

BEING CONSCIOUS PART III

The Throat Chakra



By
Suzan Carroll PhD

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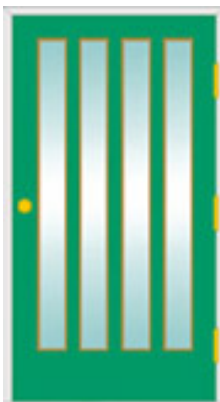
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THE SECOND GREEN DOOR



The second door is marked: EMOTIONS

We knock.

As the door opens, a message is displayed:

Our emotions create mental pictures that awaken our imagination and trigger memories that encourage further self-development. Positive emotions of love and well-being surface from behind our pain and fear, as feelings of empowerment override the sense of being a victim.

Gradually, we begin to take responsibility for our life. As our consciousness expands, we observe our emotions as reactions to the external world and messages regarding the internal condition of our body and psyche. Love, more than fear, comes into our lives now, which allows us to experience our emotions, not as a limitation, but as a creative force.

THE EMOTIONS DOOR REPRESENTS OUR EMOTIONS THE CREATIVE POWER OF ENERGY IN MOTION

We have all chosen to be a part of the “great experiment” and take on a physical body in the third dimension. We have chosen to incarnate into this space/time quadrant, to complete our “mission.” The problem is that when we came into the third dimension we forgot our higher dimensional life, and we forgot our Mission. We forgot because, in order to enter our physical body, we must comply with the laws of the third dimension. These laws are based on the concept of limitation and separation.

If we experience our true, Multidimensional SELF, which has no limitations and exists in unity with ALL THAT IS before we are fully grounded, we will ascend to our higher Lightbody and leave the physical plane. Unfortunately, by the time we are fully grounded, we have usually forgotten our true SELF and have become lost in the illusion of the physical dimension.

Over the eons that we have visited this vibration, we have surrounded our ego/self with many “thoughts of limitation” and “feelings of separation.” Therefore, when we take an embodiment, we are surrounded by the sum total of all the limiting thoughts and feelings of separation that we have ever had in ALL of our incarnations. These negative and limiting thoughts and feelings are our dark side.

Our dark side lives in a state of complete separation. If we feel separate from everyone and everything, why should we care if our actions harm humans,

animals, or other members of the Great Mother's Body, Planet Earth? From our dark side, the illusion of separation is so complete that we do NOT believe that, eventually, our actions will return to us, the sender.

Separation is the first illusion that must be burst in order for us to move into a feeling of unity. The feeling of unity is what allows us to perceive the "choice" of higher frequency perceptions because it creates an urge in us to seek something more. This urge is known as Divine Discontent.

Our ego/self is limited to Beta Brainwave consciousness in which everything is perceived as "ME" or "NOT ME". When the entire world is perceived as me or not me, there is much fear. It is very easy, from that state of consciousness, to feel cast adrift in a hostile world and to perceive many "not me" beings as current or potential enemies.

This perception creates another form of our dark side which is, "I had better get THEM before THEY get me" or "If I don't do _____ to THEM, then THEY will do _____ to me." We have then developed a dark side that is based on a constant fear of possible injury.

It is important to remember that our dark side is based on fear, whether it is fear that we create in others or fear that we create in ourselves. We must be able to recognize this dark side before we can heal it. This dark side hides so deep in our unconscious that it lives on the edge of the Lower Astral Plane.

Until we heal at least some of this dark side, our higher dimensional perceptions will be tainted by the emotional storms of the Lower Astral Plane. Therefore, we must heal this ancient fear before our multidimensional perceptions can be returned to our conscious awareness.

Love is the antidote to fear. When we are afraid that we are alone and separate from all life, the unifying communication of love can ease that fear. In these troubled times, it is important that we penetrate the wall of darkness that these dark emotions have created between us our higher perceptions. Also, as we heal the dark side from our our own aura, we assist in clearing the Lower Astral aura of Mother Earth as well.

We are not alone, and the experience of Unity with another person, place, being, or dimension is necessary to release our ego's illusion of separation. From the perception of unity, the definition of "me" is expanded from ego/self to Soul/SELF. Soul/SELF does not perceive in terms of me, but in terms of US. It is important for US to use the creativity of OUR love-force to heal our ego and our planet.



THE DEPTHS

There it is,
the hysteria brewing inside like a silent, screaming storm.

Deep inside,
I know that I cannot achieve inspiration until I am ready to
dive again into the bowels of my deepest unconscious self.

My dark side,
the portion of me that I have judged so harshly
that I have confined it to the prisons of my long forgotten unconscious,
hides within these depths.

These depths are only partially third dimensional,
for they hide at the threshold of the Netherworld.

The Netherworld is the doorway through my own Personal Lower Astral plane,
and can only be entered with honesty and loving emotion.

Only if I am able to be honest enough to own my own dark side,
only if I then can still LOVE my self,
with all my darkness and all my fears,
can I enter the Netherworld.

If I can find this threshold,
I can open to doorway through my darkness
and into the Light.

However, if I am unwilling to face my deepest darkness,
the key to this door is withheld,
and I am barred from admittance.

If I avoid this challenge
and continue to live in denial of my fear and darkness,
a wall will slowly grow between the person that I “act like”
and the person that “I am.”

And then,
inspiration will NOT come to me because
I will not BE me.

Instead, I will be an illusion,
an illusion of who I choose to act like,
because I am afraid to BE who I AM.

But if I can go there,
if I can jump into the abyss,
I can FEEL my Lower Astral Self
and remember how I, myself, created it.

Then, and only then,
can I see the Light
and feel the Love of my Soul.

In order to see my Light, I must be willing to enter my darkness,
and in order to feel the Unconditional Love of my Soul,
I must be willing to Unconditionally Love my fear.

Then, I can KNOW forgiveness, comfort and LOVE.

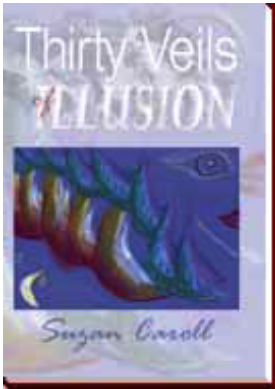
Then, and only then, will I like myself enough to

BE my SELF!

However, which SELF will we BE?

Just as we have chosen to take a body on this third dimensional plane,
we can choose the "Self" that we wish to be.

Once we have cleared our dark side we are no longer victims to the 3D Illusions,
Then, we are free to BE the SELF of our choice!



EXCERPTS FROM:

THIRTY VEILS OF ILLUSION

By

Suzan Carroll PhD

VEIL EIGHT

"The Illusion of Self"

It worked. It worked. I thought of Earth and then I was there. I woke up in my bed. But now, awakening has a new meaning. When I come here, I feel like I have awakened. Yet I know I must be asleep before I can get here. Then, it is like falling asleep when I leave here, and I must wake up before I can know I have returned. I wonder if all this is less confusing when one is in "I AM" consciousness.

"In 'I AM', my dear, there is no confusion, only enlightenment."

"Oh, Lady Astrea, I am so glad to see you again. I miss you when I am on Earth."

"But, my dear," she replies, "I am not far from you when you are on Earth. If ever you want me, just think of me and I shall hear you and travel along your beam of thought to answer you. But come now, my dear, it is your time to enter the circle."

Why is it that she brings me to the circle just as I wish to ask a question? Oh, yes, I remember, questions are merely a form of doubt. The circle glistens around me as the Ladies approach. I do know that I no longer doubt this experience. I may not understand it, but I no longer question it. As the Ladies take the veil I hear Lady Leto saying, "Dear one, the string that ties the veil of illusions is emotion. Know the emotion that you feel now. Allow it to communicate

with you and give you the information you need, then release it so that you may continue with your work.

"The veil that is lifted this evening is 'The Illusion of Self.' Within this illusion, personal importance is a source of external reward and success. The 'self' is not the same as the 'Self', for many 'selves' make up the 'Self' and many of those 'selves' are not even of one lifetime. However, humanity has put such effort into establishing the little 'self' that humans begin to believe that that is all they are. They begin to believe that they are the body and that they are ruled by the ego. As an infant and a small child, one knows that there is no separation and that all on Earth are one. Infants and small children 'know' that a body holds their essence and they are actually much more than just a physical form. Since the world into which they are born is not yet ready for this concept, the children are taught to become their body, to focus all awareness on the physical form and to become a 'self.'

