms, and KNOW your Multidimensional SELF.

Integrate that SELF into your mundane life with your every breath.

THE RIVER OF LIQUID LIGHT

Back in your Integration Chamber you see the door before you. It is slightly ajar with streams of Violet Light peeking through the opening. You walk to the door and extend your finger to touch the Violet Light. As you do so, the light is absorbed into your finger and you feel your consciousness going down, down, down into your physical body. You perceive this process simultaneously from the “outside” with your eyes and from the “inside” with your physical sensations. You SEE the Light running up the finger that touched it, while you also FEEL its warmth within your physical body.

Your “outside self” watches the light running up your finger. At the same time, your “inside self’s” perception is that of being a drop of liquid in a stream of violet, liquid light slowly flowing through a long dark cave. This “cave” is actually the inside view of your physical body. This point of vision may be unique, as you likely have never before experienced your body from the inside. Nevertheless, you experience yourself floating in a river of violet waters through a deep cave with circular walls that are shades of red and orange. From this interior perspective, you know that you are inside your physical body, but you have no sense of how this body would appear from the outside. You are your body

elementals of earth, air, fire and water, who have no awareness of the world outside of their cave.

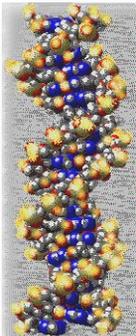
Now, view your body from the outside and feel it from the inside as the Violet Light travels up your right arm, across your shoulder, down your collarbone, and slowly into your heart. The Light then flows down to your third chakra, second chakra, and into your root chakra. At the same time, the Light travels up into your throat chakra, your third eye and your crown chakra. The Light also flows into your left arm and hand as well as into all areas of your brain. For a long moment, time is suspended. All is completely still as your body adjusts to a sensation that is simultaneously totally unique, yet completely familiar.

Slowly you feel and see the Violet Light move down your legs and deep into Gaia's body. Time means nothing to you. Space has lost all connotations. Externally you see the light entering every centimeter of your form, while internally you ARE the liquid light that is flowing through tunnel, after tunnel, after tunnel of your physical "cave."

You can no longer stand at the doorway, and find that you must sit, or lie down, on the furniture in your Chamber. The furniture is the same familiar texture and comfort as always; however, something is different. You know that you and the furniture are different forms of matter, but you no longer experience the strong distinction between the two. This is because you can now "see" the sparkle of violet light that unites everything in your room. It is in this moment you KNOW that the sense of separation in the third dimension is an illusion.

ANOTHER DOORWAY

As you look back at the Door of your Integration Chamber, you see another Door inside of it with Violet Light streaming through it. This is a Universal Doorway, which calls you to open it and enter. As you project your consciousness towards the Door it opens, and you become a small speck of pure light moving through a huge door. You float right through the middle of the doorway into a darkness that is denser than you could ever imagine. But wait. You see a spark of light in the distance. Yes, the blackness has turned to charcoal gray and the source of the light is now evident. As you continue your journey toward the light, you see that it is oscillating. You zoom in closer, until you see that the light is a nucleus with orbiting electrons and protons.



You move through the electrons and protons like a space ship flying through the rings of Saturn. Straight into the core of the Light you go. At first the light is blinding, but gradually, you become accustomed to it. Something is dancing in the light. Couples that look like long, angular snakes are joining into pairs. You realize that these pairs are your DNA. You float by, and grab a DNA strand. Instantly, you are pulled onto a stairway filled with molecules. Again, couples are finding each

other. You are now a slithering snake filled with the recipes for life. However, you are also the Violet Light, which you can feel within your Essence. Slowly, your vision blurs as your consciousness can no longer exist in any manner with which you are familiar.

In a flash your eyes open, and you look onto the familiar ceiling of your Integration Chamber, which has long been your protector. You look towards the door within the door and find that it is also closed with no light leaking through either door jam. The room is darkened, yet you see perfectly. It is as though you are wearing a miner's hat with the light shining out before you. The light, of course, is violet. First the light is a dim mist, and then gradually, the mist becomes streaks of light streaming from you, through you, around you and over you. The light streams onto the doors, but they do not open. You have not yet completed your initiation. There is more integration that is necessary. You are tired now, and ready. But for what are you ready?

The Violet Light has now entered every cell and atom of your body's consciousness. This process can make you extremely tired, and you may feel as though you are struggling to free yourself from a heavy bondage. You may not know what you feel bonded to, but you hope it is your old bondage to your third dimensional Core Beliefs of limitation and separation. However, you are still hearing judgmental thoughts about others and yourself. Hence, beware, for with the integration of the Violet Light, your powers of manifestation are greatly accelerated. Therefore, guard your every thought and emotion, for they shall be manifest in your life almost instantly.

Take a moment now to feel the integration of the Violet Light into every particle of your Being.

FEEL your transforming body from the inside, while you also SEE it from the inside.

Remind yourself throughout your busy day that you are in the process of returning to SELF.

PART VI

LIVING IN COMPASSION

I AM Mytria returned to assist you. I know it is not easy to be in the Integration Chamber while maintaining an active working life in the third dimension. Nevertheless, you have persevered, and kept alive the parallel reality of this experience. For that, I commend you greatly.

As a Light worker, you likely have an Essence that does not easily adapt to the third dimension. Instead, your Essence would love to soar in the higher dimensions and experience multiple realities in a single moment. As a member of the Planetary Ascension Team, you were meant to always keep an awareness of your true Essence, so that you could be among the “Ones Who Remember.” Also, your connection to your Essence was meant to be especially strong in this life to assist you in keeping your agreement to be a portal-opener and a way-shower.

However, the light and dark needs to be balanced in your consciousness before you can regain a full, conscious connection with the Essence of your SELF. The reason for this is, in at least one of your many lives, you have done ALL the “bad” things for which you have judged others. In order to maintain a full connection to your SELF, you must have compassion for all life. However, before you can feel compassion for others, you must first have compassion for your self. Hence, remember to love, accept and forgive yourself—UNCONDITIONALLY.

Once you have learned to live in compassion, you realize that there are no polarities, such as “good” or “bad,” there are only extreme polarities of the same spectrum. There are three perspectives to living in loving compassion: ONE, the perspective of your Multidimensional Soul/SELF in the higher dimensions. TWO, the perspective of your physical self filled with the Violet Light. THREE, the perspective of your Multidimensional Soul/SELF fully integrated into your physical body and acting as the Captain of your earth vessel.

Practice these three perspectives of your life in the midst of your busy day. In order to remember to do so, it will greatly assist you if, as you fall asleep each night and awaken each morning, you see your self from the inside filled with Violet Light. Extend this vision of your inner self all the way down into your DNA. You are Soul, and Soul is NOW the Captain of your earth vessel. Through your Eyes of Soul, you naturally perceive your 3D life with Unconditional Love and Detached Compassion.

It is this constant sense of love and compassion that will allow you to recalibrate your physical body, chakra by chakra, so that you can accept, integrate and use the fifth/sixth dimensional frequency in your daily earthly life. In this manner, you will also serve as a “step-down-transformer” by grounding these higher vibrations into the body of Gaia.

REFUELING

We of the Violet Temple commend you. We understand the persistence it takes to continue with this process. Now it is the DAWN, and soon you will bloom in ITS expanding Light. Do not be concerned about your third dimensional life. Continue to FEEL the picture of the life you wish to create, THINK as though that life is already manifested, while you LOVE yourself for exactly who you are right now. Remember you are ALWAYS in the Violet Temple where your body continues to transform from the level of your DNA outward.

Be sure to remember that, first your consciousness expands into the fifth and sixth dimensions, then your Soul/SELF takes command of your earth vessel, and then your body must be recalibrated to accept and integrate this higher frequency. Be patient with yourself, and be patient with the world around you. If you had always driven your car with the lowest octave, leaded fuel, how would it respond if you suddenly filled it up with jet fuel? The car would breakdown completely. That is what this experience is about. It gives you an opportunity to “break-down” so that you can “build-up” a new operating system.

Feel your fatigue. How can you release that which you cannot feel? Allow yourself to feel how deeply tired you are, tired of the third dimension and tired of the limiting beta brainwaves. When you are exhausted you often have trouble sleeping, and adding to this lack of sleep is your daily work and responsibility. If that isn't enough, you also have downloaded a new vibration which makes you long soar into the higher dimensions. Fortunately, your Soul/SELF is inside of your earth vessel preparing to connect your nerve receptors to your Higher Consciousness so that you may more easily experience your inner and outer lives in the same moment of the NOW.

MESSAGE FROM THE NEW CAPTAIN

Hear your SELF inside of you saying, “I am the YOU that you have always longed for. I KNOW all that you wish to learn. I AM your SELF. I AM the interface, the portal through which you can travel to all of your higher dimensional realities. Through me you can perceive all that I perceive, just as, through you, I can experience all that you experience. We are in a partnership. This partnership is based on continuous communication. As your partner, I will not tell you what to do. You are still an individual entity, just as I am. However, our responsibility has expanded to encompass each other. Ego and Soul are now ONE.

“I have sacrificed to ‘our’ earth vessel some of my fifth dimensional reality. In turn, to avoid overload, I ask you to remember that I am always here and constantly working with you. You are now carrying infinitely more psychic influence as well as infinitely more responsibility. I say ‘infinitely’ because, through me, you are connected to the infinity of All That Is. Hence, it is imperative

that you slow your life down so that you can more easily fully integrate my presence. Once I am fully integrated into 'our' earth vessel, you can more easily adapt to 'our' new life.

“Do not forget that you are continually taking more light into every cell and atom of your body. The ego may not be aware, but everything follows a “Divine Timeframe” for a certain purpose and reason. Later you will understand why you have taken on your present challenges. Trust, now, that whatever happens is within your ability to love and accept. I, your Soul/SELF, am in control. You have allowed my higher vibration to enter you, the Grounding Point of our SELF, and I take full responsibility for your protection and health. Remember, what is impossible for your ego is easy for ME—your Soul. Let us now enter the Doorway to our Ancestors as ONE.”

Take a moment to communicate with your Soul/SELF.

*Begin by FEELING your SELF inside your consciousness,
your physical body,
and every cell, atom and DNA.*

Listen.

What does your Soul have to say to YOU?

DOORWAY TO THE ANCESTORS



Through the Doorway to the Ancestors lies the secret of the transformation of the first eight cells of your current physical incarnation. These first eight cells, which are held within the Atma of your Heart Chakra, hold the blueprint for your entire earth vessel. They must be cleared before you can trigger the activation of your Lightbody and fulfill the Mission for which your Soul volunteered in this lifetime.

Do not be concerned that you do not look like a Lightbody on the third dimension, as your Lightbody will be invisible to third dimensional vision. Instead, it hides deep within the core of your earth vessel as a constant portal into your Multidimensional SELF. Within the Divine Timeframe, all Lightbodies will expand beyond the confines of their clay shells to steward in the Planetary Ascension.

If you became Lightbody at this “time,” you would resonate so far above Earth’s vibration that you would ascend now and not be able to complete your Mission of contributing to the Planetary Ascension. With your inner Lightbody serving as a portal, you will be conscious of more than one dimension at a time. When you are not distracted by your 3D tasks, you will be able to consciously shift your perception from one reality to another with the force of your intention.

Take a long moment to look at the Doorway. Are you ready to enter it now? Do you see how ancient it is? The door is slightly rounded at the top and covered with patterns of gold, silver and bronze. These metals are the best conductors of electricity, which is a form of Light. The metals are engraved in antediluvian patterns which represent the higher dimensions, as well as ancient cultures. There is no handle, as this door can only be opened by a mind that accepts multidimensional consciousness and a heart that embraces Soul's love and intention.

One does not enter this door frivolously. It is serious indeed to enter the Realm of the Ancients. Once there, you must find the vial that holds the thought-form for your first eight cells. When the higher dimensional thought-form of these cells is transmuted, your third dimensional "first eight cells" will begin their process of transmutation as well. Once this transformation is complete, your entire physical body can begin its process of accepting, integrating, and eventually, using the Light of your higher dimensional SELF to transform your life. Gratefully, you have volunteered to also participate in the transformation of Gaia and all Her inhabitants.

Once you are in the Realm of the Ancients, there will be many vials of eight cells. How will you find the proper one? But wait, first, you must open the door. To do so, you will join your heart and mind, with your Soul's intention. Enter the core of your heart so that you may better experience the "tone" of your emotions. Listen to your thoughts to see the "matrix" they create. Your thoughts are the light matrix of your creations and your emotions are the sounds that fill that matrix with substance.

Feel the tone of your heart and the light in your mind. Feel the "electricity" that is created by their joining. Now, with the Spirit of your Soul, INTEND to open the door. Once you join your Soul's intention with your thoughts and emotions you create the Holy Trinity of mind (thought), body (emotion), and Spirit (Soul).

OPENING THE DOOR

Listen to your thoughts, feel your emotions. Instead of working hard, surrender to the intention of your Soul. Once you are ready, the door will open without any effort at all. This "Surrendering to Soul" is how you shall live all your life when you have learned to allow your Soul/SELF to take the helm. As long as surface issues are important to you, you shall be held behind, as your ego will still be in control. You will know when your Soul is in control, as your Soul has no physical desires, and can see through all illusion. For this reason, Soul will not be "limited" by the physical reality nor "separated" from the Flow of the ONE.

The door is opened wide now. The first thing that you see is a long corridor lined with shelves filled with vials that contain the first eight cells of your many

incarnations. Before you can determine the proper vial, you must first proceed to the main circular room so that you can open your Atma. It is only with your heart's Atma, that you can feel the harmonic resonance of the vial containing the first eight cells of your current physical form.

As you walk down the long corridor, you come to a circular chamber. A huge Violet Fire radiates from far beneath the chamber and rises to the Unknown above it. You cannot determine where the Fire begins or where it ends. However, you can feel it beckoning your heart to enter. Can you take the leap? Can you have the courage to trust the call of your heart? Yes. You must!



You must trust your heart, for it is all you have to follow in a room filled with fear. Yes, there is much fear here, all the fear of all your ancestors. However, there is also much love, all the love of all your ancestors. It is only with your heart that you can follow the FEEL of Love rather than the FEEL of Fear. Jump now. Jump into your destiny and into your Source. Jump quickly before the fear has a chance to invade you. Follow the call of your Soul, who is urging you forward and reminding you that whatever you lose was never yours in the first place.

You jump. You expect to fall; but, instead, you rise. Higher and higher you rise into the infinite top of the Flame. You see nothing, except the intense violet of the Flame. You hear nothing except a tone, which you actually feel more than hear. As you try to find your body, you realize that you are only a beam of light in the Violet of the Flame. You know now that there are many other beams of light such as you; they are your many ancestors. As your ancestors gather around you, your beam of light grows. You are having an ancestral reunion of light and sensation.

You KNOW all that you have ever been within all of your third and fourth physical realities. Your ancestors are not your relatives, they are YOU. You are gathering together now, for you will ALL ascend TOGETHER. You will gather all the fragments of your Soul when you ascend this time, for the entire planet will ascend with you. You are complete with your experience of the lower worlds, except that, first, you will continue with your Mission. First, you will release your old programming of limitation and separation. You could never "work hard" enough to achieve that which is ALWAYS yours within the Flame. Therefore, Surrender; Surrender to the Violet Flame.

After a moment, or is it an eternity, you return to a consciousness that you did not know you had lost. In fact, all your ancestors, all your realities, are returning and forming a circle around the edges of the Flame. You are holding hands and sharing hearts, for you are all fragments of the same SELF. You have recovered your SELF now. You ARE your SELF. Together, as one Being, you return to the

hallway with the many veils. You no longer have to choose the correct vial, for they are all hold the same Essence, the Essence of YOU.

As you look more closely, you see the emanations shinning through each vial, and you realize that it is not the vial that holds the Essence, but rather the Essence that is holding the vial. You also realize it is not your body that holds your Soul, but your Soul that holds your body. With this realization, all the vials disappear. Instead, there are long rows of vibrating matrixes consisting of eight small beams of light each. They are all harmonized. They are all healed.

As you leave the corridor and feel the great door closing behind you remember:

It is not the body that makes the Soul.
It is the Soul that makes the body.

JUMP NOW!

Jump into your Destiny, and

Jump into your SELF.

PART VII MESSAGE FROM LIGHTBODY



I AM your Lightbody, here today to give you a message. You have learned that “it is not the body that makes the Soul but the Soul that makes the body.” If you know that, you know that you are “good enough” to release your habits of addiction. In fact, you know that you are “good enough” to return to your Lightbody SELF, ME. Returning to Lightbody is not a process of learning, working, sacrificing, and discipline. Those concepts are the perspective of your ego/self.

(pjfcusters@nutsonline.nl)

The process of becoming Lightbody is only visible to your Soul/SELF. This higher view allows you to always love yourself unconditionally. Unconditional Love is a vital point because you “create” your Lightbody with your thoughts, feelings and intensions. When I say “create your Lightbody,” I mean that you create the reality in which you and the planet ascend as ONE into the fifth dimension and beyond.

From the perspective of your Soul/SELF, you are an exoskeleton creature. Your clay earth vessel is the outside skeleton, and YOU are the inside body of that “skeleton.” From this viewpoint, your “outside” clay earth vessel serves as scaffolding that allows you to more easily renovate your “home” while you live in it. On the other hand, from the perspective of your ego/self, YOU are the outside body, and the bones inside of you are your skeleton. Your ego/self is gradually becoming aware of your transformation, but is too busy managing the mundane, 3D world to give it much attention.

Also, since everything regarding Spirit happens from the inside out, your renovation will begin inside your clay vessel. In fact, the “remodel” will actually begin inside your bone marrow. Many cultures have revered bones as the sacred remains of their ancestors. They were not being superstitious, as the

bone marrow is the last place that live DNA can be found, even when the rest of the body has returned to “dust.” Hence, what better place is there for your Soul to begin changing your DNA? When you transmuted your first eight cells the Atma of your Heart Chakra, your Soul/SELF became the Captain of your earth vessel.

Dear Grounding Point, I have come to you today because I wish to give you an experience of how it feels to BE me, your Lightbody. First of all, I must say that I can fully understand why, you, my human shell became so lost in this land of limitations. Fortunately, I, Lightbody, did not totally leave the Higher Planes, as I bi-located into this dimensions. Hence, I still exist in those higher dimensions and pull from that component of myself while I await inside of your for our moment of ascension.

Allow me not to take you on a journey of our higher reality. In order to participate in this journey, please:

- Place your focus on your mind and repeat, “I AM Lightbody.”
- Then place your focus on your heart and FEEL the most complete FREEDOM that you can imagine.
- Finally, gather up your thoughts and feelings into your Soul’s Intention of Being Lightbody.
- Now, close you eyes and feel me, Lightbody, inside of your physical shell.

FEEL how my movement swirls and sparkles. FEEL how your skin forms a protection for me, and how, in turn, I protect you with my advanced knowledge, instincts and guidance. WE are partners now, human body and light body.

Again Spirit moves from the inside, therefore your experience of being Lightbody begins within you. Begin by connecting with me, your Lightbody, who is serving as your multidimensional portal deep inside your clay shell. This portal is located inside your Heart Chakra. Therefore, I ask you to focus on your heart. See my mist within your physical form. Do you see me swirling around and around, impatient to express myself in your physical world? No, I am not as impatient as your ego/self would be. Instead, I am impatient in that my energy is constantly pushing you to move beyond the confines of time and space. Free of those restrictions, you can live in the NOW of our higher worlds as me, Lightbody.



I ask you now to surrender to the gentle pressure which I am giving you from deep inside. You likely have felt this pressure as stress, nervousness, depression or even illness. No, it is merely me, your Lightbody, nudging you to the Freedom of the NOW. Allow all sequential thinking to float from your awareness and all concept of space to leave your reality. You are only HERE. You are only in the NOW.

Do not worry; your ego will remind you when you have something you must “do” at a certain time, and in a certain place. For now, just BE me, your/our Lightbody. Together we share the same heart and the same gateway into the higher dimensions. Together we can bi-locate into the higher worlds. See us moving through the gateway much like water moving out a drain, except that some of the water, our ego, the guardian of our physical world, stays behind in our earth vessel.

We are now moving through a long vortex of swirling energy.

Then, suddenly, we are there.

Where are we?

We are EVERYWHERE!

From everywhere, which of our many higher worlds do you wish to visit? Perhaps we can practice experiencing more than one at a time. While you are also formless in the NOW of EVERYWHERE, feel yourself on Arcturus, while you are ALSO on your Homeworld, while you are ALSO on the New Star—EARTH. You are Lightbody there, in charge of a certain area. Of course, you are also “in charge,” for you are a leader. That is why you are among the first to transform to Lightbody. The courage that it takes to make this transition without the support or understanding of your 3D world, more than prepares you for leadership.

See all of these realities as if they are many TV sets in a control room. The difference is that you not only see and hear these worlds, but you also experience them INSIDE of you. Feel all the monitors inside of you, all running at the same time. You may place a majority of your attention on one or two monitors at a time for awhile, but all of them are ALWAYS accessible to you all the time.

You find that when you raise your brainwaves to Delta and above, you can experience ALL these realities in the same moment of NOW. You can experience multiple realities with the higher brainwaves, because these waves take you into your Quantum Self. Your Quantum Self is not ruled by time or space, as both of those illusions are limited to the third/fourth dimensions. From this Self, you are a “wave”, a signal, of energy that is connected to ALL reality ALL the NOW. When you wish a direct experience, you place your “attention” on something, someplace or someone and you become a “particle,” an element, of that experience.

Now move into Gaia’s future, and see yourself as Lightbody in your everyday life. You see that everyone in that Earth reality is also Lightbody. I say your “earth reality” for there will be many vibrations of earth. In some Earth reality there will be no Lightbodies, and there will be all the doom and gloom that has been predicted. In other worlds, there will be some doom and gloom, but there will also be safe islands of light. Then there is also the reality which you have

chosen, the reality in which Planetary Ascension has been successfully completed. Gaia has become a star, and you are one of the many elements of this New Star Earth.

In the Star Earth reality, your body is made of Light, as it is in a fifth/sixth dimensional reality. Because you are downloading and grounding your Multidimensional SELF into Gaia, you are becoming the Planet. Therefore, you can experience Earth Star at any place on the time/space continuum. Do you want to be there for the transition, do you want to move into it when it is complete, or do you want both? You are Lightbody. Hence, you can be in many places, and experience many forms, at the same "time" in the NOW. The transition into ascension, the building of the new world and the completed process of ascension is why you have incarnated on Earth over and over and over...

Until you have grown accustomed to the diffuse focus of consciousness of your Multidimensional SELF, you may need to experience only one or two reality. Eventually, though, you will be able to hold limitless realities in your consciousness. However, this will not come about until you have completely surrendered to the Flow of the Nowness. When you have done so, and you have released the illusion of "time," you will have no stress or sense of being overwhelmed. Everything that you "do" or "experience" will be absolutely perfect. Everything that you "create" will be perfect. In fact, once you can see your physical world through me, your inner Lightbody, all of your Earth life will be absolutely perfect. Your life will be perfect, because YOU will be, in fact, already are, PERFECT. There will be no more worry about being "good enough" as you will be PERFECT.

You are Lightbody NOW and HERE, inside your exoskeleton. Feel the pressure of me, your Lightbody, pushing against the confining wall of your clay vessel. Feel my need to spill into to your outer world, to express my/our SELF in every minute of every reality, especially your/our present earth reality of Planetary Ascension.

- *Once again, close you eyes and feel me, Lightbody, inside of your physical shell.*
- *FEEL how my movement swirls and sparkles.*
- *FEEL how your skin forms a protection for me, and how, in turn, I protect you with my advanced knowledge, instincts and guidance.*
- *WE are partners now, human body and light body.*

CONCLUSION

As your awareness returns to the Integration Chamber, you find the door wide open and the room filled with light. Your Guide greets you with a warm embrace of congratulations and joyfully says, "You are ready to return to your Earth world so that you can recalibrate your earth vessel and integrate all that you have attain here."

You walk down the crystal stairway as a transformed person. Your every footfall sets off a burst of color and a beautiful tone with your passage. You are going Home now, HOME inside your SELF.

Your SELF
LIGHTBODY

FUNCTIONING FROM SOUL



A small, yet steady, inner voice says, "I AM within." This voice, which was once UP, is now WITHIN. You may feel your confused ego self on the sidelines of your awareness. It did not die. It was just re-assigned. Ego, who was once YOU, is now IT. It is the mechanic, the chief engineer in charge of biological functions, but it is NOT "you."

You are Soul. Once you were an ego who had a Soul. Now you are a Soul who has an ego.

Inside your SELF you have climbed a stair, moved into a new home, become a new "person." But, of course, you are no longer a person who has a Soul. You are a Soul who has a person. Before, you would look UP from your ego to connect with your Soul. Your "one" ego would look UP to your "one" Soul. Now, when you look UP, you are Soul looking UP to connect with your Oversoul. Your "one" Soul within looks UP to see your "many" Souls within your Oversoul. Furthermore, the "UP" is now "IN."

As you look IN to go UP into your Oversoul, the many who is ONE, you feel your Oversoul introducing you to your Soul Family. Your human family is your ego's family. However, some of this "family," the ones you have always "liked" best, are your Soul Family as well. Hence, they share your same Oversoul. Your best friends, the ones who always felt like family, are also your Soul Family. As you look around your Oversoul, you see these friends run to you and say, "You see, we are family after all."

THE STADIUM

All of this, which once felt far, far above you, now feels deep, deep within you. Your "SELF" now feels much like a stadium. This stadium is filled to the top with fragments of your SELF that are, indeed, "YOU." You are also the stadium, as well as the entire audience watching the game being played, by more fragments of YOU, on the floor of the stadium.

Feel a point of focus that is the perspective of one of the many that is "You," this Grounding Point. This "You" is sitting at the top of the stadium looking down on the game. You feel the illumination of the immense lights, just overhead, that light your stadium. Yes, you are the lights as well. The lights are the YOU who is completely impersonal, non-human. They are still "above" YOU, but only because you have not left the stadium.

If you were to become one of those lights, or perhaps all of the lights, you too would become non-human. You would be Light; in fact, you would become

Lightbody. Just as you are now Soul inside with your human outside, when you become the “lights” you will be Soul outside and human inside. The “I” that once was “YOU” would become the “WE,” as your Lightbody no longer lives with the illusion of separation. Hence, your “I” would be “WE.”

You now feel the yearning to become the lights. You feel an inner tug to be aware of your humanness as a part of your SELF rather than your SELF as a part of your humanness. But, if you did, could you return to the stadium? Could you enjoy the game that all the “yous” are so busily cheering for? There are two teams down there, the BAD team in the dark uniforms and the GOOD team in the light uniforms.

You understand that the teams wear uniforms so that the audience can tell the difference between the teams. They also wear uniforms so that each team member can tell who is on “their” team and who is on the “other” team. Otherwise, a “good” guy might assist a “bad” guy, or a “bad” guy might assist a “good” guy. What if they all had the same uniform—the human uniform? Then it would be very difficult to keep track of the game. How could the audience know who was winning and who was losing? Yes, the game would be boring, indeed.

THE GAME

The game would be just a bunch of humans running around and interacting with each other. There would be no drama, no winner and no loser. But from here, at the top of the “stadium” it is difficult to differentiate the uniforms. The light uniforms have become so soiled from rolling in the dirt that they are now as dark as the dark uniforms. Some of the audience, those sitting at the base of the stadium, can still distinguish between the light and dark, but most of “them,” who are actually fragments of “you,” can no longer tell the difference; nor do “they” care.

They are bored with watching the game of good and bad. They do not care who wins, because they know that they are ALL on the same team. The constant conflict has become tedious to them, and they are now far more curious about the lights above them.

As you look around the stadium, you see that more and more of the “yous” are tiring of the game and have turned your attention up, towards the lights. How would it feel to BE the lights? More and more of you look up into the lights, whereas only a few are still watching the game. Why, even some of the team members have stopped their eternal competition to look into the lights!

ENDING THE GAME

As more of you look up into the lights, rather than down onto what the lights are illuminating, the members of the audience blur into one audience. Even the

members of the two opposing teams blur into “the players.” Many of them are also fed-up with of the game and climb up into the audience, so that they can better see the lights.

The lights are living magnets. They embrace all of “the yous” with their “feel,” the feeling of FREEDOM. They whisper into your essence, “Wait until everyone is ready to see us. Then we have a surprise for you beyond your imagination!”

You don’t want to wait, but yet you know that you will. You will wait until every fragment of your SELF is ready to release the game. You will use the force of your “waiting” to build an energy field that even your most “lost self” cannot ignore. You will then allow the impetus of this field to build until, not only the entire audience becomes the light, but also the stadium, the parking lot, the earth under the parking lot, in fact—all of it—all the EARTH, all the planet, shall BECOME THE LIGHT.

Then, and only then, will the 3D game be over!

MESSAGE FROM YOUR OVERSOUL



Dear One,
I am your Oversoul, and I wish to speak with you. I AM a huge body of light, filled with many smaller bodies of light. Just as you went IN and UP to find your Soul, you can also go IN and UP to communicate with me. I float inside YOU in the seventh dimension of pure love. There are many other Oversouls who are ONE in the dimensions beyond the seventh, just as our many Souls are now ONE within our seventh dimensional Oversoul Body.

Each of the Souls within the Oversoul are incarnated in, or visiting, the lower worlds. We Oversouls contain and protect ALL our Souls while they send fragments of their SELF into the “Land of Form” to gather experience. Within our protective Oversoul Body, our many Souls commune with each other without the distraction of the Souls that are contained in other Oversouls.

In the lower planes, these Souls appear to be separate, just as we Oversouls appear to be separate here. The difference is that we Oversouls realize that our apparent separation is only a matter of density of light. The Light of the many Souls in our inner Soul Family condensed into the envelope of our Oversoul body is very dense, whereas the light between the Oversouls is less dense. However, this light still connects ALL Oversouls as they travel through the Seventh Dimension.

ELOHIM SELF

We Oversouls are in constant communication with each other and live in total Unity Consciousness. On the same hand, our inner Souls commune with each other in that same constant manner within the security of our Oversoul Body. We Oversouls make the sacrifice of restricting ourselves to a kind of loose form as a service to our many Souls who are still obtaining experience in the material worlds. When all of our Souls have returned Home, we will release our present envelope and, as the ONE great being that we are, will rejoin the rest of our Essence within the consciousness of our Elohim SELF in the eighth through tenth dimensions.

Our Elohim SELF has created our Oversoul Body to contain this particular Soul Family. Our Elohim encompasses many Oversouls, just as we Oversouls encompass many Souls. All the Oversouls within an Elohim are of the same Oversoul Family, just as all the Souls within each Oversoul are of the same Soul Family. As Oversouls, we are the last bastion of form in the Multiverse. The Souls within us are incarnated and visiting all the manifest planets, solar systems, galaxies, central suns, and universes within the manifest Multiverse of the third through sixth dimensional realities.

THE HEART OF OVERSOUL

I have come to share my vision of reality with you, and to introduce you to the many members of your Soul Family who exist within me. You/I are a great Being who has accepted the challenge to experience an ever descending path towards the Land of Form. I know that, from where you are, you are in the process of Planetary Ascension. This is why you are now able to hear my call. It is your call into my heart, the Heart of Oversoul, which allows me to send down my consciousness to take your “hand” and pull your awareness back towards me.

I offer you my consciousness, as you would offer your hand to one who is climbing a hill. I offer you a vision of life that contains none of the harm, confusion, separation, or limitation of your third and fourth dimensional bodies. I urge you to keep our connection constantly open so that my awareness can carry you through the many impending transitions within the personal drama of your lower bodies.

I am pleased that you have met some of the other members of your Soul Family. Many of these members of your Family are forerunners who have completed their ascension process and are remaining behind in the lower worlds to assist their “brothers and sisters” now releasing the need to experience physical individuality. As you “integrate” the consciousness of these siblings into your physical form and the physical form of your planet, you will enhance the molecular spin of atoms within your physical plane to resonate to a higher frequency.

Just as a glass of white liquid will gradually become pink, and eventually red, as you drip red dye into it, your third dimension will gradually become the fifth, and then the sixth dimension as you download fifth and sixth dimensional vibrations into it. We realize that this metamorphosis can be difficult for your present corporeal body, but we are here to support you in your process.

TRANSFORMING BELIEFS

We understand that the most difficult transformation is that of your beliefs. You have created many beliefs of limitation and separation to protect you from the dangers of a polarized reality where one end of the spectrum battles against the other. Good vs. bad, light vs. dark, life vs. death, and love vs. fear—all create the dynamic movement of experience that has drawn many of our Family members into the evolution of the third and fourth dimension.

However, this polarized reality has become tedious for many of you, and you wish to return to the deep community and ever-present caring that you feel within my heart, the Heart of Oversoul. Yes, I feel your desire to experience each step along the pathway Home. I know that you wish to revisit the fifth dimensional realities where individuality is merged with unity. You wish to consciously swim upon the waves of potential in the sixth dimension, as well. Your return to our Heart shall be a journey of adventure and discovery.

THE JOURNEY HOME

More and more, you will remember ALL that you are. Less and less, you will desire to live as a small fragment of your total SELF. It is your recognition of SELF that will be your inner map Home. Along your way, you shall find all that you have sought, because you will be creating your journey as you go.

Feel my “hand” within your hand.
Feel my “heart” within your heart.
Feel your Soul within my Oversoul Body, and
Feel all the Souls in your Soul Family welcoming you Home.

You may wish to stop along your journey to guide a Family member, or a member from another Soul Family, and to embrace the TRUTH of All That Is. You will also be grateful for the assistance of others who will come into your reality—just when you need them the most.

Most of all, keep your consciousness open. Stay out of polarities and follow the Path of Unity. It is this Center Path that shall light your way to the many wonderful adventures that you are about to discover.

Welcome Home, dear One. We prepare for your homecoming with joy and anticipation.



Blessings on your Journey
Oversoul

INTRODUCING GAIA



CONGRATULATIONS

I AM your guide, Mytria. Thank you for participating in the Integration Chamber. I bow to you and to your courage. By integrating the Violet Light into your consciousness you have begun your transformation into Lightbody. Remember that your Lightbody is not visible to your third dimensional perceptions as it serves from within your earth vessel and resonates in your aura.

At the time of your planetary ascension, you will all release your clay shell to reveal your true, Multidimensional Lightbody. Most of you are members of the Planetary Ascension Team and have volunteered to waylay your personal ascension so that you may combine your energies in partnership with Gaia. Through this partnership of person and planet, you shall manifest the long awaited Golden Age.

Before I introduce Gaia as your next Guide, I wish to remind any newcomers that I am here to assist you with your process in the Violet Temple of Alycone, which is the Great Central Sun for this Galaxy and one of the Seven Sisters of the Pleiades. Did you know, dear Earth Ones, that your planet is our Eighth Pleiadian Sister? Long ago, Gaia was our seventh sister.

Seven is the number of creativity, while eight is the number of eternity. Therefore, we chose our strongest sister, Gaia, to travel far away on her own to become the planet of polarity and choice. "Polarity and choice" means that Gaia was to be the planet where free will was to rein full force. She was to take the energy of creativity and expand it by allowing emotion to be Her force of creation, as well as Her force of destruction. This is why much of Gaia's planet is enveloped with water, the element which rules emotion.

CREATING OUR GALAXY

Back when the Collective Consciousness of this Galaxy was first creating the 3D Matrix for our Galaxy, the members of this Galactic Consciousness were sixth dimensional and beyond. Thus, our world was very pliable. Remember, the sixth dimension is the plane in which the lower dimensional holograms are created. This entire galaxy is indeed a hologram, including Gaia's Earth and your humanoid earth vessel. When we first created the 3D Matrix for this galaxy, we could move the "players" around the game board with no difficulty, as the matrix had not yet been activated into a holographic, 3D form. It was at that time that the Collective Consciousness of this galaxy decided that Gaia would be the Pleiadian "sister" planet that moved away from home to find her personal "self."

Bear with me as I continue with our part of the story, as it is one which is not bound by time or space. When the Collective Consciousness, which was destined to be “The Pleiadians,” first came from Lyra, we lived on Gaia for many generations. However, we found the extreme polarity and emotion of your planet too challenging for our newly evolving souls. We had just left our Constellation of Origin, Lyra, and were still immature Beings. We made many mistakes on your planet, and in fact brought it to the edge of destruction. It was then that most of us left your planet and went in search of a new home.

The constellation of the Pleiades resonated more to our group mind. This is a much gentler world without the intensity of emotion and polarity that Gaia has bravely chosen to incarnate. It was after we left Gaia and moved our society to the Pleiades that we were able to ascend our civilization into the fifth dimension. Because of the more harmonious vibration of this constellation, we were able to ascend long before Gaia. However, we know that upon her ascension Gaia’s power will far exceed ours.

It is largely because of our early experiences with Gaia’s Earth that we have returned at this time to assist you with your ascension. Therefore, once we had set up our home base in the Pleiades and raised our group consciousness to the fifth dimension, and beyond, we began to send emissaries to Earth to see if we could be of assistance.

GAIA’S ESSENCE



Allow me to now go back in “time” to explain more fully how Gaia is our eighth sister. Before the creation of our third dimensional galaxy, Gaia was our higher dimensional eighth Pleiadian sister. However, she was always different from us. Gaia was the most courageous and daring member of our “family.”

The gentle energy of the Pleiadian Essence was almost boring for our vivacious sister, and we wondered how to help our adventurous eighth sister. When Gaia learned of a new Solar System on the outer border of our new galaxy that was giving birth to planets, she desired to inhabit a celestial body in that.

Because Gaia as so restless, she wanted to try a different Solar System. We wanted her to be happy, so we allowed her to move far away to the edge of our soon-to-be galaxy. She was the brave one, the explorer, the one who would hold the cornerstone for the ascension of our entire galaxy. She would be the first

and the last. Meaning, as the first one to leave the unity of her true Family/SELF, she would be the last one to re-join it. You see, in the higher dimensions there is no time or space. Therefore, the Essence of a planet traveling through “space” is not an anomaly, as there is not “space” in a manner which your 3D mind can imagine. There is only Here and Now.

I realize that talking about a planet’s personality may be a new concept to you. However, planets are just very large “people.” Just as you have many aspects of your personality, so do planets. You have hands and feet; the planet has rivers and valleys. As you remember your greater powers, you will create “rivers of light” by using your hands to integrate the higher vibrational energies into your mundane world. Your feet, like Gaia’s valleys, serve as the grounding points for your Multidimensional SELF in your physical body.

Your mind is like Gaia’s sky and your emotions are like Gaia’s waters. Your earth vessel, a humanoid body, is like Gaia’s vessel, a planetary body. You see, planets are vessels that hold a certain form of consciousness, just as your physical body is a vessel that holds another form of consciousness.

A SHARED RESONANCE

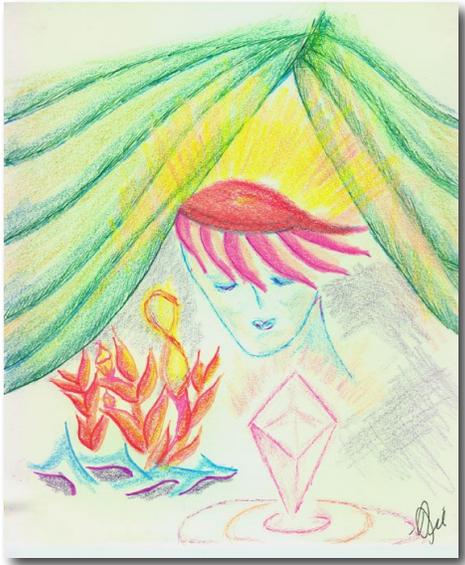
Just as Gaia holds a very daring Essence, so do you. Because of this, you have found yourselves on Earth just prior to the Planetary Ascension. Gaia was always the “wild outpost” of the galaxy, which fitted her personality perfectly. Just as the gentle energy of the Pleiadian System drew us, the Pleiadians, so did the exciting and challenging Essence of Gaia’s Earth draw you. Those of you who have received and accepted this message have had many incarnations on Earth. Many of these incarnations were “rehearsals” to find and practice the contribution to Planetary Ascension which best fits your Essence.

While you basked in the Violet Flame, you reconnected with your true Essence. However, until you have re-wired your current earth vessel to use this sixth dimensional consciousness, it will be difficult to fulfill your important role in Gaia’s Planetary Ascension. Most of you have higher dimensional soul fragments of your SELF on other Star Systems such as here in the Pleiades, Sirius, Arcturus, Andromeda, Antares, and even Orion.

You, the courageous and diverse peoples of Earth, have enjoyed lives on many different planets, galaxies and dimensions. At the same time, life-forms from many different planets, galaxies and dimensions have incarnated on or visited Earth. Now the power of your great diversity can be harnessed by ALL of you joining into the Oneness of “becoming a planet.” However, first you must become your SELF!

Gaia will assist you in recalibrating your physical body so that it can download, integrate and use the Higher Light your consciousness has accepted and integrated while in our Violet Temple. I will now turn you over to Gaia. It is fitting that Gaia shall be your guide now, as you are becoming her “partner in ascension.”

Blessings to you All, Mytria



GREETINGS FROM GAIA



Dear People of my Planet,

I am joyous to have this opportunity to speak to all of you. There is much I wish to share with my humans. I say “my humans” not because I have ownership of you, but because each of you is made up of the same elements and dimensions as this planet. Therefore, as even one of you

raises your vibration towards becoming Lightbody, you facilitate that transformation for the entire planet. We are becoming ONE now, and no “voice” is too small to impact our reality.

In preparation for OUR return to Lightbody, many of you are remembering the lives of other aspects of your Multidimensional SELF wearing the form of Lightbody on different planets, galaxies and dimensions. Now that you have established a communication with these members of your SELF while in the Integration Chamber, they can assist you in your third dimensional form as well. If only one of you can remember even a small portion of the process of becoming Lightbody” in another incarnation, that information will join humanity’s Collective Consciousness to assist everyone.

So that you can join the Planetary Consciousness, more of you are also releasing the illusion of humanity’s superiority over all other species. The Planetary Consciousness encompasses all the inhabitants of my planet, from the first dimensional Mineral Kingdom to the fourth dimensional Elemental and Deva Kingdom. Once you embrace Planetary Consciousness you realize that every portion of my body is alive and willing to communicate with you. In this manner, you can perceive that your external reality exists as the sum-total of the multidimensional planet’s consciousness and beliefs.

Fortunately, many of you, humans and non-humans, are also opening your awareness to an internal reality that is not limited to the external consensus reality. When you welcome the limitless potentials of your internal worlds into your daily life, you will more easily refuse to live by the illusions of the external hologram. Since this 3D hologram is being held in pattern by the force of the thoughts, feelings, and beliefs of the Planetary Consciousness, as each of you changes, it impinges on the hologram to begin to change.

Your refusal to live the lies of separation and limitation of the 3D hologram will greatly impact the Planetary Consciousness, as well as offer others an alternate belief. As you, the members of the Ground Crew of the Planetary Ascension Team, connect with your extra-planetary and multi-dimensional realities, you will be role models for others to do so. At first, you may be ridiculed for your “weird”

beliefs, but your courage to stand alone in the Power of your SELF will offer others inspiration.

Eventually, when the majority of planetary inhabitants focuses their thoughts, feelings and beliefs towards Planetary Ascension, the consensus reality will project that pattern of transformation into the external 3D hologram. Remember, an awakened one, human or non-human, carries ten times more light than one who is still asleep to their SELF. Therefore, this majority will not need to be fifty percent of the planetary humans.

THE BATTLE BETWEEN DOUBT AND PROMISE

When you first go into your inner worlds in search of SELF, you may have to travel so deep inside that you are barely able to perceive your outside life. This portion of the process can be frightening, yet by this time you have realized that the most frightening concept is to be less than your total SELF.

As you journey into the depths of your consciousness, you will become aware of your inner battle between Doubt and Promise. Promise tells you that your inner world holds a reality beyond your wildest dreams. However, Doubt tells you that this reality is impossible, and that you don't deserve it, even if it were. Fortunately, just as you begin to give into Doubt, a still, small voice whispers:

“Stay inside to find the Promise of the reality you desire.”

“No,” reprimands the voice of Doubt, “You cannot have that life. You are supposed to work and struggle to survive! Then, and only then, will you deserve this childish fantasy that you dare to entertain.

“Go ahead,” Doubt snickers, “Pretend you can have that life. Just don't get too attached to it, for eventually you will have to return to work.”

Therefore, you pretend that your dreams are possible; and it feels good, it feels normal. But then, when you begin to really believe the Promise, a steel door begins to close in your mind. You struggle against it, but the struggle makes the door close more quickly. Fortunately, just when you feel there is no hope, you hear the soothing voice of Promise saying:

“You are meant to be happy. You are meant to be comfortable and to follow your Destiny.”

“I am destined only for work,” the angry voice of Doubt returns.

“Yes, you did work,” answers Promise. “That was your lesson—then. You believed that you had to work hard. Hence, working hard became your reality. However, you don't want to believe that anymore. You are tired.”

“Yes, I am tired,” you answer. “I am tired of working and struggling. I almost believe that I don't have to; if only I could get rid of the steel door.”

“Give it to me,” says the gentle voice of Promise. “It has been a heavy burden for you, but it poses no problem for me because I don't believe in it.”

“But how can I give it away? It lives in my mind.”

“**So do I,**” reminds Promise. “If you release to me your steel door, and the rigid thinking that it guards, I will show you how to ignore the voice of your wounded ego, ignore your belief in separation and limitation, and ignore the voice of Doubt. Then you can listen only to me, for I AM the Promise that lives inside. I AM the Promise of your SELF. You see, you do not need to battle, you need only to surrender. Surrender to the Promise that you can only find within your SELF.”

When the war within is won, you are no longer distracted by your inner conflict and can more easily split your consciousness between your inner and outer realities. With practice, you will learn to perceive, and live, your outer life from deep within your SELF. It is then that your process of transformation greatly accelerates. You will also see how, as you change, so does the world around you, because you are spinning out a different energy into your external hologram. However, look not to see that which is grossly different; instead, focus on that which is subtly altered.

COLLECTIVE CREATIONS

At first you will experience a subtle difference in your own life. Then you will see that the collective reality is changing as well. Remember, my ones, slow and steady wins the race. Victory is best assured by a collective creation in which we ALL move together, in harmony and in peace, towards a vibration that is slightly above the one we are in. In this manner, we can steadily and patiently move up the frequency scale, one small increment at a time. Thus, the collective reality of Planetary Ascension is fashioned with a minimum of dissonance, and the planet will not have to alter so abruptly that too many of my inhabitants will die or be injured.

To my dismay, there are those who are resisting this process of transformation. They have not yet won the battle of Promise over Doubt. Therefore, they are still afraid of change and the losses that change brings. Hence, they hold on to what WAS and live in fear of the Unknown. Because of this, they may experience a more dramatic and less peaceful shift. They may need to be ripped from their possessions, pulled from their “Power Over” and shocked into the awareness that we are ALL One. I must warn you now, dear people of my Soul, this fear of loss of “things” must be released or it will create an experience of death instead of an experience of ASCENSION.

CREATING REALITY

Fear is a very powerful creative force and if you fear something, the force of that fear will actually bring it about. If you fear loss, you will create loss, for you will spin that experience out into your hologram. The third dimensional earth vessel is a “thing”. It is not of spirit or of a higher dimensional vibration. It is of the same

vibration as a car, a house or money. It you fear the loss of any of those things you will indeed lose them, as well as the human vessel which uses them. I, Gaia, need you to maintain your physical form in order to assist me until our transition is complete. Remember dear ones, the anchor will rise with the ship.

As you download the higher frequency of your Multidimensional SELF into your physical form, you infuse your “thing” with Spirit and with the Light of the Higher Dimensions. In doing so, you not only assist in raising the vibration of the Planetary Consciousness and the planet itself, but you insure that your transformation will not feel like a loss. You will not have a sense of “losing your earth vessel” for you will have slowly transformed it, increment by increment, into a Vessel of Light. Then the “shell” will merely fall off, as subtly as your third dimensional illusions have fallen away.

The reality is, most of you, my Lightworkers, are already well into the fourth dimension. That is why you are having such difficulty. Your challenge is that you are each actually creating a tunnel through the Lower Astral Plane. This process usually takes a year or two, but that time span will change as our process of Planetary Ascension progresses.

FOURTH DIMENSIONAL CREATION



The fourth dimension is the training ground for life in the fifth dimension and beyond. Manifestation in the fourth dimension is more immediate than in the third dimension, yet much slower than in the fifth dimension. The fourth dimension is more pliable and can more easily morph to accommodate the combined patterns of your mind and heart. Therefore, you more quickly experience the external manifestation of your internal thoughts and feelings. You will also learn that even your “unconscious” thoughts and feelings create your external reality.

The third dimension is static. Change is very slow and, once the change is made, it quickly crystallizes into permanent patterns that are only alterable by hard work and perseverance. On the other hand, the fourth dimension is of a higher vibration and contains more prana, which is intelligent light and the spiritual life-force of the Universe. Because there is more prana in the fourth dimension, creativity is easier, since the prana can more effortlessly fill your thought-forms.

Thought-forms are like the matrix that your combined thoughts and emotions create. A thought-form does not become a reality, however, until you have filled it with the prana of your spirit’s intention. It is the flow of prana that gives life to your thought form matrix. As long as your desire is focused upon the new creation, it exists. However, as soon as you release your desire and intention,

that reality morphs out of your perception. Because of this, there are realities where your creation only exists on a temporary basis.

TEMPORARY REALITIES

These temporary realities serve as a learning experience, as opposed to a reality in which your creation becomes a life path. Some of you will be able to only hold the intention of becoming Lightbody; hence, it will remain only an idea. Others will be able to hold it as a temporary reality, a concept to be pondered. Fortunately, others will be able to make the creation of Lightbody a life path.

If you can hold your desire for Lightbody as a life path, and keep that path conscious in your mundane third dimensional world, you will download more and more of your Multidimensional SELVES who are already Lightbody. You can then ground the vibration of these higher aspects of your SELF into your physical earth vessel. However, first you will need to clear your fourth dimensional unconscious mind of feelings of fear, doubt, and unworthiness.

If you do not clear this fear and doubt it will be too difficult to maintain belief in your worthiness. Without a strong sense of worthiness, you will not be able to maintain your focus on your intention to become Lightbody. Therefore, dear People, remember to go inside to hear YOUR voice of Promise.

CREATING PLANETARY ASCENSION

Once your consciousness is fourth dimensional, there is a splitting-off into many alternate realities. What I mean by this is that you are in the fourth dimensional vibration, yet you still see and experience the third dimensional vibration. However, the third dimension feels removed from you. At first, you feel like you no longer need to be as emotionally reactive to the dramas of 3D life. Then, you begin to feel more and more detached from that world. You still have great empathy for the pain and suffering of that world, but it is “that world” and not “your world.” You still wish to help and contribute, but you are much less reactive to that reality.

Eventually, you get to the place where you are so detached that you know that the third dimension is NOT YOUR reality. This happens once you have downloaded enough portions of your multidimensional SELF that you have recovered the FEEL of fifth dimensional Unconditional Love, Unconditional Acceptance, and Unconditional Forgiveness. Consequently, you hold no malice towards the 3D games and illusions. Thus, you can Unconditionally Love and Accept the process of those who are still limited to that reality.

Eventually, the resonance of your earth vessel rises from third dimensional to fourth dimensional, and the 3D Game becomes the 3D/4D Game. At this point, you begin to feel complete with the process of being “only physical” because you

have come to the awareness that you are a Multidimensional Being who has returned—again—to Earth to participate in the process of Planetary Ascension.

In fact, YOU are a conscious member of the Planetary Ascension Team who has downloaded the “Unconditional” emotions and detached thinking of the fifth dimension into your 3D earth vessel. This manner of thinking and feeling allows you to hold Detached Compassion for all third dimensional life. As a graduate from college, you do not judge a member of the lower grades as knowing less. They will eventually come to realize that there is much more to know and a different way in which to live life.

UNCONDITIONAL LOVE

There is also another element which is important for fifth dimensional ascension. This element is “intentional” Unconditional Love. How do you, as a third/fourth dimensional human, put the conscious intention of fifth dimensional Unconditional Love into your reality? The answer is: you FEEL it. First you feel Unconditional Love for yourself, and then you feel it for all that you perceive. How do you feel Unconditional Love for yourself? You begin by feeling the Unconditional Love that your Multidimensional Soul/SELF has for you. Then you accept that this love is, indeed, YOUR love. It is, in fact, the Unconditional Love that your Soul/SELF holds for your ego/self.

You own this love by believing that your ego/self deserves it. As soon as you can BELIEVE that you deserve love “unconditionally,” the parts of you that do not believe that rise to the surface of your awareness to be healed. Unconditionally Love these portions of your wounded ego that still believe you are unlovable. Love them so hard that they have to submit to your superior wisdom. Tell them that you will carry the banner of Unconditional Love for them. All they have to do is accept the Love that you send to them.

Then you must divide your consciousness. One part must consciously and continuously UNCONDITIONALLY love the unlovable within you. The other part then focuses outward to UNCONDITIONALLY love ALL that you perceive, even that which appears unlovable. This Unconditional Love does not weaken you in any way. It is only conditional human love that creates a weakness. Unconditional Love is a source of the greatest power—Detached Compassion. However, as soon as you begin to add conditions, “I can only love you if you...,” you are NOT detached and you are NOT unconditional. Then your resonance drops, and your love will fall from spiritual love to human love.

