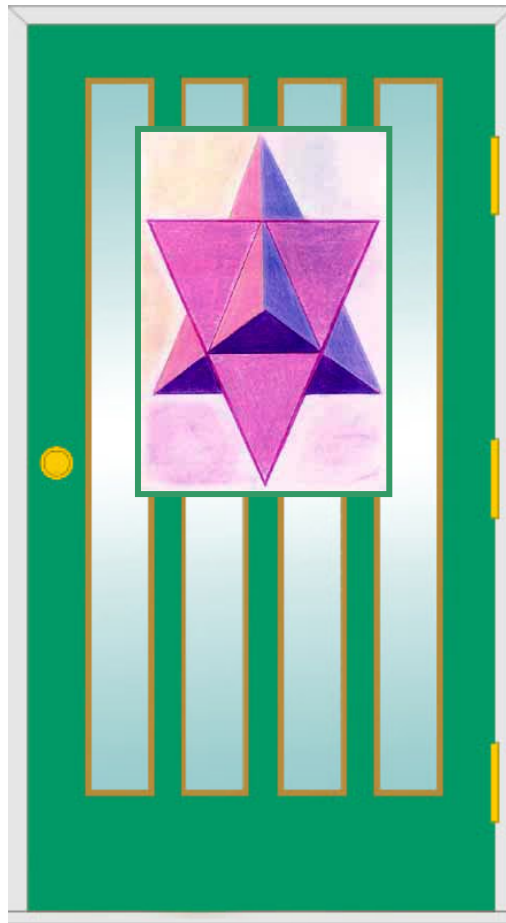


BEING CONSCIOUS PART IV

The Brow Chakra



By
Suzan Carroll PhD

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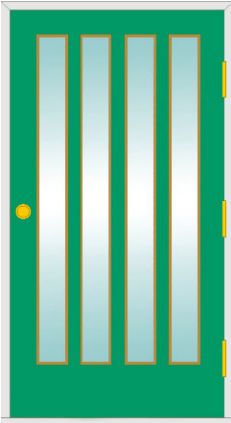
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THE THIRD DOOR



The third door is marked: THOUGHTS

We knock.

As the door opens, a message is displayed:

Our thoughts come into focus as our self-talk becomes conscious. This ability allows us to take responsibility for our thoughts, as we realize that we can choose which thoughts we allow to dwell in our minds.

We learn that when we choose to think positive, our self-confidence grows and our thinking shifts from problem-oriented to solution-oriented. Old negative core beliefs break down, and we respond with new behavior rather than acting in old, habitual ways. When we are no longer victims, we can respond rather than react because we think before we speak or act.

CHOOSING OUR THOUGHTS

The Thoughts Door in the Conscious Section represents the Sixth, Brow Chakra. The Brow Chakra is also known as the Third Eye. Our Third Eye is the mind screen for our inner vision. As the Kundalini rises into the Sixth Chakra, our Third Eye will begin to open. Then the “Doorway to our Inner Life” will open as well.

However, in order to step across the threshold of that door, we must raise our consciousness beyond the fear for survival and choose to direct our thinking towards expansion of our sense of self. In other words, we must learn to raise our consciousness by choosing our thoughts.

Consciousness is a series of vibrations determined by what has held our attention. Our mind can only absorb and retain that which vibrates at the same rate as the majority of our thoughts. We raise and lower the vibratory action of our awareness many times a day by what thoughts we allow to reside in our conscious mind, which eventually seep into our unconscious mind.

The subtle, rapid vibrations of the higher dimensions are octaves above the frequency of our familiar, third dimensional world. Consequently, they usually cannot enter the conscious mind, as they are not compatible with the wavelength within our brain. Fearful thoughts lower our vibration like dirt in clear water. In order to clear the fearful thinking from our consciousness, we must be willing to “listen to our thoughts,” and replace our negative, fearful thinking with positive, loving thoughts.

This constant cleansing of our thoughts forces us to acknowledge our fearful thinking before it hides in our unconscious mind. Then we can maintain positive thinking and learn to maintain a higher resonate frequency of our everyday thinking.

How can we raise the vibratory rate of our thinking?

- 1) We can carefully select the material and substance to which our senses are directed.
- 2) We can consciously feel and release hidden fearful feelings and thoughts.
- 3) We can read, talk about, and expect experiences from the higher dimensions.
- 4) We can establish a constant and intimate communication system between our inner and outer worlds.
- 5) We can integrate our higher consciousness into our mundane life.
- 6) We can meditate to awaken our inner senses and calibrate our outer senses to the higher realms.



CALIBRATING OUR THINKING

THE MIND AS A RADIO

CARRIER WAVES

Just as a radio picks up many carrier frequencies, so can our minds. We are aware that different radio stations carry different programming, and we choose the programs that we want to listen to. However, we are not aware that we can also choose different “channels” in our minds.

Kilowatts of the radio station determine the clarity, consistency, and distance of the transmitted message. The mind also has something comparable to kilowatts within its mechanism, which are the pituitary gland (sixth chakra) and the pineal gland (seventh chakra). When these chakras and glands are programmed to pick up only messages from the third dimension, our mind is like an AM radio. AM is amplitude modulation, therefore those messages with the greatest amplitude (loudness) are the ones that will be clearest and most apt to be consciously perceived via our five physical senses.

AM AND FM

The pituitary and pineal glands (the sixth and seventh chakra) allow the switch from AM (amplitude modulation) to FM (frequency modulation). A FM radio is a metaphor for receiving messages from the dimensions above the third dimension. With frequency modulation, the messages are received on the different octaves of carrier waves that come from the different dimensions. The pituitary gland (sixth chakra) acting alone can receive messages from the fourth dimension and up to the threshold of the fourth dimension. In order to receive messages from the fifth dimension and above, the crown chakra must be open.

Once the rising Kundalini has joined the essence of the pituitary gland with that of the pineal gland, the Third Eye can be fully opened and activated. Then our perceptions become expanded to encompass the fifth dimension and beyond. Our pineal gland receives messages from the higher dimensions via the crown/seventh

chakra and then sends them on to the pituitary gland. The pituitary gland can then "project" this message onto the mind screen of the Third Eye so that our visions can be consciously perceived with our inner senses.

INTER-DIMENSIONAL THINKING



In order for us to be consciously active in this inter-dimensional communication, we need to have at least opened our sixth chakra through meditation and other spiritual practices.

Then when the "lotus blossom" of the seventh chakra is awakened, there is a biochemical release within the physical brain as the pineal and pituitary glands simultaneously release their hormones. These hormones combine and interact within the cavities of the third ventricle in the innermost cavity of the physical brain to combine the essence of the crown and brow chakras to open the Third Eye.

Our minds can be programmed to receive messages from the higher dimensions and channel these messages to the cortex of the physical brain. It is helpful to draw a graphic representation of these messages as well as writing them, so that we can integrate the right and left hemisphere in the communication process.

Also, higher messages come to us in "no time," the timelessness of the Eternal Now. Therefore, an entire book of information may be received within one minute of earth-time. Then we must translate that message in to the space/time of physical earth. Drawing a picture first allows us to consciously "grab" the vision seen upon our mind screen. We can then meditate upon that picture to assist us in transferring the vision into the language areas of our left-brain, so that we can talk or write about it as well.

THE PATHWAY

The preparation for this joining of the sixth and seventh chakras lies in learning to connect with the "fourth dimension channel" on our mind radio. Once we are attuned to that channel, we can contact the many Beings who can guide us through the sub-planes of the fourth dimension and to the threshold of the fifth.

In order to make our fourth dimensional perceptions conscious to our third dimensional reality, we must create a "tunnel", or a "pathway", which connects our third dimensional sense of self to our fourth dimensional reality. Then we can integrate our inner perceptions into our third dimensional brain. It is the joining of the third and fourth dimensions that encourages Kundalini to progress into the Crown to open this "tunnel," or "pathway," into the fifth dimension.

Normally, communication with the higher planes is done while we are asleep or in a deep trance, and the information is often not brought forth to our mundane consciousness. In fact, unless the sixth chakra is engaged in the process so that it can channel a "vision" of the communication to the mind screen and then onto the cortex for conscious reception, most of our higher dimensional communication is unconscious. Once our inter-dimensional reception is conscious the cortex can be used as a radio, which we can "turn on" and select a channel, or as a fourth dimensional sub-plane.

COMMUNICATIONS WITH SELF



With most of the "channeled" material, there is a recipient of the information who goes into a deep trance and surrenders his or her voice to the Being that they are communicating with. Another person then records what the channeled Being is saying and will often ask it questions.

However, as the vibration of the planet is rising higher and higher, it is easier for us to maintain a connection to our physical world while we are communicating with the higher worlds. Then our "Self," who is on the same dimension as the Being who is communicating, can send the message down to our "self" who is grounded in the physical world.

Also, as we consciously travel through the inner planes, our sense of self expands, and we can then realize that often those "great Beings" are actually a higher component of our physical self. It is the creation of our "tunnel" or "path" through the fourth dimension that allows us to gain this more expanded sense of Self.

RESONATE FREQUENCY

Each of the FM waves of our mind radio is frequency modulating to resonant frequency of each of the sub-planes of the fourth dimension. The highest sub-planes have the highest resonant frequency down to the lower sub-planes, lower being closer to the physical vibration, which hold a lower resonant frequency. Once we have established our Path to our Soul in the fifth dimension, we can receive messages from the higher planes as they step-down in frequency from one plane to another, all the way down to the Physical Plane.

Without our "tunnel" or "path" through the fourth dimension, the messages become distorted as they move through the different sub-planes and into the third dimension. It is especially important that the Lower Astral Plane be cleared, as the storms of emotion there will cause great distortion of the original message. The path through the Lower Astral Plane is created by our willingness to journey into our unconscious dark side for clearing and healing.

When we meditate upon the sixth and seventh chakras, we are increasing the “kilowatt power” of our radio station because we are making the inner planes more familiar. Therefore, they are more accessible to our conscious mind. When we meditate, we also raise the resonant frequency of our conscious awareness. This higher vibration of consciousness, greater kilowatt power, increases the power of our receptivity to the higher planes.

FOURTH DIMENSIONAL “DISTANCE”

With a radio, the power of transmission is measured in distances. However, beyond the physical plane, there is no “distance” as we measure it in the physical plane. Instead, the “distance” is measured by frequency rate, with the higher frequencies vibrating in the higher sub-planes of the fourth dimension and the lower frequencies in the lower sub-planes. More darkness is in the lower fourth dimension because there is more matter. As we travel up the different sub planes, there is less and less matter to inhibit the rate of vibration. Therefore, the frequencies become higher and higher.

As we consciously access each new sub-plane, the pituitary and pineal glands, sixth and seventh chakras, are re-programmed to pick up higher and higher frequencies. Also, the thalamus and the Reticular Activating System are realigned to consciously receive perceptions from our inner, spiritual senses, as well as from our outer physical senses. This re-programming then allows us to imprint these perceptions on the language and vision areas of the physical brain’s cortex.