"With the release of this veil, you will begin to know and understand all the desires, goals, needs and rewards of this small 'self.' Watch each one of these through the eyes of the 'Self' and release them all as particles of an illusion." And now the mighty Hilarion speaks: "To be able to become one with the High Self is a vast and awesome task. I can remember how I suffered in my Earth lives to accomplish this task. My ego was strong and resented its death. You, my one, have striven first to establish a sense of 'self' so that you could better relate to the world that always felt like a foreign planet to you. Therefore, it may be difficult indeed to give up that which you have searched so hard to find.

"Release now the illusion that this small, lonely 'self' is all of you. Surrender instead to the Higher Self that you have always felt in the close distance. Fear not the ramifications. I know the reasons for building the illusion of 'self' and it is necessary while one is learning one's Earthly lessons. However, when one moves to the state of teacher, one carries the answers within.

"Release that small role with all its haunting emotions and Earthly strife. You no longer need to suffer to learn, for now you can learn through teaching. Feel the presence of the masters in your physical vehicle. Watch as all that was 'real' fades into a symbol. Know the Earth as it truly is—a schoolroom for human evolution. Collect your degrees now and leave your desks. Step up to the podium and allow your Higher Self to inhabit the vehicle that you have worked so long to prepare."

Although I can barely understand what Hilarion has just said, Apollo now adds, "I see how this is a difficult task for you to comprehend, and I know that it will take all the courage that you possess. To deny the suffering that told you that you were alive is to truly face death. Die now, my one. Die to hardships, die to restraint, die to criticism, and die to human love. See your Angels of Resurrection and feel the divine detachment as you are united with your Higher Self. Give

away each emotion as it signifies a reaction to your third-dimensional life. Instead listen, observe, and understand the message passed from the third dimension to your Higher Self. Look down into all Illusions that hold the 'self' in sorrow and reward. To know the death of 'self' is to feel and be everlasting life."

As the masters finish speaking, my mind is in a whirl. How can they know so much about me personally? Although I don't yet remember my Earth life too well, I'm sure it was nothing significant. How can they know or even care about one small person such as my 'self'? "Because you have called us." I hear the loving voice of Lady Astrea answer my thought. I realize now that somehow I have traveled outside of the circle or, perhaps, it has left me. "How do you hear my thoughts, Lady?" I finally ask the question.

"My one, it matters not to me which voice you use as I listen only to your heart. We of the higher dimensions are only concerned with the issues of Earth that affect the true heart. All else is merely a lesson being played and replayed. The lives and thoughts of the human realm only concern us when humans have come to the point in their evolution where they call for divine intervention from their hearts and truly accept it. It is not that we do not love all of humanity, but rather that they are unable to accept our assistance. As long as beings have all their senses focused on the physical world, they are prisoners of that very world which they believe is all that exists."

I can hardly hear her last words, as I know I am now leaving. Oh, please, let me remember what I have learned here. Oh, please, help me to be awake on Earth...

AS WE CREATE A NEW SELF, WE CAN ALSO CREATE A NEW REALITY. BUT FIRST, WE MUST REMEMBER THAT OUR "REALITY" IS ACTUALLY AN ILLUSION OF OUR OWN MAKING

VEIL TWENTY-ONE

The Illusion of Constancy of the Material World

This time I find myself already within the Circle. The Ladies are at my side. As they remove the veil, I hear Lady Leto saying: "Dear one, the veil that is lifted this evening is the 'Illusion of Constancy of the Material World'. Humanity has built around itself the illusion that the world is made of dense material that is permanent and unchanging. This is a very powerful illusion as it is a thought-form which has been fed by many over a very long period of 'time.' The physical world is, however, far less permanent than are the finer vibratory worlds, because the physical molecules are in a constant state of resistance. This constant resistance slows down the total vibratory level and thereby increases the substances' density. Just as a top will slow its spin if it hits a bump, each 'bump' that is encountered on the Physical Plane causes a resistance and lowers the overall

vibratory rate. The appearance of external objects is also built on the finer planes, but on those levels the occupants are aware of this fact.

"On Earth, the material objects used for one's daily existence and comfort are built by a joint illusion of the inhabitants. Since the inhabitants suffer much resistance and discord in their daily lives, their creations are built upon the foundation of dissonance and discord. Because of the foundation of resistance and dissonance the Earth illusions age in a very short time period. Environmental illusions of the higher planes never age and virtually never disappear until the occupants no longer need them. Then, they dematerialize and the molecules return to the original First Cause to be redistributed."

Hilarion adds: "The molecules which truly build 'material objects' are actually thought-molecules, or molecules of a vibration consistent with the vibratory rate of the majority of creative humanity. The wizards and magicians of old knew that material objects were made with the mind rather than with the hand. They used their magic to will the formation of material objects from the finer ethers. The illusion of 'constancy' was further fed by mankind as it became more scientifically and materialistically oriented. As the illusion of the material world's indestructibility became stronger, it became increasingly difficult to create and change the thought-molecules which make up the material world.

"However, with the advent of quantum physics, even the most scientific of humanity is beginning to realize that the material world can actually be changed by one's thoughts. As this fact becomes clear in the minds of the scientists and the intellectually oriented members of the community, the illusion of 'constancy of the material world' will begin to lose its strength. Then, physical materialization will be more and more malleable, as will be the ability to create new physical thought-forms. It was important for humanity to lose access to the laws of physical creativity during the Dark Ages, as it was not morally prepared to shoulder the responsibility of that knowledge.

"Mankind now stands on the cusp of a great adventure, or disaster, depending on the amount of responsibility that each can take for their own knowledge and creative force. It is imperative at this time in Earth's evolution that a high morality is built in the hearts and minds of humanity. This Aquarian Age is destined to be a golden age for scientific, social and spiritual ideology. It is meant to be a time when completely new realities can be formed. This new age holds the momentum of all the previous ages. It is vital that there exists a purity of thought and motive, because the ramifications of the growing forces of power and creativity will be instant, extreme and enduring."

Master Apollo continues, "As each member of mankind acquires the new state of consciousness which will be the norm in the Golden Age, many illusions will drop away. The effect will also be logarithmic, as energy does not progress in a linear fashion but instead, progresses logarithmically. Therefore, each time another

member of society claims the higher state of consciousness, which is his or her birthright, the effect of the whole will not be added by one, but instead doubled.

"In an advanced state of consciousness it will become more and more apparent that dense material objects are clearly combinations of swirling molecules moving at a very slow rate. Perception is totally relative to the vibratory rate of the perceiver. Each one has a 'base line', or resonant vibratory rate, which forms the fundamental frequency of their consciousness. They can then perceive all that is within that spectrum of vibratory rate.

"This concept can be compared to a flashlight beam casting light (or making perceptible) all that is within its beam of light. The point directly in front of the flashlight/consciousness represents the fundamental frequency, or base line vibration. The lighted areas to the right and left of this point represent the spectrum of the flashlight/consciousness. Just as the beam becomes wider as it moves away from the flashlight, so does human consciousness have a wider and wider spectrum as it moves away from the 'baseline' consciousness of mundane, physical perception.

"Just as a flashlight has a limit to its perception, mankind also has a limited perception while its consciousness is centered in the mundane, physical realities. It is possible, though, to obtain a new, stronger 'flashlight' to continue where the last one left off. This 'stronger flashlight' symbolizes a different base line of consciousness. The new, higher consciousness would then have a range twice as far and twice as wide as the former one. It is from this higher 'base line' that one can perceive the densest of physical objects as varying combinations of swirling molecules. Furthermore, these progressive levels of consciousness are infinite.

"It is only from the lower perceptions that illusion is viewed as reality. These lower states of consciousness carry such dissonance and distortion that perception of the higher realities is extremely distorted. However, as one climbs the ladder of consciousness, one is less and less influenced by the difficulties of the lowest rings. This fact does not mean that they do not care about those on the lower rungs, but that they are no longer influenced by them.

"When the majority of mankind's consciousness is withdrawn from the lower levels of existence, these levels will lose the power of the group illusion and force the remaining members of that consciousness to realize the truth of the higher states. Those who can then raise their consciousness shall evolve with the majority of mankind. Those who cannot will cease to exist on the planet, as it will be too difficult for them to remain conscious at the higher level. These members will then be mercifully released to another solar system at a more elementary state of evolution."

I walk from the Circle in a daze. I don't know if I am dazed because I don't understand the message or if I am dazed because I do. It is as though a part of me is completely confused and drowning in a maze of unorganized thoughts, while another part of me is comfortably returning to a knowledge that was always mine.