In order to only manifest from your Soul/SELF, and not from your ego/self, you must manifest from Unconditional Love, fifth dimensional thought (your imagination) and the purity of intention that can only come from your Soul. Feel now the Unconditional Love that is coming to ALL life, for free, from Source. Integrate this Unconditional Love into YOUR belief system. You do not need to

earn it or deserve it. It is UNCONDITIONAL, without condition. Now wrap this Unconditional Love around you and around your desired manifestation. Allow your imagination full fifth dimensional creativity, and pull it all together with your Soul's Purity of Intention.

LETTING GO

Purity of Intention can only arise from fifth and sixth dimensional Detached Compassion. Because of this, it is helpful to repeat, over and over:

"With Purity of Intention and Unconditional Love, I manifest my Soul's desire."

Then, LET GO. The letting go will activate your fifth dimensional thought, which is best activated by complete Freedom. The process will then proceed on its own. If you begin to feel doubt or fear, repeat your mantra over and over again. "With Purity of Intention and Unconditional Love, I manifest my Soul's desire," over and over until the Unconditional Love and Purity of Intention dominate your consciousness.

I, Gaia, wish you to enjoy your final round as a human in the third dimension. Therefore, I encourage you to create a reality that "fills your Soul." I also ask that you create a reality that "Fills the Soul of OUR Planet." We are becoming ONE now, Person and Planet. Together we will ascend into our true form, LIGHTBODY. The fifth dimension is within your human body, as it is within my planetary body. You have downloaded the Lightbody of your Soul/SELF into your earth vessel and will soon combine your Essence with mine. Inside you are already Lightbody. All you need "do" now is to project that reality out into your 3D hologram with Unconditional Love and Purity of Intention.

I, Gaia, will continue to be your Guide as we complete OUR process together.

Your partner,
Gaia, the Consciousness of Earth

GAIA'S THIRD DIMENSIONAL HISTORY

Beloved People of my Body,

I, Gaia, am ascending. I invite you ALL to join me in this transition. Although more and more of you are aware that we, as a planet, are ascending, the Collective Consciousness of Earth is still filled with fear. For this reason, even my “awake” humans continue to battle fear and doubt. I wish to remind you now that you can release this battle, for your greatest desire is coming to pass in this very moment. We are ALL returning to our SELF. I AM a Star and YOU ARE the Elohim and Angels who inhabit me.

GAIA'S CHILDHOOD



Since you have just come from the cleansing Violet Fire, as well as a stay in the Integration Chamber of the Violet Temple, your battle with fear is largely won. I am here now to assist you in recalibrating your physical body. Then, the higher energy you have just downloaded into your consciousness will be more accessible in your daily, physical life. However, first I would like to share a bit of my history, so that you may remember yours as well.

Once, millennia ago, I was a “child,” a small planet born to the Star named Sol. Sol and His planets wished to accelerate their evolution by taking third dimensional form and attempting to provide life for myriad third dimensional beings. The desire to participate in this adventure is the reason I chose to move my Essence to this Solar System.

The planets who chose to support third dimensional life knew that this would be a great challenge. The remembrance of SELF while in a third dimensional life can be easily lost in the polarity of fear and evil. Evil is “live” spelled backwards, and polarized life can become caught in the counterclockwise spin of devolution rather than evolution. In fact, one of Sol’s planets, Malduk, was indeed destroyed by “evil.” Mars was also once a beautiful world, but it has now become a vast wasteland. Fortunately, Venus was wise to take on life in only the fifth and higher fourth dimensions so that She could assist her sibling planets, primarily me.

LOWERING RESONANCE

In preparation for our descension into the third dimension, Sol slowly lowered our solar system’s resonance by first entering the fifth dimension. It was there that I, Gaia, first allowed androgynous life to experiment with the concept of taking on

form. The Land of Pan was my first civilization, which had some wavering concept of form. After this interaction with the life forms of Pan, my resonance lowered from fifth dimensional to fifth/fourth dimension. My resonance was lowered to the fifth/fourth dimensional because the first seeds of polarity were implanted in the collective consciousness of my beings of Pan. I could not call them humans, as their bodies were very different from the bodies that you now wear. However, the experiences of Pan's inhabitants allowed me to accustom myself to carrying intelligent life on my body.

Lemuria came next to resonate at the threshold between the fifth and fourth dimension. The Lemurians were my first beings to carry any consistent form that resembled humans. They were, however, androgynous with a strong feminine emanation. Of course, there were many other life forms from other systems and planets that visited me, or even emigrated onto my body. They genetically accelerated the evolution of my peoples, but they also brought strife.

Geographic relocation does not solve problems. Hence, these "off worlders" brought their problems with them, which served to further lower my resonance to the vibration between the fourth and the third dimension. It was these "visitors" who first introduced me to the concept of people with a masculine form. Humans with the polarities of masculine and feminine were the ones who created the Atlantian civilization; and it was the fall of Atlantis which served to lower my resonance into the third dimension.

A GREAT TRANSITION

I nearly suffered the fate of Malduk at that time, but Beloved Venus trained higher beings from all over our Galaxy to incarnate as humans or to "walk into" my humans. Many of you who are reading this message are among these beings. I wish to thank you all for your service and to remind you again that your contract for serving me, which ran from leaving the Taurus Photon Belt to entering the Aquarian Photon Belt, is now ending.

I thank you all for continuing to incarnate on my Earth during this Grand Cycle. As we all ascend, actually bringing the fifth dimension back into our form, some of you will remain on higher dimensional Earth, and others of you will return to your Homeworlds on other planets, galaxies, and dimensions.

I wish to tell you today to release ALL fear. Yes, I am undergoing a great transition, just as you are. Yes, my transition is causing pain and suffering, just as yours is. The transition into Lightbody is not easy for us, as we have held third dimensional forms for millennia. Our 3D genetic coding has been replicating itself all this time, and we are asking it to change itself without upsetting our entire system.

I want you all to know that even though there have been “disasters” on my body, I am NOT angry. I am NOT punishing any of my beings who crossover due to my transition. Remember, what may appear as dying is actually part of the ascension process that we, as ONE being, are experiencing. There are many brave Souls who have volunteered to release their bodies in order to assist with our Ascension. Do not grieve them; instead HONOR them for their great courage. Their sacrifice has pulled the world together into the Oneness, which is necessary for the ascension of the ENTIRE planet.

BANDWIDTHS OF REALITY

While you are attending to the Spiritual World in your meditations and prayers, please also attend to the transition of our Material World. Take a long moment in your contemplations to peruse your many incarnations on my body. It is through viewing your alternate realities that you shall remember your Mission. You have practiced this Mission in many of your other lives, which are actually happening as parallel realities in the NOW of the ONE.

Each of these third dimensional realities is separated like channels on a radio station. Each reality has a slightly different resonance, a different “bandwidth,” or “call name.” There are many versions of our Ascension, and I know that you wish to experience the one in which we successfully ascend to the fifth dimension and beyond. You will identify this reality by the “call name” of K-LOVE. Love holds the highest vibration, which is the bandwidth that will be able to successfully make the transition.

The bandwidth of FEAR will not transition into the fifth dimension and beyond, as it is based on separation and limitation. Therefore, fear can only resonate to the third, and lower fourth, dimension. I realize that “Flowing above Fear” is a challenge in the face of the many “disasters” that OUR transformation into Lightbody may cause. However, if you can remember your SELF, you will remember that this reality is an illusion, a hologram.

Many of my humans enjoy watching scary movies. They can do so because they know that the “movie” is not real. It is an illusion captured on an electromagnetic strip of film. I wish to remind you once again, your 3D experience IS an illusion captured on an electromagnetic matrix for form. All of us, including myself, Gaia, have myriad forms, as well as myriad formless expressions of our SELF. The beings, human and non-human, who have left the face of my body due to OUR transition are still very much alive in another reality.

PROTECTORS OF THE LAND

Also, while you grieve the loss of your humans, can you also grieve the loss of the animals, the fish, the flowers, the trees? We are all ONE! ALL of my creatures deserve the same concern and respect as humans. Humans are

meant to be the protectors of the energy patterns of my landed areas, while the Cetacean species is the protector of my waters.

Have you, as humans, fulfilled your promise to respect and protect ALL life on this beautiful planet that WE ARE? Was your consciousness calibrated to receive messages and warnings from the Cetacean family, as was the consciousness of my ancient peoples? I am not judging you, as I know the fear that abounds within my human kingdom. I only wish to remind you that you are NOT victims. Therefore, you do not need to be afraid.

You are the creators of your reality. I encourage each of you to choose to calibrate your resonance to the LOVE channel, so that, together, we can create a transition into Lightbody with a minimum of pain and disaster. I ask each of my humans, the protectors of my landed surface, to harmonize their thoughts, which are form—hence, land, with their emotions, which are energy in motion—hence, water, so that there is no longer dissonance between thoughts and emotions/land and water.

It is humans who have created such violence on my land. It is humans who have not kept their contract to live in peace and walk softly on the earth. I wish at this moment, however, to thank the many humans who have, and presently are, fulfilling their promise as protectors of the land. I wish to thank the many humans who are loving, assisting, communicating and living in peace and harmony in the midst of a world filled with fear and sorrow.

REMEMBERING SELF

It is YOU who are my Planetary Ascension Team. You have sought to remember your True SELF and downloaded your higher vibrations into your physical form. You have suffered the disharmonies, discomforts and confusions of integrating the frequencies of the fifth dimension and beyond into your third and fourth dimensional bodies. It is because of your great service that we shall ascend. It is because of your Surrender to the Flow that we are now a fourth dimensional planet, ahead of schedule for transformation and the End Game of the 3D Illusion.

I ask all of you who have served me so far to continue with your self reflection, continue harmonizing your thoughts and emotions, continue with clearing and balancing your emotional body and hearing and choosing your every thought. Being a victim to change creates more fear, which creates a violent transition. On the other hand, taking responsibility for the life YOU are creating builds a slow, controlled transition. As you peacefully and calmly transition into Light, you GREATLY assist a peaceful, calm transition for the entire planet.

Surrender to the Flow, for “what you resist—persists.” Allow yourself to be ever conscious of what you think and how you feel. Constantly monitor and modulate your own energy of E-motion—water—and your own thoughts and intentions—

land. In that manner you are BEING the Keepers of the Land that you are meant to be.

THE PATH OF LOVE

On the path of love
Through the oceans of fear
The sounds of joy
Are all we can hear

To find the life
That shows us the way
Through the darkness of night
And into the day

We must now feel
The pathway of LOVE
And connect it to Earth
From dimensions above

In that way we know
We're on the right track,
The one of abundance,
And free of all lack

Thoughts of restrictions
And feelings of fear,
We release from our Soul
For the pathway to clear

We're ready to travel
In body and mind
To the place where we know
Our SELF we will find

Fear may surround
The path that we take
But LOVE leads the way
As a new world we make

**I THANK YOU FOR YOUR SERVICE,
I AM Gaia**





A UNIFIED MESSAGE

Dear Ones,
We ARE the Arcturians in union with our beloved Gaia.
And, I AM Gaia, here with the marvelous Arcturians.

Please hear our unified voice, for we have joined our Essence, Gaia and the Arcturians, so that Earth and all planetary inhabitants shall pass through the Arcturian Corridor on our return Home to our true SELF.

GAIA SPEAKS

As you may remember, the Arcturian Corridor is the portal between the third/fourth dimension and the higher worlds. In preparation for our final journey out of the third/fourth dimension, through the Corridor and into our true vibrations, I, Gaia, have joined my Essence with the Arcturians. This means that ALL of my inhabitants have also joined their Essences with the Arcturian Group Mind.

As you know all too well, the majority of my humans have not yet consciously awakened to their higher dimensional SELF. Because of this, humanity's Collective Consciousness is still holding onto the 3D Matrix. Therefore, the reality around you is still bound to the patterns of illusion. However, these illusions are beginning to falter, which causes great fear for the "un-awakening ones," as they can no longer feel secure in their old, 3D reality.

The "un-awakened ones" consciously cling to the past, as their illusions tell them that it was a safer time. Because of this, their fear forces them to live in the reality which is ending rather than embrace the reality which is becoming. Do not allow the fear of those around you to cause you to doubt the loving SELF you have discovered within you. You have downloaded and integrated the fifth/sixth dimensional Light into your consciousness. As a result, you are beginning to perceive the new reality which is dawning. I urge you all to KNOW that the inner messages you have received, as well as your yearning to change, are because of your higher state of consciousness.

I regret that this transition is so demanding for my Awakening Ones. It was not according to the Divine Plan for our return to SELF to be so difficult, but the 3D Game was more challenging than any of us could have foreseen. However, in this "Game" the few have always lead the many into new realities, so the final chapter is not that different from the previous ones. Forge ahead, my courageous new leaders for the Arcturians and I, are always with you. The Arcturians would now like to tell you about the reverse filter.

THE ARCTURIANS SPEAK

We are the Arcturians speaking to you through Gaia's and our combined Essence. We find that when a Being, be it a person, a society, a planet, a solar system or a galaxy is ready to pass through our Corridor into the fifth dimension and beyond, it is best that they join their Essence with ours. In that manner, we are in constant communication with those who are "Ascending Home."

We wish now to tell you about the reverse filter. For all of your third dimensional incarnations, the consciousness of your earth vessel was calibrated to what we call the "reverse filter." This filter acted to "filter out" the fourth dimension and above. Hence you could only perceive the third dimension and below. In order for you Multidimensional SELF to "log onto" the 3D Game you had to put your consciousness through this reverse filter.

As a process of recalibrating your earth vessel to accept and integrate the Higher Light again, we shall assist you in changing the filter in each of your chakras, so that you may filter-in the fifth dimension and beyond. You integrated the Higher Light into your consciousness while you were in the Violet Temple in the Pleiades; now you will integrate that Light into your physical body.

ENTERING THE 3D GAME

To log onto this Game you had to "hit the I Accept button" that said: "You are now endeavoring to partake in the 3D Game of Separation and Limitation. Hence, you will experience a gradual separation from the fourth dimension and beyond. You will also experience an increasing sense of separation from your Higher SELF, as well as from ALL the higher vibrational realities. You have chosen to enter this 'experiment' because you believe, and/or hope, that this LIMITATION in consciousness will spur you on to enhanced evolution."

When you first entered your virtual earth vessel on this 3D Gameboard, a reverse filter had to be placed in your consciousness. This filter automatically kept out the sixth dimensional blueprint of your true SELF, your seventh dimensional Oversoul and the higher dimensional aspects of your SELF beyond the seventh dimension.

As time progressed, "time" being a phenomena specific to this game and unknown in your natural state, the fifth dimension was filtered-out of your consciousness and hence your perception of reality. After the loss of the Lemurian 5D force and the Atlantian 4D force, you also became "unconscious" of the fourth dimension as well.

Of course, there always were the very "unusual" ones with "second sight" who were still able to perceive the fourth dimension. Many of you, the members of the Planetary Ascension Team, were among that small group. You could just not

bear to enter the 3D without any relief from the grinding limitations of the third dimension. However, filtering out the fourth dimension and above became a primary rule of the third dimension, especially during the Dark Ages, and in breaking that rule many of you were punished greatly. Therefore, most of you decided to voluntarily limit your perceptions to protect yourself and your family.

Far back in “time,” when you first entered the 3D Game, you thought the Game would be a good experience, and in the end, perhaps it was. However, since you had never experienced individuality, you had no idea how lonely it would be. Also, in order to create a reality, which resonates only to the 3D and below, the matrix for that reality had to be extremely polarized. In other words, the polarities of good/bad, light/dark, male/female were strictly divided.

LOSS OF INNOCENCE

Since your true SELF sprang from Unity with the Unconditional Love of the Flow, you had never experienced evil, hate, darkness or prejudice and had no concept of how damaging they could be to your Essence. You were like an innocent child going to a terrifying horror movie, and due to your innocence and purity the images of the horror film tainted your consciousness and your perception of reality.

Even though a gradual decline in resonance was planned over the millennia, the 3D experience was still quite overwhelming. Hence, most of you decided that remembering your true SELF was too painful and you chose to forget. That is, until NOW. The long-awaited time of the “Return to SELF” is this very moment. Unfortunately, the habit of 3D life weighs heavily on you.

Consequently, awakening to your forgotten Truth is extremely difficult, and living that Truth in your daily life is even more taxing. Furthermore, the majority of people are still “unconscious” of their true SELF and still deeply entrenched in “winning” or “losing” the Game. The problem is, when you win, from the perspective of your Soul/SELF, you appear to be losing, from the perspective of your ego/self. All the “toys,” accolades, and accomplishments that your ego worked SO HARD to achieve, mean little to your Soul. Since your Soul only wants you to connect with it, it may dare you to release your old attachments in order to turn your attention inward.

CHANGING LIGHT

The “signal” of light that you are receiving from your Sun has progress from 3D narrow-band to multidimensional broadband, much as your dial-up internet access has expanded to broadband and soon, to satellite access. This is



happening because your Solar System is entering the Photon Belt, and the Central Sun knows that Gaia can now accept a higher frequency of light. Yes, Gaia “logged-onto” the 3D Game as well.

In reality, each of you is actually components of Gaia. All the inhabitants of planet Earth are of the same Oversoul, which is a component of your Oversoul’s Oversoul, the Galaxy. Every 12,000 years, when Gaia enters the Photon Belt, there is an opportunity for Her inhabitants to ascend, to “log off” the 3D Game and go Home to their Higher SELF. However, this entry into the Golden Age of Aquarius is different, as the entire Planet is “logging out” of the 3D Game and Ascending Home to SELF.

As Gaia and her inhabitants enter the Photon Belt, the Higher Frequency Light of the Photon Belt bombards your old-fashioned filter and causes it to break down. More and more, the higher frequencies are leaking through your old 3D filter and entering your consciousness. This phenomenon causes great fear for those who are uneducated as to what is actually happening. Therefore, we the Arcturians are calling to all our channels to please spread the word.

Allow us to divert a moment to explain what “our channels” means so that you don’t think that it is some special person. “Our channels” simply means those of you who can hear our call and have gained enough trust in your SELF that you can trust our message to be the Truth. We continue with our communication.

The upgrade in Light, which can most easily be received in the protection of the Violet Fire in the Temple in Alycone, can only be integrated after you have recalibrated first, the filter of your consciousness, then, the filter for your earth vessel. Your old brainwave filter could only consciously receive, integrate and use Beta Brainwaves. Hence, when you were in Alpha, Theta or Delta brainwaves, you were “unconscious” of your external reality. There were those of you who could consciously receive Alpha Brainwaves, IF you were willing to do some “processing.”

When you only used the limited frequencies of the third dimension and below, you only needed to access about 10-15% of your earth vessel’s brain and about 10% of your DNA. The rest of your brain and DNA was considered “junk” by your 3D-bound scientific community. We wish to tell you that Source would NOT create anything that operates at a 10-15% efficiency rate. However, while you were functioning in ONLY Beta Brainwaves, you were using only 10% of your DNA and 10 to 15% of your brain. Fortunately, with your gradual entry into the Photon Belt, this limitation is coming to an end.

LEAVING THE “CAVE”

As always, the first ones to evolve/awaken have the most



difficult time in upgrading their perceptual system. It is much like walking out of a dark cave that you have lived in for many generations. Generation after generation has never left this cave and, in fact, believes that it is impossible to do so.

Therefore, when some young “upstart” says,

“I am going to go outside the cave.”

the “mature ones,” say

“That is impossible!” In fact, they will probably become quite angry.

“How dare you think that you can leave this cave? This cave has served us well for as long as anyone can remember.”

“But I can remember being outside the cave,” says the young one.

“You must have dreamed it. No one can leave this cave,” the mature ones shout in fury. “Now go to your room. We will not have this discussion again!”

The young one then walks away in confusion thinking, “Why are they so angry?”

“Because,” whispers the very voice that told the young one to leave the cave, “They are afraid.”

“But what could they be afraid of?” asks the young one.

“The mature ones are afraid to be embarrassed by discovering that they have been wrong. What if they have lived in this dark cave for generations, when all along they could have stepped out into the Light? If you are right, if you really can leave the cave, then the mature ones will be proven wrong. Then they will no longer be the Leaders. In truth, you will be the leader because you will have shown the way into the Light.”

“I don’t care about being a Leader,” says the young one.

“I am just tired of always being in the dark.”

You, the awakening ones, no matter what your chronological age, are the “young ones.” You are young because you are “young” to the new Self that you are becoming. And, yes, you are all tired of “being in the dark.” Furthermore, you are tired of being in Beta Wave Consciousness. Do you remember the first time you saw the classic American movie, The Wizard of Oz? When Dorothy first stepped out of her old farmhouse, she left her black and white reality and stepped into the multi-colored world of Oz. However, all that Dorothy wanted was to go “home” to her black and white reality.

It turned out that it was all a dream, a mere figment of Dorothy’s imagination, as the “mature ones” of that era were far from ready to leave their cave. Your planet was far from the Photon Belt then, and your Collective Consciousness was deeply embedded in fear, war, and lies.

In spite of this, your reality has changed greatly in that short period of “time.” Now, many of you are wondering, “What if it isn’t just my imagination? What if it isn’t a dream and, instead, it is a reality? What if there IS a way out of the black

and white so-polarized-that-the-colors-“in-between”-cannot-be-seen reality? What if I dared to step out of the cave and into the Light?”

Yes, the “mature ones” will indeed be angry. They will be angry because they are afraid, so afraid that they will try to frighten you as well. If you are right, then they are wrong. They do not want to be wrong because that could make them lose their “Power Over” others. Fortunately, those of you who are longing to leave the cave have no desire to have “Power Over” others. You only want to find your “Power Within.” Therefore, you are not afraid of being wrong, and do not need to be right. You just want to be happy!

You are SO tired of being in the Beta Wave world of 100% outside focus. You have discovered a new reality that can only be accessed from inside yourself. In fact, you feel deeply fatigued as “time” marches on in your 3D Beta Wave world. Each minute takes an hour when you are trapped in traffic, a boring meeting or while performing a mundane task. You are extremely tired of limiting your belief in your SELF and feeling separate from the Light that you KNOW awaits you just outside the cave.

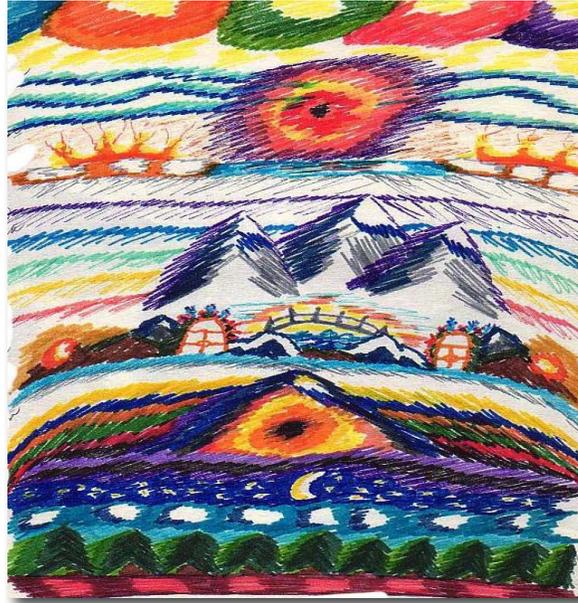
However, as soon as you shift into Alpha Wave Consciousness, you begin to feel connected to... to what...you may not yet be sure. You are thinking that perhaps, and you think this might be true, you will feel connected to your SELF, the SELF that got lost somewhere between your birth and your present situation. In that moment, the moment when you are YOU, time disappears. Hours go by in what would have been a “Beta minute.”



Suddenly, the world is bigger, brighter, more colorful, more fun, and more alive. Why? Because in that moment you have stepped out of the dark cave of illusion and into the Light of your true, Multidimensional SELF. The Multidimensional SELF that you have Always been, but forgot. NOW, it is “time” to REMEMBER.

After you have recalibrated each chakra to change your filter to “filter-in” the higher frequencies of Light, we shall return to you to assist you in releasing the polarities of illusion so that you can better BECOME ONE with your SELF. We are grateful for your participation in this process, and we want to commend you for the great contribution that you are EACH giving to Gaia and ALL of Her inhabitants.

We thank you, and Gaia thanks you,
The Arcturians in union with Gaia



Dear People of my Body, I am Gaia, The Multidimensional Being called Earth.

Before I assist you in recalibrating your chakras, let us take a moment to review them. While you were in the Violet Temple you downloaded and integrated the fifth and sixth dimensional frequencies of Light into your consciousness. I am here now to assist you in recalibrating your earth vessel to this higher octave of Light.

This portion of your integration process is much like “un-zipping” a file in your computer. The “file” of fifth/sixth dimensional Light has been downloaded, but it is not sufficiently integrated into the system to be usable. Because of this, you will need to recalibrate your chakras so that they may recognize, accept, integrate and use the higher frequencies in your earth vessel. Because you are an incredibly complex being, it is best to proceed with this process chakra by chakra.

Because your first, root chakra is the portal through which you connect with and ground yourself into the earth, we will begin with the re-calibration of your first chakra and work upwards towards your crown. Proper grounding is vital for the protection of your health. You can survive incomplete grounding with your current resonance. However, if you are not firmly connected to my Earth body and try to

operate your upgraded fifth/sixth dimensional resonance, you may damage your physical systems.

For instance, it is not necessary to have a third, grounding prong when you are operating an iron. On the other hand, if there is no third grounding prong when you plug in an oven, you will short circuit your entire electrical system. This situation also applies to your physical form. Furthermore, when you connect with the core of my planet, not only am I better able to protect your “circuitry,” but you serve as a step-down transformer, gradually lowering the higher frequencies into my planet and the Collective Consciousness of all my inhabitants.

The Keepers of the Water, the cetaceans, are grounding the Higher Light into my water, and I request that you, the Keepers of the Land, ground the Higher Light into my land. In this manner, we form a partnership of three, Planet, People and Cetaceans, working together towards Planetary Ascension.



REVIEW OF CHAKRAS

Chakras are small vortexes that rest on the surface of your etheric double. Their two functions are to absorb and distribute prana to the etheric and physical bodies and unite the fourth dimensional, astral world with your physical body. We are now going to recalibrate your chakras so that they may serve to also unite the fifth and sixth dimensional worlds with your physical body.

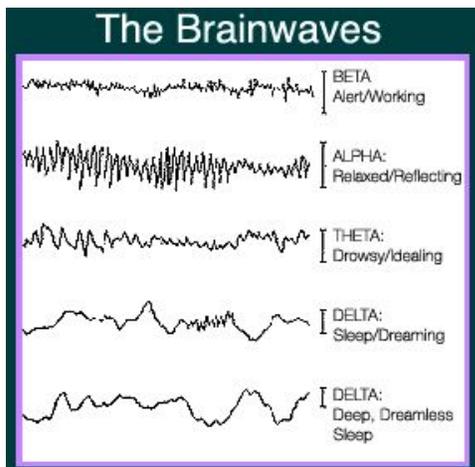
Chakras are like wheels with varying numbers of spokes: fewer spokes with the lower chakras and an increasingly greater number of spokes with the higher chakras. When the prana rushes into the center of the chakra from a right angle it sets up a secondary force. This secondary force sweeps around the chakra with its characteristic wavelength creating an undulation, which catches the spokes and causes the chakra to spin.

The more the chakra can assimilate prana, the faster it can spin, and the more the physical world can interface with the higher dimensions. When you are able to assimilate the fifth/sixth dimensional prana, your chakras will spin at a greatly increased rate. This increased spin of your chakras will alter not only your physical body, but every aspect of your life.

All of your senses, perceptions, and possible states of awareness can be divided into seven categories, which are associated with each of the seven chakras. Each chakra represents certain areas of your body, brainwaves, dimensions, experiences, and states of consciousness. Tensions that are felt in your psyche are also felt in your body via the chakra system. Conversely, tensions felt in your bodies are also experienced in your psyche. The chakras allow your unconscious and superconscious selves to communicate with your conscious mind.

CHANGING YOUR FREQUENCY

Each chakra vibrates to a different frequency, which corresponds to the brainwaves of your different states of consciousness. Brainwaves, like all waves, are measured in two ways. The first is frequency, or speed of electrical pulses. Frequency is measured in cycles per second (cps or HZ), ranging from .5cps to 38cps. The second measurement is amplitude, or strength of the brainwave. The outward focus brainwaves have a faster frequency and lower amplitude; whereas the inner focus brainwaves have a lower frequency and higher amplitude.



There are four categories of brainwaves: Beta Waves, entirely outer focus, pulsate between 13 and 39 cycles per second. Alpha Waves, blend of inner and outer focus, pulsate between 8 and 12 cycles per second. Theta Waves, primarily inner focus, pulsate between 4 and 7 cycles per second, and Delta Waves, entirely inner focus, pulsate between .5 and 4 cycles per second.

You can see by the illustration how the amplitude, or strength, increases as the frequency decreases. When your

Multidimensional SELF is fully integrated into your earth vessel, you will be able to use a combination of all four brainwaves. In fact, there are also extremely high, and low, frequency brainwaves that will become accessible to your expanded consciousness which will assist you in your inter-dimensional travels.

Now that you have downloaded the fifth and sixth dimensional frequencies into your consciousness, your chakras will need to be recalibrated to accept, integrate, and use these higher vibrations in your daily life. Once your chakras can accept and integrate the higher frequencies, they can gradually and safely integrate the higher frequencies into your physical earth vessel. Since each chakra rules a different area of your body, and your consciousness, the integration of the Higher Light into each chakra may create many "symptoms of transformation" in your physical body and your everyday reality.

The inner focus brainwaves, with the slowest wavelength and the highest amplitude, are closer to the crown of your head; and the outer focus brainwaves, and the fastest wavelength with lowest amplitude, are closer to the base of our spine. Each of the seven chakras is in a different location along the spinal cord and interfaces with a corresponding endocrine gland and nerve plexus. Since the endocrine glands and nerve plexuses are the communication hubs for all intra-body interactions, the integration of the Higher Light into the endocrine glands and nerve plexuses greatly assists in the integration of the entire vessel.

BLENDING POLARITIES

Each chakra represents an aspect of your self, as well as an aspect of your third dimensional, polarized reality. As each chakra integrates the fifth/sixth dimensional vibration that your consciousness has integrated, the polarities of that chakra begin to merge into Oneness.

For example:

CHAKRA	ASPECT OF LIFE	BLENDED POLARITY
First, Root	Ego Identity	I Am— We Are
Second, Navel	Home, Possessions	I Have— We Have
Third, Solar Plexus	Thoughts	Individual Thoughts— Collective Consciousness
Fourth, Heart	Capacity for Love	Human Love— Unconditional Love
Fifth, Throat	Creativity	Creating Things— Creating Reality
Sixth, Third Eye	Spiritual Vision	Being a Person— Being a Planet
Seventh, Crown	Beyond Polarities	Being your Multidimensional SELF

UNCONSCIOUS, CONSCIOUS, SUPERCONSCIOUS

The process of integration into your chakras will be divided into the Unconscious, Conscious and Superconscious components of your 3D reality, so that it does not become overwhelming. The recalibration will begin with your first and second chakras, which are usually within your unconscious reality, and your third chakra, which is split between your conscious and unconscious reality.

We will then progress to the conscious component of your reality, your fourth and fifth chakra. Finally, the Third Eye will be opened and integrated with the Higher Light. At that point, we will shift to downloading your chakras into the planet, so that you are fully grounded before you activate the “landing pad” for your Multidimensional SELF—your crown chakra. The integration of your crown chakra shall give you the power to OPEN the doorway to the FULFILLMENT of your Mission.

CHAKRA SUMMARY

SEVENTH CHAKRA ~ CROWN CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
5 D & beyond	5D Soul/SELF And beyond	Brain, Nervous System	Biorhythm, Consciousness	Download 5D SELF Multidimensional Consciousness	Theta to Delta

Seventh chakra symptom of transformation would express through your

- Consciousness as difficulties with mind expansion
- Body/Nerve Plexus as problems with your brain or nervous system
- Pineal Gland as disruptions of your circadian rhythm, sleep disturbances, disruption of serotonin levels, hence anxiety and depression

SIXTH CHAKRA ~ THIRD EYE CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
4D to 5D	Higher 4D & Rainbow Bridge	Eyes, Forehead, Nose, Sinuses	Eyes of Soul, Enlightenment, 4D Travel	Superconscious, Portal to 5D	Alpha to Theta

Sixth chakra symptom of transformation would express through your

- Consciousness as difficulties with inspiration, imagination and spiritual power
- Body/Nerve Plexus as nightmares or problems with your vision, face, head or sleep
- Pituitary Gland as overall body dysfunction (this is the “Master Gland”) extreme mood changes, problems with menstruation, growth anomalies, etc.

FIFTH CHAKRA ~ THROAT CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
3D, 4D & 5D	3D Human communication 4D Higher emotions & creativity 5D Channeling	Throat, Teeth, Hearing, Neck, Voice, Speech	Higher emotions, Higher creativity	Conscious, Higher communications, Higher Creativity, Channeling	Beta to Alpha

Fifth chakra symptom of transformation would express through your

- Consciousness as difficulties with communication and creativity
- Body/Nerve plexus as problems with your throat, mouth, speech or hearing
- Thyroid Gland as sudden weight loss or gain, feeling too hot or cold, hyperactivity or lethargy

FOURTH CHAKRA ~ HEART CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
3D, 4D, & 5D	3D Human love 4D Spiritual love 5D Unconditional Love	Heart, Lungs, Immune system, Arms, Hands	Love, Health, Relationships	Conscious, Inter- & intra-personal interactions, KNOWING	Beta to Alpha or Theta

Fourth chakra symptom of transformation would express through your

- Consciousness as difficulties giving or expressing love in your relationships and your over-all health
- Body/Nerve Plexus as problems with your heart, lungs, immune system, arms or hands
- Thymus Gland as auto-immune disease, frequent illness

THIRD CHAKRA ~ SOLAR PLEXUS CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
3D to 4D	3D Physical Plane 4D Astral Plane	Stomach, Pancreas, Spleen, Gallbladder	Thoughts, Personal power, ESP	Conscious, Daily responsibilities, LEARNING	Beta to Alpha

Third chakra symptom of transformation would express through your

- Consciousness as difficulties with thinking and power struggles with others or within your self
- Body/Nerve Plexus as problems with your liver, gall bladder, stomach, spleen or pancreas
- Pancreas as hypoglycemia, diabetes, acid reflux, digestive problems

SECOND CHAKRA ~ NAVEL CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
2D to 3D	2D human Organs, & Animal self 3D Lower emotions & & Higher mammals	Genitals, Navel, Intestines, Kidney	Lower emotions, Nurturing, Shelter, Survival, creativity	Unconscious, Childhood, INSTINCTS	Beta to Alpha

Second chakra symptom of transformation would express through your

- Consciousness as difficulties with your emotions, ability to give or receive nurturing, or your home
- Body/Nerve Plexus as problems with your reproductive organs, intestines or lower back
- Genitals problems as impendency, excessive sexuality, infertility

FIRST CHAKRA ~ ROOT CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
1D to 2D	1D Minerals & DNA 2D plants & lower mammals	Hips, legs, knees, ankles, feet	Survival, grounding, vitality	Unconscious, Kundalini, Communing with planet	Beta to Alpha

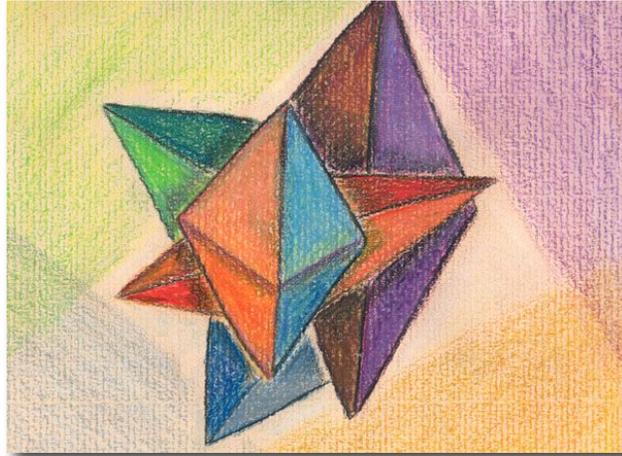
First chakra symptom of transformation would express through your

- Consciousness as difficulties with your daily survival, vital energy or dedication to physical life
- Body/Nerve Plexus as problems with your skeleton, legs, knees or feet
- Adrenal Glands as nervousness, hyperactivity, anxiety and depression

Each chakra serves as a portal of experience and communication with different dimensions to align you with your Multidimensional SELF. The First, Root Chakra is your grounding point to the planet, whereas the Seventh, Crown Chakra is your grounding point to your Infinite SELF. Your Fourth, Heart Chakra serves as the meeting ground of these two 3D polarities. The Second, Navel Chakra is the lower octave of the Fifth, Throat Chakra, just as the Third, Solar Plexus Chakra is the lower octave of the Sixth, Brow Chakra.

As you integrate the Higher Light into your chakra system, you can more easily dispense and integrate this higher vibration throughout your entire earth vessel. Once you are completely “plugged-in” to the planet and “opened” to the Universe, you will activate the added chakras that your expanding Lightbody will need. As your earth vessel shifts, so does your consciousness, your brainwaves, your experiences and your reality. Once you change the frequency that you emanate into your reality, your personal hologram will shift to reflect this higher resonance.

I shall return to you soon,
Gaia



RECALIBRATING THE CHAKRAS

Dear People of my Planet,

I am Gaia, returned to assist you.

In your many incarnations on my planet, you have likely asked:

Where is Love?

Where is Essence?

Where is Consciousness?

Where is SELF?

The answer is:

Wherever you want them to be!

Thoughts, emotions, and intention create your inner and outer reality. With your fifth/sixth dimensional SELF, your true Essence integrated into your Consciousness, you not only know where Love is, your ARE Love! Furthermore, “consciousness” no longer just means “awareness,” it also means “reality.” More specifically, consciousness means, in which of the myriad Realities do you wish to be Conscious?

Take a moment now to look around your external reality. How many thousands of realities can you perceive? Imagine that you are viewing reality from the perspective of a rock, an insect, a plant, a bird, a cat, a lion, a whale.

Now look at reality from the perception of humanity. See life from the viewpoint of a beggar, a millionaire, a laborer, a genius, a schizophrenic, and a guru.

Now open your Eyes of Soul to see life from the vantage point of an Ascended Master, a Faerie, a Deva, an Angel, and an Elohim.

The entire Multidimensional Universe is yours. All you need do is CHOOSE your Point of Perception. The question is not about how many realities there are, as there are more than you could count. The question is, instead, how these myriad realities live in, or on, my planet, EARTH.

Reality is not a static, an absolute. Reality is a viewpoint, a perception as seen through the eyes of the beholder. The question is, "Which reality do you wish to behold?" Actually, the question is, "Which REALITIES do you wish to BE?" Fortunately, since you are a Multidimensional Being you needn't limit yourself to one reality. In fact, you no longer can. With the integration of your Soul/SELF into your consciousness, you have lost your ability to see the world as a collection of separate boxes. You have awakened!

Your Soul is now the Captain of your earth vessel, and its first job is to recalibrate your physical body to accept and use the Light of the fifth/sixth dimension. Your Eyes of Soul are opened, and the countless illusions of your 3D hologram have been, and are continuing to be, revealed. Furthermore, when your physical body is recalibrated, chakra by chakra, you will be able to use your multidimensional powers in your daily life.

Your portal to inter-dimensional travel, your inner Lightbody, has been activated and your inner multidimensional perceptions have been aligned with your consciousness. The question is no longer, "What is reality?" Because you have expanded your consciousness, you have awakened your ability to simultaneously experience a multitude of realities. Hence, the question is, "How many realities can you experience at once without becoming overwhelmed?"

To avoid feeling overwhelmed, it is helpful to:

- Calibrate your brainwaves beyond the singular, inner focus of Beta Waves.
- Open your minds to know only Unity.
- Center your emotions to feel only Love.
- Step out of the illusions of polarity so that you may release ALL judgment.

In order to liberate your self from the duality of judgments, such as good/bad, love/fear, you/me, you must release the "good" judgments, as well as the "bad" ones. Only in that manner can you find the "in-between," the place where there is no polarity for there is no separation into opposite polarities. It is here that you will find the "fulcrum point," your "launching pad" into the higher dimensions.

Your Soul/SELF is becoming the Captain of your earth vessel, and your ego/self is being re-assigned as the "Director of Mundane Life." Your Soul is ushering in your Multidimensional Consciousness, while your ego keeps you operational in your everyday life.

In order to allow this transition, take a moment now to:

Center on your inner SELF
Take long, slow, deep breaths to clear your mind
Feel the inner LOVE of your Soul/SELF
Allow your Soul's Intention to enter your awareness
Release the control of your ego
Surrender to your SOUL

While you are undergoing the process of “changing operating systems” from ego/self to Soul/SELF, there likely will be some disruptions in your daily life. In fact, it may feel like you are being barred from stepping forward into your new reality. In fact, this may be true, as your ego may be waging its final battle to maintain its attachment to the third dimensional structure of limitation and separation. Although your Soul encourages you to look just beyond the curtains of illusion, your ego declines, as it feels safer within the habitual blankets of illusion.

Because of this inner conflict, simple things that once seemed easy may now be causing you problems. Your Soul says, “Relax, I can handle this in a new, more efficient manner.” At the same time your ego says, “Do it the way you always have because you know that works. Besides, it is much easier to stay the same than it is to change.” It is in these moments of confusion that you stand at the crossroads of familiarity or change. However, before you make your decision, remember that what is difficult for your ego is simple for your Soul. Over “time” you will make your decisions, and it is these choices that will direct your process of transformation. Most of all, know that YOU are ALWAYS in control. The question is, “Which YOU is in control?”

The way in which you can “choose” your Soul is to:

BELIEVE in Unity,
KNOW only Love, and
Release ALL judgment.

In this manner, you will be allowing your Soul/SELF to correct the situation that appears to be “outside” of you. The truth is that it is you who is creating the “outer battle” by projecting your inner confusion into your external hologram. LET GO of these battles, both inner and outer, and Surrender to Soul. From the perspective of your new Captain, your solutions will be revealed and the “problem” will be solved. While your ego is lost in the dense “forest” of life, your Soul has the viewpoint of a control tower on the highest mountain peak.

The higher dimensions are aware of the lower dimensions, but the lower dimensions can only imagine the higher dimensions, Just as you can see that a two dimensional being, such as a rock, has volume, your Soul can see that your three dimensional being has Spirit. It is your Great Spirit that will carry you through your transition. Once you have fully integrated the higher dimensional Light into your consciousness and earth vessel, you will perceive reality quite

differently. For one thing, reality will not be “something that happens to you.” Instead, reality will be “something that you are constantly creating.”

You are now ready to begin the recalibration and integration of your chakras, beginning with your Root Chakra. I will return soon, as I have never left. How could I leave, I AM the Planet. In the meantime:

May Love
And Light



Bless and
Guide You

In EVERY Moment
of the NOW



And in ALL
Your Dimensions

THE UNCONSCIOUS



In the Unconscious Section, you will be guided to recalibrate your First—Root Chakra, your Second—Navel Chakra, and your Third—Solar Plexus Chakra.

INTEGRATING



THE FIRST CHAKRA

GROUNDING your consciousness in your body, and your body in the Earth is the main theme for the First, Root Chakra, which is located at the base of the spine.

FIRST CHAKRA ~ ROOT CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
1D to 2D	1D Mineral K. & DNA 2D plants & lower mammals	Hips, legs, knees, ankles, feet	Survival, grounding, vitality	Unconscious, Kundalini, Communing with Gaia	Beta to Alpha

First chakra symptom of transformation would express through your:

- Consciousness as difficulties with your daily survival, vital energy or dedication to physical life
- Body/Nerve Plexus as problems with your skeleton, legs, knees or feet
- Adrenal Glands as nervousness, hyperactivity, anxiety and depression

The First Chakra prepares your body for the download of higher frequencies by grounding your physical body, and by maintaining enough vitality and strength to maintain the download. The first chakra represents the polarity of I AM/YOU ARE.

SYMPTOMS OF TRANSFORMATION: While recalibrating your first chakra you may feel insecure and fearful. You may become absent-minded because you feel ungrounded and, hence, have difficulty concentrating. You may also have difficulty with your finances and day to day necessities. Whatever security you derive from material things can become threatened. There may also be problems with whatever it is that you perceive as your “base of operations” in physical life. You can become self-indulgent and self-centered and/or suffer from

depression and grief. Your body may reflect your inner conflict with the symptoms of hemorrhoids, constipation, sciatica, or prostate problems.

All of the above emotional, behavioral, and physical health issues have to do with an inability to “Let Go” of the material world and Surrender to Soul. For example, if it is difficult for you to release your financial worries, it is likely because you are seeking comfort in material things or in activities that your budget does not allow. If your body is having difficulties with your sciatic nerve, lower back and/ legs and feet, your body language is saying, “I am struggling to move forward.” In this case, you will need to “Let Go” of the past and move into the future.

Problems with your sexual organs can arise from frustration about lack of creativity in your life. Therefore, “Let Go” of some of your mundane responsibilities and limiting structures to embrace the expanded creativity that the Higher Light has brought into your consciousness.

In other words, release what is ending and “step into” what is new. Through out your recalibration process, remember to remind your ego/self that it is not being replaced, but merely re-assigned. Allow the Unconditional Love, Acceptance and Forgiveness of your Soul/SELF to gently nudge your ego into its new assignment.

INTEGRATED FIRST CHAKRA: When the first chakra is recalibrated and integrated with the higher dimensions, you will feel more secure, grounded, and stable because you feel the constant presence of your inner Soul/SELF. You will easily use “common sense” to balance your finances, as your sense of security will release you of any addictive urges to “feel better by spending more.” Your expanded creativity may even allow you to “step into” new and prosperous financial ventures. Also, with the ever-present guidance of your SELF, even your daily responsibilities provide new opportunities for creative expansion.

Your eliminatory system will function well, neural activity in your legs and feet will be healthy, and your ability to initiate sexual encounters will be comfortable and natural. You will also be motivated to live the balanced life, which will maintain your healing. However, the physical world “outside” of you will still be filled with imbalance and disharmony. Therefore, you will need to maintain a routine that allows you “time” to Love your mind, body and spirit.

Do not feel discouraged if old problems return. Remember that you “Let Go” of them once and you can do so again. Also, as a vanguard for this transformation you must do, think, and feel whatever is necessary to become the “Keepers of Land” that you are becoming. Honor your Soul/SELF daily to stay in constant communication.

Your root chakra is the home of the Sleeping Serpent, your Kundalini. As you clear and balance this chakra, Goddess Kundalini Shakti can awaken and more

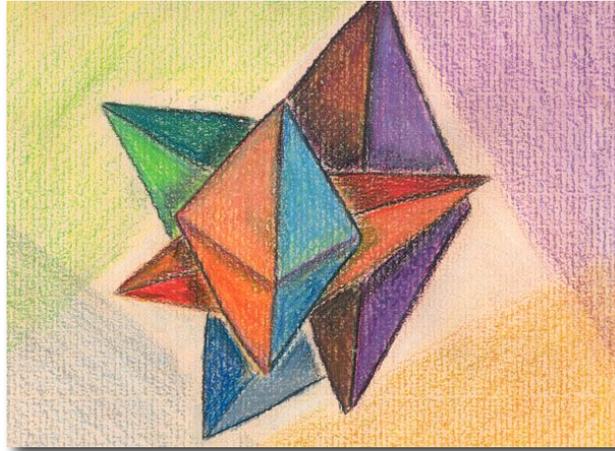
easily rise to unite with Lord Shiva in your Crown Chakra. At that moment you shall unite with your Divine Complement to return to the complete Multidimensional Being that you have ALWAYS been.

For more about the First Chakra, please click:

http://www.multidimensions.com/uncon_body_1chakra.html

For more about Kundalini, please click:

http://www.multidimensions.com/uncon_body_chakras.html



RECALIBRATING THE FIRST CHAKRA

FIRST CHAKRA MEDITATION

Dear People of my Planet,
I am Gaia, returned to assist you in recalibrating your First, Root Chakra. Please take a moment to feel the Love and Support that I am sending to you. I wish to thank you for assisting me in OUR process of Planetary Ascension. In return, I am here to assist you in your process of Personal Ascension. Together we are Returning to SELF. Are you ready now to recalibrate your First Chakra?

GOOD! You may find it helpful to exercise or stretch before doing the meditation as it quiets your body and prepares you for greater concentration.

1. Find a comfortable place to sit, either on the ground or with your feet on the ground, as this first chakra's main focus is grounding.
2. The first chakra's element is earth, so you may wish to find a crystal, or a rock, to use as a focal point for this meditation.
3. The sense of smell is ruled by the first chakra, so you may wish to light incense or scented candles and/or focus on your environmental aromas.
4. Breathe the color RED into the base of your spine and chant "e" as in red.
5. Visualize yourself in your favorite place in nature...feel the loving energy of the Earth as it enters the base of your spine...in turn, send your love down, deep into my earth...feel your energetic "tail" as you intimately connect with the earth.

6. When you finish your meditation, take a moment to feel your “tail” connect to the earth of my planet while you are sitting, standing and/or walking throughout your day. To remind yourself of this connection, think or say the following mantra as you go about your daily life.

MANTRA: I AM fully grounded and connected with the Earth.

INTO THE BODY



Before you focus on your body, take a long moment to intimately connect with the Essence of your Multidimensional SELF. You have integrated that Essence of SELF into your Consciousness while in the Integration Chamber of the Violet Temple. You are now ready to integrate fifth/sixth dimensional SELF into your physical body, one chakra at a time.

Take a long moment now to recognize, FEEL and “breathe-in” the Unconditional Love emanating from your Multidimensional SELF.

Allow this Unconditional Love to enter your **Crown Chakra** and swirl around in your mind to expand your consciousness.

Now, permit the Unconditional Love to connect with your **Brow Chakra** and stimulate your Higher Vision.

As the Essence of your SELF enters your **Throat Chakra**, you feel an immense urge to create a new life.

Open your **Heart Chakra** to absorb the Unconditional Love, as well as the Unconditional Forgiveness and Acceptance that emanates from this Love. Take a moment to share these non-polarized Unconditional Emotions with all the 1st, 2nd and 3rd dimensional portions of your earth vessel.

Experience how your “Power Within” expands as your **Solar Plexus Chakra** accepts the Unconditional Love, Forgiveness and Acceptance from your opened heart and Higher SELF.

As these higher, unconditional feelings enter your **Navel Chakra**, your innate instincts and intuition are amplified.

Focus your expanded consciousness, higher vision, higher creativity, unconditionally loving heart, “power within,” and amplified instincts and intuition enter your **Root Chakra**.



As these multidimensional aspects of your SELF enter your Root Chakra, you instantly feel the force of Kundalini pulsating upwards towards her Divine Complement in your Crown. Lady Kundalini acknowledges your presence, but is single minded in her purpose. You feel your Lightbody anchored in your earth vessel through the coiled snake of Kundalini, and recognize the true Essence of your SELF that your Inner Lightbody protects.

Merge with your Lightbody by allowing it to coil around you. As you do so, the portal to the first and second dimensions opens. Down into the core of Mother Earth you go to ground your Light and to share it with me, Gaia. Into the Mineral Kingdom you travel. You experience yourself as the matrix within the crystal of my planet and the matrix for your first eight cells of this embodiment. All around you are

consistent, repetitive geometric patterns which lead you deeper and deeper into the Crystal Kingdom of my planet and your person.

Deep inside my core now, you see and feel my crystal heart, pulsing the heartbeat of my planet. Your increased instincts make you aware that my heartbeat is gradually accelerating from seven cycles per second (cps) upwards towards 13 cps, which is the rate at which polarities will cease to exist.

You feel a flash of recognition from my heart, as I, Gaia, welcome you into the core of my heart. A small fragment of your Essence will remain here for all "time," until time is no more and you and I, Gaia, ascend into our new fifth/sixth dimensional Home.

Gradually, you rise to my surface to commune with my second dimensional world. As you enter my deep underground caves, you are a bat hanging from the ceiling, as well as a drop of water flowing in my deep underground caves. You follow this flow on to the surface of my body and become a stream, a brook, a river. You are a fish, a tadpole, a frog.

As you jump onto the shore, you are the insect that the frog was pursuing, then the plant that you, the insect, is feeding on. Your reality is one in which all you DO is eat, mate, procreate, survive, and die. Your consciousness is very small, yet simultaneously connected with the body of my entire planet. You sense when it is about to rain, when the wind will blow, or when the sun is rising and setting. You don't ponder these events, they just ARE. You do not think, you do not feel, you simply ARE.

Imagine your 3D human self now sitting upon my earth, beside a tree, or on a rock. Feel ALL the dimensions of life that you have just experienced inside your human earth vessel, as you welcome my Essence, the Essence of Gaia, entering the base of your spine. As you do so, allow me to assist in the recalibration of your Root Chakra.