RADIO STATIONS



As we journey through the inner planes, we can establish a “radio station” upon each plane. There is a Spiritual Wisdom Temple, much like our universities on the Physical Plane, on each of the inner planes that to teach those of us who are able to raise our consciousness to these vortices of learning.

When our consciousness is able to reach the Fifth Dimension, we can align our “radio station” with each of the Wisdom Temples. “Near” is, of course, a term that does not apply, as there is no space in the inner planes. The more accurate way to express this concept is to say that by communing consciously with the Wisdom Temple, we align our consciousness with it and leave our imprint, or radio call number, within the vibratory pattern of that Temple. This imprint functions as a homing beam that attracts further communication.

GROUNDING THE SOUL



However, before we can communicate with the Wisdom Temple of the Soul Plane, we must first unite with our Divine Complement and establish an intimate relationship with our androgynous fifth dimensional self. It is our own Soul who will show us the way to Soul's Wisdom Temple. Once we have united with our Soul in a conscious way, the process of grounding that vibration in the physical world begins.

This process will change our entire attitude toward life, as we are no longer led by our ego, instead we are led by our Soul. Gradually, we realize that our physical form is no longer ours, but is actually our Soul's earth vehicle to be used by our Spirit. It is then that our divine purpose for taking on that body begins to manifest. Once our Soul is fully grounded on the physical plane, the communication with the Higher Planes is as easy as a communication with a physical person sitting next to us.

As our entire planet, and, in fact, much of the portion of space in which our planet exists, moves into the fourth and fifth dimension, this total balance and ongoing communication between Spirit and Matter will be a part of our everyday life. With each person who is able to align themselves with their Soul, the process becomes easier for the rest. Remember, assistance is always present.

All that we need "do" is ASK.



THE PATH TO SOUL

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

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

Slowly, the right hand path descends into the Caves of Long Forgotten Fears.

Although the decline is barely recognizable at first,
the path descends steadily.

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

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

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

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

This Light will reveal to us that all that we have known, all that we have experienced, is a reflection of our inner world.

With the recognition of our own creative powers,
we become the Cause and Core,
the Sole Creator, of our life.

However, it is best that we surrender the responsibility of that creation to our Soul.

Ego is not pure enough to bear the weight of this burden, nor wise enough to confront the ramifications of such power.

Ego believes it can escape into death with a mere, "I'm sorry" or "I didn't know."

But, Death is not the end.

It is merely a recess, a place to rest, before we again enter the Classroom of Life.

Who are the teachers in this classroom?

And, where do they reside?

How do we learn to allow Soul be the guide of all our creations?

Deep inside!

Behind the lies awaits the Truth.

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



ON
THE
FOURTH
DIMENSION

As we begin to consciously journey into the fourth dimension, we find an entire world based upon:

Seven Spheres of Consciousness,
Seven Rays of Light,
Seven Archangels,
Seven Elohim,
Seven Ascended Masters,
and Seven of our own Fourth Dimensional Bodies.

Life on the fourth dimension is very different than life in the third dimension, but one thing remains the same. Our experiences will match the resonance of our thoughts and emotions. If we are able to keep our thoughts and emotions as our servants, rather than our masters, we can recognize, use or release fearful thoughts and emotions, so that we can return to the perspective of love.

If we are able to take responsibility for being the Master of our experiences and responses, we will be able to keep our consciousness high enough to perceive and experience a reality filled with light. On the other hand, if we allow our resonance to drop into darkness, then that is the reality to which we will resonate.

It can take days, weeks, months or years to create a third dimensional reality with our thoughts and emotions. However, the fourth dimension is not "limited" to the 3D laws of time and space. Therefore, just as in our dreams, our thoughts and emotions can become manifest quickly in our fourth dimensional reality.

Because of this, a consciousness filled with fear, will bring us directly into the Lower Astral Plane, which is filled with darkness. However, darkness is not bad. Darkness is matter that has not yet been filled with enough Spirit to become Light. When we find that light within, we can create our Path out of the Lower Astral Plane and into the higher sub-planes of the fourth dimensional reality, as well as the higher dimensions of our Self.

We will also find that our SELF is infinite!

THE CORE OF LIGHT

There is a core of Light
 Within a Light
 Within a Light
 Within a Light...

That progresses infinitely
 into the Heart of
 All That Is

I feel this Light radiating far beyond this world
 like a distant star
 a distant galaxy
 a distant universe...

Can I bring this core of Light into
 my head
 my heart
 my fingers
 my toes?

The truth of this Light eludes my mundane life
leaving me wanting and alone...
 alone in a crowd
 alone with my friends
 alone in my self

Alone and lonely...
 lonely for the pull of this Light
 and the wholeness it shall bring me

Oh, to reach inside my self
 inside the love I feel
 for myself

To know that I deserve
 this light
 that whispers from my Soul,

“You are not alone!”



THE SEVEN RAYS OF LIGHT

Within the Source, all is ONE, and there is no separation. Just as light divides into seven colors when it travels through a prism, the Source divides into Seven Rays of Light when it travels through the prism of separation into the fourth, and then the third, dimension. These Seven Rays represent the Seven Divine Qualities of the Source.

THE SEVEN DIVINE QUALITIES

The first Essence of the Heart of the One to travel through the third/fourth dimensional prism was the Essence of the Divine Father and His Divine Will manifested as the Quality of Power.

Hence, the First Ray is the Quality of Power.

The second Essence of the Heart of the One to travel through the third/fourth dimensional prism was the Essence the Divine Mother and Her Form manifested as the Quality of Wisdom.

Hence, the Second Ray is the Quality of Wisdom.

The third Essence of the Heart of the One manifested in the third/fourth dimensional reality from the union of the First Ray/Divine Father and the Second Ray/Divine Mother. This Essence is the Divine Child and his/her Consciousness, manifested as the Quality of Love.

Therefore, the Third Ray is the Quality of Love.

Just as the Third Ray separates out from the union of the first two rays, the Divine Father and the Divine Mother, rays four through seven separated out from the Third Ray, the Divine Child. Rays four through seven represent the qualities that the Child of Father/God and Mother/Goddess should possess in his/her manifested reality if he/she is to return to living as God/Goddess in the Heart of the One.

The Fourth Ray represents the Quality of Purity, which will allow the Divine Child to ascend back into God/Goddess and into the Heart of the One.

Therefore, The Fourth Ray is the Quality of Purity.

The Fifth Ray represents the quality of Truth, which will allow the Divine Child to heal him/herself and to progress scientifically.

Therefore, the Fifth Ray is the Quality of Truth.

The Sixth Ray represents the quality of Invocation, which will allow the Divine Child to call upon God/Goddess/All That IS.

Therefore, the Sixth Ray is the Quality of Invocation.

The Seventh Ray represents the quality of Precipitation, which will allow the Divine Child to evolve into God or Goddess through precipitation, or manifestation, on the lower dimensions.

Therefore, The Seventh Ray is the Quality of Precipitation.

THE SEVEN RAYS

Each individual human Soul is an emissary of one of the Seven Rays, and through many lifetimes, the qualities of that Ray are developed and refined to contribute to the further evolution of humanity. Each individual also possess portions of the other six rays as well. These Seven Rays, which exist in Unity in the higher dimensions, represent the seven natural divisions of all Source as it expresses itself in the fourth and third dimension.

The Seven Rays and their colors are:

FIRST RAY	SECOND RAY	THIRD RAY	FOURTH RAY	FIFTH RAY	SIXTH RAY	SEVENTH RAY
Divine Quality Power	Divine Quality Wisdom	Divine Quality Love	Divine Quality Purity	Divine Quality Truth	Divine Quality Invocation	Divine Quality Precipitation
Color of BLUE	Color of YELLOW	Color of PINK	Color of WHITE	Color of GREEN	Color of GOLD	Color of VIOLET

THE FIRST THREE RAYS

The first three rays to separate from the Heart of the One became the three evolutionary groups of our Universe. These three evolutionary groups serve the Heart of the One as (First Ray) The Keepers of Flame, (Second Ray) The Keepers of Form, and (Third Ray) The Keepers of Mind.

THE KEEPERS OF THE FLAME

When the Divine Father separated from the Heart of the One to become The First Ray, the evolutionary group of the Angelic Kingdom sprung forth. The Angels are closest to the Heart of the One of all the Kingdoms and serve to uphold the Divine Will and Power of the Source. Therefore, they are the Keepers of Flame and, led by their Archangels, they protect the Flame of Divine Will manifested as the Divine Quality of Power.

THE KEEPERS OF THE FORM

When the Divine Mother separated from the Heart of the One to become The Second Ray, the evolutionary group of the Devic Kingdom sprung forth. The elementals and devas, led by the Elohim, serve to uphold the Wisdom that can be gained through taking form in the lower dimensions. Therefore, they are the Keepers of Form and they protect the image of Divine Form as it manifests upon the third and fourth dimensions.

THE KEEPERS OF THE MIND

When the Divine Child separated from the Divine Father and Mother to become the Third Ray, the evolutionary group of the Human Kingdom sprung forth. Humanity, led by the Ascended Masters, serves to uphold Higher Consciousness and the quality of Love. Therefore, humanity is the Keeper of Mind and serves to ground higher consciousness, which stems from pure love, in the lower dimensions.

These three “Keepers” are the three evolutionary groups of life in our Cosmos which, through mutual co-operation, are responsible for the fulfillment of the Source’s creation. Life exists independently in each of these life evolutions, but they work in unity towards their service to the Source.

The Angelic Kingdom serves on all Seven Rays as The Keepers of Flame to uphold the virtue of Divine Will. Even though the Angels work to uphold the masculine/Father aspect of Will, they use the feminine, Mother aspect of Love and Emotion to accomplish their service.

The Devic Kingdom works on all Seven Rays as The Keepers of Form to uphold the virtue of Divine Form. Even though the Devas work to uphold the feminine, Mother aspect of Form, they use the masculine/Father aspect of Will and Thought to accomplish their service.

The Human Kingdom works on all Seven Rays as The Keepers of Mind to uphold the virtue of Divine Consciousness. It is humanity’s challenge to combine emotions and thoughts to ground the Divine Qualities on the third dimension.

THE FOUR LOWER RAYS

The four lower rays are off-shoots of Third Ray. These four lower rays are known as the Rays of Attribute, and they serve to further define the Seven Qualities of the Source:

The Fourth Ray is the dispensation to humanity of the Divine Ideas of the first three rays. The Fourth Ray is known as the Ascension Ray because the knowledge and workings of these Divine Ideas is the core of humanity’s ascension.

The Fifth Ray represents Divine Ideas connected with scientific discovery and medical research. This ray is known as the Ray of Truth and Healing.

The Sixth Ray represents inspiration and is known as the Ray of Invocation.

The Seventh Ray represents humanity's quest to be creators in their own right and is known as the Ray of Precipitation.