I return now to a waking life that is really a dream. I will awaken into my sleep to pretend that all I face there is 'important' and 'real.'...

GREETINGS FROM GAIA



I AM Gaia, your Earth Mother,

Dear children of mine,

I speak to you today to remind you, do not underrate your importance. It is now Time for humanity to know that each and every ONE of you is special. Be patient with your creations, beloveds. How long do you think that it takes me to raise a mountain or grow a giant oak tree?

Allow me to share with you how you, my children of grounded light, assisted me in creating our third dimensional world. Long ago, before there was time, you, the Clock Setters, helped to create a new third dimensional world.

First, a twelfth dimensional consciousness, known as Solar Terra, volunteered to release a portion of its SELF into the lower vibrations to become what we now know as Sun/Star. For a very long “time,” Solar Terra prepared its Sun/Star in the fourth dimension. Sun/Star then had to further fragment its consciousness in order to create a form for each of the planets. I, Gaia, am the fragmentation of Sun/Star that represents the consciousness of the planet known to you as Earth.

Sun/Star needed to be in continual communication with each of its planetary consciousnesses while they went through the vortex/filter to the lower vibration of the third dimension. In fact, since then, each of the planets have been in continual communication with Sun/Star, which is in continual communication with Solar Terra, our twelfth dimensional SELF, as well as all the other Galaxies of our Universe, which are also in continual communication with twelfth dimensional Source.

From the twelfth dimension down, all the Stars and all their planets, along with all life forces upon them, including you, dear humans, are in constant communication. All of us are linked in a huge, multidimensional network to each other and to Source.

Sun/Star, and all its planets, was not the first fragmentation of the twelfth dimensional consciousness, Solar Terra. Solar Terra had fragmented other portions of itself to be stepped-down in frequency into other realities of form. Nonetheless, Solar Terra enthusiastically accepted the invitation to become part of this third dimensional experience. Upon accepting the challenge to become third dimensional, Solar Terra called to all of its other components which had experienced lower dimensional realities to join it in essence.

Solar Terra knew that the experience of physicality would be a great challenge, and it needed the knowledge of its many other manifestations to meet such a challenge. All the fragments of Solar Terra represent a step-down in frequency from “Source.” In fact, even our Source is a step down in frequency from its Source.

On Earth, each of the inhabitants of my form is a step-down in frequency from my consciousness, including your physical form. However, even though you now share your experience with me, your Spirit has come from your own twelfth dimensional Source.

When Sun/Star was ready to be “born” into the third dimension, it aligned itself with the step-down vortex/filter that would sift out the higher frequencies and allow only the third dimensional frequencies to pass through. The consciousnesses of each of the fragments of Sun/Star, which were to become planets, assisted it through the 3D filter. As fragments of my consciousness, humanity and my other inhabitants assisted me in supporting Solar Terra’s step-down into Sun/Star.

Then time and space, as you know it, was born. Little did we all know just how difficult it would be! While in the limited confines of time and space, it is often easy to forget that there is a bigger picture and a bigger purpose. Now is the “Time” for me, all of my inhabitants, Sun/Star and the rest of our Solar System to return to our fourth and fifth dimensional vibrations. This return is known to you as ascension.

No matter what illusions we believe while in the third dimensional reality, our return to our higher SELF is our most important task. Know that as long as that intention of ascension is forefront in your consciousness, you are proceeding with your Mission. Of course, even when you forget to keep the process our ascension in your conscious awareness, it is still occurring, even though you may not “FEEL” it.

Since your emotional/feeling body is the key to your creative force, it is important that you FEEL the process of ascension. How does it FEEL to have your corporeal body increase its vibratory rate? How does it FEEL to have your brainwaves change from beta... to alpha... to theta... to delta? How does it feel to have your High Heart open and to be a Spiritual Warrior, who is completely free of fear?

I wish to comfort you by telling you that, at first, it feels much like fear. I say “much like fear” for it is not fear, but the release of fear. As each old emotion is purged, remember how that emotion will FEEL going out of you, exactly how it FELT when you first repressed it. Therefore, beloveds, be gentle and patient with yourselves.

Just as your consciousness was awake when you helped me through the filter into the third dimension, I need your consciousness to be awake when we again travel through the vortex/filter back to the fourth and fifth dimension.

I ask you now to FEEL me today and ALWAYS.
FEEL my love and support.

In the Unity of Oneness we shall return HOME—together.

I AM Gaia, your Earth Mother



EMOTIONS AS CARRIER FREQUENCIES



The Emotions Door of the Conscious Section represents the Fifth Chakra, which rules creative communication of emotions. Our consciousness is often a battlefield between our mind, body, and emotions. In order to “win this battle”, we must be willing to FEEL our emotions, for if we don’t; our inner enemy will remain unknown.

Our feelings/emotions, our “energy in motion”, are a powerful force. Our fifth chakra teaches us how to transmute emotion into creativity, as well as how to communicate our creativity to others.

However, our society puts great pressure on us to be “fine” and “work hard.” Therefore, we often ignore our bodily symptoms and emotions. We do this because we need to survive in a competitive world and because uncomfortable bodies and negative emotions are familiar.

Look at how many television commercials encourage us to “take medicine” so that we can ignore the messages from our body or emotions and continue to WORK. If we can perceive the small voice that reveals our true feelings about life, than we can make appropriate choices to deal with these feelings.

Our emotions are largely biochemical events in the ductless glands of our chakras. When they are routed to our brains, they go to the limbic system, which is in the most primal, survival-based area of our brain. These emotions are only routed to our higher cortical mind through learning and conscious choice. Therefore, emotions truly are “bodily sensations,” and it is difficult to isolate them from our body.

Many sayings express this. For example: “I was so afraid that my knees shook.” “I was so upset that I felt like throwing up.” “I was so angry that my blood was boiling.” In fact, it is very difficult to describe an emotion without using a body sensation. The body and the emotions act as one. If we “feel good” emotionally, then our bodies feel good. On the other hand, if we are “upset,” our emotions and bodies will both “feel the pain.”

Emotions are reactions to our inner and outer life. They provide us with important information that can assist us in steering our body through third dimensional life. Our emotions give us information in nonverbal language and tell us about the carrier frequency to which we are attending. A “carrier frequency” is the emotion that carries this information.

The low frequency carrier emotions are based on fear and the high frequency carrier emotions are based on love. Fear is a low frequency because it restricts energy by resonating to limitation, separation, power over others, or others' power over us. On the other hand, love is a high frequency because it expands energy by resonating to flowing, allowing, accepting, unity, hope and inner power.

Beta Brainwaves are more likely to resonate to the lower frequency carrier waves because the focus is external and often overwhelming. Therefore, it is easier to become off-center. In the Alpha Brainwaves, we have more of an inner focus and we can better balance our many "selves". We can only maintain Alpha Brainwaves in our mundane life when we are centered and calm in our thoughts and emotions.

Once we can maintain some degree of Alpha Consciousness in our daily life, we can raise our consciousness enough to perceive and attend to the higher realities. Since the reality that we create is based on the information to which we attend, it is important that we learn to perceive the carrier frequency of the higher vibrations, which are filled with love.

Choosing to "tune into" the LOVE carrier frequency is much like dialing a radio channel. However, with a radio, the stations are not based on a hierarchy as they are with our consciousness. The higher dimensions are filled with the Love Force and send their messages on the higher frequencies. Whereas, the lower dimensions still hold fear and send their information on the lower frequencies.

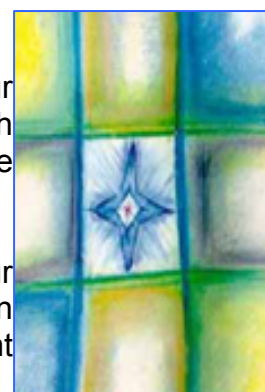
The higher fourth and fifth dimensional stimuli travel on the love carrier frequency. The lower fourth dimensional, and for far too many people, most of the third dimensional, stimuli is carried on the fear carrier frequency.

Fear based carrier waves are not "bad." Fear gives us important information about our safety. However, we do not want to live our life in fear. It is best if we can learn to get the message of fear and then release it.

CALIBRATING OUR CONSCIOUSNESS

The "control panel" of our earth vessel/physical body is our chakra system. Our Multidimensional SELF can steer us through our many different realities if we can choose to attend to the LOVE carrier frequency.

We can also use our emotions to "dial in" information about our inner /outer and higher/lower worlds by "feeling" a certain chakra. Each chakra transmits information about different dimensions and different areas of our life.