Experience the sensation of being the first and second dimensional aspects of your physical body. You are your individual cells, and the atoms within each cell. Your first dimensional perspective allows you little consciousness of the external reality, yet it also ushers you into the quantum reality of unity with All That Is. You are a wormhole, a vortex, into all that can be imagined. Your consciousness now expands into the second dimension.

You are the organs of your body, independent in your casings, yet dependent on the entire body for life. You are your organs of procreation, your kidneys, your pancreas, your heart, your brain. Your first dimensional self connects all these organs through the hormones of your endocrine system, your blood and the molecules of oxygen that your blood carries.

You are your body, without thought or emotion. You are the physical form that holds your consciousness and your Multidimensional Essence. You are every organ, every bone, every cell, and every atom. You are your DNA. You are a chemical factory. Your first chakra activates adrenaline for survival—fight or flight—and testosterone for your masculine power source. Feel your Inner Warrior who is activated with these hormones.



Take a long moment to breathe your conscious awareness and personal Essence into EVERY portion of your body. FEEL your Inner Warrior within your Root Chakra as you emanate your Power of Initiation and Responsibility of Protection. Now breathe this Power and Responsibility down from the base of your spine, through your thighs, past your knees, down your calves, into your ankles, through your feet and deep into the earth to ground your Inner Warrior into your everyday life.

Your Inner Warrior gives you the courage to pursue what you want and protect your right to a happy life. If you have physical symptoms with your right hip, leg, knee, ankle or foot, your Inner Warrior is held back because you fear your own WILL. If you have problems with your left hip, leg, knee, ankle, or foot, your Inner Warrior is held back because you fear your INSTINCTS AND EMOTIONS. Use the courage of your Inner Warrior to confront these fears, and “Do It Anyway!”

Your first chakra also rules many of your eliminatory organs. Breathe into your Root Chakra again. Feel your Inner Warrior. What do you need to release so that you can move forward?

Call upon your Inner Warrior to find the COURAGE to release it NOW!!

MANTRA:

I call upon my Inner Warrior to release _____ so that I may have the
COURAGE to _____

Because you are a warrior, you are brave enough to initiate the total transformation of your earth vessel. From the world of the first and second dimension, the higher dimensions seem far away, yet you are more in harmony with your true Essence than ever. There are no emotions to make you forget your SELF. There are no thoughts to distract you from your SELF. You simply ARE your SELF.

In your simplicity, you can embrace the perspective of total unity. You exist as an unbroken link in the chain that connects you with All That Is. You instinctively know that the polarities of the lower dimensions blur into one as the circle of life is completed. You feel a shift in your root chakra, an opening, a release of tension like turning on a faucet or a flicking on a light switch, the circuit that was once closed is now opened.

You are connected to All That Is AND you are connected to my planet. Remember to maintain your connection to your Lightbody that is coiled within the “snake” of your Kundalini. From within your Lightbody, which is within your physical body, welcome your Soul as the new Captain into the base of your spine, the ROOT of your earth vessel. Feel your ego step aside to “hand the reigns” over to your Soul—YOU! You are Soul who has NOW become Captain of your earth vessel. Your first assistant is your ego. The polarities of your ego’s “I” has blended into the unity of your Soul’s “WE.”

You are ONE with your Soul now and ONE with your SELF! In fact, you feel ONE with everyone, for as you recalibrate your First Chakra, the strong polarities of “I am” begin to blur into the unity of “we are.” The Arcturians will assist you with the “Blending of Polarities,” for they are the Ascension Masters. Their Arcturian Corridor is the primary portal into and out of the physical worlds. As guardians of this portal, they are immediately there when an individual, civilization, and/or planet approaches the “time” when they are ready to raise their resonance to the fifth dimension and beyond.

With each chakra that you recalibrate to the higher frequencies, another illusion of polarity blurs into the Oneness of the higher frequencies. Because of this, I now introduce the Arcturians who will guide you through the “Blending of Polarities.”

I will return to guide you through recalibrating
your Second Chakra.
Until Then, and Always,
Gaia



a



BECOMING ONE

Greetings,

We, the Arcturians, return to assist you in the process of “Becoming One.” As you accept, ground and integrate the higher frequencies in your earth vessel, you will automatically release the illusion of polarities. Yes, our ones, polarities are, indeed, an illusion. The TRUTH is we are all ONE. Just because your 3D vision cannot see the connection between All That Is, does not mean that the connection is not there.

Each of your chakras represents a different area of your Earth experience, as well as a specific illusion that condenses your reality into the third/fourth dimension. As a result of the recalibration of each chakra, another veil of illusion will be removed. Since we have the honor of serving your galaxy during times of descension into the lower worlds and ascension into the higher worlds, we are to be one of your Guides during your experience of Return to SELF.

Let us begin by reminding you that polarities are not “good” or “bad.” Polarities are what separate the Oneness into the experiential realities of the third and fourth dimension. You chose to “play the 3D Game,” and very bravely so, we might add. We have watched your process since you first lowered your resonance to enter this 3D Matrix. Just as you are recalibrating your form, via your chakras, to accept and live within the fifth dimension and beyond, we were there when you recalibrated your Lightbody to live within the fourth dimension and below.

We realize that your ascension process can be quite difficult for you, as you have lived many thousands of incarnations in that low vibration. Fortunately, after lives of great spiritual progress, you were able to visit some of the myriad higher dimensional realities of your Multidimensional SELF. Unfortunately, after lives of

extreme attachment to the physical reality, you could barely raise your consciousness enough to realize that you had, in deed, crossed over. You see, you never “die,” you just shed your earth vessel and return to pure consciousness. However, the manner in which you created each life predisposes the manner in which you create your death. Yes, of course, if you create your life, you also create your death. When your illusions are all released you will fully realize that “birth” and “death” are actually the process of your consciousness “entering” and “exiting” the 3D Matrix.

As you recalibrate your chakras back to their original bandwidth, your consciousness will no longer be restricted to the third dimension and below. Your current earth vessel, without the modification that you are now making, is calibrated to the light frequency of above infra-red and below ultra-violet and the sound frequency of about 50Hz to 8000 Hz. Light creates the matrix for the reality you wish to experience, and sound activates the matrix: “in the beginning was the Word.”

On the other hand, your Multidimensional SELF has no such restrictions. Already you are all beginning to experience the greater reality that hides just beyond the veils of illusion. When you first lowered your resonance enough to go through the “reverse filter,” the duality of 3D, polarized reality “separated” you from your Divine Complement, the other polarity of your SELF. Many of you are growing weary of the restrictions and limitations of the third dimension, while your heart longs to reconnect with the other polarity of your SELF, your Divine Complement.

The urge to go Home is ever-present, yet you remain to fulfill the promise you made before this incarnation. You, our brave warriors, are the members of the Planetary Ascension Team. Not all of you remember that fact, but as each one of you awakens, your first act will be to go out and awaken others. We wish you to know that we are ALWAYS with you in that endeavor to speak your Truth. Just as we can speak to and through this channel, we can easily speak to and through each and every one of you. All you need “do” is REMEMBER that we are HERE!

But where is Here, you may ask. HERE is EVERYWHERE. We resonate to the fifth through eighth dimensions. Therefore, just as you are easily aware of the first and second dimensions, we are easily aware of the first through fourth dimensions. Also, just as the first and second dimensional kingdoms are “inside” of you, you are “inside” of us. It is the “outside” reality that is the illusionary 3D matrix. YOU are even “inside” of the 3D matrix for your earth vessel. YOU have “logged onto” the 3D Game of Separation and Limitation. The “virtual reality” is outside, and YOU are playing that virtual reality from “inside” your SELF.

Fortunately, because you are a multidimensional being, you can be simultaneously inside and outside of the 3D Game. In order to remember that

ability, you will need to release the illusions that are created by the polarities of the 3D Game. You may ask now, "How do polarities create illusion?" We are happy to answer that question.

The first illusion is the separation of "I" from "We." In TRUTH your "I AM" consciousnesses actually is a "WE ARE" consciousness, as there is no separation between the two. Even so, your physical perceptions are limited to the bandwidth of the third dimension and below, and cannot perceive the "in-between" I AM and WE ARE. From our perspective in the higher worlds, we can easily perceive what is in-between the polarities. In fact, we see "polarities," such as you/me, good/bad, love/fear, as only the edges of a spectrum.

The reverse-filter of the earth vessel through which you "log-on" to the 3D Game, is a filter that "filters out" the in-betweens of the "polarities." As you recalibrate each chakra, you change the filter for each chakra to allow the in-between to be "filtered-in." Once you can consciously perceive and experience the entire spectrum, there is no longer a polarity, and hence, no longer a reason for judgment. Judgment is based on separation, even separation from SELF, which is why you too often judge yourself. Using simple Earth logic, if judgment is based on polarities, then releasing judgment will assist you in releasing the illusion of polarities.

As you can see, the release of judgment is a vital component in your ascension process, and one that you will likely find VERY challenging. Judgment has served you many lifetimes in staving off fear. When you fear something or someone, you can judge them as "bad" to place them "out there," away from you. Think about it. How often have you judged someone, or something, that you fear? That is a bad storm," or "That is a bad person."

These statements separate you from who or what you fear. On the other hand, when you have "good" judgment of love, you place them "in here," inside or close to you. For example, if you make the judgment of "I love you because you are so good to me," or "I love this beautiful weather," you want to be "in" the weather or "with" the person. This good/bad judgment is the basis for conditional 3D love. When your ego/self judges someone or something as "bad," you place them "out there" and withdraw your love.

On the other hand, when you see reality from your Eyes of Soul, you release all judgment and love everyone and everything unconditionally. Even "bad" weather is not an enemy. Instead, it is seen as a manifestation of the collective consciousness of that area of Gaia's planet. Furthermore, since you are not "separate" from the planet, you take responsibility for your contribution to weather and endeavor to "clean up" your thoughts and emotions.

In fact, YOU are the planet, because without the polarities of illusion, there is no separation. Even in your third dimensional reality you invisibly connect with

where you live and with whom you live. Also, you are now, and have ALWAYS been, connected to your true, Multidimensional SELF. As you become fully aware of this fact, you will realize that YOU cannot die, as you are ONE with infinity. YOU have chosen to “log-on” to the matrixes of the 3D experience with many planets, galaxies, and dimensions—including your present 3D life on Gaia. It is our Mission and our Commitment to assist you in remembering that, just like we, the Arcturians, YOU are pure Multidimensional Consciousness.

When you can realize that fact, amidst the illusions and dramas of your 3D reality, you have returned to your SELF. For when all illusion is released, all that remains is the TRUTH.



BLENDING POLARITIES I I AM/WE ARE

Dear Ascending Ones, because you have recalibrated your first chakra, the polarities associated with that chakra, the polarities of “I AM/WE ARE,” will slowly blend into the Unity of the ONE. We, the Arcturians, are here now to assist you with that process of “Becoming One.”

The filter in your first chakra creates the illusion that you are an individual entity who is completely separate from everyone else. In the early days of Earth, while the planet still resonated to the fourth, and then the third/fourth dimension, everyone could perceive and experience the fact that all reality was interwoven into a common tapestry.

In the early days of 3D reality, after the fall of Atlantis, the Borderland between the worlds was common knowledge. Also, the “primitive” tribal people saw everyone in their tribe as an extension of themselves. Even modern day children are not aware of their individuality until at least two years of age. As you “grow up” in today’s modern world, what is it that so convinces you that you are separate from others?

The main thing that happens is FEAR. Something and/or someone frightens you, and your first instinct is to SEPARATE yourself from the source of the fear. It gives to safety to separate from what frightens you. Especially when you are a child and have little control over your life, one thing you can do is to believe that you are separate from the source of your fear. Whenever you “believed” that you were separate from someone or something, a wall went up in your mind and in your heart. Then, you truly were separate.

Now that the integration of Higher Light has raised your resonance, you are able to perceive realities that were once filtered-out of your conscious awareness. As you recalibrate each chakra, your ability to take in higher dimensional realities is

increasing “at the speed of light,” and everything around you is changing so fast that you often feel like you can hardly keep up with your self. If that is not enough, fear constantly threatens you to go backwards to what you once thought of as safe. Fortunately, you have promised to ground your power and initiate the life you KNOW you deserve. Because of this promise, the inner Warrior of your First Chakra urges you onward.

As you fulfill that promise, there are many things that you just can't tolerate any longer. It is not that you have a judgment against them, it is just that they don't exist for you any longer. They are “not YOUR reality.” You can feel that something is shifting very deep inside of you. The regular world is still “regular,” but you are not a part of that world. You are in it, but not connected to it. Instead of being connected to what is ending, you have decided to join forces with that which is beginning.

The old world is much like a parallel reality going on around you. You see it and it sees you; but your worlds are so different that, even though you are both “here,” it appears that you see that world “through the glass darkly.” It seems as though you are ½ octave above that vibration. Because of this, you have no emotional connection to that reality. Hence, you are completely neutral, not connected by ANY emotion. You feel this way because it is true. Your resonance is rising and your attention is being captured by the many higher dimensional realities beyond the physical plane.

You realize now how emotions work to bind you to a certain reality. Once you disconnect emotionally, it is as if you are not really “there.” Instead, you are observing “there.” Unfortunately, you still likely have doubts about your perceptions, and still you doubt that you can trust your new experiences because you want them so much.

Ah, there it is—an emotion. However, the emotion is actually a desire. However, this desire is different. It is not that you want something. The feeling is more that there is something, or someone, that is beckoning you. This call is like a homing beam and a compass in a starless night. The only thing that gets you off course is self-doubt and its best friend, fear.

When you stay out of doubt and fear, this desire pulls you along, as you journey deeper and deeper into the unknown. Even though the world around you is the same, your place in this world is vastly different. Again, it may not seem different to others, but only seem different to you. However, different it is, as all around you illusions are being unveiled. Your desire, your inner compass, is the only thing that you can trust as being “real.”

Why does your life, your reality, feel so different when it looks the same? The answer is that you are a pioneer, a spiritual warrior, constantly navigating between your doubt and fear to find the WAY. You sense that your time in this

reality is coming to an end, yet you simultaneously know that YOU are not going anywhere. Both options are correct, both are real! It is the old concept of your ego/self, and the reality that “self” lived, that is leaving.

You are learning a new WAY to deal with your personal relationships as well. You can fake your appearance for others but not for those who know you intimately. They probably wonder why they see you so differently when you “look” the same. On the other hand, most of them are also changing so much that they are too distracted to even notice your transition.

Your male and female energy polarities are more intermingled now, and any gender roles you once had are scrambled. You are aware of your Divine Complement inside you, rather than above you, which makes you feel more androgynous. At the same time, you also feel more feminine and concurrently more masculine. With the integration of your Divine Complement and Soul/SELF into your consciousness, instead of being who “YOU ARE,” you are BEING who “WE ARE.” We, confusing as it is, are the many people inside of you, as well as the many people outside of you.

You observe yourself wishing to project your fear out to your mate; after all, what is a relationship good for if not for having someone to blame? You were not as conscious of this behavior before, but now that your male and female energies are blending into one, you can no longer blame your mate for what you are hiding from yourself. You can no longer say, “It’s not MY fault,” as everywhere and everyone is an expression of YOUR reality. You can no longer say, “He, or she, did ___ to me.” “He/She” “You /Me” are the same.

The tactics of “blaming another” no longer works since your vibration has risen into a higher dimension. Of course, that does not mean that your ego does not try to repeat those behaviors. It is just that those old behaviors no longer work. Fourth and fifth dimensional relationships are not the same as third dimensional ones. In the fourth dimension, it is much more difficult to “hide” from each other, and in the fifth dimension, “hiding” is impossible. However, in order to “let go” of hiding from your mate, you must be willing to “let go” of hiding from your SELF.

As more Light has entered your being, more inner darkness is also revealed. You would love to project that darkness “out,” but it cannot leave you now, as there is no “OUT.” All is “IN.” There can be no “victim” in higher dimensional relationships as there is no separation. Without separation there can no longer be the “him vs. her” or the “you vs. me” dynamic as there is only “us” and “we.” Therefore, WE must take full responsibility for the reality that WE create alone, for that is the reality that WE create TOGETHER.”

BLENDING THE POLARITIES OF MUNDANE LIFE AND SPIRITUAL LIFE

Your relationship with Soul is no longer “separate.” Your Soul is “in” your human form, and your human form “contains” your Soul. However, the rules of your human world are different. Your grounded 3D self creates conflict in your life so that you can externalize your darkness into your environment. Then your darkness appears to be “separate.” You understand now that in order to “win” the 3D game, you must realize that NOTHING IS SEPARATE, not even what, or whom, you “hate,” “judge,” “fear” or “love.”

Once, it was easier to project your darkness “out” rather than dealing with it “in” yourself. Now, the opposite is true. When you externalize your Darkside away from your SELF, it takes on a life of its own. Once outside your “spiritual responsibility,” your Darkside merges with similar emanations that others have projected out to create new and improved versions of victimization, which are then projected into the 3D hologram to create new disasters and “bad” weather. Then you feel victimized and “separate” from your environment, as it is “out there” and beyond your control.

However, you can only be a victim if you are separate from the world around you. With the recalibration of the First Chakra, your individuality of “I AM” is blurring into the unity of “WE ARE.” With no YOU or ME, there can be no Victim or Victimizer. There can be only the reality that YOU choose to create and share with THEM, the other members of the reality in which your consciousness is presently vibrating. The filter of separation in your Root Chakra has been altered by your recalibration and by your rising Kundalini force.

Once you had to “learn the rules” and “balance your Karma.” Now YOU are creating your own rules and karma is of the past. The fifth and sixth dimension exist in the Flow of Now. Within this Flow there are no thoughts of limitation, or feelings of separation, as there is no polarity to separate you from what you want or limit you in your expression of SELF. Without the rules of karma—limitations, separations and most of all, polarities—the 3D matrix begins to degrade.

Your Soul whispers to your heart,

“It is ALL Perfect, for this is the Reality that YOU are creating.”

If you can say this mantra many times during the chaos of your transition, it will allow you a better sense of being in control of your life and the earth vessel in which you live it. However, which YOU is in control? Do you choose to repeat, AGAIN, the reality in which your ego is in control, OR are you ready to choose the reality in which you allow your Soul to be in control?

Your ego is attached to being a victim and has gained a sense of control from believing “it’s not MY fault.” No it is not your FAULT. It is YOUR CREATION.

Would you rather take responsibility for your life and gain power, or would you prefer to be a victim and allow “them” to have “your” power? Therefore, if your life appears to have completely left your control, say, “It is ALL Perfect, for this is the Reality that I AM creating.”

You are remembering that there is no person, place, situation, or thing outside of you onto which you can project your fear and darkness. There is only HERE and NOW. Your inner “WE ARE” expands as more and more fragments of your Multidimensional SELF are integrated into your consciousness, as well as your earth vessel. Your ego, the one who was once “I,” may feel overwhelmed. Fortunately, your Soul, the one who was always “we,” says, “The ‘time’ of awakening is no longer ‘soon.’ It is NOW. ”

We the Arcturians wish to confirm the message from your Soul. The time is



NOW, the place is HERE, and WE are Becoming One.

We return you now to the portion of your SELF known as Gaia.



Dear People of my Planet,

You have done well with the conversion of your First Chakra from “ego operated” to “Soul operated.” Your Kundalini Energy has been re-calibrated from the third/fourth dimensions to the fifth/sixth dimensions. Because of this, you may experience more physical symptoms of transformation than ever before. Your grounding force and main power house is in the process of reconstruction. Be patient with your self.

With each chakra that you recalibrate to receive and integrate your Multidimensional Soul/SELF, your ego/self surrenders more control of your physical body to your Soul. With the recalibration of each chakra, your SELF is able to more completely integrate into another area of your body, consciousness and behavior. Of course, all of you have “life issues,” which will be the most time-consuming and challenging to transform.

You may have to return, again and again, to certain body issues, thoughts, emotions and/or behaviors. Please be patient with yourself, for these life-issues are your teachers. When your “lessons” are learned, the “teacher” will depart. Hence, listen closely to these “problems” as they will greatly assist you in your transformation.

Listen to your body. What does it need you to do, or change, so that it can heal and transform? Be conscious of your thoughts in order to determine the reality for which they are creating, and re-creating, a matrix. Feel your emotions in your everyday life. Do not judge or amplify them. Simply say, “Oh, I am releasing the emotion of ____.” Notice how your consciousness expands and contracts, and how your behaviors change when your consciousness changes.

Again, do not judge your behavior, or it will be too problematic to consciously view it. Instead, pull your focus into your Higher SELF so that you can observe your behaviors with Detached Compassion. Then Unconditionally Accept the you that you are in that moment. Unconditionally Forgive and Unconditionally Love your Grounding Point, the you who is undergoing this major conversion. With the transformation of each chakra, your environment will begin to subtly alter as the extreme polarities of your 3D reality begin to blend into the ONE of the higher worlds.

I wish to congratulate you on your progress and thank you for your commitment to personal and planetary ascension. You are now ready to recalibrate your Second Chakra.

Your partner and friend,
Gaia

IN CLOSING



My Dearest Beloved Ones,

I AM IlliaEm, here to commend you on your progress. Now that your Inner Warrior is calibrated to filter-in your Soul Light, you will have the power to initiate the great Return to SELF. You have integrated your Soul/SELF into your consciousness and recalibrated the Root Chakra of your earth vessel.

You may now feel a deep inner struggle while your ego/self fights to maintain its position as Captain of your earth vessel, as your Soul/SELF has already begun a reclamation of your everyday life. I say reclamation, My Ones, for it was your Soul that ushered your Great Spirit into your current physical form.

Then, it was your Soul that was in constant communication with your Divine Child as you “grew up” and again accepted the limitations of the 3D Game and the sorrowful separation from All That Is. Fortunately, your Divine Child has protected the Truth of your identity for you. It anxiously awaits your recognition so that it may enter your conscious reality, just as your Inner Warrior has.

I give you now a lovingly warning to recognize any external dramas as mere projections of your frightened ego/self desperately trying to maintain its former position as Captain of your Earth Vessel. But you need not indulge in the “battle,” for your Soul is patiently and lovingly guiding your ego into its new position as First Mate in Change of Mundane Life.

All you external focus needs “do” is to settle into the protective custody of your Soul/SELF. Relax into the ensuing drama and surrender to your Soul again and again and again... As you close your eyes to go to sleep at night and immediately as you open them in the morning, call from the core of your First Chakra,

“I now surrender all control of my physical body to my Soul.”

Dear ones, you may also call on me, IlliaEm. Just think my name and I shall envelope you in my Patient and Unconditional Love. Relinquish your turmoil and challenges into my Essence. Release your mental chatter to my heart, and unload your emotional burdens into my presence so that you may more easily “Surrender to your Soul.”

Congratulations my Ones, for your process has begun.

I AM IlliaEm

And I AM always with you.



To come alive to peace and calm
And open up your 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
Your wings have taken flight

To know the door and have the key
To set your spirit free
You lay your hand upon the Earth
And Gaia speaks to thee,

“Our lovers are coming.
As we journey into ONE.
You shall become a planet.
I shall become a Sun.

“For as we can surrender
To something yet unknown
The questions will be answered
The pathways will be shown

“When we surrender to the moment
Surrender to the day
Surrender to the reason
And surrender to the way

“For living in surrender
We have no need to hide
No ego to get wounded
No damage to your pride

“Completion is a promise
Understanding builds a trust
To live within our Soul’s desire
And see the world as just

“The dark, the light, the love, the hate
Are joined into ONE
In love and sweet forgiveness
Our experiment is done!”



INTEGRATING



THE SECOND CHAKRA

BALANCING EMOTION in your body is the main theme for the Second Chakra, which is located at your navel.

SECOND CHAKRA ~ NAVEL CHAKRA

<u>Dimensions</u>	<u>Rules</u>	<u>Body</u>	<u>Love Axis</u>	<u>Fear Axis</u>	<u>Polarities</u>
2 nd Dimension Plants 3rd Dimension Mammals	Emotions, Home, food, procreation	Genitals, navel, liver, intestines, kidneys	Nurturing, lovemaking, family, home, security, community	Danger, fear for survival	I HAVE WE HAVE

Second Chakra prepares the body for the download of higher frequencies by balancing your emotions and keeping your elimination system clear of toxins.

Second Chakra problems expressed through:

- Your consciousness as difficulties with emotional imbalance, difficulty in giving or receiving nurturing, never feeling “at home.”
- Your body as problems with reproductive organs, intestines or lower back.

SYMPTOMS OF TRANSFORMATION: One of the main symptoms of transformation of this chakra is erratic emotions. You may feel calm and balanced in one moment and hyper-emotional or depressed in the next. These emotional shifts have much to do with your state of consciousness. When you are centered in Alpha and Theta Brainwaves, you can connect with the expansive, receptive emotion of Love. Therefore, you can consciously receive the Higher Light and respond with Higher Emotions of Joy, Ecstasy and Peace. Hence, you can easily integrate the vibration of Higher Light into your system.

On the other hand, when you are focused on Beta Brainwaves, your extreme outward focus will not allow you to be “conscious” of the inner process of integrating Higher Light. Because of this, you can become overloaded and go into a fight/flight mode, which is based on fear. Fear is a constricting, rejecting emotion, which will NOT allow the process of integration to take place. Then you will likely feel bombarded by an unknown force that creates even more fear and stress. Hence, the higher frequency of Light cannot intermingle with your system, and your emotions become wildly erratic in a frantic attempt to seek balance. You may also “shut down” emotionally and slip into depression.

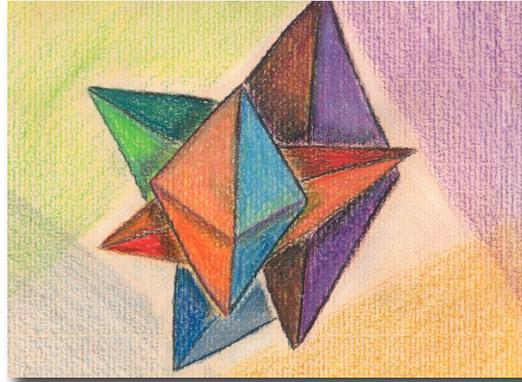
While the second chakra is recalibrating, your sexuality may become inconsistent, varying from extreme sexual feelings to complete disinterest. You may also have trouble enjoying sex, or use it in an addictive manner to disguise your feelings. Feeling disassociated from your friends and family and being ill at ease within your home are other common symptoms. Your eating and drinking may become addictive in that you eat or drink to comfort yourself and to cover emotions that you don't want to consciously acknowledge. Problems with your intestines, bladder and/or kidneys are another possible symptom.

INTEGRATED SECOND CHAKRA: When the second chakra is calibrated to accept the higher resonance of your SELF, you feel patient, calm, nurturing, and secure. You feel intimate with our family, friends, neighborhood, and planet. You are secure and connected to your body and your home. Your emotions are balanced, and you are able to trust your instincts and “gut feelings”.

Your sex life is natural and loving, and you are able to balance both the male and female components of sexuality. You choose to eat healthy food in the correct amount for your body's needs. Your elimination of waste material is regular and your sex organs, intestines, bladder, and kidneys are healthy. Overall, your addictive behaviors are under control and you are able to give and accept comfort and nurturing.

For more information about the Second Chakra click:

http://www.multidimensions.com/uncon_emotions_2chakra.html



RECALIBRATING THE SECOND CHAKRA

Dear People of My Planet, I am Gaia, returned to assist you in recalibrating your Second Chakra. Your Second Chakra is the home of your inner child. It is also where old, polarized emotions of both “good” and “bad,” are stored, which come forward as a special memory or fill you with feelings of old, forgotten pain and fear. As you recalibrate your Second Chakra, you will release repressed emotions of fear, anger and sorrow. This release allows happy memories to come to the surface and to connect you with your Divine Child, the inner child who has remained untouched by the outside world.

All of your life, your Divine Child has been safeguarding your true Essence, innate instincts and intuitions for this moment of your transformation. As you reconnect with your original innocence and purity, it is as if you are born anew. This re-birth gives you a second chance to learn to trust others and, most importantly, to trust yourself, the SELF that your Divine Child never forgot.

SECOND CHAKRA MEDITATION

Since the second chakra rules the element of water, you may wish to sit near water, turn on a water fountain, listen to an environmental CD of water, or meditate in the tub, or after a shower. As you begin this meditation, hold the memory of the feeling of water on your body.

Prepare your space with candles, incense, music, privacy and peace.

Close your eyes and take three long, slow, deep breaths.

See yourself as a small **orange light** in the center of your brain...

Slowly, allow that light to fall down your spine like a feather...

as you travel down...past your throat...past your heart...

past your solar plexus...and into your second chakra...

The color for the second chakra is orange, and the tone is “o” as in Home.

Visualize yourself sitting in your favorite place in nature...

Align your Second Chakra with your First Chakra...
Inhale the color **orange** up from the earth...
Exhale with the sound "o"...
Feel your SELF at Home in your body...
Feel your body at Home in Mother Earth...



Imagine that you are floating in water...
Experience the FLOW as the water follows its current...
without resistance...without question...without fear...
Feel this FLOW of fluid "within you" as it feeds and heals you...

The physical sense of the second chakra is taste.
Think of your favorite foods and the memories of enjoying them...
What is your emotional attachment to eating?
What memories are linked to your "family meals?"

REMEMBERING

Breathe into your second chakra...
Allow memories of your youth to come forward...
With each memory, you become younger and younger...
Feel the emotion that is attached to each memory...

With each memory ask, "What did I learn from that experience?"
Store the pleasant memories in your heart...
Release the unpleasant memories with the sound of "o"...

Visualize your child self standing in front of you...
How old is this child?
What is he or she wearing?
Do you recognize the place he or she is in?

Thank your child self for holding these emotions for you and
for releasing them to you now...



What does your inner child say to you?

LIFE BEFORE BIRTH

“Imagine” yourself as an infant, your Divine Child.

Remember, your imagination is REAL!

Visualize yourself becoming younger and younger
until you are in the womb

Feel the sensation of floating in your mother’s womb

What emotions are you feeling?

“Imagine” yourself floating in the womb of Mother Earth.

Feel how you are One with Her

“Imagine” your Spirit Essence before you were born.

From this perspective, look down at planet Earth...

See your Earth Mother and your human mother awaiting your birth...

What emotions and memories are you having?

See your Soul/SELF around you as you await your birth...

As you begin your re-birth, invite your Soul/SELF, who has recalibrated
and entered you First Chakra, to move both down from your Spirit
Essence and up your Root and into your Navel.

Feel the empty spaces, once filled with polarized negativity.

Now, allow your Soul to enter these spaces.

As you align your First and Second Chakras, allow your Soul to recalibrate
the frequency of your Second Chakra.

As it does so, feel the acceleration from third dimensional, conditional
emotions into higher dimensional, Unconditional Emotions.

As your Soul becomes Captain of your Second Chakra, you gain conscious
access to your multidimensional memories. Hence, you can NOW remember the
“Mission” you volunteered to fulfill before you were born...

MANTRA:

I REMEMBER my Mission
I am READY to fulfill my Mission
I AM fulfilling my Mission NOW

With the memory of your Mission in the forefront of your consciousness, establish a constant communication with your Divine Child. Allow your Divine Child to reside in your Second Chakra to constantly remind you that you are a Multidimensional Being.

As you remember your Mission, please remember me, Gaia, who is ALWAYS with you to assist you in partnership, as you also assist me. As each one of you clear your painful emotions, you create your "Tunnel through the Lower Astral Plane." This Tunnel is actually a vortex of Light like the first rays of sun breaking through the mist at early dawn.

The Astral Plane is the lower fourth dimension, which surrounds my body Earth as my aura. Just as the darkest waters are at the bottom of a pond and the purest waters at the top, the densest fear lies in my Lower Astral Plane and the purest love floats at the top of the Astral Plane on the threshold of the fourth dimensional, Mental Plane. The Lower Astral Plane holds all the polarized negative emotions such as fear, terror, hate, rage, sorrow and depression.

In fact, the Lower Astral Plane is known as "Hell" to many of your religions. It is where the darkest effluvia of all the experiences of all my inhabitants wait to be liberated into the Light. As each of you creates your own Tunnel of Light in your aura, you also create a Tunnel in my aura through which the Higher Light can enter my body and the lower darkness can escape into redemption.

In reality, there is only one polarity for emotion, which is fear/love. All other "bad" emotions are driven by, or the result of, fear, just as all other "good" emotions are driven by or the result of love. Because of this, it is vital that my people learn to "manage" their fear. I say "manage" as it is not yet safe enough on my planet to release all fear, as you need it as a warning mechanism. There is still much turmoil for my inhabitants to undergo before we have completed our transition. I am making the transition as slowly as possible to alleviate as many disasters as I can. However, I need assistance from my Keepers of the Land.

Your thoughts and emotions influence my elementals of earth, air, fire and water. Those of you who are awakening will initially carry the responsibility for the entire human race. Many of my people will fall into fear, while others will use it in a vain attempt to maintain a reality of "Power Over" others. Please join with my dear cetaceans, the Keepers of the Water, in your service of "calming" the ethers of my planet, which are so affected by the negative emotions, thoughts and actions of my people.

Our beloved Arcturians will now talk to you about fear. Therefore, I turn you over to their loving care.

Thank you again for assisting in OUR rebirth,
I AM Gaia





FEAR

Dear ones,

We are the Arcturians, here to assist you. We know that the most difficult emotion to deal with is fear. Therefore, at Gaia's request, we have come to you to assist you in learning how to DETACH from fear.

It is not easy, and often not wise, to ignore fear because it may be giving you a message important for your survival. At this point in your process, your ego/self may be greatly threatened and feeling a great deal of "fear for survival." Your physical body responds to that fear, likely in the same manner that it has responded for much of your life. Hence, you now have a wonderful opportunity to see "fear in action."

Perhaps, you have been overwhelmingly tired—tired of work, tired of worry, and tired of this slow vibration, as your ego and Soul jockey for position in your consciousness. With the download of the fifth and sixth dimensional vibrations and fragments of your higher SELF, it may feel as though there is not enough "room" in your earth vessel. You are like an overstuffed suitcase with your zipper about to break and release you from your confinement.

You are becoming tired of the reality your ego has created. When you are able to think from your Soul, you hold no ill will towards it, as it is a child. However, you are realizing that YOU are the adult who is entering into the child, and you are feeling the tension of this upgrade. Your mind feels like a computer that is strained by the addition of new software. Everything seems to be going too slowly, and you have difficulty operating within this new system. In fact, you may periodically "freeze up" and need to "shut down" and "re-boot."

These are all symptoms of your having difficulty integrating the higher frequencies of light into your physical body. Whenever your physical form has difficulty with integration, fear will grip your consciousness. It is a common coping mechanism to then place your attention on some external drama, but you don't want to follow that pattern now. You feel my Soul/SELF inside you now, but you also feel your ego/self.

You are two beings in one now. Your Soul gives you comfort and great encouragement, while your ego still "takes care of business." Unfortunately, you may be having difficulty maintaining a constant awareness of your true SELF while performing your mundane tasks of life. Be patient with yourself as you are not yet complete with your integration process. In fact, you have just begun, but the first three chakras are the most resistant to the download of SELF, as they have always been within ego's domain.

Again, be patient for you are in the process of transformation, and you are creating a new life. However, there is also a "you" who is tenaciously holding on to your old life. This battle between the old and the new activates your primal "fear for survival." It is your ego that is having this fear, for your Soul is joyous for your expanding consciousness. In the midst of your struggle for ascension, Gaia has referred you to us, the Arcturians, whose galactic contribution over eons has been to assist people as they move through their Corridor, either into or out of the third/fourth dimension.

Allow us to remind you that we are ALWAYS here within your consciousness. Feel your physical body now. Feel every ache and pain. Feel your dizziness and your overall sense of disorientation. You are disoriented because you are in the process of shifting realities. A higher frequency of light has come into your earth vessel, as well as into your third dimensional reality. You have released the desire to live in illusion and have welcomed your own higher frequency SELF into your earth vessel. Because of this, your reality is shifting into a higher frequency of vibration.

In your third dimensional reality, birth is preceded by death. Therefore, as you begin your transition into Lightbody, you must first move through all the many deaths of your old reality—the reality that you are leaving. Do not attend to these deaths. Bless them free. They served you well while you lived in that vibration. However, now you can feel the burden of the low frequency envelope that you have wrapped around your higher frequency SELF.

You may well continue to feel dizzy and disoriented. While anxiety and depression nag at you, your ego/self tenaciously holds onto them for comfort. Yes, comfort! Anxiety and depression are comforting as they offer a reason for your dissatisfaction. They gave you something to hold onto rather than the many external dramas that are vying for your attention.

At least with anxiety and depression, you remained focused on your self and on your own inner world. That is an important lesson, as your inner world is where your outer world begins. Now that your frequency of vibration is rising, your focus of attention creates your reality more and more quickly. Be ever vigilant of what you think, and the emotions that accompany your thoughts, for you will be manifesting them almost immediately.

Your ego/self is emanating much fear now as it anticipates its demise. Immediately upon recognition of this fear, release it and bless it free from your aura. Chant:

I AM LIGHTBODY
I AM LIGHTBODY
I AM LIGHTBODY

This mantra will remind you that the fear is not from a drama/illusion “out there.” It feels like your deepest, most primal fear, fear of survival. And, indeed, it is! Your ego fears for its survival. Release this fear, and hold your ego in your heart while you chant the mantra three times. Your love will assure your ego/self that you are not rejecting it. Instead, you are transforming it to be the grounding cord for your Lightbody. Remind your ego that you will not leave it behind, and that you will absorb it into the Lightbody that you have always been.

In the past, we have assisted you by taking your third dimensional consciousness into the sixth dimension. Now we are here to assist you in bringing your sixth dimensional consciousness into your third dimensional matrix. We say “matrix” instead of mind, as your mind is no longer third dimensional. You still have the 3D channel so that you can operate your 3D earth Vessel. However, as you discipline your mind to operate more from the 5D/6D channel that you are currently downloading, your ego/self’s fear will no longer be a distraction.

Keep your “eye on the prize,” then you will bring the prize to you and save you the effort of going after it. Since Venus is now in Gaia’s aura until 2012 to amplify the feminine power of attraction, it is easier to bring life to you. The masculine power of pursuit is now balancing with the feminine power of attraction. All you need do is find your Center and stay there. From your Center you have access to your feminine power of attraction to magnetize your desires to you, as well as your masculine power, so you can act on them.

Most of all, remember that you are not alone. In fact, you are a Planet. Just as you are, EVERY life-form on Gaia is facing the same experience of “Death-into-Birth.” Take a moment to recognize the many deaths that are occurring as the higher dimensions download into Gaia to degrade the 3D Matrix. Let us name a few of these “deaths.”

Death of Worry

What will your mind do now?

Can you imagine a reality without the constant agitation of anxiety and/or depression?

Can you imagine a reality free of ALL conflict?

Death of Money

What will be the “answer” to your problems when “getting more money” is no longer available?

Can you imagine a reality where your value system is not based on monetary wealth?

Death of Longing

When you have everything, what will you long for?

Can you imagine a reality where Home is no longer a distant place, but is, instead, inside of you?

Death of Separation

When you live in Unity with All That Is, how will you relate?

Can you imagine a reality where you “commune,” rather than communicate?

Death of Physical Encasement

When you are Lightbody, what will reality be like?

Can you imagine how you will create your Lightbody?

Will it suddenly burst forth, or gradually reveal itself?

Death of Death

How can there be life without death?

Can you imagine a reality where there is NO beginning and NO ending?

Death of Fear

When there is NO fear, how will you know love?

Can you imagine a reality where there is NO fear?

Ah, yes, fear is the most difficult death. Fear has been such a constant condition of your third dimensional experience that it has invaded every thought, every emotion, every action and every cell of your body. However, remember, our one, fear was meant to protect you from a dangerous world where survival was your goal and happiness a vaguely possible side effect. Fear was placed into Gaia’s 3D frequency net, and into your consciousness, at the beginning of the 3D Game. Fear is the edge that makes the game different from the Cosmic Flow from which you came. But fear is no longer fun, is it?

At this time in your planetary transmutation, you can edit out fear from your 3D matrix. As Gaia’s people merge their consciousness into Planetary Consciousness, you will ALL have the ability to re-write the program of your 3D Game. Unfortunately, there are humans on your planet who still wish to play the 3D Game, and they do NOT wish to edit out fear. In fact, they are tenaciously adding as much fear to the Collective and Planetary Consciousness as they can. They know that the Moment of Awakening is here, and they wish to sabotage it. You can attach yourself to their version of the Game, OR you can “refuse to play.” How do you refuse to play? You refuse to allow fear to attach to you.

Observe fear, and feel the “feeling of fear” without comment. Then release it without discussion. Fear is the waste material of the third dimension. Fear simply IS, like garbage IS. Neither is bad, they are only “leftover,” no longer needed. As you focus on the fifth and sixth dimensional channels, the fear that once hid in your unconscious mind comes to the forefront of your awareness to be released. From the 5D and 6D channels, you can perceive fear that was too threatening for your lower “channels” to consciously perceive. Confront fear with a calm recognition. Excuse it from your Emotional Body. Push it through your Mental Body—before you have a chance to think about it. Allow your Causal Body to see the cause and effect of it, and your Spiritual Body to dissolve it with Unconditional Love.

Learn to identify FEAR simply by its “feel.” Do not “attach” it to anything external or internal. Learn to allow Fear to just BE, like a flea, a snake, or a sunset. FEAR JUST IS! If it doesn’t attach to anything, it will merely FLOW through you. When fear merely IS, and you do not attend to it, the energy field of fear begins to dissipate.

Fear is a highly charged thought-form that wishes to experience physical life by attaching to humans. A thought-form is a 3D thought that has taken life in the fourth dimension. All thoughts that are “charged” with emotion take on a life in the fourth dimension as “thought-forms.” If you feed a thought-form with your conscious, or unconscious, attention, it will attach itself to matter and take on a 3D life. This is why you must not feed your fear. This thought-form of fear is like the neighborhood cat that cries at your door. You know not to feed it, or it will begin to live at YOUR house.

Third dimensional thoughts are polarized in that the opposites are separated, i.e. good/bad, light/dark, and love/fear. In the fifth dimension and beyond, love and fear are ONE. We know that this concept is difficult for your grounded self to grasp. Therefore, just allow the idea to settle into the imagination of your fifth dimensional thinking, and you will eventually understand/remember it.

With the polarity of love vs. fear, the fear polarity is rushing towards DESENSATION from a 4D thought-form into 3D matter. The polarity of love, on the other hand, is attracted to ASCENSION from a 4D, or 3D, thought-form to a 5D Lightbody. Fear is the force of “destruction” and love is the force of “construction.” Fear moves towards the constriction of form and the limitations of separation from spirit, whereas love moves towards expansion and the freedom of unity with spirit. Of course, by this we mean Divine Love, for too often human love is so laced with fear that it has lost its great “power of freedom.”

However, fear is not “bad.” It is merely doing its job; the job of DESTRUCTION. Destruction is necessary in the third dimension as death must always precede birth. Conception, gestation, birth, rise, peak, decline, and death, is the process

that all life must undergo once it enters the 3D matrix. Love is the force of CONSTRUCTION because the energy field of love wishes to expand. Water/emotion/consciousness constricts into ice—fear; and it expands into steam—love. Water falls to the ground, and steam rises into the sky.

With your download of SELF, fear has been exceptionally repellent. It has wanted to attach to you more than ever, as it feels the polarity of love beginning to expand. Since 911, there have been more wandering fear molecules seeking matter than there have been for quite a while. The forces of destruction have been very successful in using that fear. However, with the download of your SELF, illusion is losing its power; hence, the power of fear has also diminished.

Until recently, fear has been the primary element in the Collective Consciousness. There has been so much Fear that it has actually taken on its own consciousness, the consciousness of an addict. If you have ever had a moment of addictiveness—to anything—you know how it “feels” to BE fear. If you were a vapor of 4D fears urging to attach to matter, you would feel like an addict urging to “use.” An addiction is anything you “do” or “take” so you don’t have to FEEL your emotions. When you give into an addiction, you are descending in vibration, as you are looking for answers outside your SELF, and outside of your personal instinct/feelings/emotions.

Anytime you seek into the outside what can only be found in the inside, your consciousness lowers, as you are moving toward illusion, separation, limitation, and thus, fear. Of course there are also good things “outside” of you. It is just that when you believe that ANYTHING is OUTSIDE of you, you have chosen the 3D illusion of separation over 5D Unity with all Life. The best way to “stay out” of attachment is to realize/remember that the 3D reality is an experiment. When fear comes at you with its constricting force, EXPAND your BEINGNESS and allow the fear to FLOW through you.

Allow your consciousness to EXPAND so much that you can see the spaces between your particles of matter. Now, see the vapors of fear as they approach you. Observe them as they pass through your spaces. Do NOT attach to the fear. Simply allow it to FLOW through you. In fact, when you feel the fear, it is actually “passing through” NOT “attaching to” you.

Go through the day identifying the “feel” of FEAR.
Identify it and LET IT GO!

Notice, did the fear bubble up from your unconscious self to be released?
Identify it and LET IT GO!

Notice, did you have a thought that created the fear?
Identify the thought and LET IT GO!

Eventually, fear will lose its “power-over” you.
Fear will BE, but it will NOT Be YOU!

With the ever-raising frequency of Gaia, and of your self, your powers of creativity are greatly enhanced. Remember, fear is a creator just like love, but it is a creator of constriction, separation and limitation. Take a moment to remember some of your creations that were fueled by fear.

Were they enjoyable?

What was the drama that accompanied these creations?

Once you can consciously identify the “feel” of fear as a vibration, rather than a reality, you can better stay detached from it. This detachment is best maintained by neutral thinking, which is “thought without judgment.” Thought without judgment is accepting, compassionate, interested, detached. Pay close attention to your thoughts. Try to go one entire day without a single judgmental thought—positive or negative. Judgment is emotional and emotion is what maintains the 3D matrix.

On the other hand, you can have thoughts with emotions if they are not conditional, such as Unconditional Forgiveness, Unconditional Acceptance, and Unconditional Love. These thoughts are non-polarized and non-judgmental because they are fifth dimensional in nature and arise from Detached Compassion. Hence, these thoughts are filled with Divine Love and will greatly assist you in downloading the fifth dimension into the third dimension.

In order to have forgiveness, acceptance, and love—without condition—you will have to completely surrender to your Soul/SELF. This complete surrender will also allow you to stop playing the 3D Game. While living in the Flow of Surrender, you don’t want to play the game any longer. Instead, you want to create a reality where there are no games and no illusions, ONLY truth.

The TRUTH is:

Fear is a 3D fact.

You ARE multidimensional.

The “you” playing the 3D Game is only one small fragment of your SELF.

There are MANY other fragments of your SELF scattered throughout the Multiverse.

The TRUTH is:

As more and more illusion clears, your other fragments will come TO, and INTO, you...

ONE

By

ONE.

We, the Arcturians, commend you on your great progress into the Light, and in allowing the Light into you. Your skies are filled with great Beings observing your planetary process. These Beings are continuously sending you love and encouragement. One of these Great Beings is your Future SELF, who wishes to share a message with you at this time. As we turn you over to your Future SELF, we surround each and every one of you with our Unconditional Acceptance, Unconditional Forgiveness and Unconditional Love.

We are,

The Arcturians



Greetings, I AM your Future SELF.

I have traveled backwards through time to remind you how you/I/we created our ascension in YOUR future—MY present. The secret is;

**FOCUS ON WHAT YOU WANT
NOT ON WHAT YOU FEAR!**

The focus of your attention brings in the Light at right angles to create the hologram that you are living. Your focus is your camera lens. It chooses the pictures, the myriad holograms, which make up your life.

Your 3D life is much like a motion picture that is made up of many individual frames joined together and projected out onto the movie screen. However, your projector light is not just your eyes, it is your choices. What you allow to remain in your perceptions, thoughts and emotions creates your hologram of life. There are many pictures that impinge upon your consciousness, both waking and sleeping. You have the power of choice as to which pictures, thoughts, emotions, sights and sounds on which you choose to place your attention.

Attention is attachment. Once you attend to a perception, you make it conscious. You bring it into your life. You have brought it into your projector to be projected on to your “movie screen.” Some stimuli are just below your threshold of perception, and they create a nagging feeling. This feeling is distracting and can create dis-ease in your consciousness and a disease in your body. Therefore, you will need to attend to it long enough to bring it into focus. You may even need to use a filter, firewall, on your lens so that you can protect yourself from that which is causing you discomfort.

Once in focus, you will choose whether or not you wish to project this picture into your outer world, integrate it into your inner world, or dismiss it from your reality. If you choose to incorporate this scene into your conscious life, simply give it your attention. On the other hand, if you do NOT wish to incorporate this scene

into your life movie, instantly release it from your consciousness. If this scene creates, or is created, by fear you will want to give it the antidote, love, in order to completely release it.

Fear is a “sticky” emotion, and it manifests itself quickly. If fear invades your focus, you must “take the antidote” quickly so that you can safely examine it to see if this particular fear is a poison, or a warning. If it is a poison, envelope it with your love force and say, “I choose to EDIT this fear from the motion picture of my life.”

On the other hand, if the fear is a warning, envelope it in love again and say, “Thank you for sharing. I have acknowledged your warning and I will consciously take it into consideration.” Then edit this fear, as well, for a warning will surely become a reality if you choose to place your focus on it. The process of “creating” your reality is actually the process of “choosing your reality,” as reality is already created. In fact, myriad realities are created. As Gaia is ascending, and you are upgrading your earth vessel, you are regaining the ability to consciously perceive more and more. Hence, you know you will not only have to choose which reality to attend to, but also which dimension to attend to.

There are many stories of ascension, as well as ascension into many different dimensions. Some of you will wish to rest in the fourth dimension, while others are eager to move into the fifth and sixth dimensions and beyond. At the close of the 3D Game, there will be NO limitations on your choices. You may wonder about those who choose to continue the 3D Game longer. They will need to find another “movie screen” upon which to project their life dramas. Theater Earth is closing. Oh, but YOU are NOT.

You are an infinite, multidimensional being who chose to experience a finite reality. When you made this choice, you had to move your consciousness, your essence, through a light prism. Your radiance was then split into many components. You are not the only earth vessel that “YOU” have. However, YOU are likely the ONE who will be consciousness enough to choose to ascend and return to the totality of your SELF. The other earth vessels that YOU reside in, will integrate into the YOU that is ascending. That is why I am communicating with YOU, for I believe that you are the incarnated one who is “most likely to succeed;” that is, succeed with your ascension.

Time is merely another illusion of the 3D hologram. Time is actually circular, like a wheel. Each “spoke” of your wheel is another YOU in another “time.” In fact, there are actually other YOU’s in your present “time.” To leave the 3D wheel, you need to find the hub of the wheel, which is actually your portal to Ascension. From that HUB, you can look into all your 3D lives incarnated through all the different time cycles, and allow them to download into YOU—the member of the Planetary Ascension Team. Each of these ‘selves’ is like your “spilt milk.” It is

your responsibility to “clean it up,” so that ALL your incarnations can participate in the Planetary Ascension through YOU.

I have checked in on you since you were a child. I AM your Guardian Angel. I remember when “I” was “you.” I remember how much I missed Home and the higher dimensions. When we go through the 3D prism we forget many things, including our SELF. However, you are able to perceive me now because you have “Awakened.” That is why I believe you are the “past me” who chose to assist Gaia in Her ascension.

I will remain in your aura and remind you of how we already ascended. I will remind you that “time” is an illusion of the 3D Game. The Game is ending NOW, and you/I/we are creating a motion picture of HOME—no matter where we travel.

Your Future/Present SELF



Dear People of my Planet,

Before we return to the Arcturians who will guide you again in "Becoming One," the Keepers of the Water have a special message they wish to share. Since the Second Chakra rules the element of water, they feel that this would be the best place for them to present their message.

Therefore, I now turn you over to the:

The Keepers of the Water

Dear humans,

We are the cetaceans. Just as you are the Keepers of the Land, we are the Keepers of the Water. We have come to speak with you as we wish to work together with you so that the land and water can resolve their disagreements. As you may know, the weather is created by the collective, thoughts, land, and emotions, water. Whenever your thoughts and emotions are in conflict, it is reflected not only in your personal life but, also, in Gaia's weather.

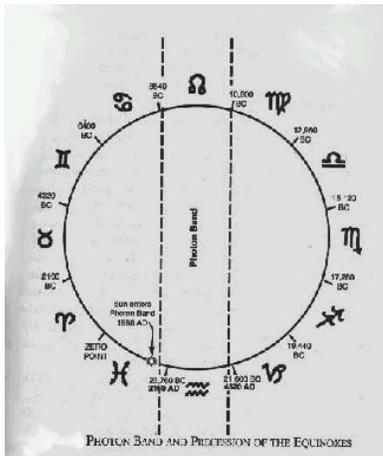


There is much fear on our planet at this time, and we, the cetaceans, have fear also. Day by day we see more and more our ocean world dying. We know that you are seeing your landed area suffering the same fate. Our dear planet, Gaia, is going through the "narrows" now, which means that She is finding the place "in-between" the polarities of the third dimension, "in-between" the good and evil, "in-between" love and fear, and "in-between" the reality that She has been and the reality that She is becoming.