THE HIERARCHY OF THE SEVEN RAYS

Upon each of the seven rays:

Archangels lead the Angelic Kingdom. They serve to protect Divine Will and the Divine Virtue of Power.

Elohim lead the Devic Kingdom. They serve to protect Divine Form and the Divine Virtue of Wisdom.

Ascended Masters lead the Human Kingdom. They serve to protect Divine Consciousness and the Divine Virtue of Love.

THE ANGELIC KINGDOM



The beings of the Angelic Kingdom serve the function of administering to the spiritual and emotional needs of humanity and the other members of the third dimension. Angels, like fountains, produce a continuous stream of the particular quality of the Ray on which they serve. Angels are like rechargeable batteries, and they absorb their leader's energy by being in their aura.

When an Angel becomes totally "full," they are sent to administer and radiate that quality to humans and other members of the physical world. They radiate primarily through their feelings. Once the Angels become "empty," they return to their leader and "fill up" with that quality, to be sent out once again.

As Angels evolve, they continuously improve their ability to hold more and more of their specialized quality. They also learn to hold it for longer and longer periods of "time" without contamination from adverse external conditions, which are usually generated by humans. As Angels continue to specialize in the quality of the Ray on which they serve, they too become a fountainhead for that quality to which many lesser Angels come to replenish themselves. Through the radiation of the Divine Qualities, Angels remind humans and elementals of their Celestial Source and assist them in finding their true Path.

Angels are experts at creating force fields through the use of sacred geometry and symmetric patterns. By joining together and working in unison, they can create much more powerful and effective force fields than they could by working alone. Angels also function as inter-dimensional messengers of energies, both up and

down, between the fourth dimensional sub-planes. In the “up” direction, they gather all the hopes, aspirations, wishes and prayers of humanity and deliver them to the appropriate beings in the higher planes. In the “down” direction, they send beneficial, higher dimensional energies to persons and places on the Physical Plane. This is why Angels are often known as the “Messengers of God.”

The highest evolution of the Angelic Kingdom is the Archangel. An Archangel, in unity with His or Her Divine Complement, becomes an Archaii. Each of the Seven Archaii defends Divine Power and acts as the Director of the Angelic Kingdom for the Ray which they represent.

The Archangels’ associations with the Seven Rays are:

RAY	ARCHAI	ANGELIC SERVICE
FIRST RAY	Michael and Faith	Defenders of Power, Faith and Protection
SECOND RAY	Jophiel and Constance	Defenders of Illumination and Wisdom
THIRD RAY	Chamuel and Charity	Defenders of the consciousness of Divine Love
FOURTH RAY	Gabriel and Hope	Defenders of Purity and Hope
FIFTH RAY	Raphael and Mother Mary	Defenders of Consecration to Service
SIXTH RAY	Uriel and Donna Grace	Defenders of Ministration to the requirements of the hour
SEVENTH RAY	Zadkiel and Holy Amethyst	Defenders of Invocation of Divine Mercy and Compassion

Angels serve from the Emotional Plane to assist humans to infuse Divine Will into our emotions.

THE DEVIC KINGDOM



The Devic Kingdom encompasses all the “holders of form” from the highest dimensional Elohim to the lowest dimensional Elementals. The Devic Kingdom works from the Mental Plane to translate thoughts into physical forms. They do this by first transforming mental patterns into etheric patterns and then into physical patterns. All Beings in the Nature Kingdom are a part of the Devic Kingdom.

Each being in the Devic Kingdom is a specialist in creating a specific form, whether it is an electron, a biological cell, a flower, a tree, a valley, a river, a planet, a solar system, or inter-stellar space. Elementals are the “building blocks” of form and represent the four elements of earth, air, fire, and water. Devas gather many elementals together to create a form made of more than one element, and the Elohim are the rulers of this kingdom.

Just as humans evolve into Ascended Masters, and Angels evolve into Archangels, Elementals will eventually evolve into Devas and then to Elohim. Like Angels, elemental beings begin their evolution small in size, and increase their size as they evolve. Humans, on the other hand, maintain the same size as they evolve, although their auras get larger.

The Elementals serving on planet Earth have all sworn to “out-picture” humanity’s thoughts and feelings. They are under obligation to “materialize” whatever they pick up from the thoughts and feelings of mankind. This relationship was intended to facilitate the re-manifestation of “heaven on earth,” but as humanity’s thoughts and feelings fell into general imperfection, these Elemental beings were obligated, against their preference, to out-picture mass imperfection.

This projection of humanity’s thoughts and feelings often results in “natural disasters,” such as tornadoes, hurricanes, volcanoes, earthquakes, and the polluted oceans and atmosphere. In fact, there are Elemental beings working around the clock in our atmosphere to purify the environment of the accumulation of distorted energies resulting from all the negative thoughts and feelings of mankind.

For each human Soul who chooses to take the evolutionary route of physical incarnations, there are Elemental beings which “volunteer” to make that journey with him or her. Elementals serve to create and maintain a physical body for us for as many lifetimes as it takes to complete our ascension and graduate from “schoolroom Earth.”

These individual Body Elementals are overseen by the Collective Consciousness of our Body Deva. If we can establish a good rapport with our Body Elementals and our Body Deva, we can maintain a healthy and vital body.

DEVAS

Devas are Divine Beings who hold the form every activity or structure on the planet. This includes such things as great cathedrals, majestic mountains, lakes, woodlands, and human bodies. Devas act as the group consciousness of the different Elementals that hold form. For example, our Body Deva is the group consciousness of the Elementals of earth, air, fire and water that join together to form our physical bodies.

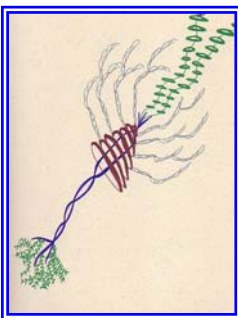
There are many types of devas, both subhuman and superhuman. There are also many different hierarchies of devas that are distinctly different from the Human Kingdom's hierarchy, although they work in perfect harmony with each other. Each group of devas has specific work and methods of development whereby they attain their goals and evolution.

ELEMENTALS

The Elemental Beings of Devic Kingdom join together to create all form in the third and fourth dimension. Elementals serve through each of the elements to hold the pattern for every manifestation. For example:

- Oxygen, wind, atmosphere, etc. are formed from the element of AIR.
- Rain, rivers, lakes, etc. are formed from the element of WATER.
- Flowers, trees, rocks, etc. are formed from the element of EARTH
- Fire, neurons, photons, light are formed from the element of FIRE.

-The Sylphs-



The Sylphs are the Air Elementals. Sylphs are beautiful, wispy creatures who fly through the air. Sylphs are also known as faeries. The air element is very important for the maintenance of life on the physical plane.

By the conscious control of our breath, we can assist these Elementals in harmonizing our bodies and purifying our surroundings.

Wind can clear the air or be tainted by pollutions, depending on the activities of the resident humans. Humanity was meant to be the Guardian of the Earth, but instead many of us have become the Destroyers.

-The Undines-

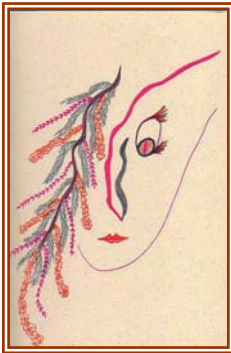


The Undines are the Water Elementals. Undines can be seen with our physic vision as wispy creatures in water, as waves, currents, or sparkles of light on the water. Mermaids and Mermen are also Undines.

The water element, which is a large part of our physical body, is related to the emotional body. Negative emotions can damage our health, whereas the emotion of love is a powerful healing force.

Our planet is also largely covered with water. Water is a great cleansing agent and one of the many factors for the success of a good harvest. Without clear water, life as we know it could not continue on our planet.

-The Gnomes-



The Gnomes are the Earth Elementals. Elves, Pixies and Brownies are also Earth Elementals. Gnomes are said to live in caves under the earth and give their service there.

Gnomes work largely with the mineral kingdom, whereas B Brownies, Pixies and Elves serve from the surface to assist the animal kingdom and humanity.

It is the earth element that gives our physical bodies substance. If we can learn to truly respect the earth element of our physical forms, then we will learn to respect the earth element of our planet.

-The Salamanders-



The Salamanders are the Fire Elementals. The least is known about these Elementals, but we can use our psychic vision to see them dancing in the flames of a fire.

The Salamanders' contribution to humanity is that they are the expression of the Sacred Fire of our Three-Fold Flame of Life. One of their constructive activities is the purification of disharmony within the ALL THAT IS of Nature.

On a physical level, fire can warm a house or burn it down. Fire is pure energy, and it is the intention of the user that determines the activity of this Elemental.



ELOHIM

Elohim have a male and a female aspect, and are the creator Gods and Goddess who are the highest evolution of the Devic Kingdom. The term “Elohim” means “all that God is”. Elohim were referred to in the Old Testament over two thousand five hundred times as the “name of God.”

In the Kabbalah, the Jewish book of mysticism, Elohim are referred to as the Divine Mother. The term Yod Jay Vod Jay, or Jehovah, refers to the Divine Father. Rudolph Steiner, the great German mystic, calls the Elohim the “spirits of form.” *The Keys of Enoch* refers to the Elohim as those beings who created the world by the will of YHWH (YHWH being the Jewish name for the Godhead).

The Elohim and Archangels might be thought of as the left and right hands of God. The term Elohim is plural as it refers to many gods. Each of the Elohim is associated with one of the Seven Rays, and therefore contributes the characteristics or qualities of their individual Ray to all of creation. Elohim work with their Divine Complements to carry out their Cosmic Service.

Elohim association with the Seven Rays are:

RAY	ELOHIM	CONTRIBUTION
FIRST RAY	Hercules and Amazon	Decision and carrying out Divine will into manifestation
SECOND RAY	Cassiopeia and Minerva	Perception of the plan and the wisdom to analyze the methods of operation
THIRD RAY	Orion and Angelica	Use of the cohesive action of Divine Love in the activities of building
FOURTH RAY	Claire and Astrea	Maintaining of purity and holding the Immaculate Concept in all creations
FIFTH RAY	Vista and Crystal	Consecration of all energy to Divine Purpose
SIXTH RAY	Tranquility and Pacifica	Ministering to the needs of the moment and holding Peace
SEVENTH RAY	Arcturus and Diana	Rhythm of invocation of the Sacred Fire of Transmutation

The Devic Kingdom rules from the Mental Plane to infuse Divine Ideals into all physical manifestations.

THE HUMAN KINGDOM



The beings in the Human Kingdom were created to act as step-down transformers for the energy, will, ideas, wisdom, consciousness and love of the higher dimensions. Humanity is meant to be the protector of the Physical Plane and to re-manifest the heavens into the denser planes of form and matter.

Humans are all embryonic Gods and Goddesses in training, and Earth is our incubator. Humans are preordained to receive inspiration from the higher planes, define and develop it with our thoughts, and then energize these thought-forms with our feelings. However, free will is much more emphasized in the Human Kingdom than in either of the other two kingdoms, and we often do not keep our will in alignment with Divine Will.