Each chakra also has a “love carrier frequency” and a “fear carrier frequency”. The love carrier frequency gives information about creation and directs us to maintain certain parts of our reality. On the other hand, the fear carrier frequency gives information about destruction and directs us to protect ourselves or release certain parts of our reality.

We can use our emotions to focus on the area of our body that rules each chakra and calibrate our consciousness to that information. First we scan a chakra to see if we primarily feel fear or love in that area of our body and of our life. In this manner we can determine if that chakra is balanced or “dis-eased”. Our bodies, in tandem with our emotions, will give us this information.

The fear carrier frequency will tell us if there is something wrong, and if there is possible danger. The love carrier frequency will tell us how to best use the resources of this chakra to create the reality that we desire.

If we are to correctly interpret each chakra’s message, we must feel calm and balanced. Also, we must be aware of our dark side, the constant reservoir of fear and negativity that links us to the Lower Astral Plane. If we are to be able to attune to the love carrier frequency, we must be willing to feel our fear, so that we can LOVE it free.



CONTROL PANEL FOR THE HUMAN EARTH VESSEL

The roar of the outside world will not allow the deep introspection that is necessary to read our Control Panel. Therefore, in order to effectively use this control panel, we must first calm ourselves to Alpha or Theta waves.



SEVENTH, CROWN CHAKRA

<u>Transitions</u> 5 th dimension & beyond	<u>Interprets</u> 5 th dim, Soul, Higher SELF	<u>Body</u> <u>Language</u> Biorhythm, Conscious- ness	<u>Love Carrier</u> <u>Frequency</u> Unity with ALL That is	<u>Fear Carrier</u> <u>Frequency</u> No connection to Soul	<u>Brainwaves</u> Theta to Delta Waves
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SIXTH, BROW CHAKRA

<u>Transitions</u> 4 th Dimension to 5 th Dimension	<u>Interprets</u> Higher 4 th Dimension Spiritual guidance & illumination	<u>Body</u> <u>Language</u> Eyes, Forehead, Nose, sinuses	<u>Love</u> <u>Carrier</u> <u>Frequency</u> Imagination, illumination, vision, spirit guides	<u>Fear Carrier</u> <u>Frequency</u> Disillusionment, illusion, delusion	<u>Brainwaves</u> Alpha to Theta waves
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FIFTH, THROAT CHAKRA

<u>Transitions</u> 3 rd Dimension to 4 th Dimension	<u>Interprets</u> 3 rd Dimension & Mid 4 th Dimension Higher commun- ication and creativity	<u>Body</u> <u>Language</u> Throat, teeth, hearing, neck, voice, speech	<u>Love</u> <u>Carrier</u> <u>Frequency</u> Intimate commun- ications and fulfilled creativity	<u>Fear Carrier</u> <u>Frequency</u> Poor Commun- ication And limited creativity	<u>Brainwaves</u> Beta to Alpha waves
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Fourth, Heart Chakra

<u>Transitions</u> Core of multi- Dimensional Integration all dim. into the 3 rd dimension	<u>Interprets</u> 3 rd Dim. that has been integrated with other Dim. Relationships with self and with others	<u>Body</u> <u>Language</u> Heart, lungs, Immune system, arms, hands	<u>Love</u> <u>Carrier</u> <u>Frequency</u> Unity, love, joy, forgiveness, messages for healing	<u>Fear Carrier</u> <u>Frequency</u> Abandonment, sorrow, loss, illness	<u>Brainwaves</u> Beta to Alpha waves
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THIRD, SOLAR PLEXUS CHAKRA

<u>Transitions</u> 3 rd Dimension to 4 th Dimension	<u>Interprets</u> 3 rd and lower 4 th Dimension Power within & power over, intellect, ESP	<u>Body</u> <u>Language</u> Midriff section, stomach, pancreas, spleen, gall bladder etc.	<u>Love</u> <u>Carrier</u> <u>Frequency</u> ESP, power within self, intellectual reasoning, learning	<u>Fear Carrier</u> <u>Frequency</u> Fear, victim or victimizer, Psychic attack	<u>Brainwaves</u> Beta to Alpha waves
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SECOND, NAVEL CHAKRA

<u>Transitions</u> 2 nd Dimension to 3 rd Dimension	<u>Interprets</u> 2 nd Dim. plant and animal kingdom Survival, home, food, & procreation	<u>Body</u> <u>Language</u> Genitals, navel, intestines, kidney	<u>Love Carrier</u> <u>Frequency</u> Nurturing, lovemaking, family, home, security, community	<u>Fear Carrier</u> <u>Frequency</u> Danger, fear for survival	<u>Brainwaves</u> Alpha to Beta waves
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FIRST, ROOT CHAKRA

<u>Transitions</u> 1 st Dimension to 2 nd Dimension	<u>Interprets</u> 1 st Dim. mineral kingdom Grounding & stability	<u>Body</u> <u>Language</u> Hips, legs, knees, ankles, feet	<u>Love Carrier</u> <u>Frequency</u> Unity with Mother Earth, grounded, vitality	<u>Fear Carrier</u> <u>Frequency</u> Lack of stability & vital energy, disconnected from earth & others	<u>Brainwaves</u> Alpha to Beta waves
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Through using the creative force of our emotions we can focus our mind to feel how our emotions speak to us through each chakra. The combination of a calm, open mind and balanced emotions allows us to be receptive to our body language.

Our body language can then teach us how to calibrate our consciousness. Once we learn this calibration, we can access information from all the dimensions that make up our human earth vessel.

Chakras one through three are often called the “Lower Chakras,” as they give us information about our physical survival.

The “Higher Chakras,” five through seven, give us information about our creative, Spiritual SELF. The Heart Chakra integrates the information from both our lower and higher chakras into our conscious life.

Once we have identified our fear, we can constructively express and release it through our creativity. Personal creativity, as a form of communication, is a means by which we can express AND heal our self at the same time. This form of creative expression also serves to assist others.

Artists have always been the vanguards of society. Through allowing the intensity of their emotions to rise to the surface of their consciousness, they express through their art form what others also experience in their unconscious.

This expression of our creativity teaches us to create not only an art piece, song, dance, craft, athletic skill, etc, but it also allow us to create our reality. Now, as we

move together into the fourth dimension, we have a greatly accelerated power of creativity through our unified thoughts and emotions.

What really do we wish to experience? The reality we live is the frequency to which we attune our consciousness, and, hence, our perceptions. With practice, we can “fly” our earth vessel and consciously visit the higher dimensions while our physical form safely awaits us on the third dimension.

But first of all, we must love our fear FREE.



THE CLIFF

Why wasn't she afraid? Why wasn't she even worried?

She looked over the edge of the cliff. It was very steep and dropped into ocean. The surf rose up against the cliff, but made no impression upon the granite rocks. The rocks had been there a very long time. They were not going to allow the turbulent ocean to overtake them now. The ancient slopes had withstood many a storm. They would survive this one as well.

The memory of survival made her calm. She knew that there was a reason for everything. She had proven that to herself through searching for it. Reason that is! The "whys" of life were hidden deep inside the "whats" and "hows." And, of course, there was "when". When - one small word that could cause such worry and fear. It had taken a very long time for WHEN to be transformed into NOW.

And now, she was here at the edge of the cliff, looking down and feeling the urge to fly, to glide straight down to the edge of the surf, and then to swoop back up into the air just as she felt the spray of water upon her. She had watched the gulls doing this and had joined them in her mind. Today she would do it alone.

As she leaned her essence over the edge of her body, she felt herself pull up and out of something old and restrictive. She dove towards the ocean and caressed the sea with her hands. And then, looking upwards, she floated up towards the sun. The warmth increased as she raised herself above the turbulent seas below.

She moved through cloud after cloud of memories on her journey Home. Some were sweet and beckoned her to remain. Others were painful and repelled her onwards. Then the glow of the sun engulfed her and pulled her onto its hearth. The earth was far beneath her now. She almost wished she could leave it there, but something was calling her back, or was it "someone?" Oh yes, the "someone" was Love. Could she pluck a ray of the sun and give it to Love?

The thought pulled her back suddenly. She spiraled out of control down, down, plummeting back to the density, limitation, form, fear, worry, and yes, back to Love! The Love softened the blow of her return. It comforted her as she felt Sadness. But the Sadness had a Joy to it. The tears were those of Happiness, rather than tears of Sorrow.

She began her long walk back. They would be waiting for her. As she bent to pick up her hat, she realized that her hand was tightly grasping something. She didn't know what it was, but she decided not to look now. She would hurry back and share her prize with Love.