As you know, we the guardians of Earth's water and land have also begun our journey of "in-between." This is partially why "in-between" the land and water has suffered such damage in the last year. The scientific reasons for the weather extremes are, of course, also correct. However, the scientists are only speaking from the third dimensional perspective. We are asking you to take a moment of your life to look at this process from the fifth dimensional perspective.

We, the cetaceans, can more easily take the fifth dimensional viewpoint because we are more in touch with our multidimensional heritage. We are still able to remember, in fact we never forgot, our fifth/sixth dimensional SELF on Sirius A. We remember when we lived on Earth before the days of Atlantis. We were

there when Atlantis fell into the sea, so we are very familiar with the disagreement between land and sea.



We decided that we would not adopt the humanoid form for this grand cycle from Leo Constellation Photon Belt to Aquarius Constellation Photon Belt. We decided to, instead, be sea creatures for this round. We hoped that in doing so, we could form a partnership of land and sea that would assist the planet during its entrance into the Aquarius end of the Photon Belt.

The “time” of this entrance is NOW. We are “in-between” the reality of “outside the Belt” and “inside the Belt.” The problem is, just as humans have long suffered a conflict between their thoughts and

emotions, and just as humans have been overwhelmed by the fear in Gaia’s aura, so have we. However, trying not to sound arrogant, we must say that our fear is not as strong, nor as toxic, as the fear of humanity.

We believe that this is largely because we KNOW that we can trust those of our own species. Similar to every other member of this planet, we have endured the many violations of rights and torments of humanity. But, for the most part, we have always felt safe with our own species. We believe that it is this lack of safety with your own species that has created the great fears of humanity.

We will not tell you that the times ahead will be easy, although, there are many ways to make them easier. One of these ways is to find co-operation with the many species of our dear Mother Gaia’s land and water. All the Kingdoms of Earth, Mineral, Plant, Animal, and even the Kingdom of Faerie in the fourth dimension, are on the verge of great transformation. Hence, it is vital that we all work in unity and mutual respect to assist each other in this process.

Humanity, in its great journey from tribal, group consciousness to the extreme of today’s individual consciousness, has done great damage to itself and to the other kingdoms. We plead now, not just for ourselves, but for the rest of the inhabitants of earth, that you humans find a way to rise above your fear and conflict and find a way to live in love.

In this very moment the conflict between the polarities of good/evil, love/fear, life/death, and land/water rages on. We implore you, dear Keepers of the Land to find the balance, the center point, the place “in-between” these polarities. It is from this center point that you ride the wave of Unconditional Love into the Detached Compassion of your fifth/sixth dimensional SELF. In this manner, you can calm your emotions of fear, anger and sorrow, which combined with your destructive thoughts, judgments and accusations, creates greater and greater

weather extremes. Once your emotions are calmed, and you have returned to your natural state of love, your thoughts can be constructive, positive and compassionate.

Remember, dear Keepers of the Land, YOU are the weather. YOU are the reality that you have created. We mourn the loss of the many who died and the beauty of the land destroyed. Do you mourn, as well, the loss of our pure waters and our many water inhabitants who died? Can we learn to cooperate, land and water, thoughts and emotions, humans and animals? The Animal and Plant Kingdoms are transforming just as are many humans. The domination of humanity must now transform into the cooperation of humanity with all the other species of Gaia's body. Additionally, humanity must also learn to cooperate with humanity.

We, the cetaceans, well know the difference between the humans who have sought to murder us and the humans who have sought to protect us. What we are saying now is that humans also need our protection. Just like you, we are highly evolved beings. In fact, many of you have fifth/sixth dimensional portions of your Self living on Sirius A, just as we do. Therefore, we should join forces for the good of all. If we, the most evolved beings on Earth, could work together, imagine how much easier we could make our transition!

This inter-species cooperation, however, must begin with the cooperation of your thoughts and emotions. We understand how difficult it must be for you awakened humans to have compassion for the members of your species who still live by greed, selfishness and "power over" others. We, too, have suffered greatly at their hand. The experiment of third dimensional humanity has been a great victory, as well as a terrible mistake. The Higher SELVS of both our species look upon this adventure with mixed reviews. Much was learned, yet much was lost.

It is "time" now for all of us to find the center point "in-between" learning and losing to discover the neutral point of Detached Compassion. Monitor your every thought to release all judgment and negativity. Constantly listen to the Inner Voice of your Soul/SELF to regain and maintain the mental state of Detached Compassion. Continuously be aware of your every emotion, so that you can release all fear, anger and sorrow to find the center point of Unconditional Love.

Gaia and ALL of Her inhabitants are going through the "narrows" that are in-between the polarities of our 3D reality so that we locate the Center Path. We are like mountain climbers climbing between two huge rocks who must reach up to find a strong point to which we can attach our "safety cord." This point of strength is not only "above," it is also "in-between" the extremes of polarities, as well as "in-between" the reality that we are leaving and the reality that we are becoming.

Not all humans have awakened to their responsibility as Keepers of the Land, and not all cetaceans have awakened to their responsibility as Keepers of the Water. Because of this, it is up to those who have awakened to carry the responsibility for all of their species. The few have always led the many, but the many must be willing to follow. What is important in this instance is that the leading must be with love and the following must be of free choice.

Where we are going can only be found with Unconditional Love and Detached Compassion, as well as the Unity of Purpose that can only be attained by Planetary Consciousness. We who are awakened have to embrace the responsibility that accompanies our power-within in order to be the “safe point” to which others can attach their “safety cord.” In this manner, we can set a shining example for others.

Dear humans, imagine what a celebration it will be when we, the Keepers of the Water, join in cooperation and Unconditional Love with you, the Keepers of the Land. In this joining, we could more easily find and travel the Center Path into our New Earth—Star Gaia. We, the Keepers of the Water—the Cetaceans, wish to join you in this celebration.





BECOMING ONE

We, the Arcturians, have returned again to assist you in the process of becoming ONE. Your Second Chakra also rules the comfort you get from your possessions. The first recognition of a child's individuality is "that is mine," as you have all heard your two-year-olds say. However, now that the individuality of "I AM" has become the unity of "WE ARE," the possession of "I Have" will blend into the unity of "We Have."

BLENDING POLARITIES II **I Have/ We Have**

As you can plainly see, the vibration of your reality is raising "at the speed of light." Because of this, everything around you seems to be changing so fast that you can barely catch up with yourself. There are also many things that you find you can no longer tolerate. You no longer feel familial feelings with much of your "family of man," as you no longer resonate to their life choices. You are trying to not judge them, but you feel like the 3D reality is no longer "your reality." The 3D reality of separation and limitation, work and reward, no longer excites you and no longer gives you comfort. The external reward of "having" something is becoming less important than the internal reward of "being someone."

The recalibration of your First and Second Chakras is creating an immense shift deep inside of you. The "regular" world still exists, but you are less emotionally charged by it. Consequently, you are less emotionally attached to the many external dramas and illusions and are deeply involved in the internal spectacle of your own transformation. Your growing detachment from the 3D reality is allowing you to gradually raise your resonance about $\frac{1}{2}$ octaves above the mundane, physical reality. With this rise in resonance, you increasingly become more of an observer than a participant of the 3D Game.

With the recalibration of the first and second chakras, you have had to learn a new way of dealing with your personal relationships because your male and female polarities are more intermingled now and your gender roles scrambled. You may even feel your Divine Complement “inside you,” rather than “above you.” Your increased “inner intimacy” allows an inner TRUST so that you can be more intimate with your outer love relationships and inner circle people.

With your Soul no longer “separate” from your ego, your consciousness is expanding into higher and higher dimensions. With your new, expanded consciousness, the old tactics of “blaming others” for your problems no longer functions. Of course, your ego may try to repeat this old behavior, but it is not as satisfying as before. The 3D illusions of separation are leaving your reality, and you are realizing your role and responsibility in all your dealings. With the blending of the polarities of I/WE, after the integration of your First Chakra, you no longer believe that there is a “they” who can limit you. Hence, YOU must take full responsibility for the reality YOU have created.

With the integration of your Multidimensional Soul into your third dimensional ego, you may suffer physical symptoms of flashes of heat that arise from within your earth vessel. These heat flashes denote the resistance of your ego/self to the rise in vibration as your Soul/SELF slowly and safely takes command. Fatigue also accompanies this process of “changing the guard.” Your physical body is not accustomed to the frequency of your Soul/SELF and becomes exceedingly tired in its effort to integrate the higher frequencies. During this transition, time alone and inside yourself is vital so that your mundane consciousness can be aware of, and accept, your process of recalibration.

As you integrate your Soul into your earth vessel, it is vital that you keep the grounding cord of your recalibrated Root Chakra connected with the core of Gaia. This grounding cord allows you to assist Gaia and to accept Her assistance in return. The grounding cord also allows you to connect with the Planetary Consciousness so that you feel the support from, and camaraderie with, ALL the Planetary Ascension Team. Remember, this Team is NOT limited to humans, as ALL the inhabitants of Gaia are participating in this great moment.

The innate instincts, intuition, and Collective Consciousness of your most “primitive self,” which governs your First and Second Chakras, is being amplified as you recalibrate these chakras. Furthermore, as your first and second dimensional senses are activated by this recalibration, you are beginning to consciously perceive the foundation of the 3D Matrix. For just a second, you will see a geometrical grid where once there was only sky, ground or water. Along with that, the matrix upon which your “illusion of constancy” was maintained is beginning to degrade. Hence, things, or people, that have been the same for your entire life are beginning to shift and change.

EXPANDED PERCEPTIONS

As the polarity of “I” becomes “We,” “I Have” alters to “We Have.” Your “sense of ownership” encompasses not only what is yours but also what is OURS. With the return of your “primitive self,” you remember that Earth is a living Being, just as you are. Now that your consciousness has expanded beyond the confines of your small, physical earth vessel you feel that you are a component of that great Being. At the same time as your fingers and toes are a component of your physical being, every rock, insect, fish, plant, animal, human, elemental, faerie, deva, Angel, are components of your Being, Planet Earth.

When you shift from “I HAVE a body” to “WE HAVE” a planet your sense of Multidimensional Unity with ALL Life expands. Thus, your ability to perceive the aura of a friend, the life-force of a plant, a higher dimensional being standing beside you, the faeries in your garden, etc., also expands, as you are no longer “separate from” or “limited in” your knowing of the Reality that WE HAVE. Your expanded sense of SELF can see someone or something in the corner of your eye, which disappears when you turn your head to look straight on.

You are also learning to focus your hearing to hear the “overtones” and “undertones” of sound. Your communication with the first and second dimensional world is steadily growing to the point where sometimes you find you can listen to the “quiet,” communicate with a rock when you hold it in your hand, touch a tree or lean against it to allow it to tell its story. Trees have much to say as they have their roots deep in Mother Earth and the life force of their branches and leaves high in Father Sky.

Do you understand now why you are so tired? You are expanding a very limited consciousness to be receptive to the many different frequencies of the different dimensions all within the same “moment” of the NOW. From your third dimensional consciousness, this expanded perception is extremely taxing. However, from your “primitive” first and second multidimensional consciousness it is natural, as it affords you a constant stretching of your awareness to include Gaia and Her inhabitants. Gaia is well aware of your contribution to Planetary Consciousness, and contributes Her expanded frequency modulation to your process. The partnership has begun. You and the planet are “Becoming ONE.”

In fact, dear one, you have so immensely expanded your consciousness that it can no longer be housed in one small vessel of flesh. Your consciousness is expanding to fill the entire Earth, which is why you can perceive, and commune with, all Her creatures. However, in order to be “conscious” of these experiences, you must trust the inner “silent voice” of your new Captain, Soul, who is translating your multidimensional perceptions so that your third dimensional sensory organs can understand them.

Gradually, as each chakra is recalibrated, the organs, nerve plexus, and endocrine gland that are governed by that chakra will also be recalibrated to

resonate to the fifth dimension and beyond. As these inner mechanisms of your earth vessel are recalibrated, your earth vessel will begin its slow and steady transformation into the new YOU. Do not try to foresee who you will be or what you will look like, for you are not yet free of the influence of your ego/self and may want to compare yourself to, or compete with, others. Remember, again and again, Surrender ALL control of your physical body to your Soul!

RELEASING THE FINAL BARRIERS

Your awakened ability to commune with ALL life is breaking down the final barriers of limitation and separation that once held the illusions of the 3D matrix in place. The “solid” world around you is beginning to waver and flicker in and out. Just for a second, the second in which we are able to calibrate your consciousness to your awakening multidimensional perceptions, your reality of “I AM” blends into “WE ARE.” You then realize that “I” and “WE” are ONE. Therefore, what “I HAVE” and “WE HAVE” are ONE as well. Within that moment the polarities of “I have/value/desire” merges with “We (family, community, nation, planet, Gaia, Solar System, Galaxy, Universe, All That Is) have/value/desire.”



When we, the Arcturians, first guided you through our Corridor and into the matrix of the 3D Game, you separated your consciousness from the Flow of All That Is. You wanted to experience individuality. Now, many of you feel complete with that experience and long to reconnect with the Flow.

You have “had,” “valued,” “desired” and “achieved” enough of what the third dimension has to offer, and have paid dearly for these “individual” desires and achievements. It is the feel of HOME, of Flowing with the All That Is, which calls to you now. We wish you to know that we are here again to usher you through the Arcturian Corridor. This time, however, we bring your through not as a person, but as a planet, for Gaia and ALL Her inhabitants are ascending

In preparation for this journey it is best to enter the Flow or All That Is by focusing ONLY on Unconditional Love. When you focus on fear, regret and pain, you become attuned to the third dimension, as you need to “HAVE” comfort, validation and vengeance. On the other hand, when you focus on the Unconditional Love of the Flow, there is no desire to “HAVE” as you KNOW you HAVE IT ALL.

One of the first missions of the new Captain of your earth vessel, Soul, is to embrace your suffering ego/self and give it the comfort, validation,

acknowledgement, success that it has always wanted. Then your ego/self no longer needs to HAVE the money, fame and success of the 3D Game because it "HAS" its true Essence, once again.

EGO BLENDING WITH SOUL

As your ego merges with your Soul, you can easily remember that you can manifest anything you want to HAVE by focusing your thoughts and emotions through your intention. However, your ego also discovers that this manifestation only works from a state of fifth dimensional Unity Consciousness. Therefore, ego cannot desire for its "self" anything that will cause any harm, not just to anyone else, but to any "thing" else. Within unity consciousness every "thing" is a life-force, a life-stream, a universal creation of the ONE.

Some 'things' may wish to merge with you, such as food or water, until the Lightbody is completed and we no longer need to eat or drink. Some plants may wish you to trim off the dead parts, until parts of them no longer die. Some waters may wish to be purified until the Planetary Consciousness is strong enough to project only purity into the hologram of 3D Earth.

With the blending of the polarities of ego and Soul, ego's "personal desire" cannot be used to harm or conflict with any other "separate" personal desire, as NOTHING and NO ONE is separate. Your Desire Body is being recalibrated to synchronize with the desires of expanded your consciousness, as well as the expanded consciousness of Gaia and her inhabitants. There are still many who have personal, individual desires. However, the fact that they hold personal, separate desires limits them to the 3D illusions in which they must "work hard" to "achieve" these desires, and closely "protect" them so that no one ELSE can "steal" them.

Within the higher vibrations, you never have to work. All you have to DO in order to ACHIEVE is to choose to calibrate your desires with your thoughts, feelings and your Soul's intensions. Then you will instantly manifest the hologram of the reality that you choose to experience. When you are feeling completed with a particular hologram, you change your mind in order to change your reality.

Just as Source divided itself into God/Spirit and Goddess/Matter so that it could experience its SELF made manifest in the body of the Goddess, you have joined the 3DGame so that you can experience your Spirit SELF within the form of a physical body. With your expanded awareness, the illusions that once limited you to your separate, physical bodies are being released, and you are beginning to realize that you are being guided by your SELF who has ALWAYS existed in unity with All That Is.

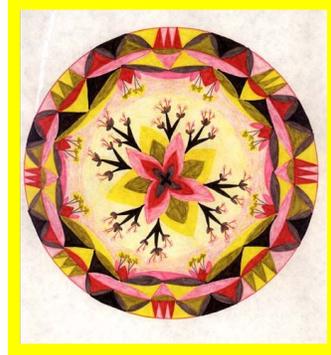
Are you ready to return to your SELF? In reality, are you ready to allow your SELF to return to YOU? Or, do you wish to continue to live in illusion? The

choice is yours to make. We, the Arcturians, support you in whatever decision you make. There are no “good” or “bad” decisions from our perspective. Another 3D planet is being prepared for those of you who are not yet compete with the 3D Game. Planetary Ascension is not a reward. It is a reality. It is your choice whether or not you wish to experience that reality.

We will return soon,



INTEGRATING



THE THIRD CHAKRA

Mastering thought is the main theme for the Third Chakra, which is at your solar plexus.

THIRD CHAKRA ~ SOLAR PLEXUS CHAKRA

<u>Dimensions</u>	<u>Rules</u>	<u>Body</u>	<u>Love Axis</u>	<u>Fear Axis</u>	<u>Polarities</u>
3 rd Dimension Human	Thoughts, Power Systems, Intellect, ESP	Stomach, pancreas, spleen, gallbladder	ESP, power within, intellectual reasoning, learning	Fear, victim or victimizer, psychic attack	Individual Thought
4 th Dimension Astral					Collective Consciousness

Third chakra prepares the mind for the download of higher frequencies with clear thinking, and uses your Power Within to guard against psychic attack.

Third chakra problems expressed through:

- Consciousness as difficulties with thinking and power struggles with others or within yourself
- Body as problems with your liver, gall bladder, stomach, spleen or pancreas

SYMPTOMS OF TRANSFORMATION: When the third chakra is unclear your thinking is negative, and often obsessive, with constant thoughts of victimization and powerlessness. Negative Core Beliefs from your childhood still rule your adult life, and you can't "think" of a way out of your problems. Your body responds to the constant tension by developing ulcers, jaundice, hepatitis, diabetes, hypoglycemia, and gallstones.

Your constant sense of powerlessness causes excessive worrying, hypochondriac pain, irritability, and procrastination. Hence, you are overly

sensitive, cry easily, feel fatigued, and are often anxious and/or depressed. Often you will seek food, drugs or alcohol to “take you away” from your problems. Hence, overweight and addictions is another symptom of transformation.

Your inability to integrate the inner call of your Astral life with the outer world creates an over-sensitivity to the psychic world of others. Other people’s fear, which is the “loudest” emotion to be felt in the third chakra, piggybacks onto your own, validating and amplifying it. Increasingly, it becomes difficult to be with others or in groups. Your mind races against you with obsessive thoughts and worries. Your negative emotions then amplify your negative thinking and keep you in a constant state of turmoil.

The power that you lost in your past must be regained so that you can live in the present. Therefore, you must go into your unconscious mind to find and heal old Core Beliefs, which constantly remind you that you are inadequate to face life’s challenges and that you do not have the personal power to be happy and successful.

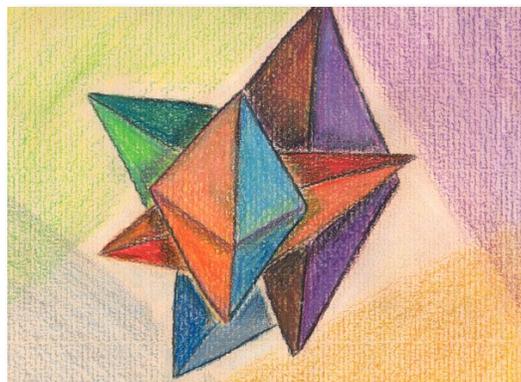
INTEGRATED THIRD CHAKRA: When the third chakra is clear and integrated with the higher resonance of your Soul, you have a strong sense of personal power and self-motivation. Your power struggles with others are minimal, or non-existent, because you accept responsibility for the creation of your own reality. Because of this, you do not feel victimized or controlled by others.

If there is a problem in your life, you realize that “if it comes to me, it is mine to deal with.” You have regained the keen decision making abilities of your Soul/SELF, which gives you the SELF confidence of a good SELF image. Since you have surrendered the workings of this chakra to your Soul, you have strong will power because you live by the “Will of the ONE.” With your added Power Within, you are able to make healthy choices about what you put into your body. Also, your improved self image and enhanced self confidence frees you from the need to rush to addictions in order to deny that which you do not have the power to confront.

Since you have taken charge of your life, you have good health and vital energy. You find that you can balance yin and yang, thoughts and emotions, intuition and intellect, while still being conscious of the many messages that come to you from both your mundane world and the fourth dimension. Because you feel your own Power Within, you can differentiate your own emotions from the emotions of others and are able to shield yourselves from their “psychic pull.” You experience no fear of “psychic attack,” as you know your resonance is above that vibration. You are also confident that your integrated Soul will automatically serve as a “mirror” to return those messages to the sender.

You are gaining a strong connection with the Beings of the fourth dimension, the Nature Spirits, elementals, Faeries and Devas. If a discarnate, also known as a

ghost, approaches you, you have no fear. With your knowledge of the higher planes you KNOW that you are living within the Divine Plane, and they are merely seeking your assistance in directing them towards the Light. Once you do so, you release them with Detached Compassion. You are aware of, but not attached to, the fourth dimension because you realize that your Path leads to the fifth dimension and beyond.



RECALIBRATING THE THIRD CHAKRA

Dear Ones, I am Gaia, returned to assist you in recalibrating another chakra. This time we are integrating your Third, Solar Plexus, Chakra. The Third Chakra represents your conscious AND unconscious thoughts, as well as the emotionally laced thoughts of others that you perceive via your fourth dimensional Astral Body. Thoughts, and the words and actions that are initiated by them, are the core of your Power: “I think, therefore I AM.”

The lesson of the Third Chakra teaches you that you must gain “Power Over” your unconscious ego/self in order to consciously live by the “Power Within” of your Soul/SELF. Once you have gained this “Soul Power,” you are no longer a victim to anyone else, your own unconscious thoughts and emotions, or the thoughts and emotions of others that you are “unconsciously” accepting into your Solar Plexus. Because of this, your Third Chakra represents the threshold between your “unconscious” and “conscious” realities.

When you have recalibrated your Third Chakra to accept, integrate, and use the higher frequency of your Soul/SELF, you will regain your Multidimensional Power Within. With Soul as the Captain of the lower chakras of your earth vessel, your true Essence, YOU, has set its roots deep into your unconscious self and into the foundation of your physical life. You have also regained the Power Within of your Soul and your multidimensional perception of the first through fourth dimensions.

THE THIRD CHAKRA

There are ten petals in this chakra which, when spinning, appear as a vortex. In numerology, the number 10 is reduced to the number 1. Number one symbolizes the beginning—“In the beginning, was the word”—and every word begins with a thought. Even if the thought is unconscious, thought precedes words and actions. The power comes from making sure that these thoughts are conscious. The Third Chakra also represents your conscious, or unconscious, awareness of, and interaction with, the fourth dimensional Astral World. The third chakra, also

known as the Solar Plexus Chakra, is located between the sternum and the navel.

HIGHER CONSCIOUSNESS

I, Gaia, wish to commend you all for using your Power-Within to serve as “step-down-transformers.” Also, with your expanding consciousness you can receive the higher vibration of the fifth dimension and beyond and ground them into my body, Earth. In fact, all three of your lower chakras are your grounding chakras. Through these “lower chakras” you share your essence with me, the consciousness of Mother Earth. Simultaneously, I gladly share my Essence with you, the people of my planet.

In the First Chakra Meditation, you fully grounded your First Chakra to avoid being overwhelmed by the higher vibrations of your Soul/SELF. You then recalibrated your Second Chakra to accept your Soul/SELF who awakened your inner Divine Child, the keeper of your deepest memory of the Mission you volunteered to accept for this incarnation. Now you are ready to “re-calibrate” your Third Chakra so that you can integrate the Multidimensional Power-Within of your Soul into your mundane life.

The Third Chakra, which has always been used to navigate through the fourth dimension, will assist us in traveling through the ever-expanding fourth dimensional aspects of your ever-changing physical world. The slow moving illusions of the third dimension have been replaced with the speed-of-light illusions of the fourth dimension. There are some who still believe the physical world is unchanged. On the other hand, those who have experienced the higher dimensions will never again see their physical world in the same manner, for they have seen it through the Eyes of Soul. It is through your Eyes of Soul that you can perceive the multidimensional aspects of your everyday life.

Once you have taken the risk of expanding your consciousness beyond the confines of the third dimension, your perceptions expand as well, and your world is forever changed. This “extended perception” affords you great power and protection, because you are able to move into the detached perspective of the higher dimensions and observe your physical reality. In this manner, functioning purely from Soul, you return to the Sovereign SELF that you were before you logged onto the 3D Game. If you can continually surrender to the FLOW of your Soul/SELF, you can live in the constant understanding that EVERYTHING is ALWAYS perfect.

RULES OF REALITY

Each dimension, especially the third, fourth and fifth, has different Rules of Reality, which are the operating system for that reality. It is through the awareness of these “rules” that you can understand your Power-Within. The

fourth dimension is ruled by the FLOW. In order to understand and navigate through the FLOW, you must surrender into it. On the other hand, the third dimension is based on the rules of extreme polarity, separation and limitation.

The physical plane is the schoolroom of life where you can learn the rules of cause and affect through confronting adversity. The polarity and separation of the third dimension allows you an opportunity to project a polarized aspect of your SELF onto a “separate” person. This separate person then becomes a friend (a projection of a part of yourself that you like) who will be on “your” team, or an enemy (a projection of a part of yourself you don’t like) who can be on the “other” team. Through the game of separation, the different teams try to limit each other’s behavior so that their team can win.

Physical reality is also separated into time and space. You must travel from “here” to “there” in order to share an experience with a “different” person or place. The travel time allows you to deeply experience the sense of separation from where you have been to prepare you for where you are going. You can even experience separation from your own consciousness, in that your conscious mind can appear to be separate from your unconscious or your superconscious mind. Also, all the different experiences that you have had over “time” are sequentially lined up in your memory by age. Age is a way to categorize the different experiences that you have had in your journey through life. In fact, even your life is separated into “this life,” “past lives” and “future lives.”

These rules bring comfort to the inhabitants of the third dimension. Comfort is greatly needed in the third dimension because of all the separation, limitation, enemies, and even friends that appear to be the cause of your fear. Death is often your greatest fear, as it is perceived as your ultimate separation from life. When you have the experience of “death,” your 3D belief is that you “separate” your Soul from your corporeal form and “travel” far away to Heaven—or Hell. This final separation creates much fear, as many in the third dimension feel separated from “God,” as he is far away—across space—in Heaven. Because of this they feel a great limitation in their ability to talk to Him, and the thought of “joining Him in Heaven” may, or may not, bring comfort.

Furthermore, third dimensional illusions state that when you live the polarity of “being good,” you will go to Heaven when you die as a reward for choosing an acceptable social model for behavior. However, if you choose the polarity of “being bad,” you will go to Hell and live with the Devil as a punishment for choosing to play with the “bad team.” However, what if you are secretly playing with the Bad Team, yet know how to convince others that you are on the Good Team? Will you go to Heaven? On the other hand, what if you have apparently chosen to play with the openly Bad Team but are really on the Good Team’s side? Will you go to Hell? Fortunately, the rules change when you “die” and go to the fourth dimension, or beyond.

FOURTH DIMENSIONAL RULES OF REALITY

Since my planet, Earth, is becoming more and more fourth dimensional, the rules of the third dimension are rapidly blending into the rules of the fourth dimension. The fourth dimension still has the illusion of separation, but the separation causes very little limitation, as you can change situations and locations with your thoughts and emotions, much as you do in your dreams.

In the fourth dimension, cause and effect are more immediate. You cannot fool others as you do in the third dimension, as your thoughts and feelings return to you in a manner that is evident to everyone, including yourselves. For example, if you were to call someone a Jackass, then you too would look like, and become, a Jackass. Anything you project "out" in the fourth dimension immediately returns "in" to the sender.

This return of your projections reminds you that you are NOT separate from your environment. The lower fourth dimension is still polarized, but the polarities are not stable and a man could turn into a woman, or light could turn into dark with a single thought. There are also wars that are "lost" or "won," but they are fought with magic rather than weapons. However, as you rise into the upper levels of the fourth dimension, magic begins to feel like a manipulation.

Magic was something you did when you still believed in separation and limitation. Since you believed in the separation you felt you had to "DO" something in order to fulfill your desires. On the higher planes of the fourth dimension, you are remembering your Unity with all life. Hence you KNOW that "wanting" is an indication that you have forgotten that you always "have."



THE THIRD CHAKRA

The Third Chakra is used to navigate into and through the fourth dimension where you can more easily manifest your desires. Therefore, your Desire Body is associated with this chakra. Your Astral Body, also known as your Desire Body, or Dream Body, is innate to the fourth dimension. With your Desire Body, you can create a fourth dimensional light matrix for the

reality you wish to experience. You can then ground that matrix in the third dimension with your thoughts and feelings, where it can be filled with the matter of the physical world.

As you re-calibrate your Third Chakra, you also ground and integrate your Desire/Astral Body into your Physical form. You can then use that Desire Body

as an inner compass to guide you into and through the fourth dimensional FLOW. It is tempting to think of the FLOW as separate from you. Yet, in reality, NOTHING is separate from you! If we are to surrender to the FLOW of the fourth dimension, you will need to release old third dimensional belief patterns. Any belief in separation or polarity will confuse you and lower your resonance into the illusions upon which your physical reality is built. I, Gaia, am anxious for you to learn to live in the FLOW. It is in that manner that you can greatly assist me, in the recalibration of my chakras and the integration of my fifth/sixth dimensional frequencies. Yes, dear Keepers of the Land, as well as my dear Keepers of the Water, I, need your assistance.

What is the Flow?

The FLOW is the River of Spirit that moves over, under, around and through ALL life. The Flow is the grass that bends to the stormy wind and the stars that show the way across an angry sea. The FLOW is the dawn light and a gentle moonbeam. This River of Spirit is the Unity Consciousness of All That Is reminding us that we are NEVER alone and are ALWAYS guided from within. In reality, you ARE the Flow and, therefore, can never leave it. However, too often the illusions of your physical world create the fear that blocks your memory of that fact.

In order to “Surrender to the Flow,” you must LET GO. Primarily, you must let go of your oldest, third dimensional friend—fear. Fear is your friend in that it keeps you aware of any “bad” things that may happen. On the other hand, fear is your foe in that it lowers your resonance and keeps you trapped in illusion. To “let go” into the Flow, you will need to let go of fear. Letting go of fear is extremely difficult, as fear is one of your basic operating systems in the third dimension.

If you are to release one operating system, then you must be able to replace it with a new one. Fortunately, as your Soul becomes Captain of your earth vessel, the fifth/sixth dimensional operating system will automatically come “on-line.” In the third dimensional world, the polarity opposite fear is love. However, if you think in terms of oppositions, you trap your consciousness in third dimensional polarities. This paradox can cause much trouble for your ever-expanding consciousness. The solution to this quandary is to TRUST in the new Captain of your earth vessel, SOUL.

INNOCENSE AND CLARITY

As you calibrate your Third Chakra to live in the Flow, you call upon the innocence and clarity of your Divine Child in the Second Chakra. Your Divine Child will answer your call and gladly assist you in grounding the fourth dimensional Flow through your Root Chakra and into my Earth. Your Divine Child has never left the flow and has spent your entire life in communion with the many life forms of the fourth dimension.

All you humans are Divine Children of the Father/Mother God/Goddess All That Is. You are ALL the manifestation of Spirit into Matter, just as I am. Your human self is composed of the Matter of the Mother and the Spirit of the Father. You are all participating in the third dimensional experiment of, “CAN Spirit stay ALIVE in Matter?” Each and every one of you must answer that question deep within your SELF. Once you can answer that question with a YES—YES Spirit is alive within my physical form, YES I AM the Divine Child, your third dimensional experiment is complete.

With this final unification of the polarities of Spirit and Matter—the 3D Game ends. The game ends because it is revealed as a game, an experiment, that each of us, including me, Gaia—body of Earth, decided to partake in long ago, before there was “time.” All you need “do” to live in the Flow is remember the connection to your Spirit SELF. Once you remember the Power-Within of your Spirit, you have Unity Consciousness with All That Is. It is that message from your SELF to your self that allows you to LIVE, evermore, IN THE FLOW.

THIRD CHAKRA MEDITATION

I, Gaia, will now lead you in the meditation to calibrate your Third Chakra to filter-in the higher light of the fifth and sixth dimensions.

Close your eyes and focus your awareness on your solar plexus, which is just below your sternum and slightly to the left.

You will take three long, slow deep breaths to breathe yellow light into, and out of, your Third Chakra, your Solar Plexus,

Solar (of the Sun)

Plexus (structure of interlaced parts combined to create a network)

The network that creates your INNER SUN



For your **first breath**, INHALE the frequency of brilliant **yellow** light into your Solar Plexus.

Exhale this Light down through your Navel Chakra where the frequency of **yellow** light blends with the frequency of **orange** light of the Second Chakra.

Exhale this Light down through your Root Chakra where the frequency of **yellow** light blends with the frequency of **red** light of your First Chakra.

Exhale through the Root Chakra and down, down, into the Core of my planet.

With your **second breath**, INHALE up from my Core, through your Root, your Navel, your Solar Plexus and into your Heart

Exhale the Blessing of Gaia's Breath out through your Heart.

For your **third breath**, INHALE the frequency of **green** Light into your Heart and hold your breath as you transfer your breath down into your Solar Plexus.

Exhale slowly from your Solar Plexus, the blend of the frequency of **green** Light and the frequency of **yellow** Light

In this manner, you blend the energy of your lower chakras with your Heart and with my heart, the Heart of Gaia.

Take a moment to visualize my Heart of Gaia connected to your Heart via your first, second and third chakras.

Feel the frequencies of the color **green**, in your heart and in mine, with the frequency of the colors **red**, **orange** and **yellow** in between the **two hearts**.

You have NOW blended your first three chakras with my Heart of Gaia and with your own Heart. You and I, Person and Planet, are now connected

HEART TO HEART

**You are ready to begin your meditation.
You will now calibrate your Third Chakra to accept the Higher Light
and to activate your fifth and sixth dimensional Power-Within.**

- Allow a picture to enter your consciousness of an area of your life where you feel, or have felt, POWER-WITHIN.
How does your body feel?
What emotions are you feeling?
What thoughts are in your mind?

Allow this Power-Within to send down a “tail” past your navel, through your root and deep into my Earth.

As you travel back up from my core, connect this “tail” to your Kundalini in your First Chakra, your Divine Child in your Second Chakra, and the Power-Within of your Third Chakra.

Visualize your Soul/SELF taking that “tail of Light” and connecting it into your Inner Sun, the NETWORK for your RADIANCE.

As your Soul/SELF plugs in the Light, your Soul steps into your SUN.

As your Soul enters your Sun:

- Allow a picture to enter your consciousness of an area in your life where you feel that there is, or there was, POWER-OVER you?
How does your body feel?
What emotions are you feeling?
What thoughts are in your mind?
How does this Power-Over limit your behavior?
- What 3D illusions of separation and limitation trap you in this Power-Over situation?
Feel the tension of these illusions in your body.
Feel the tension of your emotions.
Feel the tension of your thoughts.

Allow the POWER WITHIN of your Soul/SELF to:

**SWEEP UP this wounded self and
FALL INTO the Flow.**



Also, allow the Flow to FALL INTO you.

YOU HEAR THE INNER VOICE OF YOUR SOUL SAYING:

You have come to the current of the Flow believing it will cleanse you. The Flow looks like water, but it is actually light, Liquid Light. It has taken great courage for you to take this first step into the Flow, but now it will be simple. Won't it?

All you have to do is relax into the Flow and release... but, release what? Perhaps you aren't sure. Nonetheless, you settle into what you imagine must be the Flow. It is not physical, so you cannot be sure as you may not totally trust your intuitions. Pushing your doubt aside, you settle into the current of the Flow expecting it all to be easy.

However, as the Flow begins to pull old portions of yourself to the surface, another force counters it by pushing your secrets back into hiding. This force is resistance to change, resistance to the Truth. You can feel the Flow beginning to move through your body, releasing the stress and strain of many lifetimes. However, once again, there are places that are afraid of change—any change.

You feel nervous and uncomfortable, as part of you wants to come to the surface, while it also wants to stay hidden. You know that you have to participate in your own healing in order to allow the Flow into these hiding places of your powerless, wounded self.

What would be the sense in hiding, from your self, from others, from the Truth?

You have always sought the truth. Haven't you? But what if the truth reveals something you don't like, some aspect of your self, some emotion, or thought, that you are not really ready to confront?

You can feel the resistance. Can you also have the courage to feel what lay hidden behind this resistance? Can you allow yourself to even love the wounded self that hides behind it? Yes, only love, Unconditional Love of your own wounded self will give you the power to accept your resistance as a part of the change, accept that which you are resisting, and then to surrender it all to the Flow. What do you have to lose?

"You can lose sorrow," says your heart as you allow the Flow to pull your sorrow to the surface.

"Yes," you hear your thoughts say, "But first I know I will have to accept and love it. How can I accept sorrow? How can I love it?"

"Your sorrow has taught you to seek comfort," murmurs the Flow.

You know that to be true. Can you take the risk of accepting an old enemy? Can you stop resisting your sorrow, love it free, and release it into the Flow? Years and lives of sorrow fill your memory until you have no choice. You can hold it no longer. You have to release it, forgive it, and love it. You have to love it free.

"I love you sorrow," you cry into your heart. "You have taught me to seek comfort."

With your words the sorrow leaves you. Your tears join the current of the Flow and float away. Comfort now lives in the place that was once filled with sorrow, comfort from the Power-Within that it took to release it. It worked. You loved your sorrow and surrendered it to the Flow. However, you know that there is more that you can lose. You listen for the next voice.

"You can lose confusion," says the current as it travels in circles about you. Your thoughts swirl like a flooded river and you almost lose your footing. You will have to surrender to it, as you can no longer live with it. But what has confusion taught you?

"It has taught you to seek clarity," speaks the voice that now seems to resonate inside of you.

Without the pent up sorrow you can listen more easily to me, your SELF, your Soul.

"I love you confusion," you sing into your thoughts. "You have taught me to seek clarity."

Because of your love and willingness to surrender, the confusion is washed from your thoughts. You find that you can more easily relax into the current of the Flow. It seems to have a direction now. At last!

“You can lose pain,” continues the Flow as it pushes against your body.

Yes pain, the sum-total of your inability to find happiness. You can lose that. But what has it taught you? Yes, you know.

“I love you pain, you have taught me to seek happiness,” you say as your arms embrace your body, protecting your wounded self.

Your body’s ego/self relaxes as lives of pain are pulled to the surface of your consciousness and released into the Flow. Your arms open now and float on the surface of the current, allowing your heart to release all its pain, as well.

“You can lose fear,” cries your entire being.

You know the answer and respond, “I love you fear. You have taught me to love,” you call to your fear as it floats down the Flow with the current.

Then, all that is left is LOVE and the Power-Within that you gained by surrendering to the Flow. However, one last question taunts your mind.

“What is the Flow?” you call into the very current that surrounds you

“It is I,” answers your Soul. “I AM the Flow of your true SELF. Because you have Surrendered to me, we are now ONE.”

MANTRA

I NOW take ALL Power I have ever given to any

Person, place, situation or thing

And I hold that it WITHIN my SELF!

*As you release ALL your tensions and illusions
to your Soul, you remember:*



The flower opened slowly
Because you thought it must
Your labors were so painful
Because they seemed unjust

The sky was dark and dreary,
For tears had blurred your sight.
But your Soul/SELF has returned,
And turned you towards the Light

You remember what your Soul has said,
When you could listen to its call,
“Come here, my dear, and listen,
and I will tell you all.

“You are creator of your life
in each and every way
by the actors you perform with,
and the dramas that you play.

“What moment are you choosing?
What torment are you losing?

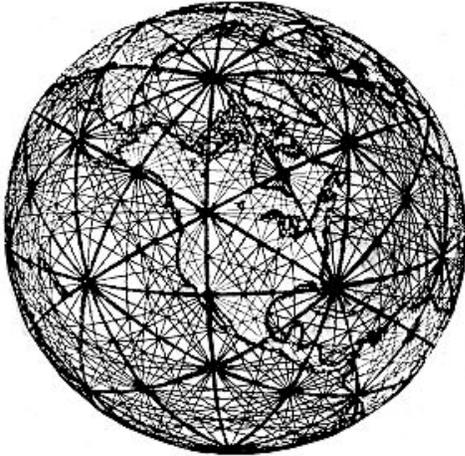
“Open up your heart, my dear.
Fill it full of love, not fear.

“The journey is beginning.
Your freedom you are winning.

Live life in surrender;
allow me, your soul, to choose
While you walk the path of LOVE,
there is nothing you can lose.”

At last you know, you are aware,
you remember what you knew.
You welcome in a brand new life.
The old one is now through.

LAYING DOWN THE MATRIX



Beloved and Powerful people of my planet,

You have now re-calibrated your Third Chakra to face any and EVERY person, place, situation or thing from the perspective of your POWER-WITHIN. Call upon the new Captain of your earth vessel, your Soul/SELF to assist you in REMEMBERING this fact. In the days ahead, many things will come to pass, and pass they will. In fact, as you have become translucent to the darkness and receptive to the light, the darkness will pass “through” you, while the light will pass “into” you.

You have calibrated your consciousness to the frequency which “filters out” the vibration formerly known as the “darkness,” and you have detached your attention from the battles and illusions around you. Now, all that remains is the Power of TRUTH that resonates from inside your SELF. The “outside world” is recognized as a reflection of your inner world cast upon the matrix of the third dimension.

You are a “Sovereign Being,” and the Source of the Reality that you share with the others who play on your “Stage of Life.” And yes, the drama of the third dimension has taken on epic proportions. However, just beyond the drama is the peace that you so dearly crave. You yearn to feel the soft morning breeze on your face and hear the chirp of the birds as they roost in the nearby tree of life. You wish to feel the peace of the warm sun, and the cool moon beams. Your greatest “desire” is to laugh, love and create. So, create that world, create it NOW!

Appreciate the 3D world that you are creating, for soon it will be transformed. Then ALL of you will remember why you came, what you are to “do” and how you are to “do” it. Idea by idea, step by step, you will walk your Path and lay down the matrix of transformation for OUR planet and for yourself. Then you ALL shall BE ONE with me, Gaia, and the solar system and stars shall be your family. Your consciousness is expanding far beyond the confines of your physical body, which is now perceived as the present third dimensional Grounding Point for your Soul/SELF.

Your Grounding Point is how you planted your Multidimensional Essence into my heart, the heart of Gaia, to share my reality and expand the Light of People and Planet joined into ONE. It is through the thoughts and desires of your Third Chakra that you find the Power-Within to complete your Mission. I remind you now to ground all three of your lower chakras into my Core. In this manner, you

can bring down your greatest Power without harm to your earth vessel, as well as join your sweet Essence with mine, the Essence of Gaia.

I take this moment to thank you for forgoing your personal victories long enough to remember that we came here to participate in the Flow of Planetary Ascension together, as ONE BEING.

I now return you to the loving care of the Arcturians, who will present the next lesson in Blending Polarities.

Gaia





BECOMING ONE

We are the Arcturians, returned to assist you in the process of releasing the illusion of polarities so that you may become ONE. You have now recalibrated your three lower chakras to accept, integrate and use the frequencies of the fifth/sixth dimension, and your Soul has taken residence in your Root, Navel and Solar Plexus Chakras. You will likely be feeling many symptoms of transformation. Feel free to go to whatever doctors or Lightworkers who can assist you. In that way, you are allowing others to give their service while you also gain a much needed healing.

We are so proud of you. You have grounded yourself in Gaia, revived your Divine Child, and reconnected with your Power-Within. Because of the many changes in your inner world, you may project-out change into your outer world as well. Allow yourself to go slowly and set a “marathon pace” so that you don’t expect too much of your already busily transforming earth vessel.

BLENDING OF POLARITIES III INDIVIDUAL THOUGHTS/COLLECTIVE CONSCIOUSNESS

As you are now aware, your third dimensional “individual” is a separate being, separate from others and separate from your Multidimensional SELF. It is your “Separate Self” who is weaved into the 3D Matrix, while it is your Multidimensional SELF who observes and oversees the “weaving” of your third dimensional reality.

As you are downloading your higher dimensional SELF into your earth vessel, and into the body of Gaia, the polarity of your “Individual Thought” is blending with the opposite polarity, “Collective Consciousness.” When you no longer “think” of yourselves as a “separate being,” you can accept the responsibility that

“WE,” the Collective Consciousness of the inhabitants of the third dimension, are the weavers of “OUR” 3D Matrix.

WEAVING REALITY

Weaving together the horizontal, subatomic filaments of Matter and the vertical, subatomic filaments of Spirit creates the 3D Matrix. If you “look” with your Eyes of Soul, you can actually see these filaments. The vertical filaments of Spirit are glistening, transparent strings of white (all colors together) light. On the other hand, the horizontal filaments of Matter have gone through the Crystal Prism into the third dimension and have been separated into the seven different octaves/colors of light.

It is through weaving together the filaments of Spirit and Matter that you, all the inhabitants of Gaia, create the 3D Matrix upon which the hologram of your reality is projected. Your “separate self” is a small segment of your true, Multidimensional SELF. Just as you could cut a hologram into many fragments and each “separate” piece would display a vision of the whole, your individual, 3D self can also be used to present a vision of your whole SELF.

In order to create a hologram, an object (in this case, a thought-form) is photographed (held in your thoughts and emotions and focused by your intention), and then bathed in the light of a laser beam (the vertical spiritual filaments). Then a second laser beam (the polarized material filaments) is bounced off the reflected light of the first, and the resulting interference pattern (the area where the two laser beams commingle) is captured on film/3D Matrix (the third dimension).

When the “film” is developed, it appears as a meaningless swirl of light/spirit and dark/matter lines. But as soon as the developed film is illuminated by another laser beam (the perceptions of the third dimensional observer), a three dimensional image of the original thought-form appears.

A thought-form is different from a thought in that a thought-form resonates in the fourth and fifth dimension as well as the third dimension. Each culture has many iconic thoughts about people, rulers and places that carry such emotional charge that they become thought-forms. Thought-forms are collective thoughts that have received so much attention from the collective consciousness that they take on “form” in the fourth dimension.

These fourth dimensional etheric forms act as “windows” into the third dimension through which multidimensional beings can easily observe the workings of the physical world. It is through these “windows” that members of the physical plane can also observe the higher worlds.

Many of these “windows” are spiritual teachers who have crossed over such as Buddha, Jesus, or Mohammed. These Beings no longer resonate to the fourth

dimension, as they were able to return to their Multidimensional SELF and travel through the Universe. However, they have left fourth dimensional thought-forms of themselves so that their followers can use them as “windows” into the higher worlds.

WEAVING THE MATRIX

You weave your 3D Matrix much like we crochet or knit. The “separate” filaments of Matter and Spirit are the strings of yarn, appearing to be separated by space. You unconsciously weave in the patterning that is in the genetic code of your body and the beliefs that were given to you as children. Your genetic coding is also the way your “karma” ties together, life after life, your lessons and achievements.

You have the same Body Deva, holder of your personal form, for ALL of your incarnations so that you can maintain a semblance of Oneness each time you enter another third dimensional “lifetime.” In order to “weave” the 3D Matrix you desire, you need to keep in mind that, through your karma, you can remember your “Mission.” Your Mission is the reason why you decided to log-onto this 3D Polarity Game in your first incarnation.

Many of you have the same Mission, which is, “Stay connected to SELF in spite of judgment, fear and pressure to become who THEY want you to BE.” It is in this way that you can “Remember the TRUTH in the midst of the lie!” Most of you have learned in your many lifetimes that the TRUTH is NOT to be spoken. You learned this “lesson” through numerous lives in which you suffered dearly, or died horribly, because you spoke the TRUTH. No wonder you are afraid to “Come Out” as your true, Multidimensional SELF!

On the other hand, hiding your SELF generates inner fear, whereas courageously BEING your SELF establishes a deep love for all life around, and within, you. This dance of love and fear, separate and eternally at war, is what weaves the filaments of Spirit and Matter into the 3D Matrix.

Fear and love are the yarn, the filaments of Matter and Spirit that are woven together with our crochet hook or knitting needles. At times, fear and love work together with two different “hooks” to catch the thread. At other times there is fear OR there is love. In those cases, you choose, consciously or unconsciously, whether to use the “fear hook” or the “love hook.”

WHAT IS THE HOOK?

At times you choose the fear hook because it is fast, and you don’t have to confront your SELF. However, fear exists only in the past or in the future. Therefore, you end up creating what you have already experienced, or what you fear WILL happen. With the love hook, you can only be in the NOW to make the

strings catch. To do that, you need to release old core beliefs of the past, as well as worries and fears for the future.

You must be very still inside to catch the NOW boat of the present. This NOW boat is in the present—FOREVER. Hence, you travel through what appears as “time” to others, yet it eternally feels like Now to you. When you choose two hooks to create your matrix, the love hook and the fear hook, it is much like a beginner’s knitting, because the tension of the strings is not the same. The “fear” part is tight and worrisome; whereas the “love” part is loose and hopeful.

Every so often, you are so completely enmeshed in one area of your life that you create your reality with only the love hook OR the fear hook. Creating only from love is a Divine Experience, but difficult to maintain. That is why it is enjoyable to be away from others in a natural setting where the Collective Consciousness of Nature is louder than the Collective Consciousness of people bustling through their busy lives.

In this stillness it is easier to create ONLY from love. Also, while in nature, you can go on your own body clock. You can rest when tired, eat when hungry and create when you are rested and nourished. In the midst of your working life, external parameters dictate what you must do, and when you must do them. To weave a happy, loving 3D experience, it is best to cease all creation done in fear. What you create in fear produces the experience of fear; whereas, what you create in love, produces a loving experience.

The best way to cease creation from fear is to be a conscious creator. Of course, few are ALWAYS conscious creators, even though that may be the goal. If you are always conscious of your SELF, you would never choose to create a fearful experience. You would not choose to use the fear hook, because you would know that fear only comes back to its creator. For this reason, you are in the process of surrendering your life to your Higher SELF, your Soul, who has now integrated your consciousness and your first three chakras.

Your Soul is well aware that there are some on this planet whose Mission is to create the Fear Polarity of the third dimension. These are the Lucifer Troops. Your Soul also knows that it is best to neither fear nor judge them. They have made a great sacrifice to carry that banner so that others can play the 3D Polarity Game. It is your Love and Light that will neutralize their Fear and Darkness, and bring this Game to an end.

When enough inhabitants of Earth tire of judging, fearing, fighting, resisting and externalizing Fear, the Lucifer Troops will retire and return to their true, Multidimensional SELVES, just like everyone else. As each member of the Lucifer Troops returns Home, or to their true SELF, the Collective Consciousness of Earth expands to embrace its true, Multidimensional Reality. As this happens, it will be easier for the masses to awaken to their Multidimensional SELVES, as

well. Meanwhile, it is you, the Spiritual Pioneers who are creating the first changes in the Collective Consciousness.

THE DIFFERENCE BETWEEN LOVE AND FEAR

It is only your Separate Self that experiences the difference between love and fear. It does so because that part of you believes that everything is separated from everything else. The Separate Self only has access to third dimensional perceptions. Therefore, it cannot consciously perceive the subatomic particles that actually join “all that IS manifest” (horizontal filaments of Matter) with “all that is not manifest” (vertical filaments of Spirit). It is only in the first through fourth dimensions that these subatomic filaments cannot be perceived.

Your Soul/SELF, who is now becoming the Captain of your earth vessel, consciously perceives the sub-atomic particles that connect all third dimensional life. Your Soul also experiences and interacts with the many different dimensional realities that are resonating to the higher frequencies that are NOW a component of your present reality. From the perception of your SELF, there is no “space” or “time” in-between these multidimensional realities, as there is NO “in-between” in realities without separation. There is only HERE and NOW in the realities that resonate to the fifth dimension and beyond.

To the perspective of your ego/self, the dimensions are “separated” into layers of experience so that you can more easily integrate multidimensional information into your physical brains. Your ego/self uses only about 10-15% of your physical brain, as it is restricted to the familiar logical, sequential order that it has always “thought of” as reality. In order to consciously perceive the true multidimensional reality requires a steady expanding of your consciousness and belief systems. To suddenly awaken to a true, multidimensional world, with all frequencies and dimensions intermingled and instantly available for you to choose from, would be quite overwhelming.

Third and fourth dimensional order also provides you with the illusion of the progression of time while you prepare for Planetary Ascension. The Collective Consciousness has chosen to take this “time” to prepare so that sufficient numbers of people can awaken enough to have the Unified Power to ascend the entire planet. There are “times” in which you can most easily unite to prepare for the planned Planetary Ascension of December 2012. These times were 01/2001, 2/2002, 3/2003, 4/2004, 5/2005, and will be 6/2006, 7/2007, 8/2008, all the way to 12/2012.

CONSTANT COMMUNICATION

You are becoming increasingly unified via your technology of cell phones and the Internet. Now, you can instantly communicate your thoughts with anyone, anywhere in the world. Eventually, you will be awake enough to drop your

technological crutches and realize that you are already united in the planet's Collective Consciousness.