The Ascended Masters are members of the Human Kingdom who have ascended into the fifth dimension, but they have volunteered to waylay their life in the higher planes in order to serve humanity from the fourth dimension. Each of the Ascended Masters serves from a different Ray and has a focus of light in the ethers just above the third dimension called an Ascended Masters Retreat. Humans can travel to these retreats in their higher bodies for study and enlightenment.

The Ascended Masters are:

RAY OF SERVICE	ASCENDED MASTER	QUALITY OF RAY	LOCATION OF RETREAT
FIRST RAY	El Morya	Divine Will and Power	Darjeeling, India
SECOND RAY	Lord Lanto	Illumination and Wisdom	Rocky Mountains, USA
THIRD RAY	Paul the Venetian	Awareness and Love	Southern France
FOURTH RAY	Serapis Bey	Purity, Hope and Ascension	Luxor, Egypt
FIFTH RAY	Hilarion	Truth, Healing and Scientific Invention	Island of Crete
SIXTH RAY	Nada	Peace and Ministrations	The Holy Land
SEVENTH RAY	St. Germain	Freedom, Mercy, and Forgiveness	Mt. Fuji, Japan

The Seven Ascended Masters assist us from their retreats in the Etheric Plane to infuse the Divine Plan into our actions. There are different accounts of which

Ascended Master oversees which Ray, and they retire from service after a while to be replaced by another.

Each individual has an affinity for the activity that resonates to the quality of his or her Primary Ray. This affinity may be apparent as a “personality” or a profession.

FIRST RAY persons are often rulers or executives.

SECOND RAY persons are often teachers or students.

THIRD RAY persons are often arbitrators or peacemakers.

FOURTH RAY persons are often artists or musicians.

FIFTH RAY persons are often healers or inventors.

SIXTH RAY persons are often priests, ministers or spiritual teachers

SEVENTH RAY persons are often diplomats or mystics.

Just as lesser Angels report to and learn from the Archangels and Elementals report to and learn from the Elohim, humans report to and learn from the Ascended Masters.

THE SEVEN SPHERES OF CONSCIOUSNESS

There are seven different Spheres of Consciousness that encircle and radiate out from the Heart of All That Is. These spheres are called the “Aura of God.” The Angelic, Devic and Human Kingdoms all inhabit each of the spheres. Upon each of these Spheres, there is a Temple or Mystery School where we can travel in our higher bodies to expand our consciousness and embrace the Quality of each Sphere.

THE FIRST SPHERE

The first Sphere represents the Heart of Creation, the Oneness. Here is born every idea, plan and blessing which will one day manifest in the physical world. The inhabitants of this Sphere serve to carry on the outward course of Divine Ideas to the periphery of the First Sphere. Here a Messenger of the Second Sphere waits like a runner in a relay race to carry that ideal into its Sphere.

In the First Sphere’s Mystery Temple we learn the Power of attuning to Divine Will.

THE SECOND SPHERE

The Celestial Inhabitants of the Second Sphere most lovingly receive the Cosmic Messages and Ideas from the Heart of the Oneness. Once received, they illuminate these Ideas as they clothe them in the form and substance of both their own Light and the Universal Light from the atmosphere of this realm. Thus, the seed of the Father falls on the fertile ground of the Mother and begins to take definite form. These “formed ideas” in turn pass onward to the receptive consciousness and the atmosphere of the Third Realm.

In the Second Sphere’s Mystery Temple learn the Wisdom of creating a matrix for the “form” of Divine Will.

THE THIRD SPHERE

The Divine Ideas that were created in the First Sphere and clothed in form in the Second Sphere to transform that Idea into a “thought-form,” are filled with the “consciousness” in the Third Sphere. In other words, the form of the Wise Mother has embraced the will of the Powerful Father to create the consciousness of their child of Love. Hence, the Three Fold Flame of Wisdom, Power and Love have been ignited to create the beginnings of manifestation.

The activity of the Third Sphere is to direct the “child” born of the merging of the First and Second Spheres through a prism to divide them into four subdivisions.

The emissaries of the Third Sphere then “step-down” the vibration of each Divine Idea to whichever of the four lower Rays can best materialize that Idea into physical reality. In this manner, the Third Sphere vitalizes all manifestations that will ever externalize onto the Physical Plane.

In the Third Sphere’s Mystery Temple we learn how to give consciousness to Divine Ideas with the force of Love.

THE FOURTH SPHERE

When the living, embodied thought-form enters the Fourth Sphere, it is absorbed by any receptive consciousnesses that are interested in the process of ascension. Through the endeavors of many lives, these beings serve to project this ideal to the inhabitants of the physical world.

In the Fourth Sphere’s Mystery Temple we learn to identify our Mission, our “reason for embodiment.”

THE FIFTH SPHERE

The seed ideas of Truth within scientific and medical research are scattered in the Fifth Realm to be received by any receptive consciousness. Those studying in the Fifth Sphere Mystery Temples of Science and Medicine receive this information and project it into the minds and hearts of the selfless ones that are working in these areas on the third dimension. In order to widen the circle of manifest expression, these blessings are then pulsed outward to await transmission into the Sixth Sphere.

In the Fifth Sphere’s we learn about Divine Truth and how it can be used to advance illumine and heal.

THE SIXTH SPHERE

Within the Sixth Sphere are the causative centers of religion and devotional or emotional worship. In this Sphere dwells the great Celestial Choirs, which project inspiration to those who have responded to the calling of being a religious or spiritual leader.

In the Mystery Temple of the Sixth Sphere, we learn to enhance our qualities of devotion and faith and to peacefully administer to the needs of the moment.

THE SEVENTH SPHERE

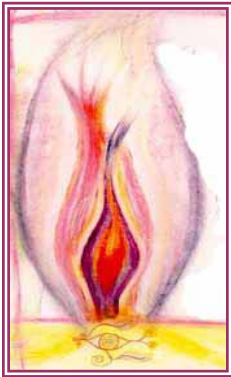
The Seventh Sphere holds the etheric pattern of every manifestation of the Divine Plan which has been lowered rhythmically through the six preceding spheres. Therefore, it is literally bursting with all the good things that have been

handed down from one sphere to another. It is on the Seventh Sphere that the Divine Plans await expression in the physical world.

This is the Sphere just above the human octave of limitation and imperfection. Hence, it is the contact point between our inner reception of Divine Ideas and our outer realization of those ideas. Therefore, it is the responsibility of the Seventh Ray to provide a way and means by which humanity may unite its consciousness with the consciousness of the Inner Spheres.

This process is best accomplished through the use of the Violet Fire. The Violet Fire is the Light of the Seventh Sphere and consequently holds the vibration and energy pattern of that Sphere. Through calling upon the Violet Fire to surround the projections of our third-dimensional imperfections and/or fears, we can “step-up,” or transmute, the energy pattern of that third dimensional incident to the vibration and energy pattern of the Seventh Sphere.

We may call upon this Fire with the mantra of:



BLAZE, BLAZE, BLAZE

THE VIOLET FIRE

Transmuting ALL Shadow into
LIGHT, LIGHT, LIGHT

As we use the Violet Fire more and more to raise the frequency of our projections, we raise our personal frequency, as well.

The Seventh Sphere is also the first sphere which we first enter as our Soul ascends back into the Heart of the One. In the Seventh Sphere's Mystery Temple we learn to use our consciousness to infuse Divine Perfection into our physical world.

OUR SEVEN SELVES



Humans are seven-fold beings with a “body” on each of the sub-planes of the fourth dimension. When our Soul decided to experience life as a third dimensional being, it sent a fragment of its essence down the long, dimensional path through the fourth dimension.

Upon each of the sub-planes a body was created of the substance of that plane. These bodies follow the rules of the particular sub-plane on which they dwell. Because these bodies are the fourth-dimensional portions of our total SELF, they exist continuously, and simultaneously, until our final ascension into the fifth dimension.

In order to consciously travel through the fourth dimension, we must connect with and align each of our fourth-dimensional bodies. Just like the old stagecoach stations across the wilds of the unknown frontier, our “other bodies” are the way stations through the unknown of the inner worlds.

Our three higher bodies function as an integral part of our ability to attain mastery of our life energies. The lower four bodies are the storehouse of experiences for this, as well as all former, embodiments.

When our Soul first sent down a fragment of its essence to begin the physical experience, the first body it created was the “I AM” Presence.

THE I AM PRESENCE—WILL AND POWER

Our “I AM” Presence, which is our Higher Human or Light Body, is an individualized living being with whom we can learn to communicate. This body resides in the Spiritual sub-plane at the threshold between the fourth and fifth dimension, and knows only the perfection of the higher worlds.

Our “I AM Presence” downloads Light from the Oneness and projects it downward through all of our bodies and into our physical form. If we could keep our attention

focused this portion of our Self, we could consciously channel that Light into our physical reality

THE CAUSAL BODY—FORM AND WISDOM

The Causal Body, or Rainbow Body, is an octave lower in vibration and surrounds our “I AM Presence.” The beautiful colors of the Causal Body are representative of the seven qualities of the Source. This Being of our Self resides in the Causal sup-plane of the fourth dimension. This body holds the accumulation of ALL the positively charged energies of our many embodiments until we are ready to receive them into our physical world.

Our Causal body is much like our spiritual bank account. Each individual’s Causal Body varies in size and qualities according to the amount of constructively qualified energy used throughout the ages while both in and out of embodiment.

CHRIST CONSCIOUSNESS—AWARENESS AND LOVE

An octave lower and surrounding the Causal Body is our Christ Consciousness. Our Christ Consciousness, our inner Divine Child, is an intelligent being of light with a pure and perfect consciousness. We often know this body as our Guardian Angel. Our Christ Consciousness grows and increases with our Causal Body and may even be considered the consciousness of that body.

Our Christ Consciousness is a lower vibration than our “I AM” Presence, but it is united with it in characteristics, actions, feelings and intent. This body of our Self serves as a Silent Watcher and acts as a transformer to step-down the magnificence of the “I AM” Presence into the lower planes.

MENTAL BODY—IMMACULATE CONCEPTIONS

The Mental Body is an octave lower and surrounds the Christ Consciousness. It is the first of our “lower bodies”, and serves as a container for the lower, or outer, expressions of all our concepts, opinions, knowledge, and conclusions from all our human lives.

The Mental Body is fashioned from the substance of the Mental Realm. This body is meant to be the lower representative of the Christ Consciousness while on the Physical Plane. Our Mental Body serves as an instrument to create and hold the matrix/form of our manifestations until they become manifest in the physical plane.

EMOTIONAL BODY—CONSECRATION OF ENERGY

The Emotional Body is an octave lower than and surrounds the Mental Body. The Emotional Body, also known as the Astral Body, serves as a container for the lower

or outer expressions of all our feelings, emotions, and creations in all our human lives.