She ran across the fields, over the creek, and up the hill to the edge of the forest where her home awaited her. She heard the birds and smelled the flowers. The comfort and familiarity welcomed her.

She opened the door and ran to Love to share her gift. When she opened her hand she felt the warmth, she saw the glow, and she recognized the Ray of Golden Hope. It formed a path before her.

Yes, if she stayed upon this path, she could continue
without fear and even without worry.



TRANSITION FROM THE THIRD DIMENSION INTO THE HIGHER REALITIES

Our planet is transitioning into the higher realities. What reality shall we choose? Whenever choice of consciousness is made, there is a coordinating reality that resonates to that choice. Above and beyond any issue that may appear to be the cause of life's turmoil or even victories, all of our reactions to life are indeed consciousness choices.

In other words, we participate in the creation of our reality according to the way we respond to our world. As an example, we may respond to a difficult situation either from a lower consciousness by becoming frightened, angry, and insecure. On the other hand, we can respond to a difficult situation from a higher consciousness by being hopeful, positive, and calm.

CHOICES OF CONSCIOUSNESS

These choices of consciousness also arise during a positive event. We can either respond by being boastful or worried that our success is temporary and generally feeling undeserving, or we can respond with a higher consciousness by realizing that all events are lessons for learning, whether they are positive or negative.

Lower consciousness is defined here as third and lower fourth dimensional consciousness. Higher consciousness is defined as higher fourth and fifth dimensional consciousness.

Lower dimensional consciousness is based on a materialistic viewpoint of life. All that exists is that which can be perceived or measured by instruments of the physical plane. Higher dimensional consciousness opens us up to other planes of reality, which can be perceived only by our inner senses.

The doorway to the higher planes lies within us. Many have referred to the higher dimensions as the mystical planes or heaven, and they believe that they can only be attained through death.

Although there are some people who have no contact with the higher dimensions, anyone who has even the slightest belief in a "God" or "Goddess" has some access to this plane via their belief systems. We all have some higher dimensional experiences through our night bodies, but the staunchest third dimensional thinkers even deny themselves the memories of their dreams.

GAINING MASTERY

Some people come into this life with primarily a third dimensional consciousness. If they wish to expand their minds, they must work hard to open their imaginations to higher dimensional thinking and perception. Others, however, are born into this life with an open link to the higher dimensions and have to struggle tenaciously to ground themselves in a world that denies their very core of existence.

Either way, to complete one's sojourn on the physical plane, one must learn to be a master in both lower and higher dimensional thinking. To be a master in third dimensional thinking we must understand, and be functional in, the materialistic, physical world.

In order to be a master of higher dimensional thinking, we must realize that we truly are beings of a higher destiny. Having taken on a physical form, we have the opportunity to release old patterns of limitation and be of service to the ONE.

The first and most important step in mastery of the higher dimensions is to realize that Spirit runs not from us, but through us. This realization allows us to release our attachment to the rewards and validations of the physical plane.

Since we are not the source of the spiritual/creative force, but rather the channel through which it flows, we need no recognition nor acclaim for the contributions that Spirit makes through us. This freedom from need for reward also releases the fear of negative reactions from others.

This freedom from the opinions of others is actually quite difficult, as we seldom come to this stage of evolution before having gained an ego attachment to the workings of the third dimensional world. To release the ego attachment, we must place our attention on another portion of ourselves, our Soul.

FUNCTIONING FROM SOUL

Functioning from Soul, rather than from ego, takes great dedication, and is attained moment-by-moment by the responses we choose to have about our inner and outer reality. Are our responses from a higher or a lower state of consciousness?

When the majority of our reactions are third dimensional, then we function in that reality. However, as we choose to respond to life in a higher dimensional manner, we begin to move into that reality. In fact, with each choice of response we move into or away from our new reality.

The fourth and fifth dimensions are not new, but they are new to those who have never allowed themselves to consciously experience them. Why have these people not chosen to remember these higher worlds?

Some people do not know they exist, so they do not search. Perhaps, they have not chosen to know that higher dimensions exist because the third dimension has trapped them in its illusions and survival.

However, the higher dimensions are not something that we will experience for the first time; instead they are the realities that we are returning to. This return is now being experienced not just by death or sleep, but by the conscious choices we make in our daily life.

AWAKENING OUR MEMORY

When we choose to remember the fourth and fifth dimension, we begin to awaken the memory of other third dimensional lives. Those of us who came into this life as primarily fourth and fifth dimensional beings may always have had “dreams” or recollections of these lives.

As we begin to free ourselves of our imbalances in our present third dimensional reality, other third dimensional lives, which are often thought of as past lives, also come to our consciousness to be healed and balanced.

Learning of the lessons and patterns of our other lives can assist us to move beyond the limitations of our current life experiences. The lives in which we faced the same challenges will be the first ones to be remembered.

When we are able to see that the roots and patterns of our present relationships and challenges are found in other lives, and heal these issues at the source, we can more deeply and clearly commune with our Soul.

Because of the unique quality of the times in which we live, it may be beneficial to view and re-experience our first incarnation in third dimensional form. In that life, we may remember our first experience of separation from the Oneness of All and from the completion of ourselves - our Divine Complement.

OUR DIVINE COMPLIMENT

Our Complement encompasses both the male and female polarities of our Soul, which is androgynous. Once we have consciously united with our Divine

Complement, we can hold that love in our hearts as a beacon to guide us in the higher planes. With this awareness of our Soul, we can often view our highest spiritual lives.

The awareness, which we achieved in those lives of Spiritual Mastery, can be a great teacher to us and can assist us in remembering lives, beyond the fourth dimension. In the lives in which we complete our spiritual initiation, we are able to lift the veil of illusion and journey consciously into the fifth dimension and beyond.

Our highest spiritual lives can help us to remember our destiny and perceive our Multidimensional SELF. As each one of us takes the responsibility for healing, balancing, and raising our personal energy fields, we assist the planet in doing the same.



The Time of Waiting

The time of waiting was almost over.
I knew that.
I could feel it in my Soul.

What else lay hidden within me
that was stopping a fully conscious experience
of my Multidimensional SELF?

I turned around inside my mind
and opened up my heart.

I calmed my physical body
and allowed my consciousness
to raise above the cares of my mundane life:

above survival,
above achievement,
above success,
and into the knowing...

Old familiar memories
tickled my awakening mind and
stroked my heart like the touch of an Angel.

Friends and comrades that I had known,
long before my first embodiment
rushed forward to greet me.

My Divine Complement
slipped neatly into my form.
I was united again.
She-he-I was complete.

My memories raised another octave
as I embraced more and more
portions of my Soul.

“I am Home,”
I heard a voice whisper.

But wait; there are no voices
in this realm of
telepathy, empathy and all knowing.

The thought made my heart thump,
and I felt my body sitting heavily upon my chair
and hands tightening into a fist.

I felt my feet
pushing against the carpet beneath me
as if to push it away.

My eyes flew open to see the physical room,
as I heard the traffic sounds outside my window.

“No!” I cried.
“I don’t want to be here. I want to be there.”

Just as the doorway to my heart began to close
and the tears began to form in the corners of my eyes,
a glimmer of light entered the room.

Like the wisp of a butterfly’s wing
the glimmer fluttered into my heart
and stopped the door from closing.

It floated up to my mind like a feather caught in an updraft.
The tears of fear became tears of joy.
My clutching hands relaxed and opened—palms up.
My feet eased against the carpet,
and I felt the comfort of its grounding support.

I calmed myself to remember
the world that I believed I had just left.
I felt that world, that reality inside my heart,
inside my mind.

I brought it all the way to the tips of my now relaxed hands,
into my toes, down through the carpet and into the earth beneath it.

The wings of the butterfly changed
into the wings of an eagle and
wrapped around my body like a cloud of light.

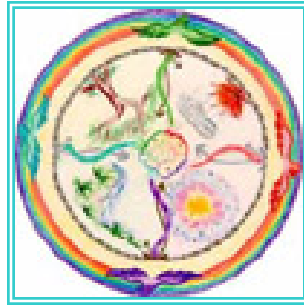
“Home is a state of consciousness,”
my friends from within reminded me.
“You have journeyed down into the womb
of Mother Earth to create a new life, not just for you,
not just for the planet, but also for the Light.

“Awaken now and find all of us
who have also taken earthen form.
We are also arousing our memories and hearing the call.

Like Sleeping Beauty, awakened by the kiss of love,
we are all bringing forth our promise.
Now you can know, now you can trust
your SELF.”