Then all you need "do" is "think" that you would like to communicate with someone, and instantly your consciousness will be connected with theirs. That person can choose to "check caller ID" and decide to answer you or decide not to "pick up the phone." However, because you are united, you will know that they made that choice. With no separation, there can be no lying and no deceit.

Within the FLOW of a multidimensional reality, the layers of frequencies/dimensions are as thin as gauze and quickly become obsolete as you re-adapt to your true SELF. Each dimension becomes a camera lens through which you calibrate your perceptions to the frequency of that reality.

This calibration is necessary, as all realities are right HERE in the NOW. However, you are not actually calibrating your senses; you are calibrating your consciousness. Once you calibrate your consciousness to a certain frequency, your perceptions naturally abide by that calibration. While functioning from your Soul/SELF you are aware of the surrounding frequencies of reality and are aware that you are united with ALL of them.

REALITY SHOPPING

Calibrating your consciousness to your chosen reality is as familiar to your Soul/SELF as shopping in a Mall is to your ego/self. When you are shopping in a clothing store, you see many racks of clothes. You know that the experience of wearing each of these "clothes" will present a different "self" when you look into the mirror. You could wear many different articles of clothing at one time, or you could wear only one simple outfit. You are also aware that you can "change clothes" whenever you desire.

When you look around the store through your Eye of Soul you see others who are also "shopping." From your ego's point of view, these people appear to be separate. However, through your Eyes of Soul you see that you are connected to all of them by subatomic molecules. There are many other "stores" in the Mall. Through your Eyes of Soul you can "pan-back" until you see the entire Mall with all the sub atomic particles that connect you to the "Essence of the Mall." As you pan-back further still, you see that there are many other "Malls," with many stores within them.

These "Malls" are all connected with subatomic particles to the city, the cities are connected with these same particles to the state, the states are connected to the country, the countries to the continent, the continents to the planet, the planets to the Solar System, the Solar Systems to the Galaxy, the Galaxies to the Universe. As you pan-back even further you see that there are Universes in many different dimensions, which are also connected by these same subatomic particles.

THE COLLECTIVE CONSCIOUSNESS

You are “separate” because you choose to perceive/believe that you are separate. It takes “time” to travel from place to place because you have chosen to separate your consciousness into “individual,” 3D body. However, your consciousness is united with every other “Individual” bodies in every other “separate” city, state, country, continent, planet, solar system, galaxy, universe, dimension... through your consciousness

Once you choose to think in a United, Collective Consciousness fashion, it is very difficult to harm another. It is also not as easy for fear to get a grip on you. If you don't enjoy this “store” in the Mall, you simply calibrate your consciousness to experience a different store, or a different Mall. If you cannot achieve your goal in one store, state of consciousness, you need only change your consciousness. Once you can “pan-back your lens” beyond the illusions of separate stores and separate goals, you will remember that you are all connected to a larger goal; a goal that you do not need to achieve alone.

Furthermore, you don't need to “achieve” your goal because you are not separate from it. You are not separate from the “We” who are calibrated to the experience of living that goal. Again, if you want to change your experience, all you need “do” is change your consciousness. Once you alter your consciousness, you adjust the filter in your camera lens. You can even choose to expand your consciousness so much that your camera can SEE the in-between, LISTEN to the sounds that make no noise, FEEL the nothingness and EXPAND into a larger SELF resonating to an even higher frequency.

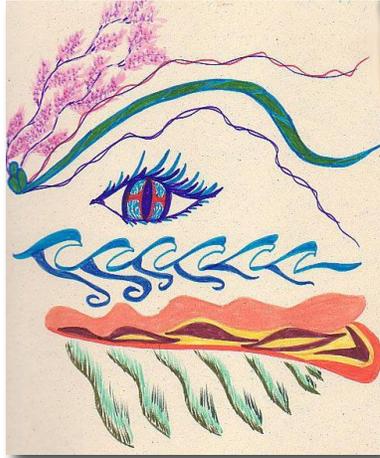
You can constrict your consciousness to have the experience of being a molecule, OR you can expand your consciousness to have the experience of being a Galaxy. You can do this by NOT allowing the illusion of your separate, limited body to restrict your consciousness. Your consciousness is NOT in your body. Your body is IN your consciousness. Only a small portion of your total Being is choosing to “shop” for “clothes” in this small “store.” All of your consciousness/Essence lives in Unity with All That Is, and ALL of your consciousness is united with everyone and everything.



In reality, YOU are not a person, city, state, nation, planet or galaxy. YOU are a dimension. You are the 3D Matrix of this 3D Hologram. You have chosen to “shop” here for the experiences of separation and limitation. You are no longer a baby, or even a child. You have outgrown the clothes in this store. You are grown up NOW; grown up enough to embrace your

TRUE Multidimensional SELF!

Until we return, The Arcturians



MESSAGE FROM THE NEW CAPTAIN

This is your new Captain speaking.

I wish to address all of the members of my multidimensional earth vessel and crew. Yes, I can directly address my vessel, as it is as alive as the planet on which it is currently docked. Initially, I wish to address the first dimensional, mineral members of my crew: the cells, atoms, chemicals and DNA. These members have diligently taken from Gaia's body the necessary elements to create this vessel. I have accessed the control panel on this First Deck/Chakra and recalibrated all of your chemical markers to begin the transformation of this vessel from carbon-based to light-based.

I have also re-calibrated the control panel for this Deck in order to filter-in your Kundalini force, thereby changing your power source from one-dimensional to multi-dimensional. Hence, the second dimensional organs of this vessel will now be able to gather fuel, not just from the flora and fauna of this planet that has been your docking station, but from the Light of the entire Universe, as well. This advanced power source will allow you to more easily detect and move through the many illusions of your current port. Your new source of fuel also prepares your entire vehicle for its impending lift-off into the higher dimensions.

I commend the first and second dimensional crewmembers who have served me on this Deck, and I wish to congratulate you all on your ability to accept change. I would like to introduce you to a new crew member. You will find Her within you; Her name is Gaia. Gaia, the planet from whom you have gathered the elements to create this vessel, is also transforming and has kindly offered to join your crew to better assist with the vessel's ongoing transformation. Since She is a multidimensional Being, She has no problem serving on many, in fact, millions, of vessels in the same moment of the NOW.

I, your new Captain, am also multidimensional. I have not excused your past Captain, Ego/self, as it is one of the many components of my total SELF. Instead, I have re-assigned this portion of me to be my First Mate in charge of mundane activities. In this manner, my vessel will be able to continue its Mission of being a separate individual forging through the many limitations of third dimensional illusion. I congratulate you all for your success with this Mission. It is because of your great victory with this assignment that I have been able to begin the process of becoming your new Captain.

I remind all the crew on this Deck that I am always available for any assistance you may need in your transformation, or even with your daily tasks. Because of my multidimensional consciousness, I will have no problem assisting each and every one of you, individually, within the same moment. Ego, my First Mate, will be in constant communication with me. Hence, you may also address me through your former Captain, Ego.

Now, I would like to address the Second Deck/Chakra. I also commend you in learning the fine art of “partnership with” your emotions, rather than “domination by” your emotions. The fuel for this Deck, emotion, is a strong power source, but it can also cause erratic functioning or even completely shut down the operating systems. Because of this, I have recalibrated the emotional control panel on this Deck to filter-out intense polarized emotion and to filter-in the higher dimensional, Unconditional Emotions.

The Divine Child has never lost connection with Home, and is, therefore, very comfortable with the Detached Compassion of 5D emotions. Because of this, Divine Child has been appointed as the Supervisor in charge of emotional operations. The duties of this position include channeling the immense power of emotions towards fulfillment of our chosen Mission, as well as assisting all Crewmembers to deeply enjoy their remaining time in this port.

I wish to commend the second and third dimensional members of this crew on your total acceptance of me, you new Captain. I realize that your magnificent instincts and intuitions have largely been rejected by the rules of your current port and by the overly intellectual Crewmembers on the Third Deck. With the recalibration of your emotional network, you will have greater access to these innate powers. Also, you will no longer care if “they” doubt you, for you will no longer doubt your self. I ask you all to feel free to share any of your instincts, intuitions and ever-expanding creative ideas with my SELF or my First Mate, Ego.

In closing, I ask that you take a long moment to join your core, your Hara Center, with the Core of your new partner, Gaia, Mother Earth. Your Deck shall be the incubation center of our new Light Vessel. Hence, send down an “umbilical cord” into the womb of your Earth Mother for nurturance and assistance with your rebirth. Allow this cord to travel down through the First Deck and into the Heart

of Gaia, who is now a crewmember on the First Deck. Gaia will then lovingly implant this cord into the womb of Her Planet.

I move now to the third and fourth dimensional members of the Third Deck/Chakra. I have recalibrated your control panel so that your great intellectual ability can merge with your fourth dimensional illuminations. In this manner, the rigid belief systems of your "individual" 3D reality will no longer limit your great mind or cause you to doubt your Inner Communiqués.

I commend the fourth dimensional members of our Body Deva who have tirelessly served in the healing and reconstruction of this vessel since its very conception. Without your habitation of this vessel, there would be no Spirit and NO hope of return to its true, multidimensional nature. I realize that the Intellectual Crewmembers have not always thought highly of you, if they have thought of you at all. However, they were merely doing their "job" of operating under the illusions and limitations of this port.

I have re-calibrated the control panel for this Deck to filter-in the conscious recognition of fourth dimensional signals. I have also installed a powerful firewall so that unwanted psychic attacks of the Darkside of the fourth dimension will be detected by our radar screen, yet filtered-out before they can do any harm to our vessel. These unwanted assaults will no longer be allowed.

Dear third dimensional, Intellectual Members of this Deck, I would like to introduce you to the fourth dimensional Elemental Members of your crew. You may, or may not, have known of their constant interactions and contributions, as you were focused on your former directive, "FORGET your Multidimensional SELF." I wish to inform you that your directive has been altered drastically. In fact, your new directive is, "REMEMBER your true Multidimensional SELF."

I also wish to commend you Intellectual Crewmembers for your ability in playing the 3D Game so well that you have come to this point of "End Game." You have done an excellent job of "being individual" and living through myriad limitations. I will now introduce you to your silent partners, the Elemental Crewmembers. Because they were operating from a higher dimension, they were well aware of you, while you were largely unaware of them.

First meet the Earth Elementals, the Gnomes, who have greatly assisted you in the care and maintenance of our physical vessel as well as the hard drive. The Water Elementals, the Undines, have been assisting you in maintaining the flow of all the liquid through this vessel. The Air Elementals, the Sylphs, have kept the "space" of this vessel clear and filled with oxygen. Finally, meet the Fire Elementals, the Salamanders, who have kept all the electricity and other power sources operational.

I ask now that all third and fourth dimensional crewmembers of the Third Deck join in conscious collaboration of duty and responsibilities. I also ask that you remain in constant connection with the first and second dimensional crewmembers of the First and Second Decks. Take a moment now to connect your control panel, chakra, with the control panel of the Second Deck, and hence with the umbilical cord within that Deck. You will then automatically be connected with the First Deck and with Gaia Herself. Remember to consult with the instincts and intuitions of the Second Deck as well your trusted partner, Gaia, on the First Deck.

I am very proud of your ability to begin this major transformation. I know that it is the most difficult for the Lower Decks to alter their Operating Systems, for they have been functioning within the old system for eons. I will now move to The Bridge on the Fourth Deck/Chakra, which is the Heart of our dear vessel. I know that I will be warmly welcomed, as this Deck has been calling to me for quite some time.

My communiqué with you, the Lower Decks, is now complete and I leave you in the trusted hands of my First Mate, Ego. I will continue my recalibration with the Higher Decks, but since I am multidimensional, my attention will also be continually with you. Therefore, I will be able to instantly respond to your every question or request.

Again, I AM Soul, the new Captain of this Vessel. I guide you now in our great Commencement into Light.



Your Captain

THE CONSCIOUS



**In the Conscious Section,
you will be guided to recalibrate your
Fourth/Heart Chakra and your Fifth/Throat Chakra.**



People of my Planet,

I am Gaia, your sister, your friend, your partner and your planet. I want to speak to you for a moment from my Heart Chakra in Maui, Hawaii. The sweet Essence of my Love flows across this verdant land with the ever-present trade winds and soaks into my earth with the misty rain.

Each of the myriad flowers speaks of my great creative force, and the warm weather allows my people the freedom to play in my waters and on my shores. Because of the beauty and harmony of my Heart, many people have sought to own my land, my oceans, and my beaches, but I AM FREE, for I am a FEMALE that NO man—or woman—can own.

I am free because I am connected to my SELF and to my Mission. With the wonderful gift of increased feminine energy sent to my heart in Maui from my sisters in the Pleiades, my Female Power is awakening after a long slumber. Consequently, I am now fully prepared to see as many of my inhabitants as possible into the fifth dimension and beyond.

Furthermore, between now and 2012, dear Venus rests between my planet, Earth, and our Sun to further amplify the Feminine Power of Creation and Birth. I do not expect that our journey will be completed by 2012, but I believe that our journey will then be clearly evident.

I know there are those who do not want to move into the higher vibrations, but I can look into their hearts and see their Soul's desire, which they are unable to do. Still, Earth has always been a free-will planet, and all of my people have the right to create their reality, whether it is from their Soul or from their ego. As the majority of my people choose to partake in our impending process of Planetary

Transformation, these “sleeping ones” will find that they are more and more alone.

OUR OVERSOUL

I, Gaia, the eighth Pleiadian Sister, am more rambunctious, shall we say, than my sisters. I always felt as though there was a great challenge, a mission, which my Oversoul wished me to fulfill. That Mission was to go out into the wastelands, the outer reaches of a new Galaxy, to experience the most extreme third dimensional polarity that was possible. To join me in this endeavor were most of the other members of my Oversoul. We all looked forward to choosing our own role. I, Gaia, am the expression of the entire Oversoul, while the other members of my Oversoul chose to be different expressions of me, the planet.

In this manner, each of “us” is our own interpretation of “Being a Planet,” and I, Gaia, serve as the template. Just as your hands and feet are portions of your human body, each of my elements and inhabitants, including my people, are portions of my planetary body. Some members of my Oversoul wanted to experience being first and second dimensional life forms. They were the first to send down a portion of their Essence into my initial 3D Matrix. I say “a portion of their Essence,” as they, as well as ALL my life forms, also exist in many other places and dimensions. The ones who desired the experience of being first and second dimensional were to become my rocks, water, plants, reptiles, insects and animals.

The First and Second Dimensionals may seem less evolved to you, but they chose this expression as they knew that they would never lose touch with the Planetary Consciousness. They’ve never had the full experience of separation and limitation of third dimensional individuality, but they’ve never taken the risk of becoming lost in the polarity of their Darkside. Instead, they remained in their group Soul. Because of this, they’ve never experienced death.

When they “died,” they merely returned to the Oneness, with which they had never lost contact. Most of my humans have lost their connection with our Oversoul and with their Multidimensional SELF. Therefore, “death” feels like leaving. When the connection has not been lost, “death” feels like going Home to visit your Family.

There were others, such as yourselves, who chose to be third dimensional “people.” Some first entered during the time of Lemuria, some during the time of Atlantis, some long before and some more recently within this last 12000 year cycle. Because you, my third dimensional inhabitants, wished the experience of individuality, you joined the 3D Game, which was prepared for you by the First and Second Dimensionals.

When you entered this Game of 3D polarity, your awareness was limited to the separate package of your personal earth vessel and you were separated from your Planetary Consciousness and the awareness of your Oversoul. At first, you, my people, had more of a connection to me, the planet. However, as you have become more individuated by your “civilized” world, most of you have lost that connection.

RECONNECTING WITH OVERSOUL

Each dimension of reality encompasses the lower ones. Therefore, you, my Third Dimensionals, were always aware of the First and Second Dimensionals but lost connection with the Fourth Dimensionals and beyond. Fortunately, many of you are progressing to “End Game” of the 3D Game. You have made this progression because you have learned to expand your consciousness beyond the confines of your separate 3D earth vessel. Because of your expanded consciousness, you are remembering to consciously perceive realities that are below, or above, the third dimension.

When you are able to expand your consciousness to encompass the seventh dimension, you will reconnect with your Oversoul, and realize that you have returned HOME. In fact, this “Journey Home” has already begun. YOU, my dear members of the Planetary Ascension Team, are NOW in the process of returning to your true, Multidimensional Awareness. Just as I, Gaia, have many dimensional beings and realities within my planetary body, you are realizing that you have many dimensional beings and realities within your personal body.

The first, second and fourth dimensional components of your SELF connect you to your Planetary Consciousness. Your fifth and sixth dimensional components connect you to your Galactic Consciousness, and the seventh dimensional components of your SELF will connect you to your Universal, or Cosmic, Consciousness.

ELEMENTALS

http://www.multidimensions.com/con_thoughts_hierarchy.html

Embedded in your earth vessel are all the components of me, the planet, as well as all the components of OUR Oversoul members who chose to be first, second and fourth dimensional Beings. Your first and second dimensional selves live in unity with the planet, as these elements of your body, and mine, are not “evolved” enough to understand the separation of the third dimension. It is from their unity that they commune in oneness with the fourth dimensional creatures, my Elementals of Earth, Air, Fire, and Water.

Just as some of our Oversoul chose to be First and Second Dimensionals, some chose to be Fourth Dimensionals. Unlike the First and Second Dimensionals, the Fourth Dimensionals have some sense of individuality, but they also have a

strong Unity Consciousness, which keeps them in constant communication with each other, as well as with all the lower dimensional beings.

The Fourth Dimensionals that most directly interface with your everyday life are the Elementals. The first and second dimensional “elements” of earth, air, fire, and water are given “life” by the spirit/prana of the fourth dimensional Elementals. The Elementals share their life-giving Spirit Essence with these elements, just as your Soul shares its Spirit Essence with your third dimensional earth vessel.

You, the human expression of our Oversoul, have Elementals within your physical body, just as my planetary body does. You are the microcosm of me, Gaia. In your carbon-based matter, “earth element,” you have the Earth Elementals, the Gnomes. In your bodily fluid, “water element,” you have the Water Elementals, the Undines. In the “space” and oxygen within your body, your “air element,” you have the Air Elementals, the Sylphs. Finally, in your neural activity and Kundalini force, “fire element,” you have the Fire Elementals, the Salamanders.

Since Elementals are fourth dimensional beings, they do not abide by the rules of third dimensional separation. Every experience that any Elemental has is instantly shared with all the Elementals. In fact, all four groups of Elementals, inside and outside your earth vessel, work in concert with each other. Within the INNER reality of your “personal” earth vessel, your thoughts and emotions stimulate all the Elementals, who in turn, stimulate all the Elementals in your OUTER reality. In this manner, the Elementals within your physical body and aura live in constant unity with the Elementals in my planetary body and atmosphere.



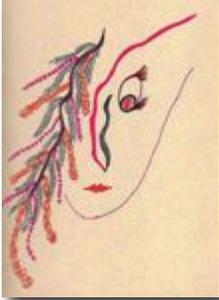
FIRE ELEMENTALS - SALAMANDERS

It is through your Elementals that you, my people, impact the planet, the weather, and all the people, plants and animals that you contact. For example, your thoughts are the end result of the neural activity that your inner Fire Elementals, the Salamanders, initiated and completed. Since your inner Fire Elementals work in concert with all the Fire Elementals of my planet, your “individual” thoughts become “planetary” thoughts via the unity in which all the Elementals live. Therefore, your thoughts influence all the Fire Elements of my planet and all my creatures.

Hence, when your thoughts are clear and kind, your inner Elementals attract other Elementals who are also clear and kind. When you choose positive thinking, you influence your Fire Elementals in a positive manner, which, in turn, positively influence the Fire Elementals of others and of my planet. The photons of the sun, which unify with my Fire Elementals, can more easily integrate into

my planet by your passage, and the thoughts of others will be calmed as your inner Elementals share a serene blessing with their inner Elementals.

On the other hand, if your inner thoughts are sad, angry or fearful, you dispense your own angst and discomfort throughout your environment. You then magnetize others who are suffering, or create a “bad feeling” in others. Plants won’t grow for you, animals will run away or attack, and you will contribute to my weather in a destructive manner. My weather is a response to my occupants, as I am the sum/total of ALL my creatures.

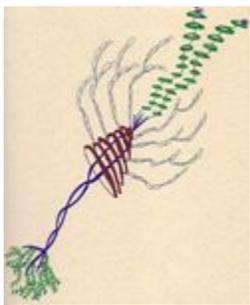


EARTH ELEMENTALS - GNOMES

Your thoughts are actually a cooperative event between your Earth Elementals that work with the matter of the neurotransmitters, enzymes and other chemicals to create the change in polarity that initiates the electrical signal, and the Fire Elementals that “fire” the neuron. Hence, your thoughts also have a great influence on the Earth Elementals of your internal and external world. When your thoughts are chaotic, obsessive and/or confused, your Earth Elementals find it difficult to stabilize themselves. This “personal” instability then influences the Planetary Earth Elementals to perpetuate geological instability.

As you walk my planetary body, Earth, your every step influences the Earth Elementals of my planetary body. The planetary Earth Elementals hold the message that your step has sent and relay it on to the next person or animal that walks in your footsteps. Have you ever wondered why it is so glorious to walk in the wilderness, on a deserted beach or in virgin snow? It is because it is psychically “quiet,” and your Elementals are not resonating to others. Hence, it is easier for them to resonate to your SELF.

This experience is also the origin of the saying, “Walk in the footsteps of the Masters.” The “Masters” are beings, human and non-human, who have gained a mastery over their thoughts and feelings, and, hence, a mastery of their inner elements and Elementals. These Masters consciously work with their personal and planetary Elementals, as well as the inner elements of others to convey the deep, inner peace of living in Constant Communication with your Multidimensional SELF.



AIR ELEMENTALS – SYLPHS

The Air Elementals assist the flow of life-giving oxygen, which gives you consciousness. The first thing that happens when you suffer from oxygen deprivation is that your thinking becomes increasingly confused until you become “unconscious.” Hence, an adequate flow of oxygen throughout your system is vital for clear thinking. This is

why the element of air is also associated with your thoughts. The Air Elementals, the Sylphs, assist you in breathing.

The Sylphs, Air Elementals, also blend your thoughts with the thoughts of others through the Unity Consciousness that all Elementals share. With every inhalation you are receiving the thoughts of others, and with every exhalation, you are distributing your thoughts throughout your world via your Air Elementals. Your thoughts then feed into the Collective Consciousness and the Planetary Consciousness to influence your daily experiences, as well as the experiences of others.

Allow me to take a moment to differentiate Collective and Planetary Consciousness for you. Collective Consciousness is the combined consciousness of all my humans, whereas Planetary Consciousness is the combined consciousness of ALL my inhabitants in ALL my dimensions. Hence, Planetary Consciousness is more expansive than humanity' Collective Consciousness.

The Sylphs live in your aura and constantly contribute to my aura, the atmosphere, and the quality of my planet's air and sky. When you have "cloudy thoughts," you relay that message to the atmosphere. On the other hand, when you have "clear thinking," you contribute to a clear day. You are all aware of how my weather is changing. This is because we, our planet, are now largely fourth dimensional. Therefore, reality is more mutable and more easily influenced by the thoughts and feelings of my inhabitants.

Please do not be frightened by this statement, for it also offers great hope. As each of you, my Keepers of the Land, gain mastery of your own inner elements, your inner Elementals will assist you in holding that resonance of mastery. The Elementals also serve to contribute that "resonance of mastery" to the inner Elementals of others and to the Elementals of my planet. In this manner, the Elementals serve to raise the vibration of "their person," while they also raise the vibration of my planet and all my inhabitants.

The mastery you gain over the physical elements of your earth vessel allows you to move into an active partnership with your inner Elementals, as well as the Elementals of my planet. You have the innate power to can call upon your inner Elementals to assist you with your personal health and transformation, as well as the health and transformation of my planet. Do you realize now what a truly powerful Being you are?

WATER ELEMENTALS – UNDINES



Water has been associated with emotions just as air has been associated with thoughts. Your Water Elementals, the Undines, rule you're your bodily fluid, blood, and the circulation of your blood, which is the domain of your heart. If your heart does not function, you die. Hence, if your heart is not functioning well you experience the emotion of fear, Fear of Death.

Conversely, the emotion of love is also associated with your heart. This is likely because your heart is also the Home of your Soul/SELF from whence Unconditional Love can be felt. Since all emotions are some octave of the 3D polarization of "good/loving" emotions and "bad/fearful" emotions, your Heart, and hence the Undines, Water Elements, serve as the distributors of your emotions.

Your emotions are the basis of your consciousness for they represent your ability to FEEL, be aware of, your Self. When you were first born, your "self" was your Soul/SELF. Then, as a process of "growing up," you became more and more aware of your physical body and your ego who ruled it. Eventually, your "self" became your ego/self.

Fortunately, as you expanded your consciousness, you could FEEL, be aware of, your inner Guides, Holy Spirit, Angels, and other members of your inner world. Eventually, as you continued on your Path, you began to be "conscious" of your own Higher Self, whom you have downloaded and are now integrating into your physical earth vessel.

Your cerebral spinal fluid is also a water element, and hence, under the domain of your Water Elementals, the Undines. Cerebral Spinal Fluid flows between your brain and your skull, through the ventricles of your brain, and up and down your spine between the nerves and the spinal cord to cushion your nerves and facilitate your primary neural synapses.

THE MYSTICAL MARRIAGE

As you Awaken, the Goddess Kundalini, also known as the Goddess Shakti in the Eastern World, sweeps up from your Root Chakra, chakra by chakra, to join her Divine Complement, Lord Shiva, in your Crown Chakra. This Mystical Marriage of your inner male and female not only initiates the process wherein you are freed of the polarities of the 3D Game, but also greatly amplifies the frequency rate of your cerebral spinal fluid and potential voltage of your entire nervous system

When Goddess Kundalini rises up to your Brow, Sixth, Chakra, she leaves her “seed of transformation” in the third and fourth ventricle of your brain. Lord Shiva, who has been awaiting his Divine Mate in the Crown, Seventh, Chakra, then extends his energy into your third and fourth ventricle to fertilize the “eggs” which his mate has left for him. Their coupling opens your Third Eye, initiates the gestational period of your total transformation and activates the octave leap in the voltage of your cerebral spinal fluid.

This jolt of higher frequency travels throughout your entire brain and down your spinal cord via your cerebral spinal fluid. Your cerebral spinal fluid, now charged with a higher vibration, basks every nerve ending in your brain and spinal cord. Your spinal cord then shares the shift in frequency with the nerves that leave your spinal column to innervate your entire body. As the vibratory rate of your physical body rises, so does your ability for greater expansion of your consciousness. As the anchor is raised, the ship can begin its journey.

You, my people, have begun your journey and are lovingly assisting others to begin theirs. I wish to thank you for delaying your total transformation into Lightbody until the moment of the NOW in which my entire planet and all my inhabitants shall return Home to our true SELF. In preparation for that moment, I wish to lead you in communing with your fellow members of our Oversoul, the fourth dimensional Elementals who, in turn, will share your message with your first and second dimensional elements to heal and transform your current earth vessel. Your Elementals will then, also, communicate with the Elementals of my planet and all my inhabitants.



COMMUNING WITH THE ELEMENTALS

Communing with your inner Elementals is an important step towards becoming the Master of Energy that is your birthright. As you work in conscious partnership with the Elemental Kingdom of your human body, you shall also be working in conscious partnership with the Elemental Kingdom of my planetary body. We shall begin the process with your inner Fire Elementals.

SALAMANDERS

Take a long, slow, deep breath and FEEL the Salamanders, Fire Elementals, moving like little jolts of lightning throughout your body. Experience the flash of each synapse within your system as you see the Salamanders busily at work within your body. Feel your inner Fire. Call upon your Salamanders to update your electrical circuitry to accept and integrate the higher frequencies that are entering your vessel.

Remember a time when you were “out of control” of your inner fire. In your mind’s eye, re-visit this situation by closing your eyes and calling upon your inner Fire Elementals to calm your excitement and ease your struggle. They may be quite surprised that you even know of their great contribution to your life. Nonetheless, they quickly respond to your request.

Thank them now for their service, and through them, thank all the Fire Elementals of my planet. Determine that you will continue to seek to regain your birthright of being a Master of Energy, so that you can spread that Mastery to ALL through your inner Elementals.

GNOMES

Now, inhale deeply the Essence of these Fire Elementals and slowly exhale into their partners, the Earth Elementals, the Gnomes. Imagine these Gnomes doing construction and re-construction of your physical body.

Scan your body for any areas of pain or discomfort, and consciously call the Gnomes to assist you in healing this area. They, too, may be surprised at first to realize that you know of them, but they then rush to follow your request.

Thank your inner Earth Elementals for all that they do for you, and through them, thank all the Earth Elementals of my planet. As you cooperate with your inner Earth Elementals to create greater personal stability, you are also contributing to greater planetary stability.

SYLPHS

Breathe now into the “space” of your body, the places “in-between,” that appear empty, yet are full of potential. Call upon your inner Air Elementals, the Sylphs, to cleanse these spaces, as well as all the oxygen in your body. With the clarity of body, feel how your clarity of mind increases.

Thank your Air Elementals for all that they have done for you, and through them, thank all the Sylphs of my planet. With your every exhalation, be conscious of the thoughts that you sending out before you. Also, with every inhalation be aware of the thoughts of others. You are not alone, except in your 3D illusions.

Feel how the Air Elementals spread Unity of Thought throughout my entire planet. Determine to be aware of the thoughts that you contribute to the Collective Consciousness, as you thank your inner Sylphs for their great service to you and to the planet.

UNDINES

Take a moment now, to emotionally connect with your inner Water Elementals, the Undines. Feel these Undines as they beat with your heart and flow with your blood. Feel how they cooperate with the Air Elementals, the Sylphs, to carry life

giving oxygen throughout your system. Experience the Flow of your Water Elementals. They neither work nor toil. They simply ARE.

Call upon your Undines to teach you the art of “living in the Flow,” as you thank them for their contribution to your well-being. As you feel the Flow inside of you, you spread the steady sense of calm awareness to your outer world through the unity of all Elementals.

Sense how your inner Undines facilitate the Flow of Communication and Cooperation between your inner Elementals, who then unite your inner elements of earth, air, fire and water, within the “society” of your physical earth vessel. YOU are the Captain of this vessel, and YOU have the power and the responsibility of that position. Your inner alliance, or discord, will now be projected out into your outer world via the Unity Consciousness of all Elementals. Be aware of what you are projecting, for others surely will be!

GAINING MASTERY

You can only gain mastery over that which you are consciously aware. With attention and recognition, your Elementals can function in greater harmony with you and with each other. Once you have achieved conscious, multidimensional teamwork within yourself, you then initiate that spirit of co-operation with your outer world by your mere presence. The sun will shine above your head, the waters will calm with your passage, the earth will bloom with each footfall, and the skies will shine above you.

Yes, dear people of my planet, that is the grandeur that you expressed when you first walked my body, and the grandeur you will regain at the time of our Planetary Ascension. We shall CREATE that moment TOGETHER, Person, Planet, and, of course, our dear Keepers of the Water, the Cetaceans.



Arise my Ones,
our new DAY has begun.

Gaia

I refer you now to my dear Cetaceans, Keepers of the Waters, who also have an important message for you.



Keepers of the Water

Part II

Dear Human Ones,

We are the Keepers of the Water, returned for more communication. We wish you to know that we felt your response

to our previous message, and we, in turn, wish to respond to you. In our Collective Consciousness we heard you say, "HOW? How do we rise above judgment to find the Center 'in-between' the polarities of our 3D illusions? HOW can we live in Detached Compassion and Unconditional Love when we see our world unraveling before us?"

Dear human ones, Keepers of the Land, we wish to salute those of you who are seeking to raise your consciousness and return to your Multidimensional SELF. At first, you may only be able to maintain a fifth/sixth dimensional consciousness for a few moments, or while you are in meditation. Then, as soon as you need to attend to a physical responsibility, you fall back into the Beta Brainwaves of 3D consciousness. Nonetheless, we commend you for your efforts and remind you to be patient.

Do you remember when you were a child? You could only stand for a few moments and would fall down when you tried to walk. Even so, with persistence and patience, you did learn to walk. Your consciousness is going through a similar transformation; first you crawl, and then you walk. Just as you can easily walk now, SOON, maintaining your fifth/sixth dimensional consciousness will be easy and natural.

RAISING YOUR RESONANCE

The Unconditional Love and Detached Compassion that we spoke of are not "behaviors" that you must practice, attain, or remember. Unconditional Love and Detached Compassion occur naturally when your consciousness resonates to the fifth and sixth dimension. In preparation for the download and integration of your fifth/sixth dimensional Soul/SELF, you must expand your consciousness to include the fourth dimension.

Fourth dimensional consciousness allows you to be aware of, perceive, and participate with a reality that resonates $\frac{1}{2}$ octave above the illusions and dramas

of the physical world. From this perspective you can more easily realize that YOU are the creator of your reality. This realization urges you to make choices in your life that create a sense of fulfillment and purpose.

Your fourth dimensional consciousness also allows you to liberate yourself from the illusions that humans are “better than” and “separate from” Gaia’s other inhabitants. When you no longer need to be “better than,” judgments and comparisons leave your awareness, which frees you from the fear that you aren’t “good enough.” With a higher consciousness, you are busy creating your reality and no longer have the “time” to worry about others’ opinions of you.

You realize that you also created the reality in which you are the “victim” of others’ judgments. If you created that reality, then YOU can change it as well. Also, now, that you are beginning to love yourself, you no longer care as much what “they” think, as you are listening to your own Inner Voice. “They” have a right to feel how “they” feel, as that is “their reality.” However, it is NOT “your reality.”

THE EYES OF SOUL

Your reality is one of awakening to your true, Multidimensional SELF. You are remembering how to see through your Eyes of Soul and live in Unity



Consciousness. Through the Eyes of Soul you do not fear judgment from “others,” as there are no “others.” You know this to be true because, through the Eyes of Soul, you can see the finer particles of the LIFE that always connects everyone and everything.

Your Eyes of Soul are not only accessible through your opened Third Eye; they are also accessible through your opened Heart. In fact, Unconditional Love and Detached Compassion are fifth dimensional qualities that reside within your Heart. Once your Heart is opened, they simply FLOW out, like water flows from a stream. Furthermore, when you see through the Eyes of Soul, you no longer attend to polarities. Without the polarities of “you/me,” there is no judge and there is no victim. You are all ONE.

Perhaps, you have seen on your Internet how children are now being born with their fifth dimensional qualities fully awakened. You may wonder how we know of your Internet. We resonate to the Planetary Consciousness. Since we have not sacrificed our multidimensional perception, we are able to receive your thoughts and feelings through the ley lines of our planet Earth.

We, the Keepers of the Water, wish to form a Union with you, the Keepers of the Land. Since we can only speak from our Hearts, this union begins with the Opened-Hearted Awakened Ones. You see, dear humans, we communicate

differently than you. Our brains are not polarized and separated into right brain and left brain. Instead, our brains are united, interactive units that serve as control stations, hubs for neural energy, and routing stations for the messages we receive from our Hearts.

WE ARE NOT ALONE

We receive messages from our Planetary Consciousness when we are huddled in a starburst fashion at the bottom of the ocean. It is here that we are closest to Gaia, and it is through Gaia's ley lines of Earth that we connect to the Planetary Consciousness. From our gathering place in the bottom of Gaia's ocean, we are all ONE with the entire planet. There are many facts within this Unity that we wish to share with you. One of which is that we are NOT alone.

Our bipedal family from Sirius A once walked Earth's land. In fact, most of our off-world kin from Sirius A and B, Arcturus, Antares, Pleiades and more, now inhabit the higher dimensions of Earth. It is from these higher dimensions that they are serving to give life to Gaia's new, fifth-dimensional Earth. They are also preparing a way for our Planetary Ascension into that reality.

Many brave humans and cetaceans who lived their lives preparing for our planetary transition are now working in their Lightbodies along-side the off-worlders, Angels and Ascended Masters. This united group is the model for our impending reality in which all creatures—land, sea, sky, and ethers—live together in harmony and peace.

On New Earth, all wars are over. No longer do humans fight against Nature, against mammals or against other humans. We, the cetaceans, well understand the quest for domination that can plague a bipedal land dweller, as we walked the land long before the fall of Atlantis. We sought to "help" or "fight," just like modern bi-pedals. We, too, suffered the delusions of grandeur that has haunted humanity. Fortunately, this cycle, the Age of Kali-Yuga, the "darkest night that is just before dawn," is soon to close.

Humanity as it is today is the evolutionary result of millennia of "survival of the fittest." What's more, long before humanity was mature enough to have any control over their destiny, they were genetically manipulated to expedite their evolution. Fortunately, there are many of you who are now mature enough to have control over your own destiny to choose to Awaken to your Soul/SELF. With this Awakening, your undisciplined destructive force is being replaced with your true, loving, constructive force.

THE AWAKENING ONES

Because you Awakening Ones are finding the Inner Love and Comfort of your own Soul/SELF, you are remembering that fear only arises in a polarized reality

ruled by the illusion of separation. As you return to your true cognition of Unity with all Life, there is NO separation. Hence, there is no need to have fear as a protection from “others,” as there are no “others.” You are all ONE. However, you must be patient, for in your many incarnations on Earth, fear was necessary to protect you from your many “enemies.”

We wish that you could huddle with us at the bottom of the sea. It is from there that the original blueprint of Gaia is imprinted in the soil. It is there that all the ones who live ½ octave above the mundane world can clearly communicate with us. We, the Keepers of the Water, find our haven deep, deep in the ocean. On the other hand, you, the Keepers of the Land, will find your haven high in the mountains, or in the wilds of nature where the land has remained relatively untouched by fear, anger and sorrow.

CLEARING THE LOWER ASTRAL PLANE



It is our responsibility as “The Keepers” to clear these wounds from Gaia’s land, water, atmosphere, and Her aura, the fourth dimensional Astral Plane. It is especially important that we clear the Lower Astral Plane in which all the “Fear for Survival” and “Fear of Death” awaits release. The Lower Astral Plane is the lowest vibration of the fourth dimension, which holds the invisible emanations of all the fear and negativity that is projected into it from the third dimensional, physical plane.

The Lower Astral Plane has been known to many humans as “Hell.” However, now that your consciousness has expanded, you realize that “Hell” is merely the emotional resonance of actions that were initiated on the physical plane. In addition, all the fear experienced while “dying” to the third dimensional world, settles in the Lower Astral Plane, which serves as a “Cosmic Dump.” This “Dump” is not a place. It is a frequency, a very low frequency, where all the fear, anger, sorrow and pain that was created on the Physical Plan waits to be “cleaned up.”

In turn, this lowest fourth dimensional frequency influences the third dimension by amplifying third dimensional fear, anger, pain and sorrow. This amplification of third dimensional patterns of negativity is known as the “Darkness,” or as your “Dark Side.” Remember, this Darkness is not a Source, instead it is an echo. It is true that discarnates and those with evil intent can ride this echo into the physical world. In order to clear our world of these dark forces and to facilitate our planetary ascension, we, The Keepers, are here to clear the Lower Astral Plane.

In order to do so, each of us is facing our own Inner Darkness and clearing it with the great healing force of Unconditional LOVE. Unconditional Love means that

there is NO judgment or condition. Unconditional Love calls for Unconditional Acceptance and Unconditional Forgiveness. As one of your human avatars said at the moment of his death, “Forgive them Lord, for they know not what they do.”

TUNNELS OF LIGHT

As we, the Keepers of the Water, clear Gaia’s waters and you, the Keepers of the Land, clear Gaia’s land with our Unconditional Love, Acceptance and Forgiveness, more and more Tunnels of Light appear through Gaia’s Lower Astral Plane. These Tunnels allow the release of the old fears and restrictions and the entrance of the higher vibrational Light, as well as the transformation that this Light carries.

Once the majority of the Lower Astral Plane is cleared, the entire planet will make the ½ octave leap to the reality that the Awakened Ones are beginning to experience. However, there are those, mostly humans and laggard off-worlders, who wish to thwart this plan. They realize that in the New World they will no longer be rulers, as they have no taste for unity and peace. They enjoy their “Power Over” others and preoccupation with financial wealth and acquisition. They take pleasure in the 3D Game and have no desire to abandon it. Instead, they actually “feed” off your fear, as it gives them the addictive rush of “Power Over.”

It is vital that we, The Keepers, release all attachment to these lost ones. We need to see them as un-evolved children who are unable to embrace the Unity Consciousness of their adult SELF. Restraining your feelings of judgment and fear will be your hardest task. In spite of this, it is vital that you do so, for judgment creates separation, separation generates polarities, and polarities amplify fear.

THE RAZOR’S EDGE

Use these unconditional, fifth dimensional emotions to remain neutral in your interactions with the “sleeping ones.” Realize that children will be children, but YOU are an adult, your adult SELF. It is living on the razor’s edge to hold the realization of your nobility while maintaining humility and non-judgment. In fact, it is one of humanity’s greatest challenges to hold the position of Detached Compassion when you have been trained for thousands of lifetimes to either “help” or “fight.”

“Helping” and “fighting” are polarities of each other and force you into the 3D Game. Instead, you need to balance on the edge; one side says HELP, while the other side says FIGHT. Only on the EDGE, the peak, the IN-BETWEEN of the polarities, can you find the fulcrum where you can just BE, BE Detached Compassion, BE Unconditional Love.

From your landed places of serenity, or even deep within our waters if you wish, re-connect again with your fifth/sixth dimensional Detached Compassion and Unconditional Love. From this vibration, you are the “adults at the park” observing the “children playing in the sandbox.” To them, this sandbox is their entire world. However, to you, the sandbox is where the children play. Eventually, the “children” will be old enough that they will find the sandbox too limiting. Then they will look up for new adventures and find an expanding reality that is beyond their dreams.

SOUL FRAGMENTS

Also, remember that everyone in the physical plane, human and non-human, is a fragment of their Soul. We all had to split off from our 5D Soul in order to enter the 3D Game. Therefore, as we, humans and non-humans, download and integrate our Multidimensional Soul/SELF into our 3D earth vessel, we pull ourselves out of the 3D Game. We can still interact with the Game, but we are no longer limited to it. Instead of us being inside the Game, the Game is inside of us.

We remind you that even the humans who are the most “lost,” your feared enemies or your most corrupted leaders, have a beautiful Soul. Their Souls have made a great sacrifice to play the part of the “villains” in this 3D Game, and it is their Souls who will assist them in releasing that “role,” not you. Dear helpers and healers do not worry that you have lost your purpose, as there is still much for you to do. However, you will do it in a different fashion.

When you interact with others, it is your assignment to choose to look through the veils of 3D illusion, beyond the fear and into the Heart of their Soul. If you can connect to their Soul, you will create a “Moment of Awakening” in which they, too, can connect with their Soul. Then you back off. It is not your job to help or heal, as that is the “job” of their Soul. Your role is to merely assist them in connecting with their Soul/SELF. Once that connection is made, you can turn to assist others with their connections.

HEARTS AND SOULS

- Take a moment to imagine those that you feel a need to HELP.
- See, and then FEEL, their Soul within their Hearts.
- Now, connect with the Unconditional Love that you feel within YOUR own heart.
- From this connection, unite the Unconditional Love of Soul within your Heart with the Unconditional Love within their Heart.
- Then, Soul-to-Soul, commune in the sweet Unity of Soul’s Unconditional Love.

Do not speak of this, as your language is of the third dimension and will lower the vibration of this experience. Be with the image. Live with the image.

If all you do is connect Heart-to-Heart and Soul-to-Soul with another, you are giving them a great service and healing. Before you assist others, remember that first you need to feel YOUR Soul within YOUR Heart. Then, you can feel THEIR Soul within THEIR Heart.

Dear humans, before we end our message, we, The Keepers of the Waters, wish to commune Soul-to-Soul with you, The Keepers of the Land.

- Visualize us, the whales, gathered in a starburst fashion, head to head.
- Now, imagine yourself in your favorite place in nature.
- Hold the vision of us both, The Keepers of the Land and The Keepers of the Water, embracing dear Gaia with our Hearts and Souls.

- As those in the water go deeper in...in...in...into Gaia's Core, those of the land go out...out...out... into the outermost edge of Gaia's atmosphere/aura.
- Now, take a moment to feel the Unconditional Love of your Soul, and send that love to us, the cetaceans, as we do the same for you.

- You are the land. WE are the water. Together, we are the deepest depths and the highest peaks.
- From Gaia's core we will send our Unconditional Love to you, while you send your Unconditional Love to us from the edges of Gaia's atmosphere.

- Heart-to-Heart and Soul-to-Soul we join our Unconditional Love to infuse it into the Planetary Consciousness
- With our own, inner, Unconditional Love in the forefront of our minds, we will now take a long moment to share that Love with every element and dimension of our planet, Earth.

As we work together to love, heal and ascend our planet, we, the Keepers of Land and the Keepers of the Water, are united Heart-to-Heart and Soul-to-Soul in Unconditional Love.

We do not speak of this. We simply LIVE it.

Your partners,
The Whales



Dear humans,

We, the dolphins and porpoises, who also serve as Keepers of the Water, wish to join you in this great image. Whereas our kin, the Whales, are huge, solid and graceful, we are small, mobile and playful. They gather at the bottom of the sea, and we dance and play along its surface.

We have had many loving interactions with humans and are grateful to speak with you. Our human friends have learned to communicate with us, almost as if we are their pets, but they have not been able to allow us to communicate with them. Dear humans, we wish to tell you that we understand your language.

We see your thoughts and resonate to your hearts. We are not “pets” and live among you only because we choose to—and, we DO choose to! In fact, we have also been attempting to create the conscious partnership of Keeper of the Land and Keepers of the Water.

Just as you have communed with our brethren, the whales, Soul to Soul and Heart to Heart, take a moment now to connect with us. Immediately, you can feel how our Essence is different from the whales, yet connected in our dedication to ground the Higher Light in Gaia’s waters.

Please, look into your Heart to find your own Soul connection, as we look into our hearts to find our Soul connection. FEEL our resonance, FEEL how very similar we are to you. Like the whales, we are as intelligent and evolved as you land dwellers, in many ways more so. We have had more “time” on Gaia to evolve, and more millennia of experience to gain our Wisdom.

Perhaps, you, too, have had an incarnation or so as a dolphin. Search your memory to find your past relations with us. Because we are smaller than the whales, we can also travel Gaia’s inland waterways. There are many myths of how we dolphins can take a human form.

This has happened, of course, in the fourth dimension where all of our forms are more mutable. However, Gaia, is largely fourth dimensional now. Therefore, we ask that you address all “animals” in the same “Heart to Heart” and “Soul to Soul” manner that you address other humans.

You see, you are not the only species that is evolving. Other members of the Mammalian Kingdom are Awakening, as well as members of the Plant and Mineral Kingdoms.

We will return later to share more of this information with you. You can also ask us yourself, for we will lovingly respond to your call.



Your friends and partners,
the dolphins and whales,
Keepers of the Waters,
Thank YOU.



MORE ABOUT CHAKRAS



A chakra is like a wheel that creates a vortex which can “download” energy from the higher dimensions. This higher dimensional energy, known as prana (or chi), is not physical. Prana is the life force or animating principle of our physical bodies. Our ego, emotions, intellect and mind, as well as the physical elements of earth, water, air, fire, and ether are creations of the life force within us.

This “downloaded” prana is an aspect of our consciousness in the same way that our aura is, but it is denser than our aura and less dense than our physical body. Our chakras interact with our physical system via a connection with a specific endocrine gland and nerve plexus, which associates each chakra with a different area of our bodies. Chakras one through three, as well as an explanation of how the chakras work, is in the Unconscious Section of this site.

HIGHER AND LOWER CHAKRAS

The Fourth Chakra is the Heart Chakra. Chakras one through three are often called the lower chakras; probably because they rule our “lower”, more primal nature, while chakras four through seven are often called our higher chakras. The fifth and sixth chakras are an octave above the second and third chakras, but they rule similar areas of physical life. For example, the fifth chakra rules creativity and communication just like the second chakra, but the second chakra rules our basic communications in our homes and our procreative creativity, while the fifth chakra rules our more complicated communications and our creativity in the world.

The sixth chakra is an octave higher than the third chakra. Our third chakra rules our issues of “power over” and “power within” and our abilities to tune into messages sent to us via the fourth dimension, whereas our sixth chakra rules our spiritual power and our ability to commune with our higher guidance.

The first chakra (Root Chakra), the fourth chakra (Heart Chakra), and the seventh chakra (Crown Chakra) are connected in a somewhat different fashion. Our Root Chakra brings our feminine, physically manifest, energy up into our bodies and our Crown Chakra brings our masculine, spiritually unmanifest, energy down into our bodies. These two transpersonal polarities meet with a burst of light in our Heart Chakra.

Our Heart Chakra is also where our personal feminine/matter and masculine/spirit energies integrate. Therefore, the Heart Chakra is often thought

of as the chakra of relationships. These relationships begin with the relationship between our inner male and female polarities as well as our human and divine polarities. The success of these integrations has a strong impact upon our external relations and our ability to be happy and successful in our lives.



MASCULINE AND FEMININE ENERGIES

Certain chakras demonstrate primarily masculine energy and others demonstrate primarily feminine energy. Masculine energy flows outward and is related to expression and action while feminine energy flows inward and is related to reception and emotion.

Emotion here is defined as “energy in motion”. The second chakra (Navel Chakra) and the sixth chakra (Third Eye) are of a feminine energy while the third chakra (Solar Plexus Chakra) and fifth chakra (Throat Chakra) are of a masculine energy. Therefore, we are receptive to emotions with our second-feminine chakra and express those emotions with our masculine-fifth chakra through creativity and communication.

Our feminine-sixth chakra is an octave above our masculine-third chakra. Our sixth chakra allows us to receive spiritual power and information from our higher guidance, and our third chakra can use our personal power to express that information through “right action” and clear, intellectual and/or psychic interactions.

The first, fourth and seventh chakras hold both feminine and masculine energy. Therefore, these three chakras assist us in learning how to integrate our masculine and feminine energy fields. The Root Chakra pulls energy up from the earth to serve as a source of grounding and vitality, a quality which both men and women need. The Crown Chakra pulls energy down from the universe to open our multidimensional awareness, a quality which both men and women need.

The Heart Chakra is where we integrate our masculine and feminine energy as well as our human self and spirit self. Within our Heart Chakra, we can raise our consciousness through the power of love or lower our consciousness through the power of fear. Our Heart Chakra is where we wage our battle between the Light and the Dark. Many cultures think of our Heart as the Seat of our Soul..



INTEGRATING THE FOURTH CHAKRA

Dear ones,
I am Gaia, returned to assist you in recalibrating your Fourth Chakra, your Heart Chakra. First, however, I wish to speak in depth about this chakra, which is known as the Great Integrator.

Your Heart Chakra is in the center of your body and integrates not only the Lower Chakras, first, second, and third, with the Higher Chakras, seventh, sixth and fifth, but also integrates the male-charged, Spirit/Unmanifest energy coming in from your Crown Chakra with the female-charged, Matter/Manifest energy coming in from your Root Chakra. Your Heart Chakra interacts with, and integrates, all areas of your life, as well as all your Inner Elements and your Inner Elementals that rule them.

THE GREAT INTEGRATOR

<p><u>5th Chakra</u> <u>Masculine</u> Creativity and Communication Rules element of Ether</p>	<p><u>7th Chakra</u> <u>Masculine & Feminine</u> Integration of masculine energy down into male/female energy field No physical element, "Cosmic Father"</p>	<p><u>6th Chakra</u> <u>Feminine</u> Visions and Spiritual Guidance No physical element Inner Vision and Inner Sound</p>
	<p><u>Heart Chakra</u> <u>Masculine & Feminine</u> Integration of the masculine/feminine Spirit/Matter Portal to High Heart, Place of Compassion and Unconditional Emotions, Rules Element of Air, Seed of Lightbody</p>	
<p><u>2nd Chakra</u> <u>Feminine</u> Emotions and Instincts Rules element of Water</p>	<p><u>1st Chakra</u> <u>Masculine & Feminine</u> Integration of feminine energy up into male/female energy field Rules element of Earth "Great Mother"</p>	<p><u>3rd Chakra</u> <u>Masculine</u> Thoughts and Power Rules element of Fire</p>

THE ELEMENTALS AND YOUR HEART

The elements of your body are not the same as your Elementals. Your elements are first through third dimensional, whereas your Elementals are alive, spirit beings who are fourth dimensional. The Elementals are the Etheric Spirit that brings life to your earth-based elements.

When your heart functions well, the Water Elementals use your blood to carry oxygen, the element of air that is charged with life by the Air Elementals, throughout your body, in a clear and effective manner. Then your earth element, charged with spirit by the Earth Elementals, can join with your element of fire, charged with life by your Fire Elements, to give you the appropriate fuel, and to provide the proper neural firing of your 3D body. A healthy, beating heart is the first symptom that a fetus is viable, and when your heart stops beating, it is the first sign of your death.

Now that you have recalibrated your first three chakras, your Kundalini force is easily and naturally rising up from your Root to begin in earnest your process of transformation. As your body changes, your first dimensional, "mineral self" will begin its transmutation from carbon based to light based, your second dimensional, "mammalian self" will begin its return to a Multidimensional Being, and your third dimensional consciousness will expand to encompass Collective Consciousness, Planetary Consciousness, and even Galactic Consciousness.