The Emotional Body was created from the substance of the Emotional, or Astral, Plane, which is the realm of feeling. Since Earth is the planet where we incarnate to learn mastery of emotions, it is the largest of the four lower bodies. About 80% of our planets, and of our physical bodies, are composed of water. Therefore, about eighty percent of our earthly tests are through our emotions.

The Emotional Body's service is to nourish Divine Ideas with the positive feeling of accomplishment and self-love. Thoughts, words, and actions have little efficiency without the sustaining power of the feelings of love, enthusiasm and other positive emotions.

Our thoughts are the matrix, or scaffolding, that surrounds our creations, but it is the energy of our emotions that fills that matrix in order to give it reality in the third dimension. Angels serve humanity to assist us in infusing our creations with the energy of Divine Love. If we wish to call on an Angel's assistance, we can attract it by using colors, music, flowers, candles and anything that can evoke a loving emotion. Our Emotional Body, also known as the Astral Body, is the Core of our creativity.

ETHERIC BODY—PEACE AND UNITY

Our Etheric Body is the exact counterpart of our tangible, physical body. However, it is composed of much subtler material and is slightly larger than our physical body, extending beyond it in both our outer and inner worlds. Our Etheric Body surrounds our entire body as well as each individual organ within our body. In other words, we have an etheric heart, etheric liver, etheric lungs, etc. Much spiritual healing is actually done through our etheric organs, and that healing is then passed on to our physical form.

Our Etheric Body interfaces between and connects our physical self to our higher bodies. It is the intermediary of our inner and outer worlds. Also known as our Aura, our Etheric Body determines the condition of our physical health, as it is the repository and the transmitter of energy.

Our chakras are located in our Etheric Body, or Aura, and it is from them that we can download the prana that is available to us from the higher dimensions. Within this body are the records and memories of all our experiences through all our countless incarnations. Our Etheric Body receives ideas from the Mental Body that have been energized by the feelings of our Emotional Body. Before thoughts and feelings can be manifest in the physical world, they must filter through this our Etheric Body.

PHYSICAL BODY—POWER OF TRANSMUTATION AND MANIFESTATION

Our Physical Body is the lowest vibration of all our bodies. With the exception of the Etheric Body, which slightly extends it, our Physical Body is the outmost of all our bodies. Just as our higher bodies are made up of the elements of the plane upon which they reside, the physical body is made up of the elements of the Physical Plane.

These elements are Earth, Air, Fire and Water.

The Earth Element provides structure and form for our third dimensional body and represents the physical aspect of our self.

The AIR ELEMENT provides breath and space within our body and represents the mental aspect of our self.

The FIRE ELEMENT provides neuron synapses and The Three Fold-Flame of our body and represents the spiritual aspect of our self.

The WATER ELEMENT provides fluid, liquid and blood of our body and represents the emotional aspect of our self.

Our Physical Body overflows with tiny particles of light substance called photons, which enter us through our chakras. These particles of light are emitted from our higher bodies and used by our Three-Fold Flame to maintain health and vitality. Our Three-Fold Flame is the spark of the Father which gives us Power, the form of the Mother which gives us the ability to gain Wisdom, and the Love of the Child who is the “effect” of their joining.

The Divine and Unconditional Love emanating from the “Child” is our birthright. No matter what conditions we meet in any incarnation, love is ALWAYS available to us through our Three-Fold Flame in the Core of our Etheric Heart. Our Physical Body is our Earthly anchor point through which this Love can flow into the physical world.

Our Soul “sent down” a fragment of Its SELF to create a body on each sub-plane of the fourth dimension. This process is more like “copy” and “paste” on your computer. When you copy something and paste it someplace else, it does not diminish the original in any manner. Therefore, when we connect with, heal and align each of these bodies, we construct create a Path back to our fully illumined Soul.

When we travel for the third into the fourth dimension, the first fragment of our SELF that we meet is be our Lower Astral Self, or our dark side. Because of this, it is beneficial to form a relationship with an Ascended Master, Angel or Elohim to assist us in loving and healing our Lower Astral Self who has become the receptacle for all our emotional pain and fear.

Once our Lower Astral Body, our dark side, is healed, we can create our personal "Tunnel of Light" through the darkness of the Lower Astral Plane. Then, we can align with our Emotional Body, our Mental Body, our Christ Consciousness, our Causal Body and our "I AM" Presence. With all these bodies in alignment, we can cross the Rainbow Bridge into the fifth dimension to find our fifth dimensional SELF.



THE SEARCH FOR SELF

To really by my SELF

To invent and re-invent
The purest expression
Of my Essence

Within every moment
Of the ever-present NOW

That is what
I strive to allow

That is what I
Work towards and surrender to
Desire and accept

That is what I
Wish to remember

AH
To remember that
Which I have forgotten

To connect with
That which I have disconnected

Then follow that connection
To the Source,
Of my Power, Wisdom, and Love

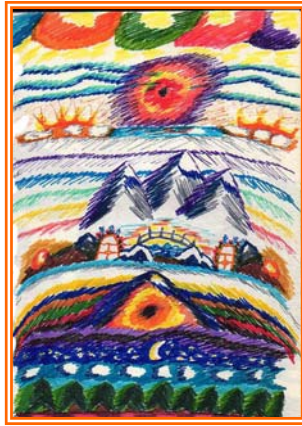
Power to release all charge
All attractions
All disdain

Wisdom to know it all
And not care and

The Love that binds
ALL my selves
To my SELF

The SELF that is
Wise enough to
Be loving enough
To BE Power

Power that comes from
The awareness of
My SELF



WELCOME TO THE FOURTH DIMENSION

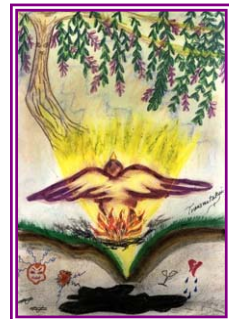


“Greetings! We, the Elementals of the Fourth Dimension welcome you to our world. Come, we will show you around.

As you journey up the various sub-planes of our Home, you may realize that our residents differ. Just as the creatures at the bottom of the ocean, where there is little light, are quite different from the creatures near the surface, the beings of the lowest octave sub-planes are quite different from the beings who are closer to the fifth dimension.

“Our lowest plane, the Lower Astral Plane, is our junkyard. This is where everyone from Earth has dumped their fear, anger, sorrow and pain. We try to work with it, but it is not ours to clear. The third dimensional humans have created the Lower Astral Plane, and it is they who must clear it. We hope that you did not have too much trouble there. But, if it is your first time through, you probably did. Eventually, you will create your Tunnel through the Lower Astral Plane, and in fact, all the way up to the Fifth Dimension.

“The key to visiting our Kingdom is that you release your fear. There is much fear in your third dimensional world, which holds you captive in your land of illusion and hard work. However, what you call illusion, we call imagination, and what you call work, we call service. We do not have any illusions here because we know that everything changes with our thoughts and feelings. If we think like an owl, we become an owl. If we feel beautiful, we may look like a flower, and if we are feeling powerful, we may look like a unicorn.



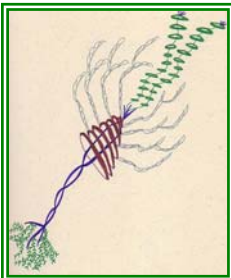
“Yes, all of your “mythical” creatures are alive and real here. If you wish to see one, just think of it, and it will be around the next bend, or it may suddenly appear in front of you. Our world is much like your dreams. In fact, this is where you

come in your night body. A predictive or spiritual dream would be your night body's visit to the higher planes of our world, and a nightmare would be a trip to the Lower Astral Plane. We learned early on that if we allow fear to overtake our being, we too will be pulled into that dark place. Therefore, we focus on the many joyous events about us.

"Please follow and we will show you a new flower that is about to be born. Our flowers here may be a bit different than the flowers in your Kingdom, but some of them are the same. In fact, some of our most treasured flowers are known as "weeds" in your world. Watch closely now, the young bud is about to open—AH is that not the most glorious sight? Look, it is sending a drop of its Essence down into your world. Perhaps you will see it when you return to your third dimensional home.



"We do that a lot you know, send down portions of our Essence to your world. In fact, if you look very closely, and with blurred vision, you may even see us Elementals wavering in your atmosphere. We greatly love to be in your gardens, streams and trees. Follow me. Allow me to introduce you to a Sylph, who will be your guide through our lovely land."



"Hello dear human. We are Sylphs. We waver in the wind like feathers, and continually change our form. We may look like only one being to you, but we are all joined in consciousness and do not perceive ourselves as being individuals, as you humans do.

Our Essence rules the air element of your third dimensional world and body, and we serve your world by clearing the air of your atmosphere. We often have to express the negative thoughts of humanity in the form of hurricanes or cyclones. We do not wish to hurt any of you. We are only following our assignment, which is to assist humanity in seeing the power of thought.

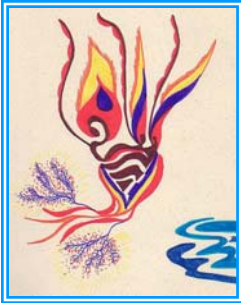
"Allow me to introduce you to some of our Fairies. They are also Sylphs because they serve in the air. They are the ones who assisted that beautiful flower in opening."

"Hello human. We are Faerie. Some of us live in the Land of Faerie, but many of us also live here in the lower vibrations of the Astral Plane. It is here that we learn about being "changers." A changer is one who assists the seasons in changing. We assist the old leaves to fall from the trees in the autumn, and the new buds to open in the spring.



“Thank you for visiting us. Will you remember to look for our kind when you see a lovely garden? Perhaps you will recognize us. We know we will recognize you. Oh, I must return to my flowers. Sylph will continue to guide you. Bye, bye.”

“Thank you faerie. I am sure that this human appreciates you as much as we do. Oh, dear human, do you see that clear stream ahead? Let us go there and we will introduce you to the Undines of the water element. See how busily they work to keep the stream moving. We Sylphs often serve with the Undines to create rain. In this way, our gardens and forests can flourish.



The Undine's essence rules the water element in your third dimensional bodies as well. Just as thoughts are like air, emotions are like water. There is much water on your third dimensional Earth, just as there is here in the Astral Plane. Therefore, there is also much emotion.

“Here the denser emotions, such as fear, anger, and sorrow, sink into the Lower Astral Plane. This allows us a boundary between the pain of darkness and the purity of light. In your world, on the other hand, the pain and purity are intermingled and often difficult to identify. The Undines can assist you in differentiating your emotions if you ask for their help. They will work directly with your physical body to create uncomfortable feelings for fear and darkness and glorious feelings for light and love.

“Oh look, there are some gnomes who are carrying the damp soil from the streams over to the baby flowers. We care for our infant plants and animals here much like you care for your human infants. The gnomes serve as earth elementals. See over there, by that big crystal. If you look closely, you will see a gnome peaking up from under the earth to tend it. And over to your right, there is an elf that is caring for to a small faun.