Within that moment, I surrendered to the promise
I had volunteered to keep.
Now I could remember what I had promised to do
long, long before I was born.

Now I just had to BE it.



THE FIFTH CHAKRA

LOCATION: The location of the fifth chakra is in our throat.

PETALS: This chakra rules creativity and is the chakra through which we can communicate with Higher Beings. The Throat Chakra has sixteen petals. In numerology, a number 16 reduces to a 7. Seven is the number of analysis, understanding, knowledge, awareness and meditating.

The number 7 directs the inner focus that is vital for creativity and communication on the deepest, most honest way with our self, with others and with higher dimensional Beings.

The challenge of the number 7 lies in the difficulties brought on by not expressing our deepest self. The number 7 urges us to go inside and join our thoughts and emotions to find our most creative expression.

NOTES AND MANTRA: The note for the fifth chakra is G# and the mantra is “ham” or “u” as in blue.

COLOR: The color for this chakra is pale blue or a greenish blue.

RULES: The Throat Chakra rules speech, hearing, communication, self-expression, grace and listening to our Higher Self. This chakra urges us to find our “self”, communicate it through our creativity, and use the creative force of our higher emotions to move our consciousness into the higher dimensions.

SENSE: The fifth chakra rules the sense of hearing. Just as we must learn to hear our inner self, we must also learn to “hear” others.

ASTROLOGICAL SIGN: Gemini, and its ruler Mercury, focus on communication. Many people with their Sun in Gemini enjoy performing and other means of creative communication. Those born under the sign of Gemini are also exceedingly analytical. Their dual nature makes them very gregarious. Then, just

a moment later, they are reclusively listening to and analyzing their own thoughts.

ELEMENT: Ether is the element of this chakra. The fifth chakra is the first chakra that is ruled by our higher senses, which calls for the force of this chakra to focus on the members of the Higher Realms.

CONSCIOUSNESS: The fifth chakra directs our attention towards the higher third and fourth dimensions. It is still ruled largely by our conscious mind, but has access to the Collective Consciousness. When this chakra is balanced, our Personal Consciousness progresses beyond Group Consciousness, beyond National Consciousness, and, finally, we can attune to Collective Consciousness.

PERSONAL TIMELINE: This chakra represents the stage of life of adulthood. At this stage, a sense of self is established enough that we are fully responsible and can build long-term relationships. If we can use the power of this chakra, we can learn to go inside of ourselves to determine the source of our emotions, and then we can effectively communicate our personal experience to another. It is the ability to go inside to connect with our inner guidance before we communicate with another that creates intimacy, as true intimacy is based on our deepest inner truth.

SOCIAL TIMELINE: The time era best represented by the Throat Chakra is the New Age—our present time. In this era it is our challenge to shift from national focus to planetary focus. Collective Consciousness urges individuals stuck “national consciousness” to expand their world view beyond the borders of their country.

In order to face the challenges that lay ahead of us, like pollution and the ability to end life as we know it with a nuclear war, it is time we realize that we ALL must face these challenges together. We are presently faced with challenges that we could never even conceive of in the past. We must each go inside to call upon our highest guidance. In this manner, we can honestly, effectively and creatively find solutions.

Worship through this chakra has expanded beyond the one male God with human characteristics of anger and revenge, who safely lives far away in heaven to a concept of God that encompass both the masculine and feminine polarities, as well as all of creation: God/Goddess/All That Is.

ENDOCRINE GLAND: The endocrine gland for this chakra is the thyroid gland. The thyroid is a butterfly shaped gland which wraps around the front part of the windpipe just below the Adam’s apple. It produces hormones which influence essentially every organ, tissue and cell in the body. Thyroid hormones regulate the body’s metabolism and organ function, affecting heart rate, cholesterol level, body weight, energy level, muscle strength, skin condition, menstrual regularity,

memory and many other conditions. In other words, our thyroid communicates with our entire body and has much to do with regulating our overall health and well-being.

NERVE PLEXUS: The nerve plexus for this chakra is the laryngeal plexus. This plexus controls our throat, shoulders, arms and voice.

CLEAR: When this chakra is clear we have good communication, creativity, inspiration, and positive interactions with others. Our metabolism is healthy, our cholesterol levels are good, we have vital energy and we feel strong physically and psychologically. We are inspired to express our Higher Self and have a life enriched by creative expression and entertainment. Our relationships are based on truthful communication and true intimacy.

UNCLEAR: When our fifth chakra is unclear we often have hearing problems, throat and/or voice problems, coughing, stuttering, poor metabolism, thyroid and gland problems. We feel unfulfilled creatively and may be bored and boring. We may have problems speaking too loud or fear of speaking out. Our relationships can also suffer from poor communication and a lack of intimacy. We feel uninspired and disconnected from our spiritual guidance.

EARTH CHAKRA: Mother Earth's fifth chakra is in Mt. Shasta, California. Mt. Shasta has long been known as a spiritual vortex and many retreats and seminars have been held there. Metaphysically, the ancient Lemurians are said to have been living in the fourth dimension of the area underneath Mt. Shasta. Mt. Shasta is the highest mountain in the United States, and is a pinnacle of inspiration.

DIMENSIONS: The Throat Chakra rules the higher third and fourth dimension. Our tortured emotions can pull us into the nightmare of the Lower Astral Plane. Therefore, before any of us can begin our dimensional travels through the inner planes of reality; we must clear a "tunnel" through our own dark side that lies in the Netherworld of the Lower Astral. Once we have accomplished that, we can open our consciousness to a wondrous inner world that is as real, in fact more real, than the world of illusions that is our physical reality.

SUMMARY: The Throat Chakra is the first step towards acknowledging that we are all Gods and Goddesses in training. Like a small seed dropping from a flower, we come to the third dimension to learn to grow into our own flower. We find many hardships, as often the soil is dry and unfertile. However, it is through facing our inner and outer conflicts that we grow into our higher creative self.

Our personal creativity is not limited to what is socially identified as an art form. Every area of our life demands communication of our creative force. How difficult is it to find a way to lovingly guide a small child or deal with a dogmatic employer? Many people may say, "I am not creative." Nothing could be further

from the truth! Our Throat Chakra holds the force of creative expression that is our birthright. Everyone is creative. If we have lost our connection to our creative SELF, it is one of the greatest losses we can suffer.

But of course, how can we lose our inner self? We cannot! The door to our inner self is ALWAYS accessible. It is only our own unhealed pain and fear that shuts and locks the door. If we cannot open that door, then our first action must be to find someone who can help us to communicate with the SELF that waits within each and every one of us.



THE LILLIES

The lilies are growing in the field.

There appears to be
an abundance of them this year.

Or, perhaps, I just notice them
more than I have in the past.

Gradually,
I am beginning to see beauty
where before I had only seen sorrow.

Slowly,
I am beginning to hear music
where before I had only heard cries.

But now, I am beginning to know that
What I see and what I hear is a message,
a message from my Self to my self.

This message tells me
how I really feel,
what I really think,
who I really am.

I can pretend to be happy,
but my Self knew if I was crying inside.

I can pretend to understand,
but my Self knows if I am confused.

I can pretend to listen to others,
but I know that if I can't listen to my Self,
I can't "hear" others either.

And so I will wait.
Soon the lilies will be in bloom.

Then I will know
that, at last, I am Home,
Home ~ inside my Self.



ACCEPTING THE CALL

A Personal Experience of the Rising Kundalini

OPENING THE THROAT CHAKRA

TIME FRAME 1988-1992

The fifth chakra governs creativity. I had lots of space for that now, as my new home was much bigger than my old one, and I had only brought only the best of my furniture. I was to live here with the children another year before my husband returned to work again in Los Angeles, but he loved the house as much as I did.

SPIRITUAL LIFE

Along with my new home I gained a new spiritual teacher. I was introduced to him through one of my mentors at school who had helped me greatly in learning to control the rush of psychic abilities that were freed when I cleared my emotions.

This new teacher taught the pathway to Soul and introduced me to a whole new network of inner Guides with whom I could communicate. I had gained a degree of mastery over my emotions when Kundalini was in my second chakra and a degree of mastery over my thoughts when Kundalini was in my third chakra. The opening of the lower heart chakra allowed me to live in a higher octave of the love vibration. Therefore, I could communicate easily and more clearly with higher and higher dimensions.