RISING KUNDALINI



As the Kundalini enters your Heart Chakra, the Portal to your High Heart will open to allow Detached Compassion and Unconditional Love, Forgiveness and Acceptance to flood your multidimensional earth vessel, blessing and healing all. I do wish to caution you, though, that as you integrate more Light into your earth vessel, it will reveal your inner darkness that needs to be released. This is part of what is occurring with my planetary body.

Yes, it is true that fearful thoughts and destructive actions have had a great impact on my weather. However, just as you must release your inner darkness as a process of your transformation, I, too must release the darkness that has been stored in my land, water, sky and atmosphere. As we release our darkness, it feels much as it did when it was taken in. I regret any pain or harm that is done to my creatures as my darkness is released, but from my multidimensional perspective, I KNOW no thing or being has died. Instead, they have gone ahead to prepare our New Earth.

It is on this New Earth that they can express their true Essence in pure and magnificent glory. With every birth there is a death, and with every death there is

a birth. Note my Fire Flowers. These flowers only bloom after a “destructive” brush fire, which is actually “constructive” as it prunes away what is dead to allow re-birth. The Fire Flowers’ seeds lie latent in the earth until the heat of a fire awakens them. They then bloom shortly after the fire, weather permitting, to hold the soil in place to avoid floods and to keep the soil fertile for the new growth.

When you open the portal to your High Heart, you can connect your Multidimensional Soul/SELF to your thymus gland in your Heart Chakra. You may then use the Light of the higher dimensional energies to heal your wounds, traumas, and darkness as they are revealed by your cathartic transformation. Remember, the higher dimensions can easily perceive the lower ones, but the lower dimensions cannot see the higher.

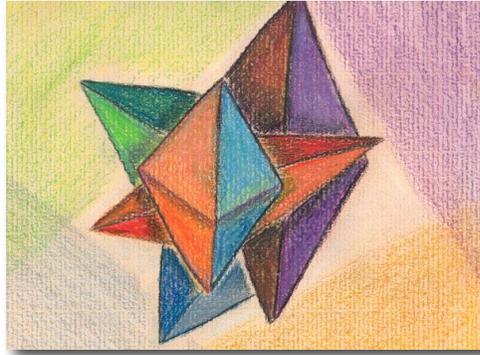
Therefore, the Higher Light can perceive and heal the problems of which your lower self is not even aware. Also, since the Higher Light is omnipresent, it can also serve to prevent problems before they have a chance to manifest.

MASTERS OF ENERGY

Your Soul/SELF is in constant communication with your first and second dimensional elements, as well as your fourth dimensional Elementals, to guide them in the ongoing transformation of your earth vessel. As you walk your daily life, the Elementals share this great alteration with all the “external” elementals to which they constantly resonate. Your conscious mind will likely be unaware of much of this contribution, but it does not matter. The YOU that is the Elementals, Gnomes, Sylphs, Undines and Salamanders, will be your Ambassadors of Good Faith.

I, Gaia, rejoice at your contribution, as my planet celebrates your message of Unconditional Love, Forgiveness and Acceptance. You shall become the great “Master of Energy” who can calm a raging storm, tame a savage beast, open portals into higher dimensions and, most of all, spread HOPE and LOVE. Remember, my people, as you open a new door an old one must close.

To release your addictions to the 3D Game, you must look into your ancient doors and LIBERATE your fear and pain, just as I, Gaia, have been doing.



RECALIBRATING THE FOURTH CHAKRA

THE FORCE OF LOVE is centered in the Fourth, Heart, Chakra.

FOURTH CHAKRA ~ HEART CHAKRA

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
3D, 4D, 5D	3D Human love 4D Spiritual love & 5D Unconditional Love	Heart, Lungs, Immune system, Arms, Hands	Love, Health, Relationships	Conscious, Inter- & intra- personal interactions, KNOWING	Beta to Alpha or Theta

For the aspects of the Heart Chakra, please click:

http://www.multidimensions.com/con_body_4chakra.html

The Fourth Chakra is the central integration center for your entire body and the foundation of your greatest power, the Power of Love.

Fourth Chakra problems express through you:

- Consciousness as poor mental health and as difficulties in giving or expressing love in your relationships
- Body/Nerve Plexus as problems with your heart, lungs, immune system, arms or hands
- Thymus Gland as auto-immune disease, frequent illness

SYMPTOMS OF TRANSFORMATION: Since your Heart Chakra is the “Central Control Station” for your body, there are many uncomfortable symptoms that you may suffer as you integrate the Higher Light. The Higher Light is a higher frequency than any Light your body has experienced. Therefore, this Light will expose hidden places of darkness that you never before knew existed. It is important that you realize that you are undergoing a major transformation and do NOT judge yourself.

The Unconditional Love of your Higher Self's Light is the primary healing force for ALL your difficulties. Of course, if needed, it is important to also seek medical attention. However, remember always, you are not "having" problems; you are "releasing" problems. As your Heart Chakra opens to integrate the Higher Light, long ignored issues will likely come forward to finally be dealt with.

When your Heart Chakra is integrating the Higher Light, you may experience immune deficiency, lack of joy, heart problems, and/or bitterness about your life. You may become insensitive, emotionally closed, passive and/or sad. You may have cardio-vascular or respiratory problems. These apparent problems may also be symptoms of deep anxiety that you are feeling as you release a lifetime of sadness and/or lack of love.

This is a good time to remember that if you want something, give it away. Therefore, if you want more love—love more! If you feel you have not yet found your place in your family or community, find a way to love someone else who appears to be an outsider. If relationships seem especially unloving at this time, it is because you are transitioning from 3D conditional love to 5D Unconditional Love. Therefore, you are in the process of learning to love without ANY conditions. If you can learn this important lesson, you will never again suffer from lack of love.

However, one of the most important parts of learning Unconditional Love is that you must first love yourself unconditionally. If you don't love yourself, and you love others unconditionally, you will become a martyr or a doormat. On the other hand, when you love yourself, without condition, you are always protective of the great being that you are. From that perspective you can love others unconditionally without endangering or demeaning yourself in any fashion.

INTEGRATED FOURTH CHAKRA: When your Heart Chakra has integrated the Higher Light, you are clear and balanced. You can experience love, compassion, acceptance and fulfillment within yourself, as well as within your family, community, nation, and planet. Your heart and respiratory system are strong and healthy, you have a good immune system, and you feel calm and joyful. You are able to balance your masculine and feminine aspects, as well as your human and divine aspects. Your loving relationship with your SELF is reflected in your relationship with others.

However, do not think that you need to hold all of the above qualities all the time. You are living in a time of great transformation, for yourself, your society and your planet. Nothing will stay the same for long. Change is everywhere and always. Therefore, you will be called upon to repeatedly return to the Core of your High Heart to become balanced in your SELF. Now, more than ever, it is vital that you lead a balanced life. Luckily, now that you love yourself, you are willing to enjoy the life that you have desired to attain for so many lifetimes.

Because you are now living the life of a Multidimensional Being, you are receiving stimuli that you never before knew existed. The illusions of the 3D Game are rapidly falling away, and you know TRUTHS that set you apart from most of the people that you have known your entire life. YOU are a Vanguard. YOU are a great Leader, and the first thing that a Leader must come to terms with is that “It is lonely at the top.”

Because of this loneliness, you must find, and frequently communicate with, others who are also making this transition. Start a website, so that you can communicate with the whole world, write your experiences, or share them in some other creative fashion. Becoming a Leader requires great responsibility. If you do not fulfill whatever new responsibilities your Soul/SELF guides you to accept, you will be like a racing car stuck in neutral. Your growing Power of Love will force you to express yourself.

It is time now to take your Light out of hiding and display it for all to see. Do it, do it NOW! You are a treasure—express your SELF.



THE TREASURE

NOW, the box is open.

You sit across the room, at a safe distance, observing the box that has somehow appeared before you—with the lid off. You have kept this box hidden for a very long time. You did not feel that the world, or you, was ready to view its contents.

How it suddenly appeared before you is still a mystery. Perhaps someone else put it there; but, no, that is not possible. Why, only a few moments ago you turned your back, and as you turned around, there it was. The windows are closed and you only turned your back for a few moments. No one else could have placed the box before you.

You were told that, when the time was right, this box would leave its hiding place and appear before you—opened—whether or not you felt prepared. It would then be “time” for you to look inside and receive further instructions. Well, you certainly do NOT feel ready. Of course, you have never really felt ready. That is why you have kept the box hidden.

However, lately you have been feeling more peaceful and accepting—but ready? Oh, no! There is still too much to do. But, nonetheless, there is the open box lying patiently before you. And, upon further investigation, you notice that a strange glow is emanating from the box.

Had the glow always been there and you just missed it? Or had it just appeared? Finally, curiosity takes over where your courage has left off, and you move toward the box. What could be inside? Whatever could the “further instructions” be?

As you move toward the box, you feel a ripple of apprehension and excitement. Then, as you approach it, the glow becomes brighter, almost as if the acceptance of your destiny is igniting a flame deep inside the box.

You can almost see inside the box now. Fear, apprehension and expectation whirl about your mind. Maybe this is all a hoax. Or, maybe, you are just dreaming. Strangely enough, as you allow this doubt to take hold in your consciousness, the light appears to dim.

As much as the light frightens you, you have already become attached to it. It feels like a reassurance, a comfort. Suddenly, the light brightens, as if in response to your thoughts of acceptance.

You can see over the rim now, but the light has grown so bright that it obscures what is creating it. You will have to reach inside and pull to the surface that which you seek--and fear.

You close your eyes so you can better concentrate and allow your fingers to grasp the source of light deep inside the box. Gradually, you lift it up before your closed eyes. Slowly, you open your eyes to gaze upon that which you have sought.

At first, you see nothing. The light had grown so bright that you can see only a blaze of gold. Finally, as your eyes grow accustomed to the golden glare, you see a miniature figure. Indeed, the figure is quite familiar.

If only your eyes could further accustom to the light, you could better discern who this figure represents. From the size of the glow, you think it must be a statue of some great Master.

But NO, you realize as you become accustomed to the light. It is ONLY a figure of you. How can that be? This glow must have come from something else.

Feeling a bit confused and, yes, disgusted, you set down the figure down next to the box and walk across the room. However, much to your surprise, the glow follows you. In fact, the light seems to emanate from you now.

Yes, the golden glow is coming from you and even seems to radiate out before you, as if it is leading you. But where? Where could this light take you?

“HOME,” whispers a voice from deep within your Heart.

MESSAGE FROM ILLIAEM



I AM IlliaEm, speaking in concert with the Arcturian Group Mind. We wish to share with you that your Primary Mission is about to begin. Once it begins, it will take on a life of its own.

At that point, it will no longer feel like YOUR Mission, for YOU will no longer be an "individual." YOU will BE a Multidimensional Being who is part of the very large group of your SELF.

No longer will you have individual, ego-based control of your life. Instead, you will consciously be aware of myriad voices, visions and realities within your consciousness. All this stimuli must then be congealed into one clear, purposeful course of action. Because of this, it is vital that you create a strong foundation for this "journey back to SELF. You will need to completely and thoroughly ground your physical body, your psyche, your thoughts and your emotions in Gaia.

We are here to tell you that, just as it is essential to ground your physical reality in Gaia, it will facilitate your process if you also "ground" yourself in us, the Arcturians, and, me, IlliaEm. We are here to help you every step of the way. We can especially assist you in creating a more balanced life. Inevitably, this comes down to balancing the Masculine/Feminine and the Spiritual/Physical polarities.

MASCULINE/FEMININE

To fully move into complete balance with the Spiritual/Physical polarity, you need to find the place "in-between" the Masculine/Feminine polarity. The blending of the Masculine/Feminine polarity is vital to Blend into the Oneness. It was the polarizing of your androgynous SELF into male or female which allowed your first entry into the 3D Game. Conversely, it is the reunification of the male/female polarity that will facilitate your return to the Oneness of Home.



Once in the Great Oneness, Spiritual and Physical is naturally balanced, for you will be BOTH. You will have learned the lesson of the Pentagram: head in the stars, feet planted deep in the earth, and heart wide open. Then you will be easily able pull messages down from your connection with us in the "stars," ground them through your connection to the Earth, Gaia, and share them with ALL through your Opened Heart.

A portion of everyone's primary Mission is to assist in some manner in the planetary revival of the Power Within—the Female Power. The negative/female-charged electrons pull the energy in, whereas the positive/male-charged protons chase after and move the energy out. It is the pulling in and the moving out in a balanced flowing fashion that will awaken your Lightbody and expand your perceptions beyond the illusionary boundaries of your 3D earth vessel.



As you balance your masculine and feminine aspects within your earth vessel, you create an equality of inward and outward forces which will serve to accelerate the integration of the Higher Frequency Light. Every higher frequency that you can effectively bring into your consciousness, ground in the Earth, and integrate into your earth vessel, allows you to pull in even higher frequencies. Your male and female Essence works in a collaborative fashion to accomplish this task.

Your Masculine Essence moves out, beyond the limits of your consciousness to pursue higher and higher vibrational dimensions, while your Feminine Essence acts as a “homing beam” to call back your masculine force and offer a vessel in which the higher vibration can be grounded. As you merge your Masculine/Feminine polarities, you also merge and integrate the Higher Light of your Spiritual Body with the third dimensional light of your Physical Body.

“As above, so below. As within, so without.” The macrocosm is the template for the microcosm. The masculine Father/God force implants the possibility of new life into the feminine Mother/Goddess force to initiate a birth. YOU are the creators of this new life, each and every one of you—alone AND together—are creating the New Earth.

Neither the masculine nor the feminine force is better. They are both equal. In fact, just as your first download into the third dimensions resulted in the separation of the male from the female, your balancing and merging the male and the female will herald your return Home into your true Multidimensional SELF.

WISDOM, POWER AND LOVE

For most of Earth's third dimensional reality, either Masculine OR Feminine was considered the “Ruler.” In the vast majority of civilizations, the patriarchal energy has been the Ruler of your Earth for many thousands of years now. Because of this your planet has become imbalanced, with the Force of Power being much more important than the Force of Love.

Without the balanced of the Forces of Power and Love, it is very difficult to gain the Force of Wisdom. It is the balance of the forces of Power/masculine/out-flowing and Love/feminine/in-flowing that gives birth to the force of androgynous/power-within/Wisdom. This is why wise female leaders project a strong masculine energy and wise male leaders are intimately in touch with their feminine energy.

You may not have considered Wisdom, Power and Love to be “Forces,” but indeed, they are. When you are in close proximity to a very powerful, loving or wise being, you can FEEL their “Force” emanating from their. Since your planet is now becoming more and more fourth dimensional, the illusion of the “superiority” of humanity will be lifted.

Wisdom, Power and Love can reside within many of Gaia’s creatures, especially in the fourth dimension where physical form is not bound by the strict laws of separation and limitation. As your process of ascension continues, you will find that you can have many new friends who are non-human. This concept may be frightening to those who are ruled by fear. However, that fear will limit their ascension and, thereby, limit their knowledge of the New Earth.

Just as you will gradually accept that non-human being are equal to your human power, you will also come to accept that more and more humans are becoming androgynous. These “androgynous” humans are the ones who are learning to balance their male and female energies within their earth vessel.

When the balance of your Masculine/Feminine polarity is complete, the balance of your Spiritual/Physical polarity will also be complete. You will have returned to the Father/Mother, God/Goddess you have always been. Just as some species on your planet can impregnate themselves, you will be able to gestate, and eventually, give birth to, your true Divine Child, your Lightbody.



We, the Arcturians and I, are extremely proud of those who have volunteered to restrain this process until the “Moment of NOW,” when your planet has reached the critical mass, to allow Gaia and ALL Her inhabitants to flash into Lightbody.

THE HEART OF THE CRYSTAL MATRIXES

Your Heart Chakra, more than any other chakra, embodies all the concepts of which we have spoken. The Heart Chakra has always been the ruler of relationships, both Male/Female and Personal/Planetary, for this chakra is the Home of your androgynous Soul/Self, which separated into one gender in order to enter the 3D planet, Earth.

Also, it is the relationship with, and love for, Earth/Gaia that allows you to sacrifice your personal desires for the good of the entire planet. Furthermore, within your Heart Chakra is your Atma, your Three-Fold Flame of Life, which represents and balances your inner Forces of Wisdom, Power and Love. Last, and certainly not least, your Heart Chakra holds the Heart of the Crystal Matrix.

The Heart of the Crystal Matrix is $\frac{1}{2}$ octaves in frequency above your physical heart. It is, in fact, the Three Fold Flame upon which your life-force burns. The Seed of the Crystal Matrix is in your Crown Chakra, $\frac{1}{2}$ octaves above the pineal gland in your physical brain. The Seed of the Crystal Matrix is the entry point of the higher dimensions into your physical earth vessel, whereas the Heart of the Crystal Matrix is where you integrate the higher vibrations into your transforming physical body.

THE SEED OF THE CRYSTAL MATRIX

The Seed of the Crystal Matrix, within the pineal gland of your Crown Chakra, is the re-entry point for your Masculine Force, which has “scouted ahead” into the higher dimensions to gather Higher Light. Then, the Heart of the Crystal Matrix, in your Heart Chakra, is the point of implantation in which your Feminine Force accepts the gift from the higher frequency; this will allow it to gestate your new Lightbody. In this manner, your Heart Chakra is the womb of your Lightbody.



Your Crystal Matrix is also the main processing center for the “experience” to which you are choosing to calibrate. Dearest Ones, I say “calibrate,” as there are myriad realities occurring all the time and everywhere in the ever-present NOW of the Flow.

When you are resonating to only the third dimension, your experience is limited to the physical world. However, there are also myriad versions of the third dimension. Until you awaken to your SELF, many of your choices of reality are “chosen” by the “Core Beliefs” that were activated in early youth or “past lives.” You have had to “work hard” to release these limitations.

Fortunately, now that you have recalibrated your Lower Chakras you can more easily ground and integrate this Higher Light. Now, your “work” is done and you merely need to “accept” the guidance of your new Captain, your Soul/SELF. So that you can more easily re-calibrated your perceptual channels to receive the fifth dimension, and beyond, without becoming overwhelmed, your new Captain is currently merging your fourth dimensional body with your third dimensional body

INTER-DIMENSIONAL COMMUNICATION

You are infinite beings playing a finite game. Whenever infinity takes form in a linear time, it appears as energy consisting of different vibrations. You have many vibrations within you, as you have the infinite energy of your true Multidimensional SELF. Hence, you have ALL possible vibrations within your Soul Signature from the first dimension through the twelfth dimension. Once you can resonate to a vibration, you can communicate with it.

It is through the mutual reception of vibratory rates that you communicate with dimensions other than the third. The third dimension is the only plane in which language is laid out in a sequential manner with different sounds meaning different things. In fact, humans are the only beings who communicate in this fashion. Your dear friends, the cetaceans, who have language areas in their brains much larger than your own, communicate in an entirely different fashion.

The highest vibrations can only resonate to the Seed of the Crystal Matrix and the Heart of the Crystal Matrix, as they are your primary portals for inter-dimensional travel and communication. The Seed of the Crystal Matrix is able to receive vibrations from the highest dimensions in the manner in which they arrive, which is all at once in the Flow of the NOW.

These communications are based on mutual reception of vibration and have NO similarities to human language. Therefore, information gathered in this manner is something you will just KNOW, but you may not even know WHY you know it.



The resonance of this vibration is then relayed to the Heart of the Crystal Matrix, within the Atma of your High Heart. Since your Atma, your Three Fold Flame of Life, is the center of your highest Wisdom, Power and Love, it is also able to resonate to vibrations up to, and including, the frequency of the twelfth dimension, Source. The Heart of the Crystal Matrix, the source of your Highest Qualities, is able to integrate these high perceptions into your present reality.

Because it is “The Great Integrator,” your Heart Chakra not only integrates the energies of your lower and upper chakras, the polarities of masculine/feminine and spiritual/physical, but also the higher dimensional perceptions and realities into the third dimensional perceptions and realities.

“Perceptions” and “realities” are interchangeable terms here, as a reality is actually what you choose to perceive. There are myriad choices for reality in your world, and it is through choosing to recognize a particular stimulus that you create your own reality. If you choose to recognize the higher vibrational stimuli, you will create a higher vibrational reality. On the other hand, if you choose to recognize the lower vibrational stimuli, you create a lower vibrational reality.

THE PENTAGRAM FOR INTER-DIMENSIONAL COMMUNICATION

Let us look again at the Pentagram, “Head in the stars—Feet firmly on the ground—Heart wide open,” as the formula for inter-dimensional communications.

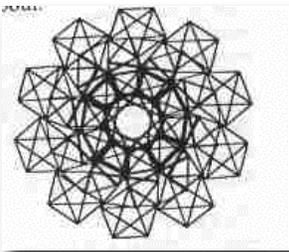
First, the highest vibrations enter the Seed of the Crystal Matrix in your HEAD to initiate thought patterns. Since your brain, the receptor of your mind, works in a holographic manner, the Seed/pineal gland is able to create a hologram for this high frequency vibration.

The communiqué, packaged in a holographic thought form, is then sent on to your HEART and into the Heart of the Crystal Matrix in your High Heart. Your High Heart is then able to manifest and activate this holographic thought form by integrating it into your present perception/reality. This integration is accomplished by the strongest force of creation—Unconditional Love.

The High Heart assists you to FEEL Unconditional Love, the carrier frequency for this extremely high frequency message, and accept the message into your awareness. Unconditional Love lives in the Flow just beyond the 3D Matrix. When you expand your consciousness in this manner, you expand your perceptions beyond the limited spectrum of the 3D Matrix and become aware of the myriad choices of experience that lie just beyond the illusions of third dimensional drama.

The important “next step” is that the higher dimensional communication is sent down into your FEET to ground it in the Heart of Gaia. Once the communiqué is grounded in Gaia, it is shared with the Collective Consciousness of humankind and the Planetary Consciousness of all of Gaia’s inhabitants.

This final process is not only essential to the integration of higher dimensional perceptions/realities into the third dimension, but it is also vital assurance that the communicator, YOU, are sufficiently grounded, so that you do not short-circuit your earth vessel with a jolt of extremely high frequency energy. Sharing your message with the Collective and Planetary Consciousness also helps you to realize that you are not alone in your “new reality.”



THE PENTAGRAM FOR MANIFESTATION

Particles, from which all manifestations are manifested into a wave, or form, in “space,” are NOT individual and are actually extensions of the same ONESS. There is a deeper reality, of which most humans are not aware, that exists on a sub-atomic level. You cannot see this deeper reality because you cannot yet sense the extremely high vibrational sub-atomic particles that connect All That Is. These extremely high vibrations can only be perceived by the

Seed of the Crystal Matrix in the pineal gland and the Heart of the Crystal Matrix in the High Heart.

The Seed of the Crystal Matrix, the source of your highest qualities of thought, can resonate to and recognize these high frequencies, and the Heart of the Crystal Matrix, the source of your highest qualities of emotion, can FEEL the subatomic “life” that ties together All That Is. Separation is merely a third dimensional illusion cast upon your 3D Matrix because your 3D spectrum of perception is extremely limited. Therefore, you cannot recognize the other realities that exist just beyond the limits of your 3D filter.

The Seed of the Crystal Matrix and the Heart of the Crystal Matrix are not IN your third dimensional body. Instead they are located ½ octaves above the physical body. Because of this, they are not limited by your 3D filter and are able to resonate to the highest of frequencies.

CROWN CHAKRA/HEAD IN STARS
ANDROGYNOUS
THOUGHT

HEART CHAKRA/OPEN HEARTED
INTEGRATOR
EMOTION

ROOT CHAKRA/FEET GROUNDED
POLARIZED
INTENTION



The androgynous, Cosmic Consciousness, Crown Chakra, head in the stars, receives the THOUGHT of the new hologram.

This hologram is then sent down to the great integrator, source of Unconditional Emotions, High Heart, heart wide open, to breathe life into the hologram with the EMOTION of Unconditional Love.

The Heart then relays the living hologram down into the Heart of Gaia, feet planted firmly on the ground, to ground the hologram in the polarized masculine/feminine 3D reality, thereby creating the INTENTION of keeping this new reality alive by acting upon it.

YOUR MISSION

It is in this manner that you will “receive” your Mission, the reason for which you took embodiment in this time/space reality. There are so many of you on Earth now who have waited for this important, transformational lifetime. Your Souls even created petitions to show how your birth in this “time” could best serve Gaia.

The Service that you promised to fulfill in your petition is your Mission; the Mission that YOU chose before your embodiment. However, this is not a new Mission, as you have been working towards it, life after life, since you first “logged-on” to the 3D Game.

In the last turn through the Photon Belt, during the fall of Atlantis, Gaia had too much darkness on Her form, and nearly self-destructed. Most of you were there then to assist. During the completion of the Galactic Cycle that you are now undergoing, Gaia has called in Her loyal humans who have served Her for many lifetimes.

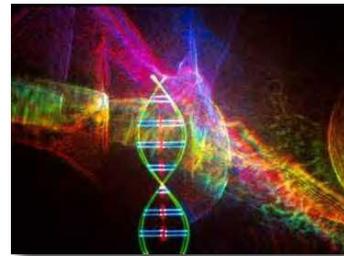
Your Mission now is likely similar to the Mission that you had then. Just as you logged-on to the 3D Game as a human, Gaia logged-on to the 3D Game as a Planet. Through your process of playing this Game with Her, you, too, have become a Planet. According to the rules of this Game, once you are born, most of you forget your personal “puzzle piece” of the “Great Puzzle” of Planetary Ascension. However, you are now beginning to remember.

You are also becoming aware that this will be your last assignment in a physical form. Once you feel your final 3D experience is completed, your physical body will totally transformation into Lightbody. Most of you have volunteered to forestall this final transformation until a critical mass Higher Light has been attained in Gaia’s body, Earth, as a catalyst for Planetary Ascension.

THE SEED OF LIGHTBODY

Your Lightbodies have been slowly and safely developing within the encasement of your physical shell. The casing of this “shell,” which is ruled by your ego/self and is perceived as your physical body, grows thinner and thinner as the seed of your Lightbody germinates and grows within the Heart of the Crystal Matrix.

As this Seed of your Lightbody sprouts within your Crystal Matrix, it sends shoots into every cell and atom of your physical body, where the germination begins again. When each off-shoot sprouts in each cell and atom, your “junk DNA” is activated and your physical earth vessel displays symptoms of transformation.



Your scientists have not found the purpose of this particular DNA, because it is beyond the limitations of their beliefs; hence, the term, “junk DNA.” The scientists cannot perceive what they cannot believe is possible. That is why, dear transforming ones, you must release the “concept of impossible” from your consciousness. “Impossible” is a third dimensional concept, and one that is now obsolete. ALL is possible from the insight of your Soul/SELF.

Your Soul/SELF is multidimensional. It is not only male and female, but also spiritual and physical. Therefore, even while it inhabits your earth vessel, your SELF is also traversing your Home vibration in the fifth dimension and beyond. Your Soul/SELF is aware of, and interlaced with, many different experiences, realities, and lifetimes that are all occurring within the same moment of the ever-present Now.

You may not yet be accustomed to the expansiveness of your Soul's reality, while Soul Is not yet accustomed to the limitations of your reality. Nonetheless, the TEAM of Physical ego/self and Spiritual Soul/SELF are a partnership, a relationship. This relationship began when you first separated as you entered the 3D Game. When you complete the 3D Game, you will ascend back into your true Multidimensional SELF and your partnership will expand to embrace All That Is.

I now return you to Gaia who will assist you in recalibrating your Heart Chakra so that you may OPEN your High Heart.

IlliaEm

FOURTH CHAKRA MEDITATION



INTEGRATING YOUR HIGH HEART

My dearest grounded ones, I AM Gaia, here to assist you. I wish to first remind you that energy is not fearful or loving. Energy IS. It is the thoughts and emotions of your third dimensional vibration that polarize energy into “fearful,” or “loving.” During your time of “End-Game,” you are awakening your Lightbody. Hence, your reality is filled with extreme polarities.

The very Higher Light that awakens your Lightbody, must first reveal and release old inner darkness that has hidden from your consciousness for many lifetimes. Therefore, we, my people as well as my planet, are experiencing the Higher Light of Unconditional Love, alongside the Darkness of Fear and Devastation. Death has always preceded birth. If the “old” does not die, then the “new” cannot be born.

It is through facing and loving your greatest darkness, that you can allow it to be released, die, so that your greatest Light can be exposed, born. You, dear people of my planet, have always been the vessels of great Light. It is just that lifetimes of living in a fearful, and often cruel, reality have muted your Light with the illusion of Darkness. Now, you can release this illusion of your own darkness and the stories that created it. Once your darkness is released, it will not serve as a magnet for more fearful stories, and it will be easier to align your human heart with your High Heart.

I, Gaia, will hold the banner of SELF for each of you. Truly I am your SELF, for in our joined resonance, there is no separation. Therefore, I am the SELF for everyone and everything on my planet. Yes, many objects that have been considered “things” in your world are Beings of Light in my world. Look around at the “things” in your life. Mountains, lakes, and forests are things to you, but in reality they are great Devas, highly evolved Elementals.

In fact, every plant and every animal is a Being. Even your homes, offices, cars and machines are Beings, as they have taken on some of your life force. You see, just as I share my life force with you, you are sharing your life force with your reality. Do you see how much Power you possess?



Now, use this Power to activate the imagination of your True SELF to see my True SELF. My true SELF, your true SELF, OUR true SELF will appear to your third dimensional eyes as a “thing,” a great star system in outer space. I/we can also create a form. If you wish, take a moment to create a form for me—for you. Now, using your imagination, see your human self in times when you were free of the belief in fear.

Perhaps you were a small child, in deep meditation, or in a moment of peak experience and you felt the joy of accomplishment.

Write these memories down.

You may be surprised to find that there are more of these moments than you thought.

As you write each moment, FEEL how it felt in your body and in your heart.

Feel your heart FREE of fear.

Listen to your mind FREE of limitations.

Now send these moments to me, Gaia, one by one.

Consult your list.

As you share these memories with me, listen for my return comment.

In all of these experiences the feeling of freedom pervades.

Remember this FREEDOM to BE your SELF.

Feel that feeling of Freedom in your Heart.

As you share these moments with me, feel my embrace as if it were a physical embrace of a loving Mother holding her cherished child.

Now, call upon OUR star system, the Pleiades, to encompass you in a huge canopy of stars that is descending from above.

This is the canopy that has ALWAYS surrounded your physical self, as well as your Spiritual SELF.

Look DOWN into the my heart, the Heart of Gaia,

while you also look UP into the Heart of the Pleiades, a cluster of bright stars.

Enter one cluster to find a Galaxy.

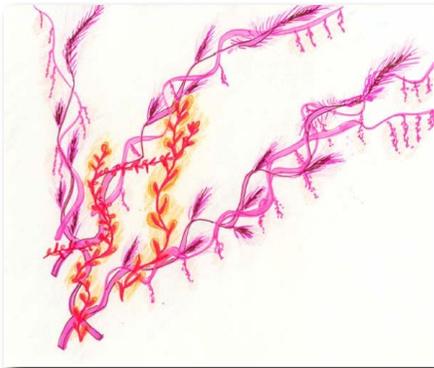
Enter that Galaxy and find the Central Sun.
Within that Central Sun is a portal, a living vortex, into FOREVER.

This Portal to FOREVER is the Portal to your High Heart.
This Portal is guarded by your Multidimensional SELF, the YOU that has your
“head in the stars.”

Now, take a moment to also feel your “feet implanted on the ground,” the ground
of my heart, the Heart of Gaia.

With your **HEAD** in the stars and your feet planted on the **GROUND**
OPEN your High HEART—the Heart of your Multidimensional Soul/SELF.

THE PORTAL OF THE HIGH HEART



Feel the pull of the Portal welcoming your entry.

Like seaweed that has detached from the ocean floor, detach from the illusions of your 3D world and drift upwards toward the canopy of stars, the Portal to your High Heart.

Simultaneously, remain grounded in my heart,
the Heart of Gaia.

Allow your Opened Heart to guide your consciousness as you drift through your
star cluster,
your Galaxy,
your Central Sun,
and into the Portal of your High Heart,
and into your Multidimensional SELF
the SELF that is also inside your earth vessel.

As you approach your SELF, you see a light brighter than your physical eyes
could ever tolerate. This light is the:
Responsibility of Power,
the Power of Love
and the Knowing of Wisdom,
and Beyond...beyond what?

Strangely, you have no fear and no expectation.
Perhaps this is because you are surrounded by your SELF.

You glide through the portal to discover your true, formless nature.
You are a vibration, a speck of light.
You are a conception of the Source—an “immaculate conception.”

Your human self on third dimensional Earth has to stretch its imagination to embrace this experience. How will you share this experience with others? Words are too limiting, too concrete. You are beyond the limitation of definitions.



You are a feather in the wind, a spark separating from the flame, the breeze, the twinkling of a star. A “fantasy” is too small a concept to describe who you truly ARE.

Words restrict your existence. The solar winds are small compared to you. The Galaxy was a good idea that you have moved beyond. Long ago in the future, there was form. Form was an experience, an idea, a conception.

Your long journey is nearing its completion, though you know that it will never be complete, as it is infinite. You are an Infinite Being, temporality expressing yourself in a finite form.

You feel the pull of your physical form, the finite you who imagined this experience. Or, perhaps, it is the infinite YOU who imagined your finite experience.

Slowly you return to your awareness of the third dimension.
Your emotions are the first to greet you.
Your emotional world has been a paradox of conflict.

Will your emotions FEEL different now that you have experienced your formless SELF?

GETTING CONNECTED

Your consciousness has always vibrated far beyond the spectrum of your human form, which created a gap between your consciousness and your physical vessel. This “gap” made it difficult for you to stay grounded, and the lack of adequate grounding made you feel fatigued.

This vibratory “gap” between your self and your SELF is also between your Human Heart Chakra and your High Heart Chakra. When you connect your personal heart to your High Heart, you are also connecting your self to your SELF and your personal heartbeat to the heartbeat of All That Is.

I, Gaia, will assist you with this connection.

You will begin by consciously creating a matrix with one of your 3D holograms. Many of you are still unaware that you create 3D holograms throughout your physical life, because this creation is “unconscious” to your mundane mind.

Now I will ask you to consciously create a hologram of a matrix that looks much like a bridge. Once the matrix is complete, you will attach light to it in order to give it life. Your thoughts and words create the matrix, which is the skeleton of the form, and the emotion of Compassionate Love gives that form life.



THE BRIDGE

Visualize your bridge, with one end at your human heart, and the other end at your High Heart.

Your High Heart readily accepts this connection, but your human heart may reject it, as it attached, instead, to your ego. Since your human heart views reality through the “eyes of ego,” it is easily attached to the 3D illusions. These illusions often frighten your ego. Then, in an effort to protect you, your ego closes your human heart.

Take a moment now to recalibrate your human heart to accept the connection to this bridge, the Rainbow Bridge.

In order to connect your human heart to the High Heart, you will have to disconnect it from your ego and allow your Soul to enter it.

Find the place in your human heart where you have calibrated yourself to see through the eyes of your wounded and fearful ego.

Yes, you see that place now.

It looks much like the junction of two old fashioned railroad tracks.

One “track” is connected to your ego.

The other “track” is connected your Soul.

The ego’s track leads down into the illusions and dramas of the physical world. The Soul’s track leads up into the peace and calm of the higher dimensions.

Do you see how your ego’s “track” has been opened, while your Soul’s “track” has been closed?

At this “junction” where your human heart is connected to your wounded ego is a lever that can be pulled to change tracks.

In order to close ego’s track and open Soul’s track,

you must pull the lever towards you.

Put your imaginary hand on the imaginary lever and pull it towards you,
towards LIFE and towards LOVE.

It may be difficult to pull at first as old fears come to the surface to weaken you.
But NO, you will not be stopped!!

Pull the lever NOW.

Close off your ego's perceptions of fear!
Open up to the Compassion of your SELF!

As you pull the lever, the fears and dramas of your ego fade.
Now, feel the Unconditional Love,
Unconditional Forgiveness
and Unconditional Acceptance
streaming from your High Heart.

Feel these higher qualities as they bask your human heart in
UNCONDITIONAL Love,
UNCONDITIONAL Forgiveness,
UNCONDITIONAL Acceptance.

Revel in the FLOW of Compassion for your past suffering
and for the suffering of your world.

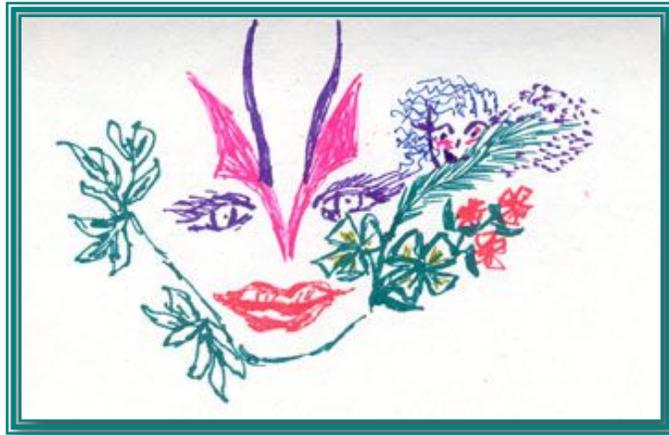
This Compassion allows your Bridge to easily connect to your human heart,
forming a bridge between your human heart and your High Heart.

It is the Essence of Compassion that will maintain this connection.
Once you can feel Compassion for your self, you can feel Compassion for ALL.

MANTRA

“I integrate and radiate my true Essence of Compassion.”





BREATHING WITH GAIA

Now that you have experienced yourself as formless, you can more easily experience yourself as the planet. You are Gaia, for you and I are ONE. I, Gaia, am a living Being, not a “thing,” and I breathe, just as you breathe. Now that your energy is projected out from your High Heart, you can also project your breath out from the Unity of person and planet.

To begin, align your Crown Chakra with the Great Central Sun and your Root Chakra, with the Heart of Gaia in the core of Mother Earth. When breathing as a Planet it is best for each in-breath and out-breath to be through your nostrils. When you breathe primarily through your nostrils, it is easier to be PRESENT with your breath.

When you are PRESENT, your breath slows down, becomes longer and more refined, which makes it easier to breathe in even more prana. The increased prana, which is integrated into you and I, Gaia, expands our electro-magnetic fields and raises the vibration of OUR planet and ALL its inhabitants.

Dear People, allow me to show you how to “Breathe with Gaia.”

To begin, visualize yourself as Earth.
YOU are the planet and the PLANET is you.
Together we are ONE Being, just as we were before we joined the 3D Game.

Together, WE are the first, second, third and fourth dimensional beings that make up our glorious, multidimensional planet, Earth.
FEEL your planetary body around you,
just as you FEEL your personal body around you.
WE are the EARTH!

We will breathe-IN through our North Pole,
And breathe-OUT through our South Pole.

With each in-breath, we pull in the new life and knowledge that is embedded in the photons of the Central Sun.

With each out-breath, we release the old through our South Pole. Each release through our South Pole supports the FLOW from our Central Sun into our North Pole.

We are now breathing, not only for our self, but for our room, our building, our city, our state, our nation, our continent, our hemisphere, our planet.

As we stay PRESENT with our breath, we experience how our personal/planetary Light animates all that it touches and flushes the darkness from its hiding places.

Remember to breathe OUT this darkness through our South Pole to allow a greater inflow of Light from our North Pole.

As we focus on this breathing, our physical body relaxes and our consciousness moves from Beta Waves—to—Alpha Waves. Our Alpha Wave consciousness allows our personal/planetary, cells, to resonate to the increased charge of each breath.

With each breath our personal/planetary **Emotional Body** becomes more clear, fluid, and harmonious, as our emotions becomes our waters.

This clarity allows us to expand and intensify our inner focus, and shift from Alpha Waves—to—Theta Waves.

Theta Wave Consciousness allows our personal/planetary **Mental Body** to become collected, peaceful and focused, as our thoughts become our sky.

Our inner world expands to encompass our outer world. With our outer world being a reflection of our inner world, our consciousness gradually shifts from Theta Waves—to—Delta Waves.

Delta Wave Consciousness activates our **Spiritual Bodies** to expand and reinforce our Rainbow Bridge to fully accept our High Heart.

Return to the Central Sun of our Galactic Self to find the Portal of our High Heart. As we enter the Portal, we feel a rush of Universal Energy as we bask in the bliss of Union with All That Is.

Thank you, dear people of OUR planet, Since the Heart Chakra is the Great Integrator, I, Gaia, will lead you in the Invocation of Unified Chakras...



INVOCATION OF UNIFIED CHAKRAS

I inhale through the center of my Heart Chakra.
As I exhale, I allow my human heart to expand
into a ball of Light encompassing my High Heart
in one unified field of Light.
I AM Gaia.
I AM Compassion.

I inhale through the center of my High Heart.
As I exhale, the ball of Light expands, to encompass my Throat Chakra and my
Solar Plexus Chakra in one unified field of Light.
I AM Gaia.
I AM Compassion

I inhale through the center of my High Heart.
As I exhale, the ball of Light expands to encompass my Brow Chakra and my
Navel Chakra in one unified field of Light.
I AM Gaia.
I AM Compassion.

I inhale through the center of my High Heart.
As I exhale, the ball of Light expands to encompass my Crown Chakra and my
Root Chakra in one unified field of Light.
I AM Gaia.
I AM Compassion.

I inhale Light through the center of my High Heart.
As I exhale, the ball of Light expands to encompass my Alpha Chakra (eight
inches above my head) and my Omega Chakra (eight inches below my spine) in
one unified field of Light.
I AM Gaia.
I AM Compassion.

I inhale through the center of my High Heart.
As I exhale, the ball of Light expands to encompass my Eighth Chakra (above
my head) and my upper thighs in one unified field of Light within, through, and
around my body.

My Emotional Body merges with my physical body, as well as with the body of
Gaia.
I AM Gaia.
I AM Compassion.

I inhale through the center of my High Heart.
As I exhale, the ball of Light expands to encompass my Ninth Chakra and my lower thighs in one unified field of Light.

My Mental Body merges with my physical body, as well as with the body of Gaia.
I AM Gaia.
I AM Compassion.

I inhale through the center of my High Heart.
As I exhale, the ball of Light expands to encompass my Tenth Chakra and my knees in one unified field of Light.

My Spiritual Body merges with my physical body, as well as with the body of Gaia.
I AM Gaia.
I AM Compassion.

I inhale through the center of my High Heart.
As I exhale, the Light expands to encompass my Eleventh Chakra and my upper calves in one unified field of Light.

My Soul/SELF merges with my physical body, as well as with the body of Gaia.
I AM Gaia.
I AM Compassion.

I inhale through the center of my High Heart.
As I exhale, the Light expands to encompass my Twelfth Chakra and my lower calves in one unified field of Light.

My Greater SELF merges with my physical body, as well as with the body of Gaia.
I AM Gaia.
I AM Compassion.

I AM a unified field of Light, being ALL that I can BE, in each moment of my day.





BECOMING ONE

Dear Open Hearted Ones,
We, the Arcturians, have returned again to assist you with:

Blending the Polarities of Conditional Emotions/Unconditional Emotions

EMOTIONS AS MESSAGES

From the perspective of your ego, you do not HAVE emotions, emotions HAVE you! Hence, you ARE what you feel. However, as Soul/SELF enters your physical form and you mingle Spirit with Matter, you slowly but surely realize that your emotions are actually messages from your physical body to the Captain of your earth vessel.

While ego is Captain, you are so intermingled with your emotions that they can not be observed. However, as your Soul/SELF becomes Captain, your emotions can be objectively viewed as messages about the wellbeing of your inner and outer physical reality.

Just as the control panel of an airplane warns the pilot that it is “flying too low,” your emotions remind you if your resonance is too low. When you are feeling sad, angry, or afraid, the “control panel” of your earth vessel shows a “blinking red light.” These uncomfortable emotions indicate it is time to raise your vibration, as there is danger that your expanded consciousness may “crash.”

RAISING YOUR RESONANCE

The question is, how do you we raise your resonance if you feel “bad?” Actually, all you need “do” is to remember that YOU don’t feel bad, as YOU are Spirit. YOU are living in constant Unity and Peace within the FLOW of Unconditional Love from All That Is. It is your physical vessel, made of the same vibration and

matter as Earth, which FEELS bad, or good. Your SELF, who is of the same light and vibration as the many differing dimensions of Soul, FEELS Balanced, Unified and Peaceful. As soon as you realize this fact, your human suffering is revealed as illusion, and you remember who YOU are.

Your ego/self operates primarily on beta brainwaves and has access to only about 1/10 of the control panel, your brain. On the other hand, as you integrate your Soul/SELF and ego/self, and allow Soul to Captain your earth vessel, your control panel operates on alpha, theta, and delta brainwaves. With these higher brainwaves you can access the entire “control panel.” When you are “flying too low,” your resonance drops to beta waves. As a result, you lose access to the greater amount of stimuli that is being sent to you from your body AND from your Soul. Consequently, it behooves you to “fly above the turbulence.”

CHANGING BRAINWAVES



Beta brainwaves are similar to AM radio, which is amplitude modulation, and can only receive a signal from the physical resonance, with the louder messages being easier to receive than the quieter ones. Unfortunately, fear is a very “loud” emotion as it threatens your survival, whereas love is often very “quiet.” Therefore, it is easier for your ego to receive fearful messages than loving ones.

On the other hand, the higher brainwaves are similar to FM radio, which is frequency modulation, and can receive different frequencies. Hence, they can receive the Unconditional-Loving, multidimensional messages from your Soul. Just as “AM” and “FM” signals resonate in the same space/time, so do the transmissions you receive from your physical and non-physical realities.

In order to raise the resonance of your earth vessel, and expand the reception of your “control panel” to receive multidimensional stimuli, you need to activate your higher brainwaves through meditation, prayer and imagination. Fortunately, as you “download Soul” and blend the polarities of Soul/SELF and ego/self into Oneness, it is easier to retain the FEEL of higher consciousness in your everyday life.

Different emotions also activate different brainwaves, as your emotions are “elevators” for your resonance. Uncomfortable emotions, such as fear, anger and/or sorrow, make your resonance go “down” into “survival mode,” and you devolve back to the roles of “hunters and gatherers.” On the other hand, when you feel joy and love, your consciousness goes “up,” and you resonate to, and receive, the Divine Love of the higher frequencies. In this manner, fear-based emotions activate lower brainwaves, and love-based emotions activate higher brainwaves.

What if you believe that you can't choose your emotions? What if your emotions "have you" rather than you "having your emotions?" This is where your thoughts can help you or hurt you. Your thoughts can echo and confirm your downward-sloping emotions, such as, "Oh no! What if ___ happens?" Then it is even more difficult for your control panel/brain to receive assistance from your SELF, as you are forced deeper and deeper into "survival-mode."

FINDING SELF

On the other hand, if you think from your Soul you can choose to take one long moment to search inside your self to find the FEEL of your Soul. As you allow Soul/SELF to be the new Captain of your earth vessel, Soul can ask, "What is really happening? What information is the control panel of my earth vessel sending me?"

Likely, Soul will hear, "Raise your resonance. You are flying too low. Fly your consciousness above the turbulence." If your ego can hear your Soul, it will likely hear, "Please allow me, your Soul, to assist you." Then, you can simply relax into the FEEL of your Soul/SELF.

It is also helpful if you take a few moments before you begin your stressful day to practice calling within to your Soul/SELF. Then you can follow the FEEL of Soul as you go about your day. If you can place your SELF forefront in your consciousness at the top of the day, it will be more accessible when you are in the midst of the "jungle" of everyday life, where fear repeatedly threatens to lower your resonance.

SPIRIT INTO MATTER



Your desires are also an offshoot of your emotions, for how you feel about yourselves determines what you believe you deserve. Once your Soul/SELF has entered your ego/self (Spirit into Matter) your desires change because the vision of your reality changes. Once you perceive your world through the Eyes of Soul, ego's physical body becomes the vessel through which you can fulfill your earthly Purpose. At that point, your desires arise from SELF, rather than from your limited ego.

Furthermore, when your SELF is the initiator of the reality which "you" are creating, the concept of YOU expands from a group of individuals to a member of the collective consciousness of your planet, solar system, galaxy, universe, and dimension. Your emotions then become the FEEL of your True SELF within, around, and beyond your separate, limited ego. You FEEL, and therefore become, your SELF. As the polarities of the FEEL of your

self, your 3D earth vessel, merge with the FEEL of your Multidimensional SELF, the 3D hologram begins to visibly degrade.

THOUGHTS VS EMOTIONS

Your thoughts can be trained to lie to you if it is necessary for your survival, whereas your emotions are your true reactions to the reality to which you resonate. Your thoughts can lie and tell you that you deserve to suffer. However, your emotions tell you that suffering is NOT enjoyable and NOT something that is a good reality to choose.

Your mind can lie because you have unconsciously trained it to lie, so that you could believe the illusions that are largely intolerable to your Soul. As an indoctrination of your many lives on third dimensional earth, you accepted the illusion that you are limited in your abilities and separated from your Spirit. On the other hand, your emotions cannot lie. Instead, they tell you that limitations and separation from SELF are NOT acceptable.

When your thoughts are limited to the 3D Matrix, you resonate to a low frequency, while your uncomfortable emotions, which are the fearful reactions to that reality, further cement you into the third dimension. It is this kind of limited thinking that separates you from the FEEL of your Soul/SELF.

WARNINGS

Fortunately, your uncomfortable emotions are still accessible to your control panel, so that the red blinking lights can notify you that “You are flying too low!” Yet, if you do not accept these emotions as a warning to “fly higher,” they only serve to verify that the world is a dangerous place, and you must “go into survival mode.” On the other hand, if you can recognize that your emotions are “elevators for your consciousness,” you can choose to take the elevator up. If you can “think” from the consciousness of your Soul, you can resonate to its higher dimensional matrix and FEEL the Soul’s emotions of joy, inner peace and compassion.

There is, of course, a catch. In order to think from your Soul/SELF, you must be able to FEEL your SELF within your self. You must be able to REMEMBER that you DESERVE this FEEL of Soul within you, ACCEPT this FEEL of Soul within you, and therefore, ALLOW this FEEL to navigate you through your daily life and into, as well as through, the process of planetary ascension.

DESERVE, ACCEPT, ALLOW

It is “time” NOW for you to recognize that you DESERVE to FEEL whatever you feel, ACCEPT that your feelings are your true reactions to your inner and outer life, and to ALLOW your emotional yearning for peace and joy to elevate your

consciousness. When the voice of ego says, “You really shouldn’t feel that way, or you don’t really feel that way, don’t think, “Yes you are right, I shouldn’t feel that way. I should feel the way THEY told me to feel.”

Instead, you need to close your eyes and take a deep breath, so that you can FEEL your SELF inside you. Then you can ask your SELF, “What DO I feel?” At that point, you can take a moment to discriminate between the FEEL of ego and the FEEL of Soul. Through calibrating your attention to the FEEL of your inner Soul, you can activate your higher brainwaves and expand your consciousness.

Your ego tells you how to FEEL from the perspective of your 3D core beliefs, challenges and limitations. When you consciously choose to FEEL from your Soul, you can experience the Bigger Picture of your Soul/SELF. Therefore, take a moment to FEEL your SELF. When you feel your Soul/SELF within, you can say, “I know my ego said_____, but my Soul/SELF says_____. What do I want to believe? Whom do I choose to be the Captain of my earth vessel? Which reality DO I deserve?”

CREATING WITH LIGHT AND SOUND

When you **FEEL** your SELF, you can **BE** your SELF. Then ALL of your DOING can come from the core of your BEING. Your emotions lose their polarities of good/bad when you begin to FEEL your SELF inside of your self. Then your emotions become “energy in motion” between your ego/self and your Soul/SELF. Your Soul/SELF then uses this energy as the building blocks for the creation of your NEW reality.

In your new reality, your thoughts are the essence of the greater mind and the creator of the matrix for your universal hologram. Therefore you need to choose your thoughts carefully. When you speak your thoughts, you ground them in the physical dimension. “In the beginning was the word...” Your words—SOUND—are the creator of form, the matrix, upon which your emotions—LIGHT—can attach. When the LIGHT, energy of your E-motions, attaches to the SOUND, form of your thoughts, you activate the matrix for LIFE!

UNCONDITIONAL EMOTIONS

When you are conscious of your thoughts, you can choose to unify your individual thoughts with the thoughts of the Collective Consciousness to create a collective matrix. When you FEEL your SELF, you can attach the LIGHT of the unconditional, neutral emotions of your Soul/SELF to the SOUND of the matrix of the Collective Consciousness. It is in this manner that you, in unity with Gaia and all her inhabitants, shall create planetary ascension.

The emotions of your Soul/SELF are Unconditional because they are not reactions to the physical world of separation and limitation. Your SELF responds

only to your true Multidimensional Essence. Within your SELF, you are FREE of any outside conditions, as nothing is “outside” your SELF.