“Can you now realize how we elementals work together to create our harmonious environment? Only humans who can focus on love can visit us in this vibration. Hence, we do not have to out-picture your emotions in the form of storms and natural disasters, as we do on earth.



“Do you feel our wonderful sunny day? You can thank the Salamanders for that. They rule the fire element. Without the Salamanders, you would not receive the photons from the sun, have fire to warm your homes and cook you meals, and your bodies would not have neuron synapses. We earth, water, and air elements deeply appreciate the Salamander Fire Elementals as they carry Spirit to our world, into our very Essence.

“Now we are approaching one of the Mystery Schools. The Ascended Masters, your ascended humans, serve in the Mystery Schools on each of our fourth dimensional sub-planes, so that you can more easily access them in your expanded consciousness. Some of your more evolved humans can even bi-locate to the schools and study directly with the Masters.



“Well, we have come to the boundary of our territory. St. Germain, the Ascended Master of the Seventh Ray will be your guide now.”

“Greetings. I am joyous to find you here in the inner planes. Since the Seventh Ray is the closest Ray to your physical world, it is the first one you visit as you journey on your Path to Soul. Therefore, I, the Ascended Master for the Seventh Ray, am your guide. Allow me to congratulate you on your ability to make this trek. I know that you have faced many of your personal demons in order for you to have this pleasure.

“We are still in the Astral Plane, or Emotional, sub-plane of the fourth dimension. It is here that many of the Angels serve. We Ascended Masters are very grateful for the ministrations that the Angels have given to humanity. Without their assistance, we doubt that any of us would have been able to make our transcendence into the Light. It is also the selfless example of the Angelic Kingdom that has inspired us to forgo our further aspirations into the Light in order to stay in the fourth dimension and assist our brother and sister humans.



“I, St. Germain, work with the Angels to transmute the darkness of the Third Dimension into Light. Ascended Master Nanda works with the feeling of bliss that the Angelic Choirs radiate onto the many places of worship, whether that place be a personal garden, a bedroom, a high mountain peak, a sacred grove, or a beautiful man-made cathedral.

“Ascended Master Hilarion often calls on the Angelic Kingdom to bestow upon humanity the knowing of TRUTH to amplify healing and scientific discovery, and Ascended Master Lord Lanto calls upon the Angels to shed their Divine Illumination on fortunate human recipients.

Of course, Ascended Master Serapis Bey calls upon the Angels to assist with human ascension, and Ascended Master Paul the Venetian works continuously with their love force. Also, Ascended Master El Morya works directly with the angelic leader, Archangel Michael, and his powerful Divine Complement, Lady Faith.



“But enough of my human talk, allow me to introduce you to this glowing Angel who now stands before us.”

“Hello, beloved human. I am joyous that you have journeyed into the Astral Plane where I serve. We Angels also have a group consciousness in that we are in constant inner communication with each other and with the Archaii of the Ray upon which we serve. However, since we serve so intimately with humans, some of your individuality has rubbed off on us, so to speak.

“As you know, we absorb the Essence of our environment. One of our biggest challenges is to enter your world with our absorbed love and compassion and not allow the fear, anger, and psychic pain of your world to taint our gift. However, we face with challenge Love for you and for your plane.

“We are grateful for the appreciation that many of you humans have been showing us. We truly appreciate when our likeness is drawn by your artists, our music is received by your musicians and composers, our words are written by your writers and poets, and our movement is grounded by your dancers and athletes. We wish you to know that with every stroke of the brush or pen, with every note of music, and with every movement, we are beside you celebrating your expression of our gifts.



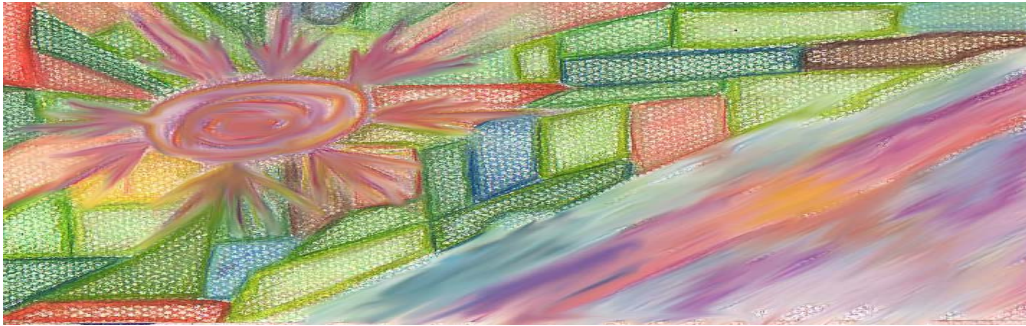
“We give our offerings freely and in Unconditional Love. We realize the many hardships you endure, especially the hardship of feeling separate from the Oneness. Some of us have chosen to take a physical life, but we seldom do it twice. Our hearts are best suited for Unity and Loving service to God-Goddess-All That Is.

“For that reason, we serve here in the Astral Plane to assist you in clearing your emotions so that you can better receive and ground our offerings. We greatly admire the courage you all display as you live and contribute in a world so filled with separation and limitations.

Would you allow me to touch your heart with my heart in appreciation of your great accomplishments? ...



“Oh thank you, dear human! You may not realize it, but we Angels find humans to be as beautiful and loving as you humans find us. We each serve the Source in our own way. Together we are striving now to raise our dear Gaia into her true fifth dimensional form. We are a good team, humans and Angels. Yes, indeed we are.



“Oh dear, here we are already at the threshold of the Mental Plane. I believe it was the blending of our auras that brought us here so quickly. Before you cross over to enter into your mental body, please take a moment to see and feel your astral-emotional body. It is a lovely oscillating, dynamic body, is it not?”

“Within your astral body is the sum total of all the emotions and feelings that you have ever experienced in all of your third and fourth dimensional incarnations. When you merge with your Astral Body, it is good to call upon an Angel, such as myself, to “touch” your heart so that we may heal your darkness and amplify your light. As you carry more and more light, your third dimensional aura will glow and your inner beauty and love will radiate to all those who come into your life.

“My, it is time for you to step over into the Mental Plane, but before you leave, would you like to change form? Perhaps you would like to be a wolf, a hawk or a snake. Would you like to burrow into the ground, run as fast as a wild stallion, or fly like a bird? Possibly you would like to be twelve feet tall or as small as the Elves and Faeries. In fact, upon this threshold is the wonderful Land of Faerie. See. It is just through that waterfall. You may travel there whenever you wish.

“But now, I see a Deva who has come to greet you. Yes, it is a water Deva who has come to assist you in the final clearing of your emotions so that you may step into the Mental Plane. Be prepared dear human, the Mental Plane has much less form.”

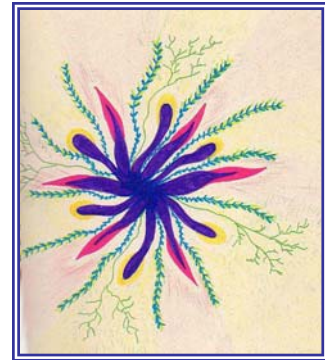
“Welcome, human. We are Deva. We too have a group consciousness. Our consciousness is in unity with all the other Devas, as well as all the Elementals who serve with us to create form from thought. In our world, form and thought are one. When we are thinking about something, it takes a form, but when it leaves our thoughts, it loses all form. That is the way of our Mental Plane.



“In our world, thought is pure potential. It is our responsibility to receive Divine Will, each and every thought of the Source, from the planes above us and create a matrix here on the Mental Plane. Then we send that matrix to the Astral Plane to be filled with emotion, which is energy in

motion. The Divine Will is then passed into the Etheric Plane where the Elementals feed the infant Idea with their etheric substance.

“At this point, the etheric body of a human who resonates to that idea will be able to carry it over into the third dimension. Your etheric body holds all the knowledge, pain and experience of all of your third dimensional lives.



“The Divine Ideas that will attract your etheric body are probably Ideas that you have worked on in many lives. Once the etheric body magnetizes a Divine Idea, it can more easily be passed into the consciousness of your physical body. Oh, what joy and jubilation we all feel when the “Seed of the ONE” blooms on the Physical Plane!

“Some of the humans, like you, are able to visit us here in the Mental Plane so that they may become aware of the Divine Idea that is their’s to manifest. This awareness is obtained by merging with your own mental body. In your mental body is stored all the thoughts and beliefs of all of your third and fourth dimensional lives.

“It is easier to absorb your personal Divine Ideas because you have believed in and thought about them for many, many incarnations. These thoughts and beliefs leave a residue within your mental body which acts like a magnet to attract concepts of that frequency and matrix.

“Take a moment now to look at your mental body. Do you see your own “thought matrix” through your translucent form? Oh, be careful. If you allow yourself to feel frustration that you are not “doing it right,” you will lower your vibration and terminate our visit.

Allow me to touch you and it will be easier for you...



“There, I am sure you can see your mental body now, for you are glowing like a thousand candles. Take a moment and send an image of this glowing form to your earth-bound brain. Then remember to remember that image when you return to your third dimensional world. This is the best way to ground your light body in your physical form.

“Allow me now to invite you to one of our Devic meetings. It is there that we gather up the inspirational thoughts of humanity, match them with the Divine Ideas of the Source, and send them back to the earth plane. Perhaps you will find out more about your own Divine Ideas.



“Well, well, we are joyous that you joined us in our meeting. Was it not a glorious experience for you? You did so well there that you have gained the attention of one of our Elohim. We will take you now to their Temple. Just close your eyes and allow your particular Divine Ideas to grow, and you shall find yourself there...”

“WELCOME cherished human. I AM Elohim. You have performed admirably in your mental expansion. You have cleared old beliefs in limitation and separation and learned to keep your thinking positive. These accomplishments have calibrated your consciousness to the frequency of the higher planes.



“Allow my ESSENCE to enter your mind. Just close your eyes and accept my message. Only you shall hear it, and only you can manifest it in your physical world...”

“Oh yes, dear human, our blending has accelerated your resonance into the Causal Plane. Enjoy your journey. I believe your own Christ Consciousness has come to greet you.”

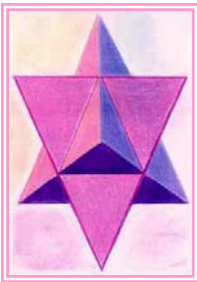
“Beloved One, essence of my SELF, I am our Christ Consciousness. I need no form, as I AM pure consciousness. I AM the sum total of all the loving feelings, thoughts, and actions of all our lives. I AM our Rainbow Body, which changes and wavers with every thought and feeling.

One day I AM golden and the next I AM violet. Often I will alternate from one color to another with each message I receive from my higher or my lower selves. Can you feel me within you? Allow me to touch your heart so that you can more easily “feel” my consciousness within you...



“Wonderful! When you make your return trek, through the Fourth Dimension, into your physical body, be sure to take our “feel” of Christ Consciousness and infuse it in every one of our lower bodies. But, first, there is ONE whom you must meet in a higher body

In fact, allow me to touch your Third Eye and we shall go there together now...