Upon each of the planes of the fourth dimension there are Mystery Temples where I would go during sleep, and in meditation, to learn and to grow. I voraciously read all the information that this path offered and integrated the lessons into my own consciousness by writing short stories. However, when I met my new teacher, an old pattern returned. With all of the spiritual teachers I had had, I placed them upon a pedestal of perfection.

Then when I realized that, no matter how high they were spiritually, they were still human and had problems like the rest of us. Then, they would crash from their pedestals, and I would be disillusioned. The reality is, I was still trying to escape the third dimension and all of its inherent problems and weaknesses. I was still seeking the perfect place where I could go to make me perfect.

CAREER LIFE

During the opening of my fifth chakra, my careers blossomed. I gained more and more psychotherapy clients while my audiology remained constant. I had money, lots of it, but I also had debt, lots of it. My journey of self-discovery continued and as I taught others I learned more about myself. I settled into a comfortable pattern and stayed there until a little voice whispered in my ear, “You haven’t made a change for a long time.”

PERSONAL LIFE

My daughter went off to college the same year that my husband came back to Los Angeles, and we had only one teen at home. I worked hard, but I had time to go to my son’s athletic events, take art classes and travel.

Sometimes I looked in the mirror and realized that facing my depression, that is having my depression and its lowered levels of sensation, had been fattening. With the depression pretty well managed and my thyroid gland activated by the Kundalini, I was able to lose weight and keep it off—until menopause.

However, my body did have more to say to me about the stress of ten years of hard work. What it had to say was, “When you are asleep you can’t hide your stress and you grind your teeth. When you grind your teeth, you crack them. When you crack them, eventually you get an abscess.”

Nothing I had experienced was as painful as an abscessed tooth. And I had two of them. One abscess flared during a thirteen-hour international plane flight. There was nothing I could do but take Tylenol and hold an ice pack to my face. The other abscess pestered me for months; I was saving money and being in denial. Eventually, one night at 1:30 AM the pain became so intolerable that I made an emergency call to the dentist. “Take it out,” I cried. “Don’t try to save it, just take it out. I can’t stand the pain.”

With both painful experiences, my “imagination” kept projecting a scene of myself in some ancient time telling a secret which I had vowed to keep. It seems that many others suffered from my action. My memory also raced through time after time when I was unable to allow my true self to be expressed. I felt the inner pain of squelching my pure creative force for fear that I would be judged. And who was my greatest critic? Me!

FINAL INITIATION

What did the pain mean? Hadn’t I released my pain yet? The answer was NO. Becoming a spiritual being does not mean that you cease being human. The spiritual path is not an escape. It is not a recipe for perfection. The spiritual path is a commitment to face all of your Self so that you can FEEL all of your self,

even if it hurts. Then, and only then, can you learn to love your self unconditionally?

My final initiation was to learn that until I could love my Self, I could not creatively express my SELF. I could assist others by giving service, listening and communicating intimately—about them. But I could not release the creative force that was ME. I was afraid. I was afraid that THEY would judge me. Unfortunately, the “they” that had once been outside of me had taken permanent residence inside my head. It was the pain that made me realize that fact.

In some other reality I had “let my truth out,” but I had done so in a manner that had hurt many others. I had suffered greatly for that mistake, but had not learned by lesson, for I brought it forward into this life, as well. I had to live my childhood in an environment where “I” was different and not quite “good enough.” I learned very young to keep my Self a secret. But now, it was longing for self expression so intensely that it hurt.

I had been journaling since the early eighties, and it had been slowly evolving to short stories and poems. It was in 1992 that the dam burst. I was leaving for Kauai, Hawaii the next day and looking for a journal to pack. I found an old one that had the beginnings of a story, which I believed to be a past life. I read the first paragraph and thought to add a sentence or two. Well, hours later I put the pen down.

For the entire vacation, story after story—life after life, came through like a storm. Interestingly enough, a week after we left Kauai, it was hit by a devastating hurricane. As I furiously wrote my stories, I deeply, intimately FELT all the emotions I had lived, and re-lived.

I wrote, painted, lay on the beach and swam in the warm ocean. One day while swimming, I decreed that these stories would one day be a book. I called to my Higher Guidance to give me diligence to complete my task and courage to present my SELF when the task was completed.

That book is *Visions from Venus*. I started writing it in 1992 and got it published in 2001. For my final initiation I learned that the core of creativity is PATIENCE.



THE VOLCANO

There was a feeling rising up from deep inside
like a slow bubbling volcano.

What was this feeling?
Where did it come from?
Why was it coming out now?

The answer was known only through a thin, misty veil
that threatened to be removed.

What if this revelation,
this expose of SELF,
this true-raw emotion,
without edit,
without guilt,
without the limitations of
how one SHOULD feel
how one SHOULD act
actually escaped?

What if ALL barriers were released
and the pure essence of SELF,
that has always hidden inside
was openly and eagerly displayed and lived on the outside?

Slowly, the lava reaches the mouth of the volcano.
Gradually, it crests the peak and begins to
ooze down the outside slope to be exposed.

NOW that that which has been hidden is uncovered
will others do the same?

Will others open their secret selves,
break down their barriers,
pull down their walls,
push aside their veils?

What if there was no place to hide?
What if every thing,
every thought,
every feeling,
every fear,
and every dream
were revealed?

Then, the inside world would be totally displayed to the outside world.

Then, there could be no lies,
no secrets,
no coercion,
no deceit.

Then, there would be
only TRUTH
only SELF,
pure and undiluted Self.

Thank you !
Thank you for the veils,
the barriers,
and the walls,
for they have given safety to the inner SELF where
feelings are too real and thoughts are too honest.

Hiding feels safe, familiar, known.

To take the risk to open the floodgates and expose the truth is UNKNOWN,
and the unknown creates FEAR.

But can an erupting volcano be stopped?



Excerpts from:

SEVEN STEPS TO SOUL

A Poetic Journey of Spiritual Transformation
By Suzan Carroll

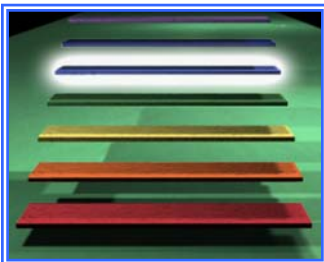
THE FIFTH STEP

Creativity ~ Becoming a Vessel of Light

When love has healed our past and calmed our thoughts and emotions, renewed hope enters our awareness. Creativity can then enter our life and we can begin to free the shackles of limitation that were taken on during a life of separation from the awareness of our true SELF.

If we can open up our hearts and minds, we can allow the light of a new beginning to take root in our consciousness and fill us with the light of our creative potential. But first we must confront our fear of judgment, from others and from ourselves, so that we can be the vessel of light that was always our Destiny. To do that, however, we must change. And in order to change, we must face the unknown.

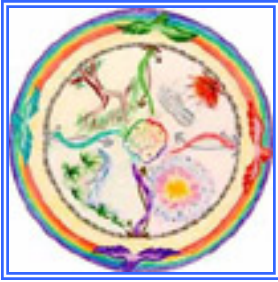
It is through facing the unknown that we are forced to call upon our innate, inner reserves of creative power. Down into our selves we travel to find that which we always had and forgot. Along the way, we can find guidance from the higher realms to direct us to our SELF.



TAKING THE FIFTH STEP

She saw the fifth step before her, but she did not recognize the stairway for some time. It flickered in and out of her reality as her creativity did. Her creative urge had tried to take hold when she was a child, but it was somehow lost when she “grew up”. Finally, the vision of the stairway became clear and constant. They were the stairs leading to the home of her first spiritual mentor.

Of course, spirituality and creativity are both expressions of her inner light.



THE FIFTH CHAKRA AND CREATIVITY

The fifth chakra represents our ability to create a life that is representative of our truest self. This chakra calls to us to find the gifts that lay waiting inside to for expression and to shine forth the light from our human earth vessel.

FINDING THE LIGHT

To become a beacon of light, we must be willing to give away that which we seek from others. It is from the act of giving that we can learn to receive. However, first we must connect with our higher guidance so that we can have the courage to be intimate and vulnerable enough to express our inner self.



THE HIGHWAY

I'm sending out my longing
to be what I can be
and opening up my heart's light
to see what I can see.

I'm trying to become
that for which I long,
to purify my heart and mind
and fill them full with song.

My Soul feels far away,
but its Light lives in me still.
To lay its mark upon the earth
would give me such a thrill.

I know this light inside me
can extend up to my Soul
and communicate with Spirit
to help me with my goal.

But, I fear that in my trying
the “work” will stop the flow.
Instead, I wish to walk the path
I’m sure my Soul will show.