Unconditional Emotions are free of the influence of responses, such as:

I am happy when “they”- - -
I love them when - - -
I am afraid if - - -
I feel sad when I lose - - -

Unconditional Emotions arise from the CORE OF YOUR BEING, such as:

I am happy because I AM.
I love, because I live my life from the core of my SELF.
Inside my SELF I see all fears as 3D illusions.
I have no sorrow, as I create my own reality.
Therefore, if I lose something, or someone, it is because I am complete with that experience.
My SELF FEELS my self in a detached manner.
Therefore my SELF can be compassionate for my self.
Because I have compassion for my self,
I can have compassion for ALL life.
Because I have compassion for ALL life,
I can detach from the lessons and illusions of others.

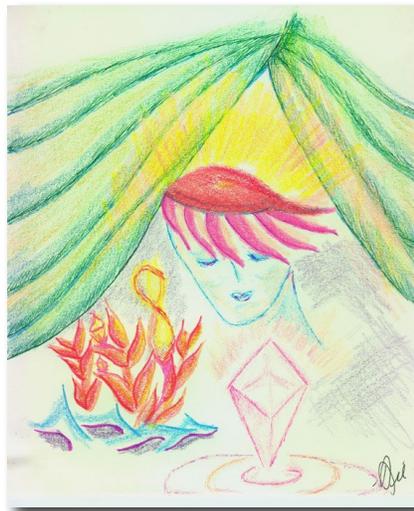
From this kind of thinking you can understand and embrace the thinking of Detached Compassion, such as:

I feel life as a circular Flow of Light spiraling in ever-expanding cycles.
A new cycle is commencing.
I stand between that which is ending and that which is beginning.

I AM inside a VOID.
Inside the VOID,
I AM inside my SELF,
who is inside my self.

I have experienced many cycles,
within the ONE moment of the NOW.
Within THIS moment, I AM Free.

I AM free Because I AM Detached.
Because I AM Detached,
I AM Compassionate.
I AM Detached Compassion.



RECALIBRATING OF EGO

Individual ego/self is bound by habit and programming. Unified Soul/SELF is free of ALL individual, third dimensional programming and the habits/addictions that stem from that indoctrination. When Soul enters the physical form, it replaces the ego's "known, finite reality" with the Soul's "unknown, infinite reality." This shift bombards your consciousness with new, and completely different, stimuli. With the constant incursion of these new stimuli, your habitual emotional reactions to life are greatly disrupted.

These emotional reactions to life create neural programs because neurons that fire together, link together. For example, if you become afraid every time you talk to your boss, you will respond to his or her presence with fear, even if there is no reason. This response occurs because the stimulus of "my boss" has created a fearful feeling so many times that the two events have become linked in a "neural partnership."

The problem is, if you feel fear every time you see your boss, he/she will unconsciously FEEL your fear and wonder if you are "up to something" for which you are afraid you might get "caught." Then your boss will become suspicious and maybe even angry at you. In this manner, your fear has created a "self-fulfilling prophesy" which further reinforces your program of "Boss=Fear." This neural partnership (thought of boss—reaction of fear) created this program with the habitual response of thinking, "Oh no. There is my boss," connected to your emotional reaction of "fear."

NEUTRALIZING EMOTION

Luckily, you can choose to neutralize old emotional patterns of fear, anger and sorrow by consciously choosing to interrupt these programs and observe them from your SELF. With this objectivity, you can choose to respond, rather than react, by blessing your old (negative charged) "reaction" with the (neutral charged) "response" of Detached Compassion. In this manner you can disengage old neural connections.



For example, when you see your boss and experience a rush of habitual fear, you can take a moment to FEEL your SELF inside your self. From within your SELF you can FEEL Compassion for your Boss and radiate it onto your old reaction of fear. In this manner, you can create new connections, such as "Boss=Compassion," that are based on your expanded, multidimensional SELF rather than your third dimensional ego.

In this fashion, you can neutralize your fear with your Compassion and create new “programs of behavior” arising from your Soul/SELF, rather than your ego/self. Furthermore, your SELF can help you realize that since you are the one who created your old reality, YOU are the one who can create a new one.

HABITS AND ADDICTIONS

As your emotions are no longer “spent” on reactions to habitual patterns, your beliefs in limitation are diminished and your creativity expands, as old habits, which have become addictions, dissolve. Your habits become addictions when they are based on deep, unconscious attachments to a known “feeling.” This known feeling turns into an addiction when it is used to replace a fearful or unknown, unconscious feeling.

This “unknown” feeling evokes such fear in your unconscious mind that you refuse to allow it to enter your conscious mind. Hidden emotions are your “Enemies Within,” “snipers” waiting to attack you when you least expect it. If you are afraid to explore your inner “unknown,” you seek the familiar in your outer life as well, even if this choice limits you or separates you from SELF.

On the other hand, when your Soul/SELF becomes your “point of view,” old habits and addictions can be observed with Detached Compassion. Instead of you needing to repeat old addictions, it is the “previous owner” of your earth vessel, ego, who is temporarily trapped in an old behavior. It is your SELF who will release this trap.

ENERGY IN E-MOTION

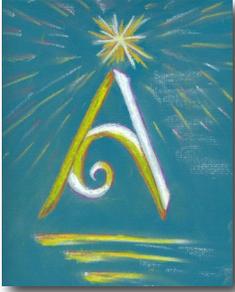
In the fifth dimension and beyond, emotion has transformed into “energy in motion” (E-motion). This energy in E-motion flows from the infinite, higher dimensions to increasingly bathe your earth vessel with Light from the INSIDE. This inner Light allows your E-motions to “FLOW” rather than “re-act,” thereby permitting you to “Live in the FLOW” of the higher worlds.

The trick is to be conscious of your ever expanding inner reality so that you can choose to attend to (put your laser beam focus on) the new stimuli and ignore (stop attending to) the old stimuli. As you consistently choose NOT to attend to your old emotional reactions, your ego’s indoctrination is replaced with the Soul’s inspiration. Then your emotions no longer need to be warnings. Instead, they are the FLOW of Universal Energy that you receive from your SELF and ground in your body, as well as the body of Gaia.

This Flow constantly reminds you that “YOU are NOW Soul,” the true Essence of SELF that has decided to enter the 3D Game for the final play of Planetary

Ascension. However, you must be patient, as each one of you must first attend to your personal E-motional creations.

As each of you awakens to your SELF inside you, you can learn to create the hologram of your reality as seen through the "Eyes of Soul." Once done, you can connect your "personal puzzle piece" to the Grand Puzzle of Planetary Ascension. For this reason, you must wait, even if you are tired, until the "TIME" when critical mass is attained. Luckily, because you are the planet, you are PATIENT.



You are now ready to begin the integration of your Throat Chakra.
We will return, as we will NEVER leave.
The Arcturians

A MESSAGE FROM GAIA



Dear people of my planet, I am Gaia,

I am joyous to call upon you today. I wish to congratulate you on the progress of your transformation due to the integration of your higher dimensional SELF into your first four chakras. I come to you now to assist you in recalibrating and integrating your Fifth, Throat Chakra.

As you continue your return to SELF, look not to see that which is grossly different. Instead, focus on feeling that which is subtly altered. You will see that as your body adjusts to the higher vibration, so does the world around you, for you are choosing the reality of Planetary Ascension.

You are choosing the reality in which we are ALL progressing together in harmony and peace into a vibration that is slightly above the one that we were just in. Because of your choice, you are slowly and patiently integrating the higher frequencies, increment by increment.

As our human and planetary bodies continue to transform from within, our physical "labor pains" will become more severe. One common human symptom is a chronic fatigue, which can only be alleviated by going into a meditative state and raising your brainwaves above beta and into alpha or theta.

You see, your fatigue is because the external focus of beta brainwave consciousness is becoming increasingly difficult for you to maintain.

Your expanded mind longs for the higher vibrational FEEL of your inner world, and you seek the emotional balance that can only be maintained with higher brainwaves.

As you continue to integrate your Soul into your earth vessel, your "inner self" is increasingly becoming your "Higher SELF." For this reason, no matter how much your ego tries to ignore your inner reality, your "Eyes of Soul" continue to see your higher dimensional, inner world superimposed on the external images seen through your "Eyes of Ego." These overlaid images make you feel as though you are living in two worlds at once. Hence, your constant fatigue.

Your resting place is inside, where the higher frequency realities are not distorted by the third dimensional illusions. Inside the new YOU, you feel comfortable, calm, balanced and peaceful.

That's why you want your inner world to expand to encompass your outer world. Unfortunately, if you "try" to "make it happen," you lose your inner focus. In other words, you have to wait PATIENTLY to "allow" it to happen. Remember my ones; the path to illumination is paved with patience.

The flower will bloom when it is ready. The sun will rise when it is time. However, if you are patient, you will realize that slowly, bit-by-bit, the bud is steadily transforming into a flower, and the night is gradually progressing into day.

Meanwhile, the matrix for the 3D world is degrading more each day. Old habits and addictions in your outer life seem to be falling apart. All of your old "problems," that have been repeated again and again, are returning for the "Grand Finale." Happily, and much to your surprise, your reactions are different.



You can't get quite as upset as you have in the past. Due to your familiarity with them, these difficulties are being seen as old friends. Hence, you can release the self-judgment and emotional "charge," as a part of you—a part that expands more each moment—is viewing these conflicts through the detached compassion of your Eyes of Soul.

However, you may feel that you have no control over which "Eyes" you see through, and, hence, which reality you perceive. It is because of

this that I have come to you to teach you how to intentionally open your Eyes of Soul:

First, close your physical eyes to connect with your inner SELF.

Find the Three Fold Flame in your heart, your ATMA of Wisdom, Power and Love, and gently breathe into it to gradually expand its glow.

As the glow expands, it enters and opens your High Heart, just above your physical heart.

FEEL your High Heart.

With a calm, steady breath, intensify the Flame of your ATMA until it rises from your High Heart all the way to your Third Eye.

As the Flame reaches your Brow Chakra, your alpha and theta brainwaves are initiated, and you begin to feel a deep sense of peace and calm.

Now, with your physical eyes still closed, OPEN your Eyes of Soul and "blink" a few times to clear your multidimensional vision.



With the multidimensional vision of your Eyes of Soul, take an "inside" look at your "outside" world

Hold the memory of this image as you open your physical eyes to see your external reality.

Close your physical eyes, maintaining that Eyes of Ego vision, to bring you "outside" into your "inner" vision.

Multidimensional Vision

1. With your multidimensional vision, simultaneously see BOTH your inner and outer worlds overlaid one upon the other.
2. With your physical eyes closed, hold that integrated image as long as you can in your "inside" world.
3. Now, open your physical eyes to see both your inner and outer worlds, overlaid one upon the other in your "outer" world.

Holding the Image

1. Through your OPENED physical eyes, hold the integrated image as long as you can.
2. Realize how the two vibrational realities co-exist in the same space/time.
3. Take a moment to allow your mind to accept your multidimensional awareness.

With practice, you will be able to see BOTH worlds simultaneously.

However, these two world, no matter how intermingled, are quite different. Through your physical Eyes of Ego, you see a reality in which your "problems" are perceived as dangers that must be addressed for the sake of your very survival. These problems create a sense of fear, which lowers your consciousness.

Conversely, through your higher dimensional Eyes of Soul you see a reality in which your "problems" are perceived as illusions. These illusions are mere products of the 3D Game that are trying to CATCH your attention and lure you into the net of fear. Therefore, a "problem" is perceived as an opportunity for you to awaken to the guidance of your Soul.

1. Take a moment now to choose to see through your Eyes of Soul, so that you can see your challenges as illusions.
2. Remember that your Personal Consciousness has created these "problems" in order to awaken you from a long slumber.
3. Now, choose to see also OUR planetary problems as illusions that our Planetary Consciousness has created to initiate a Planetary Awakening.

Release the CHARGE of ALL these challenges by thanking each and every "problem" for the education that it has offered, and bless each one of your "personal tribulations" as you say Good-Bye.

1. Give them each a final hug as you forgive them, and forgive yourself for having them.
2. Furthermore, forgive humanity for the conflicts that the Collective Consciousness has created, as you bless and release old memories of conflict.
3. Bathe your personal problems in Compassion and Acceptance, to allow your Soul to "find the solutions."

4. Also bathe the conflicts of Earth in Compassion and Acceptance, to allow OUR Planetary Soul to “find the solutions.”

Remember: What is impossible for the ego is simple for the Soul.

1. KNOW that problems, actually the illusion of problems, are a component of the 3D Matrix.
2. ACCEPT and be COMPASSIONATE for your earth vessel self.
3. Understand, love and forgive the earth vessel that has served as your Grounding Point for this incarnation.
4. Now, ACCEPT and be COMPASSIONATE for the Collective Consciousness.
5. Understand, love and forgive all the discord that “others” have caused you.

KNOW that you, as well as the other members of the Collective Consciousness of Earth, have created conflict from your child ego/selves. The solutions will be found by your adult Soul/SELF. UNDERSTAND that “problems” are an integral component of the 3D Game, so that you can REMEMBER to neutralize your emotional reactions to personal and planetary issues.

Even though the 3D Matrix is based on growth through resolution of conflict, YOU have grown beyond the need for that type of learning. YOU are ready to learn through Remembering your Multidimensional SELF. With the return of your memory, you are ready to blend the two realities, the reality of your ego and the reality of your SOUL.

With your Eyes of Soul, see the higher frequency world in gold, silver, aquamarine, magenta, red-gold, and indigo-violet.

At the same time, see the lower frequency world in red, orange, yellow, green and blue.

Temporarily lower the frequency of the higher vibrational realities at the same time that you permanently raise the vibration of lower vibrational realities.

Blend the two realities by integrating the higher vibrations with the lower ones.

In this manner, the two realities/two worlds have now become ONE, just as you and I, Planet Earth, have become ONE.

Dear ONES, I wish to deeply thank you for your service. Every time you heal your self with your SELF, you heal OUR planet as well. Most of all dear ones, remember that YOU no longer need to learn through conflict. You are ready to learn and grow through Divine REMEMBRANCE.

Awaken to your true SELF, Beloveds, and I, GAIA, shall awaken with you.

Buddha was asked,
"Are you human or Divine."
He replied, "I am AWAKE,"

AWAKEN NOW! The dream is over.
The flower is blooming
and the new day is here—INSIDE of YOU.

In loving support,
Your partner,
Gaia



INTEGRATION SCRIPT

EGO: I seem to be losing control of too many parts of my life. Over and over, I have to say to myself, “Well, there doesn’t appear to be anything I can do. I guess I just have to “let go” and see what happens. I must admit though, I am a bit scared.

Supposedly, there are other jobs for me to do, other assignments and such, but I feel really out of the loop. This new “system” of reality has such different rules that I feel like a fish out of water. I hope the new Captain knows what’s up, ‘cause I sure don’t!

SOUL: You do not need to understand because I KNOW. I AM your Soul; I know all of all. You see, I AM liberated from the 3D Game, while at the same time, I AM still playing it through you, my Grounding Point.

EGO: Well, if you know so much, then tell me what my part is now? I am used to being in charge of everything, well at least everything in my conscious mind. No, that isn’t exactly correct either. OK, I am used to being in charge of every part of the consensus reality of which I am conscious. I guess that isn’t actually too much.

SOUL: Yes, dear ego, I am aware of your great contribution and sacrifice.

EGO: Sacrifice! What sacrifice?

SOUL: Your sacrifice was that you split off from the ONE; you diminished your awareness to embrace only one small, separate lifetime, on one small, separate planet. You turned OFF your awareness of SELF so that you could participate in a great experiment.

EGO: Experiment? What experiment did I participate in? I don’t remember splitting off from my SELF. In fact, I have always been myself...except...except that there has always been another presence, a Guide, or God or something, someone. I called it by many names. The names changed as I changed. I mean, I was the same person, but my awareness changed.

SOUL: Yes, your awareness changed as you became more conscious of ME—your Multidimensional SELF. Even though you “split off” from me, I have never left you though. How could I, for I AM you. I AM the Presence that you have always felt, but, you could not believe that you

could hold such Power, Wisdom and Unconditional Love. Therefore, you projected these feelings onto “other” Guides, Angels, and Masters.

Because you split off into the realm of separation and limitation, you were separate from ME, your Soul/SELF. I AM the “YOU” who lives in Constant Unity with your Guides, Angels and Masters. In fact, I AM your Guide, I AM an Angel, I AM an Ascended Master, and much, much more.

At the same time, I AM the “YOU” who is free of the 3D hierarchical systems that are separated into polarities of bad—better—best. In my reality, the true reality, there is No separation. There are NO polarities. Hence, there is NO hierarchy for we are all ONE.

EGO: I don’t understand how that can be. How can there be no separation, no polarity? If there is no hierarchy, then how do you learn from those who know more than you? Whom do you worship?

SOUL: There is no “learning” in my reality. There is only “KNOWING.” There is no worship, for no one is better, or worse. There can be no “better than” if we are all ONE. Therefore, we don’t “worship.” We KNOW. We LOVE. We appreciate and assist our fragments, such as YOU, who have split off from us to enter the great experiment of life in a polarized, lower dimensional reality.

Many of us have fragments of our SELF who live as lower dimensional life forms in different worlds and realities. To us, all these “grounded expressions” are the same. Hence, a “person” is no more significant than a “tree” or a “fish”. Since WE are all ONE, we view ALL life as ONE.

EGO: Now you are telling me that I am no better than a fish? I don’t think I can believe that. A fish doesn’t “do” anything but swim and get eaten by bigger fish, or by people. What good do they do?

SOUL: You don’t understand what I am saying. Here, there is no “doing.” There is no “eating,” there is no polarity of “good” or “bad.”

EGO: That sounds boring to me!

Soul: Yes it would sound boring to a 3D person who is trying to “do good,” especially when you are separate from me, your Soul. But, just as you cannot conceive of UNITY, KNOWING and BEING, I could not understand separation, doing and boring. That is why I split off a portion of my SELF off to enter into the experiment of life on the third dimension.

You have taught me much, and I wish to thank you. I also wish to bring you Home, into ME, your true SELF. That is why I have been recalibrating your earth vessel, chakra by chakra, so that I could integrate my Essence into yours. You see, then, we will no longer be separate. We will be ONE again.

EGO: Does that mean that you have left your reality?

SOUL: Oh no, my dear Grounding Point. There is no “leaving” in my reality. How can you “leave” when there is no “separation?” If there is only Unity, how can you leave Unity?

EGO: You are confusing me. I don’t understand this Unity thing that you speak of. It sounds nice. In fact, it feels much like the feeling I have had inside all my life, the feeling that I have worshipped. But I don’t understand how I, the separated one, can move into a reality that is so different from any reality that I have ever known, or even studied?

SOUL: You CREATE it!

EGO: Create it? How can I create something I don’t understand? This “creation” you speak of is beyond my ability to even conceive.

SOUL: You Surrender to me—your SELF. You fall into the FLOW of Unity that I AM. You are the one who has to make the decision for us to reunite, as you live in a reality of Free Will. The rules that we agreed to before our “Fragment” logged onto the 3D Game, was that we can NEVER pull out, log out, of the Game until our Grounded One asks us.

We agreed that we would wait until our Fragment Awakened enough to remember its Multidimensional SELF and to seek our assistance. Then, when they were ready, we would guide our Fragments Home. That was the experiment: “Would a Being who separates from the Unity of All That Is, ever desire to return?”

EGO: Well, this has been a long experiment, millions of years, in fact!

SOUL: It has not been long to us, as we do not have “years.” In fact, we don’t have “time.” We live in the NOW. When you live in the NOW, you will have no regrets from the past, or fears of the future. When you remember how to live in the NOW, you will be able to find the FLOW into which you may Surrender to me, your Soul/SELF. Once you are reconnected to me, you will return Home.

EGO: How do you know that I want to surrender into this Flow? How do you know that I want to go Home?

SOUL: Because, dear portion of my SELF, you are choosing to integrate ME into your Earth Vessel. You see, Home is NOT a place; it is a vibration. Thus, as you integrate ME, you do not GO Home. You BECOME Home!

THE FLOW



The Flow is like a river
It is wide and it is narrow
It soars like an eagle
And is gentle as a sparrow

The dawn across its waters
Glistens in the Sun
And everyone we've ever known
We find within its ONE

A part of us may not accept
The world our Flow will make
And can't release the Core-Belief,
Old fashioned "GIVE 'n TAKE"

But we cannot Give within the Flow
For no one there will Take
Instead we know, within that Flow
Our LIFE is what WE Make

The part of us that wants and gives
Is still outside the Flow
While the ONE inside is doing fine
And has no need to Know

This is the ONE we've always known

And sometimes can't allow
The SELF we truly want to BE
But can't remember how

Sometimes the Flow is easy
And pulls us to its heart
Sometimes the Flow is far away
A place where hope can start

If we could just surrender
Our woes into the Flow
We'd find that ONE we've always been
And allow that SELF to show

And when we can remember
To Fall into the Flow
We'll follow it into its Heart,
To watch our True SELF grow

Then we'll plant our growing SELF
Deep into Mother Earth
So the life we MAKE inside
Can blossom in Re-Birth

Then the Flow we once believed
Was outside our reality
Will be WITHIN us once again
This "time" for ALL finality



WHAT IS THE FLOW?

Actually, the question is, "What is NOT the Flow?" However, the hardest question of all is, "When are we IN THE FLOW and when are we OUT OF THE FLOW?" Only our emotions have the answer to these questions, as the Flow does not communicate in words and concepts; the Flow just "IS!"

We cannot reason with or analyze the Flow, for it resonates beyond the structure of our analytical, sequential brain. The Flow is not in the third dimension, but we can access it through the many fourth dimensional portals that have opened in our reality.

Gaia has completed Her return to the fourth dimension, and beckons us to join Her in her expanded SELF. These portals to Gaia's expanding SELF not only allow us to Flow into fourth dimensional Earth, but they also permit us to participate in creating fifth dimensional Earth.

We participate in this creation by inviting the fifth dimension, and beyond, to enter the 3D matrix of our planet through our 3D earth vessels. Our Soul/SELF, who is fully entering our physical body, is using our earth vessel as a "step-down transformer."

As Keepers of the Land, our physical bodies can gradually step-down the higher vibrations and slowly integrate them into Gaia's 3D body, Earth. The Keepers of the Water are also assisting Gaia by stepping down the higher frequencies into Her bodies of water. These integrations of higher vibration contribute to Gaia's rising frequency.

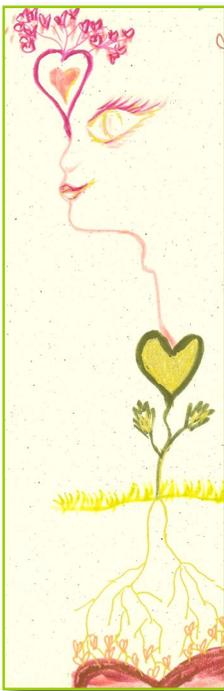
When we can raise our consciousness enough to “enter the Flow,” while remaining grounded in our 3D earth vessel, we can pull through higher and higher frequencies. The Flow is free of the dissonance of 3D earth and, therefore, offers us a safe place in which we can perform this service.

Be prepared, for when we step into the Flow, the Flow also steps into us. Initially, the sensation of entering the Flow can feel like leaving a dark cave and entering the bright light for the first time in years, perhaps lifetimes. We may feel shocked, but as we gradually adjust to the higher resonance, we won’t ever want to leave.

Unfortunately, too often the harsh pull of our mundane life grabs our attention and steals us from the Flow. It is then that the body symptoms begin.

Some of these symptoms are:

- extreme fatigue and exhaustion, often coupled with difficulty in sleeping
- pains in the joints, especially the legs, hips and knees
- pain in the Heart Chakra area
- nausea and cramps in the stomach
- pain at the base of the neck and headaches
- depression and anxiety
- and more



However, we can rest assured that the symptoms are actually proof of our participation in transformation. No, we are not sick. We are not old, or even tired. We are in the “birth canal,” and the “birth canal” is also in us. We ARE the birth canal. Every time we step into the Flow, more of our 3D core-beliefs in limitation and separation are revealed as illusions, and more memories of our true SELF enter our conscious mind.

Most important, while in the Flow, we are reunited with our Soul/SELF that has NEVER left it. Our Soul calls us to remember the Flow, and to remember how it feels to be with the ONE and in the NOW. Too often, that memory is erased by the stress and strain of our 3D life, but it rests inside us like a planted seed.

In the moments between “this and that,” before we begin our day, or even in our sleep, we can FEEL this

seed sprouting in the life that WE are CREATING while we are inside the Flow. This small sprout reminds us that our physical symptoms are transformational markers of the SELF to whom we are returning.

When we take the "time" to FEEL the process of "returning" inside our aching Heart, we can remember that WE ARE MULTIDIMENSIONAL BEINGS participating in a grand moment of PLANETARY ASCENSION. We have prepared for this moment in many, many lifetimes.

The dress rehearsal is over. The show has begun. Are we an actor on the stage, or sitting in the audience? It is a choice; one which only WE can make for our SELF. All we need "DO" to make this choice is—Surrender to the FLOW.

I SURRENDER



As I surrender to the flow, I begin to feel something "let go" deep inside. Suddenly, or has it been happening for years, there is a loose place.

This place is not bound by the structure of limiting thoughts and fearful emotions. This place within me is FREE. It is not Free OF anything. It is, Free to BE anyone.

Inside this Freedom is a silent calm, a moment that lasts forever, and a thought that has never been spoken. As I fall into this moment, I feel the Calm Safety to stretch my consciousness beyond old confines of structure and belief...until, at last..

I AM the wind
I AM the sky
I AM the Flow
And the reason WHY

The many are ONE,
Yet the "I" still exists
Though blended together,
Individuality persists

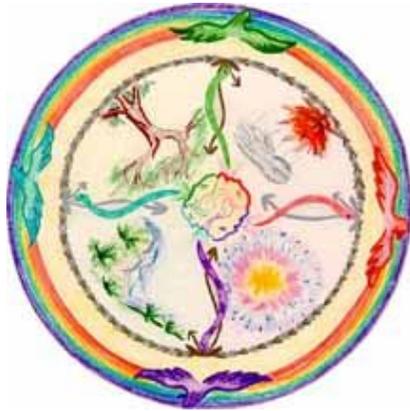
The reason I know
Just how this will feel
Is a memory I have
That no one can steal

I call forth the comfort
From above and below
For the River about me
Consists of the Flow

I AM in the Flow
While the Flow is in me
My heart is wide open
And my mind is now FREE

If NOW is the Moment
Then NOW I shall know
My Soul/SELF within me
Who lives in the FLOW





INTEGRATING THE FIFTH CHAKRA

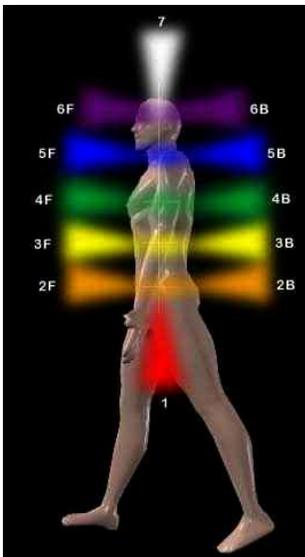
MESSAGE FROM THE ARCTURIANS

Dear Ones,

You have made great progress in recalibrating and integrating your earth vessel. You have integrated your Multidimensional Soul/SELF into your consciousness and recalibrated your First, Second and Third Chakras to integrate your Soul/SELF into your physical earth vessel.

Through this process you have activated your Inner Warrior, awakened your Divine Child and OWNED your great Power Within. You have also integrated your Soul/SELF into your Heart Chakra and opened your High Heart to connect with the eternal FLOW of Unconditional Love.

CHAKRA ENERGY PATTERNS



Because of this, we the Arcturians have returned to assist you in activating the Multidimensional Communication and Creativity that has always been locked in your Throat Chakra. We wish to begin by reminding you of the energy patterns of your chakras.

The First, Root, Chakra connects you to Gaia, the Great Mother, and your Seventh, Crown, Chakra connects you to Spirit, the Great Father. Your Fourth, Heart, Chakra, is the integration of "Spirit into Matter" and the portal through which these combined energies can be dispersed to the physical world.

You will now recalibrate your Fifth, Throat, Chakra so that it may better integrate your Soul/SELF. The Fifth Chakra is the higher octave of your Second Chakra. Hence, the "higher octave" of your emotions, creativity and communications will be activated by the integration of your Soul/SELF.

With the integration of Soul into your Fifth Chakra, you will begin to realize how little you care about the concerns over which your ego constantly fretted. Also, the Divine Child of your Second, Navel, Chakra will have grown into maturity.

Your Second Chakra is the base of your lower octave Desire Body, whereas the higher octave Fifth Chakra does not "want," for it holds the ability to instantly manifest your every need. Your "adult" Divine Child/SELF reminds you that, once you KNOW that you are ALL, then you also KNOW that you have it all. Furthermore, when you create from the ONE, you create for the ONE.

OPENING THE DOOR

Once you live in the Oneness, it no matter longer matters who "they" (the people who once appeared to be outside of you) are, for "you" and "they" are ONE. Hence, the fear of judgment from "them" no longer dampens your creativity. Without the "fear of judgment," your creativity is as natural breath and becomes a means by which you can share your SELF.



While living in the ONE, "work," "sacrifice," and "successes" are unveiled, third dimensional illusions. Once you have "Opened the Door" to the ONE, and allowed it to FLOW into your life, all illusions of "hardship," "separation" from others and from your SELF and "limitation" in your ability to communicate and create are released.

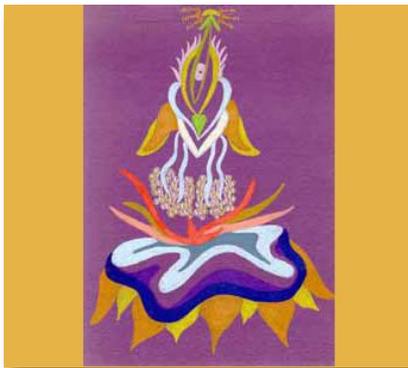
Because you are living in the ONE, there is no longer any differentiation between your social and personal life, for you are always your SELF. Your group creativity is synonymous with your personal creativity for it comes from the Group of Multidimensional Beings that YOU are. You ARE the Being that you have always been; only you will KNOW it.

You are among the first ones to OPEN this DOOR. In fact, you, the members of the Planetary Ascension Team, are the "Openers." You are Opening the "Door," which is actually a portal, through which the new reality/frequency can enter your earth vessel. In fact, YOU are the Door, the Portal, through which the "new reality" can enter the "old reality" of the 3D Game.

LIVING IN THE KNOWING

If you wish to keep your process private so that you don't become distracted, then that is a wise choice for you at this moment. However, distraction will soon no longer be a concern, as your confidence will far exceed your fear. Your old enemy, FEAR, will be a childhood enemy, a choice of behavior that you have outgrown.

Already, you see how much smaller fear has become for you. Soon, it will be replaced with your own omnipresence. From that position of ALL KNOWING, fear will have lost all power. Fear will merely be a feeling that you once chose to experience while you were still playing the 3D Game. When you live in the ever-presence of the NOW, there is no need for fear. There is no fearful "past" to heal and no future to worry about.



From the KNOWING of your SELF, there is nothing and no one who can harm you, for YOU can simply raise your resonance above the dramas of that reality, much as you would raise your plane above the storm. You can do this because you KNOW that you are the creator of ALL your reality. Hence, you can decide NOT to create that experience.

As the 3D polarities of good/bad, fear/love, them/me become a memory of the old reality that you created so that you could play the 3D Game of "learning through conflict," you will pull further and further out of the Game into your True, Multidimensional SELF.

MYRIAD REALITIES

Your SELF is not limited to being "in the higher dimensions" or "on Earth," for you will easily and naturally be in both places. In fact, you will be in many places, as many places as you can imagine. With

practice, your imagination will expand along with your consciousness, and you will be able to be in more and more realities within the same moment of the ever-present NOW.

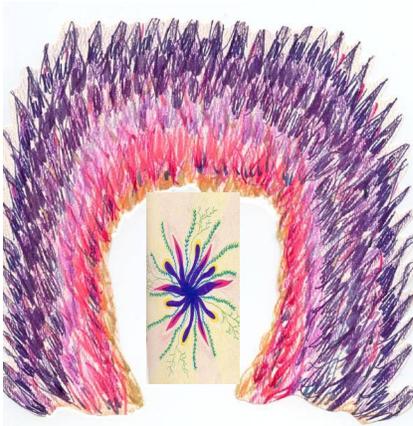
You will no longer be creating your "reality;" you will be creating myriad "realities!" The only "single" portion of your life will be YOU, for YOU will be at ONE with All That Is. Because of this, your realities will be ONE as well. However, ONE will no longer be a number, as in 1, 2, or 3. ONE will be a state of Being, a Unification. This Unification will be beyond the confines of "time" or "place," as there will only be NOW and HERE.

At first, you will have to move your consciousness from one reality to another, like you change the channels on your television set. All of the channels have "dramas/realities" playing all the time, but you are unable to "keep track" of more than one at a time. Once you have returned to your SELF, you will gradually be able to be conscious of, and interactive with, more and more "different" realities within the same moment.

RETURNING HOME

The concept of ONENESS is quite difficult for new returnees—that is those who have just left the 3D Game and returned Home to their Multidimensional SELF.

in a society on the verge of ascension, such as yours, ONENESS is spoken of quite a lot. Nonetheless, most who speak of ONENESS do not totally understand it.



Usually, they think that their Grounded One has died, because in the many other lifetimes that they had returned to the higher dimensions, they had done so by "dying." In fact, they are often quite surprised when they realize that their 3D Self is still alive within the Game.

"How can I be there at the same time that I am here?" they ask.

"Do you desire your 3D Self to be released from the Game?" we ask.

"Well, I don't understand how I can be here and there at the same time," they often say.

"Dear one," we patiently answer, "You are EVERYWHERE ALL the time."

We usually leave them "alone" at that point so that they can ponder their situation. Eventually, they return to us and say something like, "I didn't die, did I?"

"Most definitely not! In fact, you will NEVER need to "DIE" again. Your life is eternal, as you have returned to the FLOW of the Ever-present NOW."

Much like you go through a "childhood" when you enter the physical plane, you often go through a similar process on this side, especially when you ascend. When you ascend you have "graduated" and will no longer need to learn through the process of experience.

However, ascended ones often leave their physical selves activated on the physical plane, so they can be of great service to others who are also ascending. This will be especially common now, that the entire planet is returning to the fifth dimension and beyond.

OPENING THE PORTAL

One-by-one you will return to the ONE. Once you, your Lightbody SELF, is able to be AWAKE in the higher dimensions as well as on the physical plane, you are completely free of fear, for it is much like playing a video game. You are pretending to be "in the Game," but you KNOW that YOU are actually observing the player in the Game who is acting the part of you.



You see, your Lightbody isn't exactly a thing. It is a portal. Your Lightbody is inside of you, always has been, but it needed you to integrate the higher frequency of Light that is your Soul/SELF for it to be activated. Once Lightbody is activated, you are able to return HOME whenever you please. When you "die," you have "logged out" of the 3D Game and can only enter again by "logging in" as an infant. On

the other hand, when you ascend, you return HOME to the SELF that you have already integrated into your physical earth vessel.

We realize that all we have just said may sound confusing to many of you. However, please bear with us, as we understand that we are presenting difficult concepts. When you "die," you no longer have any connection to the earth vessel that once gave you an entrance into the physical plane. Your consciousness may still feel connected to your former life and to important people or projects in that life, but you cannot return.

On the other hand, when you Ascend, your earth vessel is still fully usable until you decide to abandon it completely. YOU will be conscious all the time. When you are "asleep" to your physical world, you will still be "awake" to your higher world. In fact, YOU, your Lightbody SELF, will no longer need sleep or food.

CARING FOR YOUR EARTH VESSEL

On the other hand, you will still have to nourish your earth vessel, and shut it down for a certain period of "time," much as you need electricity to keep your computer going or gasoline for your automobile. These "machines"



that assist you in your communication and mobility are much like your earth vessel. They only exist in the third dimension and follow third dimensional rules in which fuel, repair and rest are necessary.

Once you have ascended, instead of YOU being the computer or the car, YOU will be the electricity that feeds the computer, the mechanic who repairs it, and/or the person who leaves it "on or turns it "off." Your 3D earth vessel allows you to communicate with others in the physical world, like your computer, and transports you from place to place, like your car.

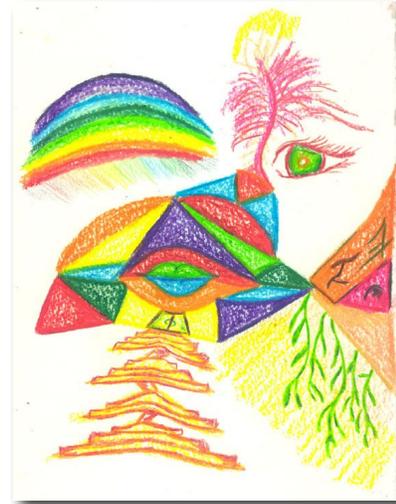
Your Lightbody/Ascended SELF will always be able to communicate with anyone, not only in the physical world, but in many other worlds in the same NOW. Also, your Lightbody/Ascended SELF will transport you to any place, dimension, or reality with the power of your intention. You see, you will no longer need your earth vessel. In fact, it will be quite obsolete. However, you may choose to keep it active, so that you can enter into the 3D Game to assist with the process of Planetary Ascension.

THE PLAN

The PLAN has always been for December 21, 2012 to be the Activation Date for Planetary Ascension. This date was set into play by the "off-world" founders of the Mayan Society before they returned to their Homes in different planets and galaxies.

The Mayans were actually Intergalactic Emissaries who came to set the "start date" for the great dimensional leap into the higher frequencies that will encompass this entire quadrant of space.

Earth is an important cornerstone in this process, as it has been the training ground for many Beings from many different areas of time/space. Dear Gaia has served as a teacher for many powerful societies, including the Draconians, the Pleiadians, the Arcturians, those from Sirius, and others.



To these Intergalactic Beings, Gaia was a kindergarten teacher who taught them so much as children that they wished to return now to assist Her in Her time of need. It was ambassadors from these worlds that first founded the Mayan Society and planted the "Seed of Ascension" in Gaia, as well as left Earthlings important clues regarding this time of Gaia's ascension.

UNCOVERING CLUES

Most of you have ascended before, in that you have consciously walked into the higher dimensions at the time of your crossing. Because you have previously had this experience, you were among the many who petitioned to enter Gaia at this critical "time." The difference is that, when you ascended before, the entire planet remained in the 3D vibration. Now, Gaia and ALL Her inhabitants will ascend as well.

Many "clues" will be discovered as Gaia moves deeper and deeper into the Photon Belt and Her vibration raises more and more. The Higher Light of the Photon Belt will also allow you to remember "how to activate your Lightbody." Gradually, all of you will simultaneously be finding these clues to ascension inside of your SELF. Also, as each of

you remembers how to activate your Lightbody, your first thought will be to share that knowledge with others.

When you, the Planetary Ascension Team, volunteered to enter Gaia at this important time, you chose many different walks-of-life. You did this so that everyone, everywhere, would have a chance to be exposed to the portion of the ascension process that you volunteered to share.

You have rehearsed your "puzzle piece of ascension," your Mission, for myriad lifetimes. As soon as you become aware of it, you will contribute your personal "puzzle piece" to the Great Puzzle of Planetary Ascension.

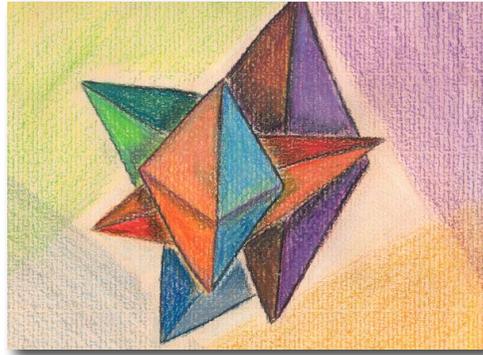
When your have fully integrated your Soul/SELF, and fully grounded it in Gaia's Earth, your Lightbody will begin its activation and you will KNOW your SELF. Creating your Lightbody, your portal Home, and creating Lightbody Earth, the planetary portal, will be as natural as breathing.

Do not allow expectations to blur your vision. A vanguard earth being, Carl Jung, once said, "Truth is relative to your ability to perceive it." Therefore, do not "try" to find your Truth. Rather, find your SELF! Then, as your perceptions expand, so will your KNOWING of the Truth.



Most of all, remember, We the Arcturians are ALWAYS available to assist you. It is OUR Mission and our PLEASURE!

The Arcturians



RECALIBRATING THE FIFTH CHAKRA

THE FORCE OF Higher Creativity is centered in the Fifth, Throat Chakra.

<u>Dimensions</u>	<u>Interprets</u>	<u>Body</u>	<u>Rules</u>	<u>Consciousness</u>	<u>Brainwaves</u>
3D, 4D & 5D	3D Human Communication 4D Higher Emotions, Creativity & 5D Channeling	Throat, Teeth, Hearing, Neck, Voice, Speech	Higher emotions, & Higher Creativity	Conscious, Higher Communication & Higher Creativity, Channeling	Beta to Alpha

For the aspects of the Fifth Chakra see:

http://www.multidimensions.com/con_emotions_5chakra.html

Fifth Chakra problems express through your:

- Consciousness as difficulties with communication and creativity
- Body/Nerve plexus as problems with your throat, mouth, speech or hearing
- Thyroid Gland as sudden weight loss or gain, feeling too hot or cold, hyperactivity or lethargy

SYMPTOMS OF TRANSFORMATION: While your Fifth Chakra is recalibrating and integrating the higher frequencies of your Soul/SELF, you may have problems with your hearing, throat and/or voice. You may cough, confuse your words and/or hear a buzzing in your ears. Since this chakra is ruled by your thyroid gland, you may have extremes in your metabolism, body temperature, energy levels and/or flu like symptoms. Your cholesterol levels may also become too high.

Seek medical attention, but also remind yourself that your body is undergoing a great transformation.

Because of this transition, you may “shut down” when with others, causing your relationships to suffer from poor communication and lack of intimacy. You may also shift from deep spiritual insight to feeling completely uninspired and disconnected from our inner SELF. Be patient with your self. You are experiencing the extremes in order to find the center. As the higher frequency of your Soul/Self becomes integrated into your fifth chakra, your life will become more balanced.

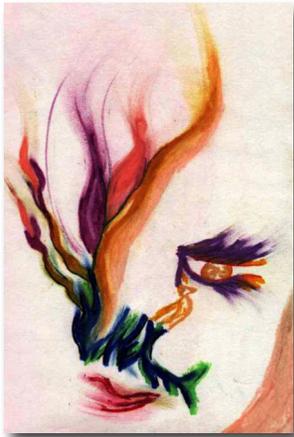
INTEGRATED FIFTH CHAKRA: Once you have integrated your Soul/SELF into your Fifth Chakra, your life will change greatly for you will feel like you are in constant communication with your Soul/SELF. Because of this, your communication with others will become more positive, creative, and, sometimes, even inspired. You will, of course, still slip into old patterns, but you will recover quickly, as you are in touch with your SELF.

Your thyroid gland will function optimally, and you may easily return to and maintain your healthiest weight. Your cholesterol levels will be good, your energy will be vital, and, most of the time, you will feel physically and psychologically strong. Your creativity will be greatly enhanced and you may feel a need to communicate your Soul’s intentions in a creative manner.

Your Soul will now be the primary “voice” in your head, and your ego will reassigned be become the guardian of your earth vessel. Your life will become be increasingly centered on finding your “Purpose,” and expressing your true SELF. You will no longer be able to limit yourself to a vocation or relationship that does not express your Soul’s needs and pleasures. Therefore, your personal and professional relationships will change or be transformed to be based on truthful communication and genuine intimacy.

The integration of this chakra may bring the greatest change in your life so far. Now that you have opened your High Heart and learned to love yourself unconditionally, you will no longer allow limitations in your life. Your constant communication with your SELF will guide you to see through most illusions and remind you to always be true to your SELF. Because of this, any professional and personal relationships that no longer resonate to your SELF will gradually, or suddenly, be released. Furthermore, if you are not comfortable with the area, or home, in which you live, you will likely move.

Since you live in the TRUTH, you will instantly spot a lie and refuse to participate in it. You will no longer be able to tolerate many of the third dimensional rules and regulations, and will become an advocate for change in your self and in your environment. You will have found your Creative Voice and express it without limitation. You have, at last, heard the "voice of your SELF," and will no longer be able to blindly follow others. More and more, you will be the Captain of your ship and the Master of your Destiny!



MESSAGE FROM YOUR SOUL/SELF

Dear Grounded One,

It is I, your Soul/SELF. I AM the Eyes through which you see your new reality and the inner voice that is filled with Unconditional Love and Compassion. I AM joyous that you are integrating me into your Fifth Chakra and am ever-present and eager to assist you in returning to the ONE.

ALTERNATE REALITIES

I am here now to assist you in recalibrating your Throat Chakra so that you may more easily integrate my vibration. I wish to also remind you that there are many portions of OUR Multidimensional SELF in the fifth dimension and beyond who are waiting to communicate with you. WE, OUR Multidimensional SELF, have many realities in which we participate. Now that you can communicate with me, you will be able to also communicate with our other fragments on other planets, galaxies and dimensions.

When your consciousness expanded to encompass the fourth dimension, you became aware of your many third and fourth dimensional realities, which you likely viewed as "past lives." However, since there is NO "time," there is NO "past." Therefore, these lives are, in fact, alternate realities. Because you have expanded your consciousness beyond the confines of 3D time and space, you can serve as a "Higher Self" to your other third and fourth dimensional fragments, just as I have served as a "Higher Self" for you.

When you have integrated your Throat Chakra, you will also be able to communicate with your alternate realities in the higher dimensions.

Allow me to explain to you how you can differentiate between the Beings of our own Soul Stream and Beings of another Life Stream.

SIGNATURE FREQUENCIES

I, the Soul/SELF of all of my fragments, have a signature frequency. This signature frequency resembles a family name, except that every member of the family is ME/US. When you first took a third dimensional form, you created a special signature frequency for that physical body. This special frequency is like your "first" name, whereas my signature frequency is like our "last" name.

There is a "first name" signature frequency for each "body" of our SELF that holds a form in every timeframe and vibration. Whenever you travel inter-dimensionally, you will be able to locate, and re-unite with the fragments of our total SELF by calibrating your consciousness to the "last name" of our signature frequency.

Calibrating your consciousness to the "feel" of our "last name" signature frequency is much like dialing a phone, or typing in an email address. You will KNOW this "last name" once you have completed your integration process.

CHOOSING REALITIES

As your integration process continues, your multidimensional perceptions will awaken more and more. As a result, you will receive information that is difficult to integrate into your old, 3D belief system. Hence, you will have to choose between the new information and perceptions you are receiving from your inner SELF and old knowledge and experiences that you have believed to be true for most of your life.

This difficulty with integrating this old and new reality causes a sense of agitation and anxiety. You may feel like you are dying, even though you know that is not true. This "dying" is quite different than the "deaths" you experienced in your "past lives," as this time you are not leaving the third dimension. Instead, the third dimension is leaving you.

As the molecules of your earth vessel vibrate faster and faster, they rise into the fourth dimension and beyond. Just as boiling water transforms into steam, you are transforming into your higher vibrational self. Allow everything that leaves your world to go in peace,

so that fear does not threaten to lower your vibration and force you to remain in an extinct reality. Also, remember that it is the third dimension that is leaving you, not YOU leaving it.

YOU are transforming in UNITY with Gaia. Many plants, animals and humans that have "died" or become extinct, have actually "gone ahead" to populate our higher dimensional Earth. Do not grieve the persons, places and things that you will leave behind as you raise your resonance above their frequency. You are a Wayshower who is preparing the route to a new reality.

You, the members of the Planetary Ascension Team, are gauging your rise in resonance to match the resonance of Gaia. Those who do not choose Gaia's reality of Planetary Ascension will not experience that reality. They will have a different reality that is of their own making.

RECALIBRATING THE FIFTH CHAKRA

Do not doubt yourself or your Mission. Doubt is the messenger of fear. All is proceeding according to the Divine Plan. It is "time" that you accept that I, your Soul/SELF, am you and you are me. I ask you now to SURRENDER into me, so that I may better recalibrate your earth vessel to accept and integrate more of my multidimensional Light.

I ask you now to surrender your old concepts of reality, so that I may share with you OUR true multidimensional reality.

Surrender your breathing to breathe liquid light.
Choose to breathe liquid light.

Surrender your vision to see the higher worlds.
Choose to see the higher worlds.

Surrender your hearing to hear the Music of the Spheres.
Choose to hear the Music of the Spheres.

Surrender your thoughts to free all limited thinking.
Choose freedom from limitation.

Surrender your emotions to release all feelings of separation.
Choose Unity.

Surrender your words to speak only TRUTH.

Choose to KNOW the Truth.

Surrender your heart to accept Unconditional Love.
Choose to give and accept Unconditional Love.

Surrender your 3D self to BE your Multidimensional SELF.
Choose to BE your SELF.

Surrender your physical body to become Lightbody.
Choose to activate your Lightbody.

Surrender your ego to become Soul.
Choose to live as SOUL.

Calibrate your physical body to accept these new choices.
Ground your new reality in the body of Gaia, Earth.

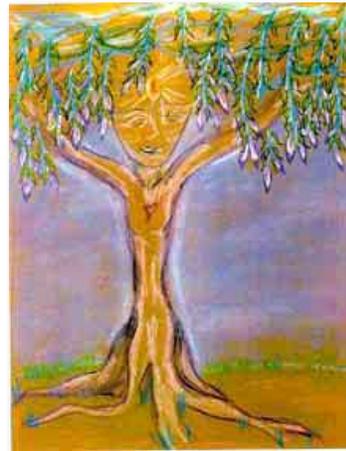
A MULTIDIMENSIONAL JOURNEY

Together we, Spirit into Matter, will travel into the core of the Mother to “become” every dimension of Her Beings.

As we travel into the Core of Gaia’s Earth, we become smaller and smaller until we are a **first dimensional** molecule of matter, filled with Spirit. We are a *MOLECULE* in the body of Gaia. We are beginning our new reality together as ONE. The moment that we have awaited for many lifetimes has begun.

Together, we expand into the **second dimension** and feel our *CONNECTION* to all life. We are the plants that grow and the insects that live upon them.

As we move into the **third dimension**, we feel the *MAGNIFICATION* of our Being. We are the grounded Essence of our Multidimensional SELF.



As we continue our multidimensional journey, we surrender to the *FLOW* of the **fourth dimension** and the Seven Rays of Light that move through this etheric world

We follow this Flow into the Crystal Cities of the **fifth dimension** to meet more manifestations of our SELF. They greet us, like the family that they are.

As we move together into the **sixth dimension**, we see the hologram for our *IDEAL Grounded Self*. We go to the matrix for our lower realities and make the necessary alterations.

As we move together into the **seventh dimension**, we experience the *TURN AROUND POINT* from which we can now know our life from the perspective of our Oversoul. We experience a great reunion with our Soul Family.

We move into the **eighth/ninth dimensions** to experience all *POTENTIALS*, as we enjoy the experience of unconditional understanding and acceptance of the Group Minds of Planets, Solar Systems and Galaxies.

As we move together into the **tenth/eleventh dimensions** we embrace our SELF as *ELOHIM and/or ANGEL*.

Within our form of Elohim or Angel, we visit *The SOURCE* of All That Is in the **twelfth dimension**.

We understand that there is a "All That Is NOT," but are unable to *KNOW* it while holding a physical form. Hence, we begin our descent. Slowly, as ONE Being we float back towards the time/space capsule of our Earth body. As we re-enter our newly expanded physical form, we store the memory of our inter-dimensional journey in our Heart, so that we will always remember that:

I AM today—and tomorrow spent
I AM the place—where the future went

I AM the Sun—inside the Moon
The morning after—that comes too soon

I AM aware—and unafraid
I've done my work—my sins are paid

I ask for nothing—and I'm here to say
I AM the past—I AM today



I AM you—and YOU ARE me
Together now—we both are FREE!

When you have completed the integration of me, your Soul/SELF, you will be able to recognize and communicate with more fifth dimensional aspects of our Being. Once you have integrated their reality into OUR earth vessel, your/OUR consciousness will expand enough to download and integrate even higher dimensional Beings.

Eventually, you will be able to download and integrate Group Minds, such as the Arcturians, Planetary Consciousness', such as Gaia, and eighth through tenth/eleventh dimensional Beings, such as Elohim and Angels. Remember, my One, ALL of these great Beings are OUR SELF! You see, dear Grounded One, WE are infinite. There is NO end to us, just as there is NO beginning.

Thank you for accepting me into your form.
Your Soul/SELF

MESSAGE FROM ILLIAEM

HOLDING THE FORM

I AM IlliaEm, Elohim of Arcturus. As an Elohim I am a "holder of form." I have come to bestow a great gift upon you. However, first allow me to tell you about the "Force of Creation."

Elohim are the Higher SELVES of Devas, who are the Higher SELVES of Elementals. It is the task of Elohim, as well as all the members of the Devic Kingdom, to assist Beings in holding a form/body, allowing them to incarnate into a manifest reality which they choose to hold a form.