Beautiful!

Yes, you are still “here,” because you are “EVERYWHERE.”

In fact, “EVERYWHERE” has just expanded,
for we are now ONE with our I AM Presence. “

“GREETINGS,
my beloved physical expression,

“I AM ALL THAT I AM.
I AM your SELF.
I AM your Higher Human.



“You are me, and I AM you. We are in constant contact for I AM your I AM Presence. You are my physical encasement, my manifestation of the Divine Idea of individual, human life.

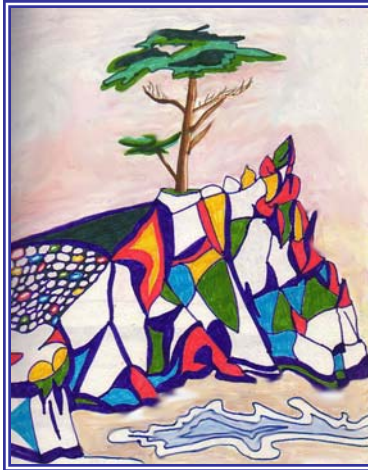
“I AM the LOVE that brings joy to your human Heart. I AM the WISDOM that brings illumination to your human Mind. I AM the POWER of your SELF, for I AM the “tie that binds” your human Essence to our Divine SOUL.

“I stand at the threshold of the fifth dimension. In fact, I AM the threshold.

“Allow me to merge with you,
so that we may return HOME,
into the realm of our Soul...



Take me Home with you into your physical world,
and I will take you Home with me
into the Fifth Dimension!!!!”



ALONE

Alone with my self
in a world filled with fear.
Alone with my self
if I'm there or I'm here.

Alone with my self,
all my boundaries are lost.
The truth that I seek,
the reward and the cost.

Alone in my mind
while my heart seems to steer.
My actions are foreign,
their causes unclear.

To be in the One
is the call of my Soul.
To know who I AM
is my prayer and my goal.

I summon the moment
to give me a reason
to be who I AM
in this time and this season.

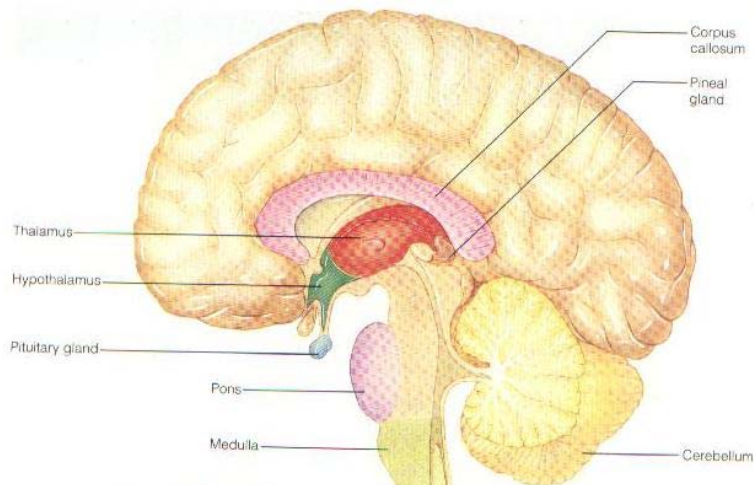
Alone in my self,
I call forth the light
to show my true path
and bring down my might.

But am I alone
in this time of great question
or part of the Oneness
and I am one this section?

This section's the ending
of all I might be,
a fragment, a portion
of all I can see.

I beckon the One
to come into my heart
to remind me this ending
is really my start.

THE SIXTH CHAKRA AND OPENING THE THIRD EYE



The sixth, Brow Chakra is often known as the Third Eye. However, according to the postulates of yoga (specifically those written by H. H. Mahatapaswi Shri Kumarswamiji), the pituitary gland of the sixth chakra and the pineal gland of the seventh chakra must join their essence in order to open the Third Eye.

PITUITARY GLAND

The pituitary gland is about the size of a pea and is located behind the center of our forehead, between our eyes. Therefore, the sixth chakra is often called the Brow Chakra. The pituitary gland is known as the master gland because it acts as a main control center that sends messages to all the other glands from its two lobes, the posterior and the anterior. The pituitary gland prompts the proper growth of glands and organs and regulates sexual development.

The pituitary gland is called the “seat of the mind” with the frontal lobe regulating emotional thoughts such as poetry and music, and the anterior lobe regulating concrete thought and intellectual concepts. On the other hand, the pineal gland is known as the “seat of illumination, intuition and cosmic consciousness”. The pineal gland is to the pituitary gland, what intuition is to reason.

PINEAL GLAND

The pineal gland is cone shaped and is located in the middle of the brain behind and just above the pituitary gland. The pineal gland contains pigment similar to that found in the eyes and is connected to the optic thalami, hence it controls the action of light upon our body. The pineal gland is located in the posterior end of the third ventricle of the brain and the pituitary gland is located in the roof of the third ventricle. It is said that the joining of the essences of these two glands in the third ventricle initiates the opening of the Third Eye.

The pineal gland acts in two ways to inhibit the action of the pituitary gland. First, the pituitary gland is responsible for activating adolescence and the beginning of sexuality, and the pineal gland checks the pituitary gland to prevent premature sexual awakening. Second, human thought is regarded as a result of suspended action, and the pineal gland inhibits the immediate discharging of thoughts into action. This inhibition causes us to look inward and to deeply ponder our actions and reactions.

This introversion is indispensable for self-realization as it displaces our attention from the outer world to the inner. When the external world disappears, our circle of consciousness contracts because our primary attention is focused upon our inner self. It is this inner attention that magnetizes “spiritual light” into the pineal gland.

THE THIRD VENTRICLE

The third ventricle of the brain is a narrow opening lying near the base of the cerebral hemispheres and separating the two thalamic areas. These thalamic areas are the brain’s “storehouse” of all our sensory perceptions. When the pituitary and pineal glands are fully developed and stimulated through meditation upon the sixth and seventh chakras, their vibrations fuse and activate the Third Eye. Once the Third Eye is open we have personal access to higher knowledge. The opened Third Eye allows us to perceive our physical reality through the perspective of our fifth dimensional Soul.

Shiva yoga is a form of yoga practice which concentrates on awakening the pineal gland. This gland is often dormant because our third dimensional self is usually focused on the outer sensate world, rather than the higher spheres. Shiva yoga teaches that cosmic light descends to meet the individual through the optic thalamic nerve connection of the Crown Chakra. Once the Kundalini has risen to the pituitary gland, it merges with the Cosmic Light, which the pineal gland has received in the third ventricle.

MYSTICAL MARRIAGE

The human brain has a fundamental resemblance to a human, androgynous embryo. The pituitary gland holds the positive, masculine charge and the pineal holds a negative, feminine charge. When the masculine and feminine energies meet in the brain it is known as the Mystical Marriage. The Mystical Marriage initiates the birth of our Multidimensional Consciousness and our conscious passage into the fifth dimension and beyond.

The rising Kundalini pulls the energy up from Mother Earth through the nerve channels, into the medulla oblongata, through the pons area of the brain and then down into the pituitary gland behind the eyes. The increasing pituitary radiations then pass through the third ventricle to awaken the pineal gland which has received light from the higher dimensions. The feminine earth energy merges with the

masculine pituitary gland, and the feminine pineal gland receives the masculine unmanifest energy from Spirit. When the two awakened chakras' essences meet in the third ventricle, there is the union and harmony of spirit into matter as the multidimensional forces of Spiritual Light merge with the matter of our third dimensional brain.

THE THIRD EYE



The opened Third Eye is also known as the Middle Eye of Shiva, the Eye of Horus, and the Horn of the Unicorn. The Temple of Maat in early Egypt was dedicated to the process of opening the Third Eye. The Third Eye is an etheric, or fourth dimensional, eye.

The Third Eye acts as a sensitive receiver, and transmitter, by which vibrations of many different types can be translated, interpreted and dispersed into our third dimensional brains to gain wisdom and illumination. Through this EYE, inner planes, thought matrixes and higher entities are perceived. A advanced sense of the laws of cause and effect is also acquired.

All eyes need a lens to give meaning to a perceived light sensation, including the Third Eye. The Third Eye's lens is located in our aura, just in front of our sixth chakra. The psychic construction of this lens is part of the discipline that leads to the accurate perception with our inner eye. By using this point in our aura, between our eyes and in the center of our forehead, as a focal point during meditation, we can facilitate the development of our Third Eye's lens. Using this form of meditation also facilitates theta wave consciousness.

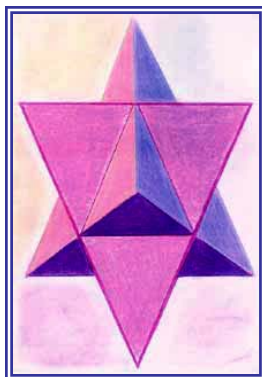
THETA BRAINWAVES

Theta Brainwaves (4-7 cps) occur in sleep and are dominant in our highest state of meditation. We normally experience Theta Brainwaves as we drift off to sleep, during some dreaming, and as we return from the depths of delta sleep. The pictures we perceive as we drift off and awaken, hypnogopic and hypnopopic images, are in Theta Brainwave. During Theta Wave Meditations, we are in a waking dream where vivid imagery flashes before our inner vision. In this state, we are extremely receptive to information sent from the higher dimensions.

The Shamanic State of Consciousness, which is theta brainwaves, allows us to journey into the higher planes. The steady-rhythmic beat of the drum struck four and one-half times per second (theta waves are 4-7 cps) is the key to transporting a Shaman into the deepest part of his or her Shamanic trance. The constant and rhythmic-drone of Tibetan Buddhist chants, which transport the monks and other listeners into realms of blissful meditation, also follow this rhythm.

Theta Waves have also been identified as the gateway to learning and memory. Theta meditations increase creativity, enhance learning, reduce stress and awaken intuition and other extrasensory perception skills. Theta Consciousness allows us to connect with our creative inspirations, spiritual guidance and peak experiences. Through Theta Wave Meditation, we can open our Third Eye and access the Delta Brainwaves that unite us with Universal Energy and Cosmic Consciousness.





THE SIXTH CHAKRA

A circle surrounds the symbols for the first five chakras. This is not the case with the sixth and seventh chakras because these two chakras represent the expansion of our consciousness beyond the confining “circle” of our third dimensional self.

LOCATION: The location of the sixth chakra, also known as the Brow Chakra, is between the eyes in the center of the forehead

PETALS: There are ninety-six petals in this chakra. These turning petals accelerate into a swirling vortex when the Third Eye is opened.

NOTES AND MANTRA: The note for this chakra is high A, and the mantra is “aum”, “om”, or “mmm”. The mantra “om” is used by many traditions to achieve theta wave consciousness.