I’ve decided to release now
the effort and the strife
and believe the light of Spirit
will guide me through my life.

As I create a highway
to my Soul and back to me,
my Light can shine on earth
to set my Spirit free.

ACCEPTING THE LIGHT

Accepting the light actually means accepting ourselves. If we are confident and clear within our own hearts and minds, we will not be afraid of what “they” think. Once we have tasted the sweet succor of Divine Love, we can feel strong enough to take the risk of pure, honest expression.



THE CUP

The cup was only half full.

Someone else had been drinking from it. Had the cup been offered to them? Had they asked permission? Feelings of anger and possessiveness rose in me as I observed the half-empty cup. But as I felt these emotions, the cup began to drain further.

“No! No!” I thought. “Why is my cup emptying. No one is drinking of it!” But, of course, that is the answer I heard from deep inside myself. The cup was emptying because I was hoarding it.

I remembered that when I first got the cup, I was very excited and offered it to everyone. It seemed to never drain. The more people drank of it, the more quickly it refilled. It was almost as if an invisible suction pulled more into the cup the moment that someone partook of it.

But, then someone denied my offer and told me that my cup was no good. That person told me that their cup was better and that mine was inferior. These words hurt my feelings and made me feel insecure. If this person thought my cup was no good, then maybe someone else would also deny my offer and I would get hurt again.

I began to be careful about to whom I offered the cup. I would pause first and think, “Will this person judge my cup and find it lacking? Will I get hurt again?”

As I presented my cup with this doubt, more people became suspicious of its contents and denied my offer. I became increasingly cautious and insecure until, finally, I offered the cup no more. Then I hid it away in a closet to keep it as my secret.

But, the cup was draining by itself now and the contents had become murky and sour. What was I to do? What once had been a source of joy had become something that I was ashamed of.

I went to the cup and picked it up. I looked into it, remembering how clear it had been. I smelled it, remembering its former sweetness. As I did so, the contents of the cup appeared to change and to improve in purity and essence. And, even more, it began to fill. I took a taste, remembering how delicious it had been and was pleased to find that it replenished me. I felt better and decided to partake of even more. Again the cup filled and, as I peered into it, the contents were pure and sweetly aromatic.

“Hey,” I thought, “There is nothing wrong with this cup. It is as good as it has ever been, but I allowed the negative opinions and doubts of others to undermine my own confidence.”

I took the cup from its hiding place and displayed it proudly as I had done before. I decided not to offer the cup, but to wait and see if others were interested first. If they were not, then that was their business. “Maybe I had been too pushy before,” I thought to myself.

I decided to enjoy the cup myself. If others were curious, then I would share it with them. As I made this alteration in my behavior I became lighter and calmer. It no longer mattered to me how others felt about my treasure. I felt good about it and I felt good about myself.

More and more, I became the living representation of the cup and its contents. More and more, I became detached from others' reactions. I carried the cup proudly and many asked to drink of it. I shared it freely, but I neither needed nor acknowledged their approval.

I came to realize that the contents of the cup came, not FROM me, but THROUGH me. Therefore, it did not matter what others' opinions were because it had nothing to do with me.

As this realization grew, the cup began to be a part of me. What had been external began to internalize. What had been outside of me gradually became a part of me until I was the vessel. All that I had learned about the cup I had to apply to myself.

I was acting as an empty vessel through which purity and sweetness could flow. I shared myself freely, but only with those who desired it. I remained detached from others' reactions and independent in all my dealings. I was an island unto myself and the cause and core of my own reality.

The essence that flowed through me was replenished as I shared it and remained only as pure as my thoughts and feelings. The only obligation I had to others was to stay clear and detached so that all that flowed through me was the truth. TRUTH ~ pure and sweet ~ in the essence of LOVE!

EXPRESSING CREATIVITY

What is our true expression? How do we know how our creativity will express itself? Does a flower know how it will look before it blooms? If we can put aside our ego, we may be surprised to find how beautiful we are.



THE FLOWER

The flower has just begun to bloom.
It is impossible to see its color
and the fragrance is still a secret.

But, the promise is about to be kept,
the hope fulfilled
and, the reason revealed.

Now is the time
to carefully water and
tend the small bud,
to be watchful - yet patient.

For one cannot force
a flower to open
or an idea to germinate.

One cannot see into that
which has not yet been unveiled.

But, it is beginning.

Soon the colors of truth
shall share their glow.

The fragrance of love
shall waft in the breeze.

The power of a dream,
patiently and lovingly
allowed to bloom,
will bless those
who can remember.

Remember:
Who are they?
Why did they come here?
When will they return and
who shall they take with them?
Long ago a flower blossomed in the desert
and for two thousand years
we have awaited another.

Now it is spring.

The gardens everywhere
are beginning to bloom.

BECOMING A VESSEL

A flashlight is connected to its source of power inside. Then its beam is projected out so that its light can brighten the way. To become a vessel of light, we must first connect ourselves to our inner source and then project that source in a detached and loving manner to our outside world. Putting our egos aside, we remember that our Light comes not from us, but through us. Therefore, our most important task is to keep our vessel clear.



A VESSEL OF LIGHT

A vessel of Light
adrift on the sea,
the truth in the moment,
a Soul is set free

For now and forever
awareness explores
the memory of visions
from the sands of both shores.

The shores of the darkness
and those of the light,
connected together,
their wings can take flight.

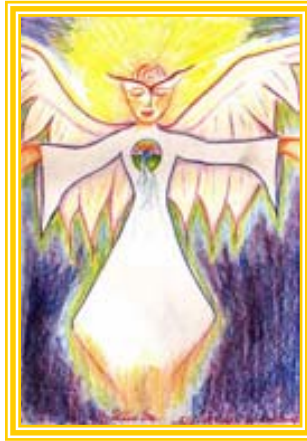
They soar above waters
and into the sky
to learn of the reason
and answer the why.

Then bring it back down
to be placed on the altar,
to feel the connection,
hold the truth, and not falter.

To know of the darkness
and surround it with light.
The love in the vessel
can heal all the fright.

The light
can then enter
through the heart
of the sender ~

to create
a beginning
where LIFE
is still winning !



*We, the Angels of your inner world,
Welcome you into our presence.*

We have waited many long eons for you to realize our presence. We have dearly missed our brothers and sisters, and we rejoice that NOW, more and more, the faces of humanity are able to consciously acknowledge our presence.

Artists, musicians, poets and mystics have kept the relationship open over the ages. Now we are beginning to hear the calls of all humanity. You see, as each of you begins your return arch Home into the bosom of God/Goddess, you are able to communicate with us, your Angels.

We have been called by many different names, but it matters not, as long as the call is made in love. Love is the frequency which can carry any message to us, because it is the “Fundamental Frequency” of ALL evolutions.

After the fall of Atlantis, it became evident that humankind was unable, in its regressed infant state, to carry the balance of the Great Trinity: Wisdom, Power and Love. Therefore, our separate evolutionary cycles split further and further apart.

We, the members of the Angelic kingdom, held the banner of Love; humankind held the banner of Wisdom, and the Source held the banner of Power. Now as we are ALL evolving and rising into the higher expressions of our SELF, Angels and Humanity can join our One Source to become the Three Fold Flame of Creation: Wisdom and Power and Love.

As humanity is beginning to experience the unity of love, we Angels are beginning to experience the individuality of intellect and wisdom. We can help each other at this time by combining our forces. In this manner, the two kingdoms, Angelic and Human, can again command the Power to heal this great planet, which we have both called Home.

Yes, we also think of Earth as our Home as well, for it was on Earth that we first began our existence as small Faeries. We grew, step-by-step, just as humanity has grown. Side-by-side, we have evolved into our present states. But too often, the awareness has been one way.

We were aware of, and indeed offered great service to, humankind, while you believed us to be a myth. Not that we are complaining, for we were always aware of the Divine Plan. This awareness was a by-product of our maintaining complete unity with Source. But still, we do rejoice in knowing that now our relationship can be two-way again.

Then we can, once more, speak with and closely know our Brothers and Sisters in the Light. Please realize that when our relationship can truly be two-way, it will become exceedingly intimate. Then the longing that you have felt for us, and that we have felt for you, can be appeased as we join our hearts and minds with the Soul of Source.

The true and complete family of Earth will then return home into the Heart of the ONE, as the Heart of the ONE returns to each of us.

Glory BE to us ALL when, at last, WE ARE ONE AGAIN!



Your Sister in the Light,
Lady Astrea

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