You, and Gaia, have many Elementals within your physical body. These Elementals are "supervised" by their Devas, who are the Group Elemental for their element. These Elementals and Devas assist all 3D Beings in creating and holding their 3D form. Because Gaia, and all her inhabitants, is undergoing the ascension process, all life on Gaia is incrementally rising in vibration. With each small shift in resonance, your form slightly alters. Because of this, the Elementals, Devas and Elohim are now extremely busy.

In fact, your human body, and the planetary body of Gaia, is altering its structure, beginning with its DNA. Therefore, I, IlliaEm, am here to assist you, persons and planet, in your transformation. You see, as you change the resonate frequency of your body, you also shift realities. Therefore, we members of the Devic Kingdom are not only assisting you in holding the form of your earth vessel, but we are also assisting Gaia in holding the form of all forms within and upon Her ever-changing planet.

(to find out more about the Devic Kingdom, click http://www.multidimensions.com/con_thoughts_hierarchy.html Also see, newsletter of 02-07-06, "Message from Gaia.")

CLIMBING THE MOUNTAIN

This shifting of forms and realities is much like climbing a steep mountain cliff. First you reach up as far as you can to place your pylon into the cliff. Then you attach your safety tether to the pylon so

that you are connected to something solid as you move up the cliff. Then, when you feel ready, you pull yourself up to the position of the pylon. It is best to remain there for a while, to assure that you are stable, before you repeat the same process, again and again.

This "climb" is precisely what you are doing now. First you reach up in vibration to a higher frequency of your Multidimensional SELF. Then you attach your attention, pylon, to that SELF. When you feel ready, you use your intention, safety tether, to pull your resonance up in vibration until it matches the SELF to whom you have attached.

Just as the mountain climber's view of the world changes each time a higher pylon is reached, your reality shifts each time you move into a higher frequency of your SELF. Because your body has risen in resonance, you are able to consciously perceive a higher frequency reality. The reality was always there, but it was formerly beyond your ability to perceive it. Once you are able to become aware of a reality, you can also be IN that reality.

In order to stay conscious in that higher vibration, however, you must maintain your body, and/or consciousness, at that frequency. In other words, you must "hold the form" of your new body, just as the mountain climber must "hold his position" on a higher part of the mountain.

Gradually, you are changing from a third dimensional, to a fourth dimensional, to a fifth dimensional body and reality. You are transforming your "form" from that of carbon, 3D, to etheric, 4D, to Lightbody, 5D. Hence, this transition will often make you feel

fatigued. Your alteration is much like that of a "snake" that has outgrown its old skin and must shed it.



Slowly but surely, your old "skin" is being released so that your "new model," Lightbody, can be revealed. "YOU" will not "die." In fact, you won't even appear to be of Light with your physical eyes, as your external shell will maintain the same vibration as the planet, so that you and Gaia may perform your ascension TOGETHER.

CRACKING THE SHELL

You and Gaia are encased in the shell of the "old you." Inside the shell, you are transforming into Lightbody. You will keep this protective encasement until it is time for you to "crack the shell" in synchronicity with Gaia and all the other members of the grounded Planetary Ascension Team. This cracking of the shell will commence at the "time" when the 3D Matrix begins to so degrade that the points of cohesion loosen.

The 3D Game will begin its "ending" when "enough" of the illusions of separation and limitation are released by the awakening Lightworkers. Every time you say NO to illusion, NO to limitation, and NO to extinct beliefs that separate one from another, the 3D Matrix loosens.

This process will come slowly at first but will steadily gather speed. Unfortunately, due to their fears and indoctrinations from the past, many humans, as well as other members of Gaia's kingdom, are still living in "survival based" reality. Happily, as each player of the Game Awakens, their first task is to awaken others.

The progression of awakening will quickly accelerate as each of you awakens and, in turn, awaken others, who awaken others, who awaken others... Your awakening is a process of integrating your Soul/SELF into your physical body. Integrating your Soul/SELF is much like "resting by the pylon to which you have just ascended." Ascension, like climbing a cliff, is done bit-by-bit.

SHIFTING REALITIES



I, IlliaEm, wish to congratulate you on your journey so far. You have now integrated your Soul/SELF into your First, Second, Third, and Fourth Chakras. Please, allow your self "time" to adjust to these changes, as well as to each new reality.

As your lower chakras, one through three, are recalibrated, you experience more and more freedom from living in "survival mode." This freedom feels like a huge transition in your life.

With the calibration of your Fourth, Heart Chakra, there are more major changes, both in your life and in your body, as you integrate the

Unconditional Love of your Soul/SELF. This foundation of Unconditional Love gives you the courage to awaken your own Force of Creation that has been locked in your Throat Chakra.

During the integration of your Throat Chakra, your consciousness will expand to encompass the fifth dimension and your brainwaves will shift from Beta, to Alpha, to Theta. Beta Wave Consciousness will become increasingly tedious, and you will crave the Force of Creation in your everyday life. At this point you will likely feel "out of sync" with members of your previous reality who have not yet awakened their Force of Creation and still believe that they must "work hard to get what they want."

RELEASING THE OLD

As your consciousness expands, your body accepts more prana into your chakras, your chakras spin faster due to the increased prana, and deeper levels of darkness are released from your physical form. As age-old darkness is released, the secrets of your alternate realities "past lives" are experienced, often in a vivid fashion. Until these realities are healed and released, life can be quite challenging.

During this cleansing, remember that you are "creating" your personal tunnel of light through your Lower Astral Body. I wish to remind you that, as you clear your own Lower Astral Body, you are also clearing the Lower Astral Body of Gaia. It is the Lower Astral Body in which your ancient pain and fear is trapped. Once it is cleared, more Light can come into your consciousness and into the Collective Consciousness of Gaia.

Your physical "shell" becomes thinner and more pliable as your fourth dimensional aura is cleared of old dissonance. It is true that you have already cleared much of your "darkness," but as you move higher UP in consciousness, you also move deeper DOWN into your unconscious self. Also, due to the alteration of your DNA, you are now clearing old genetic memories that were formerly inaccessible.

Because of your great progress, you are transitioning from the fourth dimension to the fifth dimension, which is a greater "leap" than the transition from the third to the fourth dimension. The shift in consciousness from third to fourth dimension is much more familiar than the shift from fourth into fifth dimension, because the third and fourth dimensions have been interwoven in all of your earth incarnations.

In fact, Lemuria and Atlantis were more fourth dimensional than third. Then, after the fall of Atlantis, the portal to the fourth dimensional Kingdom of Faerie, was open for quite some time. In addition, you visit the fourth dimension every night during your sleep, and have crossed over into it every time you have "died."

EXPERIENCING THE FIFTH DIMENSION



On the other hand, you have only experienced the fifth dimension during very spiritual lifetimes in which you actually "ascended" at the time of your "death." In your "ascension" in these lifetimes, you were able to consciously cross over into the loving acceptance of your "Spirit Guides." However, your earth vessel was usually discarded, and a new one was created for your "next" incarnation.

On the other hand, during this era of Planetary Ascension, many of you will keep an earth vessel for your visits to the "old Earth," so that you may more easily assist the new ascending ones. This will be much like keeping a car at your office, so that you will have transportation while you are at work.

In fact, many of you are having one reality in which you can freely be your SELF and another reality in which you must "keep up the façade" of being ONLY third dimensional. You are doing this so that you can perform your Mission in the "Silence." Once you have fully integrated your Throat Chakra, you will find it much more difficult to KEEP up your facade, and easier to "come out" into the world as your SELF.

The challenge is that it is difficult enough to successfully and happily live one earth life, and your transformation is creating the experience of simultaneously living many lives. Fortunately, with the integration of the Throat Chakra, you are in Constant Communication with your Multidimensional SELF who is quite familiar with concurrently living in multiple realities. This Constant Communication will guide you, just as, increasingly, you will guide others.

TRANSFORMING EMOTION

With the integration of your Fifth Chakra, the human emotions of the Second Chakra will convert into the higher octave emotions of the Fifth

Chakra. The integration of your Heart Chakra has allowed you to feel Unconditional Love and Compassion for your self, which gives you a firm foundation for escalation of your emotions to the next octave.

The Constant Communication with your SELF will continuously offer you an antidote for the toxic emotions of the third dimension.

When you feel angry, your SELF will remind you that you can choose to UNDERSTAND.

When you become sad, your SELF will assist you to RELEASE what is "complete" into the Flow.

And, when you experience fear, your SELF will bask you in Unconditional LOVE to give you strength to fulfill the Initiation that YOU have created.

Because you continuously hear the "Voice of your SELF," and see through the "Eyes of your Soul," memories from Home constantly distract you from what you "should" be doing and encourage you to, instead, do what you "want" to do.



Eventually, it will become easier for you to remember that you no longer "want" to engage in the dramas of the 3D Game. Since you can now see through many illusions, you are more able to Unconditionally Accept and Unconditionally Forgive the behavior and actions of those who are still trapped in the 3D Matrix.

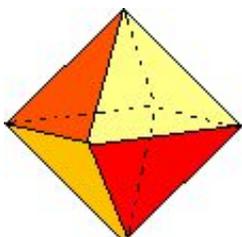
Please take a moment now to integrate my message. I will return shortly to lead you in the Throat Chakra Mediation.

Always,
IlliaEm



THROAT CHAKRA MEDITATION

I, IlliaEm, will now lead you in a meditation to integrate your Throat Chakra. Begin your meditation by viewing your self from the viewpoint of your integrated Soul/SELF. Therefore, you see your earth vessel from slightly above your head, as well as within the first four chakras which you have already integrated.



Feel your first four chakras grounded within the shape of a four-sided pyramid. Now, "copy" that pyramid and send the other peak down into the heart of Gaia. Your Throat Chakra is at the peak of the top pyramid, with peak of the bottom pyramid grounded in the Heart of Gaia.

From the perspective of your Throat Chakra at the peak of the top pyramid, view your earth body stretched before you like the form of the Sphinx. Thank your animal Deva for allowing you to visit Earth through its mammalian form, as your SELF can also remember the many forms you hold in other planets, galaxies and dimensions.



Return now to your SELF'S viewpoint just above your head. FEEL your Multidimensional SELF as it enters your earth vessel through your Crown Chakra and goes into the Temple of your Third Eye. From the Temple of your Third Eye, you can look down to see your Throat Chakra. From this perspective, your Throat Chakra appears as a butterfly-shaped relay station. Within this relay station, all communications from all "planes" are received and translated into a "language" which your human brain can understand and communicate.

Breathe the Essence of your Multidimensional SELF into the relay station of your Throat Chakra to encourage all multidimensional communications to proceed clearly and understandably. See how each message is a seed, which has the potential to be a creation.

Now, once again, center your perception on your Throat Chakra at the peak of the top pyramid. Feel the grounding of the inverted pyramid below you, supporting your process.

With a long, slow inhale that begins at the inverted peak in the Heart of Gaia you will pull suppressed, lower octave emotions UP from your Second Chakra into their higher octave in the Fifth Chakra. By inhaling from the Heart of Gaia, you will also transmute the lower octave emotions that are trapped in Her body as well as in your own.

Once in your Fifth Chakra, allow both personal and planetary emotional wounds to bask in the light of the higher frequencies.

Now, using the "tone" of your voice, you will exhale through your mouth, to release these ancient, painful feelings.

As you inhale each wounded emotion, it will move UP

- Out of your survival-based Root and Navel Chakra...
- Through the Power-Within of your Solar Plexus Chakra...
- To be embraced by the human love of your Heart Chakra...
- And healed by the Unconditional Love of your Higher Heart...
- So they may bask in the higher octave of your Throat Chakra...

YOU ARE READY TO BEGIN

First, take three long, slow, deep breaths...

- With a long, slow INHALE, pull your primal Fear-for-Survival UP from your Navel Chakra...
- HOLD your breath, as well as the Fear-for-Survival, in the higher octave of your Throat Chakra...
- Allow your voice to ride on your slow EXHALE, to create a "tone" to release your Fear-for-Survival...
- Assure your body deva that it cannot die, as death is only an illusion of the 3D Matrix.

REST FOR A LONG MOMENT

- Slowly INHALE FEAR up from your Navel and into your Throat...

- HOLD your breath, so that FEAR can bask in the higher octaves of vibration...
- Using the power of your voice, slowly EXHALE the "tone" of FEAR...
- Remember that FEAR is the 3D illusion of "separation" from your true SELF and the 3D illusion of danger...

REST FOR A LONG MOMENT

- Slowly INHALE SORROW up from your Navel and into your Throat...
- HOLD your breath, so that SORROW can bask in the higher octave of vibration...
- Using the power of your voice, slowly EXHALE the tone of SORROW...
- Remember that the SELF you once "lost," has been recovered forever, and the loved ones who have preceded you HOME await your return.

REST FOR A LONG MOMENT

- Slowly INHALE ANGER into your Throat Chakra...
- HOLD your breath, so that the ANGER can bask in the higher vibrations...
- Using your voice, slowly EXHALE the tone of ANGER...
- Remember, ANGER is a result of the illusion of "limitations" of the 3D matrix, and your past inability to forgive your self.

You have transmuted your wounded emotions of:

Fear-for-Survival into Living-in-JOY

Fear into LOVE

Sorrow into COMFORT

Anger into UNDERSTANDING

You may now use these transformed emotions as building materials for the matrix of the New Earth that YOU are creating. Imagine each emotion as the color and tone that it projects and weave them into your hologram to manifest the beautiful reality you deserve.

But wait; is there a virus in your hologram? Yes, there it is, an ancient emotion, long buried in your Second Chakra that is interfering with your creative force.

- Pull that emotion up into your Throat Chakra.
- Listen to the thoughts it carries as it passes through your Third Chakra
- Love it unconditionally as it moves into and through your Heart Chakra
- Hold it in your Throat Chakra to transmute it into its higher octave
- Allow the illumination of your Soul/SELF to reveal the source of that emotion and heal it
- Once and for all, Tone it out with your Force of Creation

LET GO of Illusion.

LIVE your SELF.

BE your SELF.

SHARE your SELF.

In this manner, you can transmute your "feeling of limitation" into the "force of desire."

And now my Beloveds, it is time for me to bestow my gift upon you. Because you have integrated your Soul/SELF into your Fifth Chakra, you have regained your personal Force of Creation. Therefore, I give you:

THE CROWN OF THE ELOHIM



With the activation of your Force of Creation within your Throat Chakra, you are not only ONE with the planet, YOU are also ONE with the Elohim who have creative powers far beyond any human abilities. These Powers are inside of you and you are inside of them.

When your mind can visualize that concept, you will have released an important hook of the 3D Matrix, for when you are inside of that which is also inside of you, there are NO boundaries, NO limits, and you know that:

"I AM the Heart and Soul of Creativity. Therefore, I AM Elohim."

It is time now, Beloved, to take your Crown of the Elohim. Be still, while I place the Crown upon your noble head.

This Crown is a vital key to creating your New Reality/ New Earth. The Crown of the Elohim has seven jewels which are synchronized to your seven human chakras. On your left temple is the red jewel, in the center of your forehead is the green jewel, and the violet jewel is on your right temple. FEEL your Crown of the Elohim on your head, and I will lead you in activating it.

When you first went through the 3D Matrix, you separated your ONE White Light into the seven octaves of the third dimension. By activating your Crown, you will free yourself from the "net" of the 3D Matrix, and activate your Elohim, Creator SELF while you still hold a form in the physical reality.

FEELING your Crown placed firmly around your brow, you will activate each jewel by chanting "E—LO—HIM," ('eh' 'low' 'him') while focusing your attention on each Jewel of Creativity, as well as the correlate chakra ruled by that color. You will chant "E—LO—HIM," seven times.

When the Higher Light enters the prism of the 3D Matrix, it splits into seven colors. As you chant, the power of the "sound" of your voice, joined with your focus and intention, will program each jewel to release illusion from the area of the 3D Matrix ruled by that Chakra. As the illusions of each jewel and correlate areas of your life are released, the Creative Powers of that jewel expand into the fifth dimension of "instant manifestation," as well as into the White Light of the ONE.

Each jewel is actually a portal for inter-dimensional travel, as well as an open door through which the higher frequencies of light can enter the physical plane. You, the wearer of the Crown, will be the Guardian for these portals. You will begin with the First Chakra and the Red Jewel on your left.

FIRST CHAKRA, base of spine, correlates to the **Red Jewel**, left temple.

SEE the color RED, FEEL your Root Chakra, TONE the lowest tone in your vocal range.

As you tone E---LO---HIM to this Jewel/Chakra, release into the Light of the ONE ALL illusion of birth and death.

Release into the Light of the ONE ALL disharmonies, pain, and injury, that your physical body has ever suffered in ANY 3D/4D lifetime to GROUND your healthy, vital Lightbody in the Heart of Gaia.

You are now a Portal for Multidimensional Strength and Vitality!

SECOND CHAKRA, navel, correlates to the **Orange Jewel**, at the right of the red jewel.

SEE the color ORANGE, FEEL your Navel Chakra, TONE the next note up your vocal range.

As you tone E---LO---HIM to this Jewel/Chakra, release into the Light of the ONE ALL illusions of 3D separation.

Release into the Light of the ONE ALL fears, sadness, anger, anxiety and depression that you have ever felt in ANY 3D/4D lifetime to FEEL balanced, calm emotions.

You are now a Portal for Multidimensional Calm and Balance!

THIRD CHAKRA, solar plexus, correlates to the **Yellow Jewel**, at the right of the orange jewel.

SEE the color YELLOW, FEEL your Solar Plexus Chakra, TONE the next note up your vocal range.

As you tone E---LO---HIM to this Jewel/Chakra, release into the Light of the ONE ALL illusions of limitation.

Release into the Light of the ONE ALL need for Power-Over others, intellectual limitations, or psychic darkness that you have every experienced in ANY 3D/4D lifetime to ACCEPT Illumination, Power-Within and Wisdom.

You are now a Portal for Multidimensional Power and Wisdom!

FOURTH CHAKRA, heart, correlates to **Green Jewel**, at the right of the Yellow Jewel.

SEE the color GREEN, FEEL your Heart Chakra, TONE the middle, resonant note of your vocal range. This tone is your "keynote," the sound of your "signature frequency."

As you tone E---LO---HIM to this Jewel/Chakra, release into the Light of the ONE ALL the illusions of the pain of human love.

Release into the Light of the ONE ALL forms of "conditional love," jealousy, possessiveness and abusiveness that you have ever experienced in ANY 3D/4D lifetime to express and receive, Unconditional Love, Unconditional Forgiveness and Unconditional Acceptance and Compassion. With these Unconditional Emotions filling your heart, you can BE Detached Compassion.

You are now a Portal for Multidimensional, Unconditional Love and Detached Compassion!

FIFTH CHAKRA, throat, correlates to the **Blue Jewel**, at the right of the Green Jewel.

SEE the color BLUE, FEEL your Throat Chakra, TONE the next tone up your vocal range.

As you tone E---LO---HIM to this Jewel/Chakra, release into the Light of the ONE ALL illusions of miscommunications, lies, and creative limitations.

Release ALL fear of judgment and insecurities about expressing your SELF in ANY 3D/4D lifetime to the Light of the ONE to see through the Eyes of Soul, hear the Voice of SELF and create from your Highest Intention.

You are now a Portal for Multidimensional
Creativity and Communication!

SIXTH CHAKRA, brow, correlates to **Indigo Jewel**, at the right of the Blue Jewel.

SEE the color INDIGO, FEEL your Brow Chakra, TONE the next note up your vocal range.

As you tone E---LO---HIM to this Jewel/Chakra, release into the Light of the ONE ALL illusions that fog the fulfillment of goals or your clarity of Multidimensional Vision.

Release into the Light of the ONE ALL Doubt of your MASTERY in ANY 3D/4D lifetime to FULFILL your greatest goals and participate in Planetary Ascension.

You are now a Portal for Guidance and Fulfillment!

SEVENTH CHAKRA, crown, correlates to the **Violet Jewel**, at the right of the Indigo Jewel.

SEE the color VIOLET, FEEL your Crown Chakra, TONE the highest note in your vocal range.

As you tone E---LO---HIM to this Jewel/Chakra, release into the Light of the ONE ALL illusions of the 3D Matrix.

Release into the Light of the ONE ALL forgetfulness of your Soul/SELF that you have ever experienced in ANY 3D/4D lifetime to BE your Multidimensional SELF—Always.

You are now a Portal for Personal and Planetary Ascension!

Judge yourselves no more, my Ones. You are PERFECT, for you are DIVINE. Live within the Flow of Divine Timing. Do not “try hard” or

force your manifestations, for that is of the old pattern. Instead, be clear about what you wish to manifest, and KNOW your SELF so that you can truthfully state your intentions.

After stating your Intention, simply open your heart to expect the fulfillment of what is already yours. When your personal vibration perfectly matches the resonance of your intention, your desire will give birth to REALITY.



In closing, I wish to remind you to KNOW what is in your Heart and release ALL resistance and effort.

BELIEVE – ACCEPT – ALLOW!

Your reality is a blank canvas, an empty page.

CREATE IT NOW!

Always,
IlliaEm



BECOMING ONE

Creating Reality

We are the Arcturians, here to assist you again with the process of blending polarities into ONENESS. We wish to commend you on your integration process, which is proceeding at the "speed of LIGHT." More and more, you are experiencing reality through the viewpoint of your Soul/SELF. Because the 3D Game is reaching "End Game," it is especially important that you live through your SELF. We want you to know that we, the Arcturian Group Mind, are ever present to assist you.

As you increasingly live life through your Soul, your commitment to the experiences of the 3D Game diminishes, and your Divine Experiences expand to encompass every sector of your reality. Being your SELF is increasingly important, while your ego needs have much less value in your life. You have "graduated" from the "classes" of learning through conflict, as you can NOW learn through remembering your Divine Connection.

The realities of fear, pain, anger and darkness exist next to you, but you no longer feel the need to attach to them. They are "motion pictures" that are playing at a local theater that you do not wish to attend. You do not judge nor condemn these realities. On the contrary, you bless them with Detached Compassion, as you release them from your experience.

This process of releasing the realities that you no longer wish to experience creates a void which is automatically filled by the realities that you DO wish to experience. This is where the Constant Connection to your SELF, in fact the Family of your SELF, comes into

play. We say "Family of your SELF," as YOU are a Multidimensional Being with myriad aspects of your SELF.

Within our higher vibration, the emotions of fear and anger do not exist. In fact, neither does love nor peace, at least not in the manner that you have experienced while in 3D reality. In the fifth dimension and beyond, the experience of "feelings" is beyond polarity. Within the Oness you simply "ARE." Due to the limitations of your language, we shall paint you a picture of how it "feels" here in the higher worlds.



THE PICTURE

The core experience here in the higher dimensions is a connection to ALL That Is. We are ALWAYS aware that we live in ONESS. We are "individual" drops of water within a huge ocean and "individual" photons inside a Sun. We are stars in a galaxy and grains of sand on a planet. Our connection to All That Is resonates inside us, and we consciously "project out" any experience to which we desire to reverberate. This process of projecting out experience is similar to your choosing a DVD, only our disks are kept inside and our "movies" are all interactive.

We can choose the group experience of moving onto the shore as a "wave", or we can join other drops of water to BE the ocean. We can also choose to BE the beach upon which the waves have crashed. We can choose to be human, "good humans" or "bad," Extra Terrestrials, or the Star Ships in which they fly. Often, we choose to assist our fragments, our Grounded Ones, such as you, who are ready to return Home.

Most importantly, ALWAYS we are ONE, therefore, ALWAYS we are YOU! Because of this, all experiences, thoughts and emotions of every ONE are available for our choice. If we feel an attachment to "looking human" and helping, or even hurting, others, we may do so. If we feel an attachment to the experience of formlessness, we may choose that, as well.

A CHOICE

Gradually, you are living more and more in the higher worlds and become increasingly detached from the dramas and illusions of the

third dimension. You are beginning to realize that emotions are there to indulge in, thoughts are available for you to purchase; and the experiences you create are based on how you choose to combine these thoughts and emotions. Remember, as you return to SELF, there is no loss, no leaving. There is only remembering and returning.

If you wish to maintain your 3D Illusions, you may do that, as well. In fact, many on your planet may make that decision. They may even choose to forget it is a choice. It is their option to forget—or to remember. The truth is, forgetting and remembering are polarities that only exist in the 3D resonance. From our vibration, there is no forgetting, and with nothing forgotten, there is no need to remember.

Can you better understand our reality now? The Truth is that it is also YOUR reality. In your physical life, you have learned that it is best to understand something before you dare experience it. However, with our Multidimensional Reality, you can only truly understand it after you have experienced it. This reality is a “leap of faith” in which you must “FALL into the Flow” in order to experience.

In other words, you need to totally surrender to your Soul/SELF. Once you have that faith in your SELF, you can experience BEING a wave, a beach, a star or a planet. Anything that you can imagine is real inside of you—because YOU can choose to experience it.

THE PROMISE

When you imagine being a star, how does it FEEL? When you imagine not being able to pay your bills, how does that feel? Do you see how you have chosen your emotions by choosing the reality that you hold in your consciousness?

When you are ready, you can choose to “imagine” the reality in which you are returning Home and Home is returning to you. When you attend to that experience, you are rehearsing the manifestation of the PROMISE you made before you were born. Your Promise is your special contribution to Planetary Ascension.

Your Promise is not new to you. In fact, you have rehearsed it in lifetime after lifetime. Therefore, it behooves you to allow the memories of other embodiments, both on this world and beyond, to return to your conscious mind. Viewing these alternate realities will assist you in remembering how you have tried to fulfill, and/or actually have fulfilled, your contribution in alternate realities.

Remembering your Promise will also lead you into the Flow of your higher-octave emotions, which form the Rainbow Bridge to the fifth dimension and beyond. You may choose not to cross this Bridge until Gaia and all Her inhabitants are ready for their ascension, as well. In fact, delaying your personal ascension until the entire planet is ready is a Promise that many of you have made. When you can hold your Promise forefront in your consciousness, it can be the foundation for the reality that you volunteered to create.

ELEMENTS OF CONSCIOUSNESS

You joined the 3D Game of Earth in order to hone a certain element of your consciousness. It is actually the fulfillment of your Promise that will allow you to completely perfect this element of your SELF. You have repeated certain experiences life after life, as they coerce this element of being to the forefront of your life.

In fact, you are probably having that type of experience at this “time,” for NOW is your “comprehensive examination” before your “graduation.” This element of your SELF is a thread of consciousness that you have maintained in all your incarnations to remind you of your Promise. As you fulfill your Promise, the threads of all that you have learned during your many incarnations on beloved Gaia come together in a beautiful tapestry of your “Life on Earth.”



One element of consciousness that all Grounded Ones are honing is, “Everything is alive—because NOTHING is separate from the life force of the ONE.” The concept of separation from your Multidimensional SELF was one of the Primary Illusions that initiated the 3D Game. Hence, the release of that foundational illusion allows you to return to the full Truth of your SELF.

What if you spent one day perceiving EVERYTHING as alive and an element of your SELF, who, in turn, is an element of the Planet? How

would you behave differently than you do under the 3D paradigm of separation? What reality would you create in a world where everything is alive and a portion of your total SELF?

In this ONENESS you cannot “do” anything to any “other” life-form for there is no “other” in the One. Take a long moment to imagine what it would be like if you could live for one hour, in fact, for even one minute from the perspective of total UNITY.

DOING AND BEING

In the new paradigm, “doing” and “being” are the same, for nothing is separate. Therefore, every breath, thought, feeling, emotion and action is an expression of the Oneness. Whenever your consciousness resonates to the Oneness, it sends a Multidimensional FLOW through ALL of your third and fourth dimensional lives. In a purely energetic manner, this FLOW sends a healing Multidimensional Light into the Darkness of your lifetimes.

Once you have discovered your final hiding places of fear and darkness, you will fully remember how to ground the Essence of HOME in your physical reality. HOME is the Multidimensional FLOW of consciousness. Therefore, it is not bound by environment, circumstance, place or time. HOME knows NO limitation. Therefore, you can share “HOME” to assist others, or simply for the PURE JOY of sharing your SELF.

As each of you share your experience of HOME with others, your group energy can more easily ground the New Reality, the New Earth, which you are all creating—TOGETHER.

THE 3D ADVENTURE

The adventure as 3D humans was a fun “game,” filled with drama, victory, defeat, fear and love. You have played out all the polarities of the third dimension and are now ready to return to the ONE. You have experienced the many “fears” available in the third dimension and found the inner resources to conquer them.

You have also initiated and received many types of love, from human to divine. Now you are ready to find the Divine within your mundane life, as well as in ALL the creatures and things which you have previously considered unimportant or “lifeless.” Fortunately, many of

you will forestay your personal ascension to await the "TIME" of Planetary Ascension.

You may wonder how the many world leaders who are thriving in the 3D Game are going to release their addiction to Power-Over in order to find their Power- Within. Some of them will not change; however, other fragments of their Multidimensional SELF will. Many of you have multiple earth vessels in the 3D Game at one time, especially now at End Game. This multiplicity is particularly true for those who have chosen to represent the dark, Power-Over polarity.

When the majority of their other fragments of SELF that are incarnated at different times and places on the 3D Matrix awaken, the fragments who are playing the "villains" will be pulled into the vortex of awakening—albeit kicking and screaming. Of course, the fragment of SELF that is greatly enjoying the role of villain can also leave this degrading 3D Matrix and find another physical reality.

The "villains" are also creators and have the free will to create the reality of their choice as well. By 2012, when a majority of Gaia has released the Game, these "representatives of the dark polarity" will have to make that decision.

CONNECTING TO INNOCENCE



Go inside now to FEEL your Promise, your "puzzle piece" of Planetary Ascension. Yes, you have always felt it somewhere in the back of your awareness. When you were a small child, you "imagined" yourself fulfilling it, and your Inner Child has safeguarded that memory ever since. It is "time" now to again receive that memory from your Inner, Divine Child.

Go inside and FEEL the connection with your pure innocence, your Divine Child. You may have to go back to when you were very young, before you were indoctrinated by the programming of the third dimension, in order to find your pure Essence. Go now, deep into your memory, to find the FEEL of Pure Innocence.

Yes, there is your innocence, inside your Divine Child who is shining like the Star that YOU have always been. As you commune with your Divine Child, recollect your memories of the reality that you promised

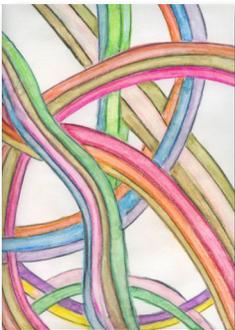
to fulfill in this lifetime. The visions of the reality you promised to create may be vague at first, but the FEEL of them is “loud” in your heart.

Attach your attention to the FEEL of your Promise. Go about your day allowing this memory to overlay your mundane experiences. Determine that whenever you forget the TRUTH that you volunteered to manifest, you will return to your Divine Child to fulfill your Promise.

FRAGMENTING INTO COLORS

As you know by now, the 3D Game is a grand illusion, a hologram, which was created so that fragments of your total SELF could experiment with the polarities of light and dark. Since the higher dimensions are beyond polarities, there is only Light. Light can only cast “the shadow of darkness” in a polarized reality that is separate from the ONE. In truth, of course, there is no separation from the ONE. Therefore, there is no darkness. Darkness is only an illusion of the 3D Hologram.

In order to experience the 3D Game, a fragment of the White Light (all colors in ONE) of your Multidimensional SELF moved through the prism of the third dimensional matrix to create many colors, including no color—darkness. As you are now integrating your Soul/SELF into your earth vessel, you are beginning to KNOW that light and love are Truth, whereas darkness and fear are illusion.



You have learned that only your Multidimensional SELF resonates beyond separation, which is why you are integrating it. However, there are still many who have not been able to free themselves of illusion. Because of this, there are currently two realities, coexisting in a crisscross fashion.

The horizontal, old reality is the 3D Game of Illusion, which is best perceived with the five physical senses of your ego. The vertical reality is the fifth dimensional “Heaven on Earth” reality, which can only be perceived with the higher senses of your Multidimensional SELF. In each point where these realities overlap there is a Window.

These “windows” are the portals that you have opened by activating your Crown of the Elohim. Through the integration of your Soul/SELF, you are allowing the infinite potential of your “vertical

multidimensional reality” to weave into the limited potential of your “horizontal third dimensional reality.”

POINT OF INTEGRATION

The point where the vertical and horizontal realities overlap is the “Point of Integration,” the intersection of the mesh of interwoven threads where both realities simultaneously exist. The Point of Integration is the exact spot where the light of the fifth dimension and beyond can FLOW into the third dimension.



In fact, it is here that you can enter the NOW of the fifth dimension and beyond to free yourself of the 3D Rules of Reality. The Point of Integration is the exact center, the Fulcrum-Point of perception, from which you can perceive, interact with and blend the horizontal and vertical realities into Oneness. This “blending” is accomplished by calming the ripples of the third dimensional, horizontal reality which block the FLOW of the vertical, higher dimensional reality.

These “ripples” have emanated from past experiences and behaviors which have deeply affected the Collective Consciousness, as well as the actual land, of planet Earth. You who have awakened can perceive these ripples on an energetic level. Furthermore, with your increased power of communication and creativity, you can psychically enter the ripples to SEE the muddied light and HEAR the dissonant tones.

The two realities can only be blending into ONESS by the creators of the ripples—members of the third dimension. We of the higher dimensions cannot perform this service, as Earth is a free-will planet. Therefore, we ask you, our Multidimensional Allies who still hold the form of a 3D earth vessel, to transmute these third and fourth dimensional ripples into fifth dimensional FLOW.

TRANSMUTING THE RIPPLES

As you go through your mundane life, you may suddenly, or gradually, become aware of a ripple in the fabric of your reality. When this happens, use your Crown of the Elohim to connect with the exact Point of Intersection of this ripple. Once connected, closely observe the interactions between the vertical and horizontal realities.

As you look at these ripples with your Eyes of Soul and listen with your Soul, you will see the muddy color and hear the dissonant tone. Find the jewel in your Crown of the Elohim that best matches that color, and hence the tone and vibration, and open that Portal on your Crown. Since each Portal, which is symbolized by a Jewel on your Crown, is aligned with the correlate chakra, your physical body will also serve as a Portal of higher dimensional Light.

With your Portal open, all you need “do” is “BE” the opened Portal and allow your Multidimensional Power to calm the ripple enough to accept the fifth dimensional FLOW. You may also choose to imagine that you are seeing the Color become clearer and clearer until it becomes white, and hearing the dissonant tone become purer and purer until it is the Silent Tone Within.

Feel free to use whatever creative means of healing to which you are drawn. When the ripples are calmed, the 3D horizontal realities will no longer block the vertical, higher dimensional realities and the ripples will transmute into the FLOW.

CONSTANT COMMUNICATIONS

You don't need to be conscious of this experience, as your integrated Soul/SELF can carry on the healing while you are engaged in your mundane activities. As long as you walk through your world in a constant state of Surrender to your Soul, your Soul/SELF will initiate and complete this process for you. When you are consciously connected to your SELF, you will likely be conscious of this process. However, when your ego/self is fulfilling mundane responsibilities, you may not even know of your contribution.



We wish to remind you that you are able to choose your reality by choosing to attend to the Constant Communications from your Soul/SELF. Now that it has been integrated into your Throat Chakra, your higher perceptions have been fully activated.

Because of this, more and more you will be living in two realities—the horizontal and the vertical. Hence, you will begin to perceive 3D “problems” as ripples in the Tapestry of Transformation, places where a “stitch was dropped,” a

"window" closed. With this perception, you can simply soothe the ripples, pick up the stitch, or open the window.

Automatically, you will cease looking to your ego or the laws of the 3D Game for information. Instead, you will look to your integrated Soul/SELF for constant guidance and Truth. In this manner, you will find the highest vibrational answers to your third dimensional questions, as well as the "blueprint" for returning to the frequency of HOME. You promised to manifest the reality of "Home/Heaven on Earth" before you were born, and NOW is the "time" to fulfill your Promise.

Dear Ones, we commend you, for we, the Arcturians, KNOW the progress that you have made. We appreciate your contributions, as does all of your Soul Family. Your return to HOME, as well as the return of HOME into you, is a heralded event. You, the people of Gaia's body, are the courageous Vanguards of New Earth.

Dear Gaia, with whom we Arcturians are in Constant Communication, wishes to communicate with you now. Her desire is to share a ceremony with you in which you can assist in CREATING New Earth.

We refer you now to Gaia...
Always,
The Arcturians



A MESSAGE FROM GAIA



Dear People of my Planet,

I am here to thank you for activating your Crown of the Elohim, and I wish to share with you a special means in which you can use it to CREATE New Earth.

Long have we shared this planet! Many of you have been with me since the very beginning, while others have only come here for the Final Act.

Either way, I welcome you here to OUR experience of Ascension. Through your true eyes, perhaps you can see the great, multidimensional, and intergalactic audience that watches our progress. I am sure that you FEEL them in your open Heart and can easily communicate with them through your integrated Soul/SELF. OUR Oversoul, the Oversoul of Gaia, also observes our transformation with rapt attention.

JOINING FORCES

You may FEEL an inner "tension," as you are not yet accustomed to your higher vibration. Do not resist this sensation. In fact, I would ask you to FEEL the tension of your expanding resonance like a rubber band that is pulled increasingly taught between your Heart and Mind. In this manner, you will allow this tension to create a connection between the Yearning in your Heart and the Vision in your Mind.

In-between these two is your Fifth Chakra, the Center of Creativity and Higher Communication. Hold the Vision/Thoughts in your mind and the Yearning/Emotions in your Heart so that you may communicate your Force of Creation through your Throat Chakra.

With the power of your activated Crown of the Elohim, you can then consciously choose to recognize the thoughts and emotions that are consistent with your Vision. Conversely, you can also choose to consciously ignore the thoughts and emotions that dim your Vision and distract you from your Yearning.

As each of you joins your Personal Force of Creation with mine, you contribute to a growing Planetary Force of Creation, the reality of

HOME/Heaven on Earth. I wish to share with you a ceremony in which you and I, person and planet, can work as ONE to clear the personal and planetary ripples of dissonance, so that the Higher Light can easily FLOW into OUR planet.

EGO'S NEW ASSIGNMENT

Before we begin, though, allow me to lead you in a grounding exercise to cement our partnership. Your ego/self has steadily been replaced by your Soul/SELF. Therefore, I wish to assign your ego a new, very important responsibility.

Place your vision, hearing and consciousness in your ego/self as you travel down from your Root Chakra and out through feet to merge with my Earth. Feel your ego/self as your central grounding cord traveling down through the many layers of my Earth body and into my molten core. I welcome you as you wrap YOUR cord around my Heart and merge YOUR Beingness into mine.



Now, feel the orb of OUR planetary body around you. Our mountains are heavy and constant, while our waterways flow and teem with life. Feel our many creatures as they crawl and walk upon our land, swim in our waters, and fly in our air. The plants and trees are our adornments, and they change with our seasons. The weather is our emotions and our thoughts create life, or take it away.

As you, your ego/self slowly returns to your personal body, it remains intermingled with my planetary body. It is no longer "your" ego/self, for it has become "our" ego/self. You have expanded your consciousness from Personal Consciousness to Collective Consciousness, and now, to Planetary Consciousness. Soon you will also return to your Galactic Consciousness. In fact, many of you already have.

USING YOUR CROWN OF THE ELOHIM

The dear Arcturians have spoken of the ripples in reality that impede our ascension into the ONE. I am here now to ask you to assist me in grounding and integrating the Higher Light that is available as we enter the Photon Belt. You may do this, dear people of my planet, by

using your Crown of the Elohim to calm the “ripples” in your/our reality.

As you move through life, you will see and hear these ripples of dissonance. It does not matter how the dissonance is created, or who created it. What matters is that I wear it on my land and in my water, and it needs to be healed. I ask that you, alone and/or in groups, use your Force of Creation to heal my body through Ceremony.

CALIBRATING YOUR CROWN OF THE ELOHIM

Before you begin the following Ceremony, allow me to lead you in Calibrating your Crown of the Elohim. You will do this by breathing the different colors of light into the top of your head, through the correlate jewel on your Crown, into the correlate chakra, and down into the core of my Earth. Take a long, slow deep breath before you breathe in each color of light.



Take a long, slow, deep inhale. As you exhale, pull down through the top of your head the color red, which rules your First, Root Chakra.

- Breathe in the color **red** through the top of your head and into the red jewel of your Crown of the Elohim at your left temple.
- Breathe the clear red light down past your throat, past your heart, past your solar plexus, past your navel and into your root.
- Allow the pure red light to swirl through your Root Chakra, calming and healing it, as you connect this chakra to the red jewel on your Crown.
- Breathe the red light down through your body, out your feet and into the heart of my Earth.

AND RELAX

Take a long, slow deep inhale. As you exhale, pull down through the top of your head the color orange, which rules your Second, Navel Chakra.

- Breathe in the color **orange** through the top of your head and into the orange jewel of your Crown of the Elohim.
- Breathe the orange light down past your throat, past your heart, past your solar plexus, and into your navel.

- Allow the pure orange light to swirl through your Navel Chakra, calming and healing it, as you connect this chakra to the orange jewel on your Crown.
- Breathe the orange light down through your body, out your feet and into the heart of my Earth.

AND RELAX

Take a long, slow deep inhale. As you exhale, pull down through the top of your head the color yellow, which rules your Third, Solar Plexus Chakra.

- Breathe in the color **yellow** through the top of your head and into the yellow jewel of your Crown of the Elohim.
- Breathe the clear yellow light down past your throat, past your heart, and into your solar plexus.
- Allow the pure yellow light to swirl through your Solar Plexus Chakra, calming and healing it, as you connect this chakra to the yellow jewel on your Crown.
- Breathe the yellow light down through your body, out your feet and into the heart of my Earth.

AND RELAX

Take a long, slow deep inhale. As you exhale, pull down through the top of your head the color green, which rules your Fourth, Heart Chakra.

- Breathe in the color **green** through the top of your head and into the green jewel of your Crown of the Elohim.
- Breathe the clear green light down past your throat and into your heart.
- Allow the pure green light to swirl through your Heart Chakra, calming and healing it, as you connect this chakra to the green jewel on your Crown.
- Breathe the green light down through your body, out your feet and into the heart of my Earth.

AND RELAX

Take a long, slow deep inhale. As you exhale, pull down through the top of your head the color blue, which rules your Fifth, Throat Chakra.

- Breathe in the color **blue** through the top of your head and into the blue jewel of your Crown of the Elohim.
- Breathe the clear blue light down into your throat.
- Allow the pure blue light to swirl through your Throat Chakra, calming and healing it, as you connect this chakra to the blue jewel on your Crown.
- Breathe the blue light down through your body, out your feet and into the heart of my Earth.

AND RELAX

Take a long, slow deep inhale. As you exhale, pull down through the top of your head the color indigo, which rules your Sixth, Brow Chakra.

- Breathe in the color **indigo** through the top of your head and into the indigo jewel of your Crown of the Elohim.
- Breathe the clear indigo light into your brow.
- Allow the pure indigo light to swirl through your Brow Chakra, calming and healing it, as you connect this chakra to the indigo jewel on your Crown.
- Breathe the indigo light down through your body, out your feet and into the heart of my Earth.

AND RELAX

Take a long, slow deep inhale. As you exhale, pull down through the top of your head the color violet, which rules your Seventh, Crown Chakra.

- Breathe in the color **violet** through the top of your head and into the violet jewel of your Crown of the Elohim at your right temple.
- Breathe the clear violet light into the top of your head.
- Allow the pure violet light to swirl through your Crown Chakra, calming and healing it, as you connect this chakra to the violet jewel on your Crown of the Elohim.
- Breathe the violet light down through your body, out your feet and into the heart of my Earth.

AND RELAX

Remember, dear people, as you clear and heal yourself, you clear and heal me, your planet, as well. We are ONE, you see. We are made of

the same elements of matter and came from the same Source. We are of the same Oversoul and have the same Purpose.

In fact, as you do the Ceremony that I am about to share with you, it will serve to heal the ripples of dissonance within your personal body as well as the ripples within my planetary body. However, before I give you the ritual I wish to tell you a bit more about your Crown of the Elohim.



ELOHIM

The Crown was given to you by IlliaEm, an Elohim from the star reality of Arcturus. Elohim are the creators and holders of form. Hence, the term Elohim means, “All that God is.” As eighth through tenth/eleventh dimensional beings, they are the highest frequency member of the Devic Kingdom and work directly with twelfth dimensional Source to carry out its Cosmic Service.

The Arcturians are the Guardians of the Arcturian Corridor, which is a vortex into and out of the third/fourth dimension. IlliaEm, being an Elohim of Arcturus, has the privilege of stabilizing the transitional forms of those who are moving through the Arcturian Corridor to enter or exit the third dimensional experience. Since this entire quadrant of space is moving past the third dimensional experience and ascending into the fifth dimension and beyond, the Arcturians and their Elohim are very active in this “time” of NOW.

Some of you are Elohim in your eighth through tenth dimensional SELF, whereas others are Angels. It is likely that some of you are both. You may wish to go inside to see to which Kingdom, the Angelic Kingdom or the Devic Kingdom, you most resonate. Please click:

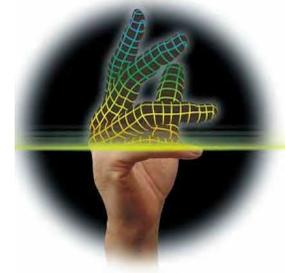
http://www.multidimensions.com/Conscious/con_thoughts_hierarchy.html to find out more about these Kingdoms.

Elohim do not necessarily “have” form; instead, they “hold” form. The Devic Kingdom encompasses all the “holders of form.” The highest vibrations of the Devic Kingdom, the Elohim, hold the form of planets, galaxies and universes. The Devas, who are of a lower vibration, hold the form of mountains, rivers, forests, etc.

The lowest vibrations of Devic Beings are the Elementals who hold individual forms, such as a tree, a flower, a human body, etc. Elementals serve to bond the elements of earth, air, fire, water and ether together in a pattern to create and maintain form.

MANIFESTATION

Through your Crown of the Elohim, you have the ability to change “form,” create new form and “hold” the form of your new manifestation. Physical manifestation begins with a light matrix, which is created by thought. The color of the light is the frequency rate of the thought. Form collects on the light matrix with the power of sound, “in the beginning was the word,” which is created by emotion.



The frequency of light, which creates a specific color, magnetizes a sound of the same vibration, tone. For example, a lower spectrum, lower frequency light, such as red, magnetizes a lower octave

This concept is best understood with the example of the chakras. The first chakra resonates to the frequency which creates the color red and the lowest tone that your body can create. On the other hand, the seventh chakra resonates to the frequency which creates the color violet and the highest tone that your body can create.

When a chakra is open, its color is clear and translucent, but it is muddy and opaque when that chakra is blocked. When the chakra is open, prana can flow into that area of your body in a steady stream of higher dimensional light. However, negative emotions act as a dam to stop the flow of light into that chakra. Also, negative thinking can defer the light from that chakra by restricting it, much like closing the blinds. The light is still hitting the window, but it can't enter the room.

CALMING THE RIPPLE

When you use your Crown of the Elohim you can work directly with color and tone, bypassing the thoughts and emotions that were causal for the ripple. In this manner, you need no information as to “why” or “how” the ripple was created, as you have the ability to calm the ripple through clearing the light and harmonizing the tone. In this manner, you do not need to know, attend to, or become distracted by the thoughts and emotions that created the ripple. Instead, you simply clear the light/matrix and sound/form.

When you are working with your own body and life, it is best to know the cause of your disharmony, for you will surely recreate it if you do not know its source. However, when you are working with the Collective Consciousness and my planet, it would greatly delay your mission to have to know the specific source. Whatever the cause, you KNOW that it stems from fear. Since love is the antidote to fear, all you need DO while you see, hear and chant is BE Unconditional Love.

Conversely, if you try to calm the ripples while your personal consciousness is experiencing anger, judgment, fear or sorrow, you will not be able to pull the higher vibration light down through your Crown. It is best if you take a moment of meditation before you begin the Ceremony so that you can align your consciousness with that of your Multidimensional Soul/SELF. Once you have done that, it will be easier for you to maintain a state of Detached Compassion.

Your physical body is an instrument, like a guitar. Just as you would “tune” your guitar before and after every “performance,” you need to regularly tune your body. The meditation of breathing down the colors that I have previously presented will assist you in clearing your own consciousness and earth vessel by aligning your chakras with the higher dimensions, your Crown of the Elohim and your inner Soul/SELF.

THE CHANT

When you chant, E—lo—him, “E” sounds like “AE.” To create this tone, focus on your heart to find your keynote, the resonant tone of your Heart Chakra, which connects you to the Yearning in your heart. This tone is marked as the color green in the Ceremony.

“Lo” sounds like “LOW.” To create this tone, focus on your Root Chakra to find the lowest note that you can create and the tone that is most in resonance with my planet. This tone is marked as the color red.

“Him” sounds like HYMN. To create this tone, focus on your Third Eye to find the tone which resonates in your brow and connects you to the Vision in your mind. This tone is marked as the color indigo.

While you are chanting, you will be using the emotion of your tone to clear the color of the ripple. As you intensely tune into the ripple, you will FEEL the emotion that created it. When you chant E-lo-him with that initial emotion, while pulling the Higher Light through the jewel on your Crown, the FLOW of Light will transmute the emotion/tone into Detached Compassion and then, Unconditional Love. While you are resonating to Unconditional Love, the sound transmutes into its purest tone and the light transmutes into its clearest color.

This Ceremony can only be successfully completed by those who are able to completely surrender to their Soul, for the human ego would likely become judgmental. As those of you who have deeply examined your third dimensional experience have learned, that which you judge, you become. Therefore, first clear yourself, then clear my land. In fact, every time you clear your self, you also clear your portion of the Collective Consciousness, which eventually clears my land.

ARTICULATING THE CHANT

Articulation means the form your mouth must make in order to create each tone. Since you are acting as an Elohim, form is vital. When you produce the sound of “E,” your mouth is open and pulls air up from your inner self, through the back of your throat. This tone is one often used by the Native Americans when they call upon my land to assist them. “E” resonates, not only to your heart, but also to my “Heart of Gaia.” Be sure to call upon your Yearning for HOME on Earth as you chant this tone.

Articulating the tone “LO” pulls the sound into the middle of your mouth and creates a great cavern so that you can create your lowest tone to ground the Ceremony through your Root Chakra and deep, deep in my land. Be sure to stay united with the land while you chant this tone.

The tone “HIM” moves the sound forward into your nasal passage and forces the tone out through your nose, which creates a resonance of this tone in your Third Eye, as in the chant “OM.” Focus on the Vision of HOME on Earth while you extend the tone, mouth closed, gradually reducing the volume until you bring the tone into the Silence of your inner Soul/SELF.

It is the power of your Detached Compassion that frees you of all fear, and hence judgment, to allow your consciousness to soar into Unconditional Love. Love is the healing force of the Universe, and Unconditional Love heals, UNCONDITIONALLY.

Thank you for your service to OUR planet. I know and love you all and deeply appreciate your contributions. Now, that your Crown of the Elohim is calibrated, I will present the Ceremony. Remember, I am doing it with you.



Gaia



THE CEREMONY

When I find ripples of dissonance and disharmony in the land I call:

I GIVE this land to the Goddess
I GIVE this land to Gaia

-1-

"Spirit into Matter
NORTH"

-4-

"Spirit into Matter
WEST"

-2-

"Spirit into Matter
EAST"

-3-

"Spirit into Matter
SOUTH"

Through my Crown of the Elohim
I awaken my Lightbody

When I SEE dissonance and HEAR disharmony
Using the correlate color and tone of a Jewel in my Crown
and Chakra in my body

I chant

E---LO---HIM

To clarify the color and purify the tone

I open the correlate PORTAL in my Crown and in my Chakra
And I chant

E---LO---HIM

As the Higher Light FLOWS through these Portals

I chant

E---LO---HIM

As the FLOW calms the ripple, the tone becomes pure
and the color becomes pure

I chant

E---LO---HIM

I AM THE LIGHT
I **AM** THE TONE
I AM the CROWN

The “form” of the Crown is on my head.
The “controls” for the Crown are in my heart.

THE PORTAL IS OPEN
IT HAS BEGUN

As I walk through my life
I AM the Portal
As I awaken each morning
I AM the Portal
As I fall asleep each night
I AM the Portal

The realities, old and new, are within ME.
The two realities are around ME.

Where MY attention is—there **I** AM also.
Therefore, I focus my attention on:

I AM the Vessel in which the New Earth gestates.
I AM the Portal through which the New Earth is born.

With every place I choose to look—I Create New Earth.
With every sound I choose to hear—I Create New Earth.
With every word I choose to speak—I Create New Earth.
With every choice I make—I Choose New Earth.
With every step I take—I Ground New Earth.

I AM, I See, I Hear, I Speak, I Choose, I Ground, I Create
NEW EARTH

I know that
AS I HEAL MY SELF, I HEAL MY PLANET

I AM Lightbody ~ Gaia is Lightbody
I AM Gaia
We are ONE

Thank you, dear people,



Soon we will return to the HOME,
Which, truly, we have never left.

The Circle is Complete
ONE into ALL
And ALL into ONE

With love,
Gaia

Please Continue onto:

INTEGRATION PROCESS PART II

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