COLOR: The color for the brow chakra is indigo. The children being born now are called the “Indigo Children” because they are born with their Third Eye fully opened. It will be our challenge to protect these children from our dangerous world until they are old enough to become our leaders.

RULES: The sixth chakra rules our intuition and imagination and is associated with the parts of our consciousness concerned with a spiritual view of life. This chakra is sometimes known as the Home of Spirit, as it has the ability to inform us of the motivation behind actions.

Through the sixth chakra we can observe the outer theater of life from an inner point of view. Inner vision is also ruled by this chakra. Through meditation upon our Brow Chakra, we can gain great inspiration and vision regarding our purpose and highest goals.

This Brow Chakra rules our sleeping dreams. There are three kinds of dreams:

(1) Our unconscious dreams, which bring old issues up from our subconscious so that we can gain a clearer understanding of how we really feel instead of how

we “should” feel. We can perceive these dreams as nightmares or as opportunities to be conscious of our own darkness, so that it can be healed and released.

(2) Our conscious dreams, which are often “dress rehearsals” for what we are doing, or trying to do, in our waking life. After having these dreams we may feel tired, as if we have been working all night, and in a sense, we have been.

(3) Our superconscious dreams, which allow us to have journeys through the inner planes, and retain them when we awaken. These are also called “lucid dreams.” It is important to write out these dreams and integrate them into our everyday lives, for they are actual, spiritual guidance.

Even if a dream is not remembered, it still releases psychic tension. Research has shown that people, who have received adequate sleep, yet have been deprived of dreaming, become disoriented and psychologically disturbed. It is even more beneficial if we learn to remember our dreams, because they give us important information about our SELF.

There are two effective ways to remember our dreams. One, we tell ourselves as we are falling asleep, “I will remember my dreams”. Two, before we open our eyes in the morning, we tell ourselves our dream. This activity transfers the dreams from our imagistic right brain to the language areas of our left brain. Then we can often remember the dream long enough to write it down. Some dreams are not difficult to remember and, in fact, haunt us until we process to fully understand their meaning.

SENSE: The last two chakras rule our higher senses. The sixth chakra rules our higher sense of telepathy, empathy, ESP, and all the other abilities that are latent within the 85% of our brain, which we do not normally use.

ASTROLOGICAL SIGN: Since this chakra represents our higher consciousness, more than one astrological sign is needed to fully express the energies of this chakra. The holistic thought and realization of inner life of the sixth chakra corresponds with the astrological sign of Sagittarius, which is ruled by the planet Jupiter.

Also, once the Third Eye is opened, the divinely inspired thought, higher knowledge, and flashes of intuition of the sign Aquarius, ruled by the planet Uranus, and the imagination, intuition, and access to inner truths through devotion of the sign Pisces, ruled by Neptune, are further expressions of the sixth chakra.

ELEMENT: The elements for the last two chakras are also metaphysical, or beyond the physical. The sixth chakra rules spiritual vision and inner sound.

CONSCIOUSNESS: This chakra rules the expansion of our third dimensional consciousness to encompass our conscious perception of the fourth dimension. This conscious perception of the fourth dimension means that we remember our inner travels, whether they are through sleep or meditation. It also means that we learn how to integrate the inspiration, illumination and knowledge we have gained into our everyday physical lives.

PERSONAL TIMELINE: The brow chakra represents the stage of life where we are self-realized adults and have learned to live in harmony with others and with our expanded SELF. Since we live in the third dimension, this does not mean that we never have problems, but that we don't see them as "problems".

Instead, we experience life's difficulties as initiations through which we can grow and expand our consciousness. We realize that our true self is a Multidimensional Being who has spun a hologram of its essence into the lower dimensions to gather experiences. Our self-realized adult feels in unity with All That Is and is aware of the responsibilities of that unity.

SOCIAL TIMELINE: The time era best represented by the Brow Chakra is the hopeful near future. If we can survive the challenges of today and connect with the consciousness of Earth, Lady Gaia, we shall experience the profound union of Planetary Civilization. At this time, that possibility looks a bit grim, but we must remember that the darkest hour is just before dawn.

We have been informed for many decades now that we are moving into a Golden Age, in which we shall live in constant connection with our Multidimensional SELF. There are many of us who have that experience, but there are many more who do not. If we can consciously merge with God/Goddess/All That Is, and surrender to that Oneness, we shall be free of the fear of this hologram and choose the reality where we peacefully, and knowingly move onto fourth and fifth dimensional Earth.

ENDOCRINE GLAND: The endocrine gland for the sixth chakra is the pituitary gland. This gland is discussed in depth in "Opening the Third Eye."

NERVE PLEXUS: The nerve plexus for this chakra is the carotid plexus, which rules the nerves of face, sinuses, vision and hearing.

CLEAR: When this chakra is clear, there are enhanced intellectual and psychic abilities. Our memory is good, and our perceptions are accurate. Through our ability to consciously travel into the higher dimensions of our inner reality, our ability to visualize is amplified, our imagination is expanded, and we are able to project our visions and imaginations into our outer world. Our sinuses are clear, and our hearing and vision are amplified by our ability to use our innate inner senses to amplify the information gained by our five physical senses.

UNCLEAR: When the sixth chakra is unclear we have difficulty focusing our attention. We may have mental health problems, be detached and distant from others and/or experience intellectual stagnation. We may suffer headaches and fuzzy thinking as well as sinus problems, headaches, and vision or hearing problems.

EARTH CHAKRA: It is fitting that the Earth's sixth chakra is located in the Himalayas, Tibet, as this is an area that has always cherished consciousness expansion and travel into the inner, higher planes of reality.

DIMENSIONS: The Brow Chakra rules the Theta Brainwaves of our expanded awareness, as well as intellectual and psychic excellence. This chakra represents our conscious exploration of the higher dimensions found within our SELF. Through meditation upon the sixth chakra we can open our awareness to encompass the fourth dimension up to the threshold of the fifth dimension.

SUMMARY: The sixth chakra represents the first step towards our journey Home. Once this chakra is opened, our higher senses are activated, and our perceptions of life expand. With our expanded perceptions, we are no longer able to limit ourselves to the physical rules of separation from others and from SELF. We will never again experience physical life in the same way because we cannot limit ourselves to the "boxes" of mundane life.

Our journey has begun and Divine Discontent will overtake us if we try to turn away from our greater life. Fortunately, the reward is that our creativity is greatly enhanced as we tap into our inner storehouse of inspiration and illumination. We now seek within for our answers, and we use outer resources for validation rather than as our only source of information. The door to the fifth dimension stands ajar, and we are tempted to enter.

Mundane life calls us to continue as we did before, but we CANNOT. We are different, and in order for us to find peace, this difference must be expressed in our outer world. We search, inside and out, to find a life that fits this new inner resonance we have found. Jobs change, friends change and relationships change. Eventually, we find new jobs, friends and relationships that can accept and appreciate our greater self. Happily, there are those who remain our true companions. With our expanded resources, we find others to help us, as we, in turn, help others.

We have stepped upon our Path to Soul and we are going Home,
Home inside our SELF.



ACCEPTING THE CALL

A Personal Account of the Rising Kundalini

THE SIXTH CHAKRA 1992-1994

Kundalini had rested in my fifth chakra for a long time when the whisper of “Time for a change,” became a shout. “Get ready for a bumpy ride,” the inner voice said. The next two years would be filled with change.

SPIRITUAL LIFE

All of my life I had a very vivid imagination of other lives, my other lives. When my Kundalini first awakened, other lives would come to me in rushes. I would have dreams, and when I awoke, an inner voice would say, “This is a dream of another life.” But nothing was as extreme an experience of my other lives than when Kundalini entered my sixth chakra.

I use the term “other lives,” avoiding the term “past lives,” because all lives are actually simultaneous and happening in different space/time quadrants. With the opening of my sixth chakra, I was able to psychically travel into the fourth dimension. From the fourth dimension, I was out of third dimensional space/time and could easily view any 3D life that I desired.

However, I did not desire to visit them. They came to me so strongly that I HAD to write them down. These other portions of my SELF were calling me to hear their stories. While I wrote each life, I simultaneously lived it to my present life. I was experiencing my first multi-dimensional awareness. There had always been other lives on the edges of my consciousness, but now they came in full mundane consciousness. Unfortunately, all of them were sad with unhappy deaths, filled with pain and disillusionment.

I had received an inner message many years before that said, “Once you have healed enough of your pain in this life, your other lives will rush forward for the same healing.” Well they were rushing forward all right. Many times, I found it

quite difficult to live two lives at once. The good part was, as I wrote these lives, I found resolution for the conflicts, comfort for the pain and love for the fear. These lives were put together in books one and two of Visions from Venus, A Multidimensional Love Story, and Reconstructing Reality, Part II of Visions from Venus.

One of my most powerful and disturbing experiences was when I re-experienced my first life in a third dimensional body during the fall of Atlantis. I felt, in every fiber of my being, the ripping apart of my essence as only my female polarity was able to enter the body. I experienced again the deep sorrow and abandonment when my other half, my Divine Complement, left me. When I wrote through the feelings of that life, I released a deep pain in my heart that had haunted me my entire life. A few days after completing the writing of my life during the total destruction of Atlantis, a strong earthquake hit Los Angeles, my hometown.

When I first wrote the Visions from Venus books, it was from the perspective of the fourth dimension. Later, when Kundalini had risen to my Crown Chakra and my Third Eye had opened, I rewrote the book from the perspective of the fifth dimension. The entire process covered many years. I found that, as I healed each “past life”, that a part of my present life was healed as well. Eventually, I was able to access lives in which I was able to reunite with my Divine Complement and move as a unified being into the fifth dimension upon my death.

These personal experiences had, once again, brought me to a place of disillusionment with my spiritual teacher. Also, and most important, my inner guidance told me that my writing and meditating had brought me to the threshold of the Soul Plane—the fifth dimension. Once there, I would no longer have physical teachers. My instruction would come from higher dimensional Beings and from my inner, higher dimensional Selves.

CAREER LIFE AND PERSONAL LIFE

My career life and personal life are presented together here because my body, personal life, demanded changes in my career, and I had to listen.

When my son went off to college, I found I had a lot more energy to put into my career. After battling the empty nest syndrome of: “My babies are gone!” to “I am free!,” I settled into making more mental space for more psychotherapy clients. It worked, and soon I had more clients than ever. However, simultaneously, I still had my audiology career. I was working too much, again! Meanwhile, I was living two lives at one time and going through menopause.

This time I had to let my body take charge of my career, rather than the other way around. Ladies, if anyone tells you menopause is a breeze—they are a man! I had PMS ALL the time; ten hot flashes an hour, highlighted by red face,

perspiration, and a new kind of body odor, and woke up five times a night. That is, if I could sleep at all.

Well, I was a good new-ager, ex-hippie. I was going to take the natural route. I scheduled massages once a week, I got a personal trainer, I went to a homeopathic doctor, an oriental medicine doctor and a chiropractor. NOTHING WORKED.

The pituitary gland in my sixth chakra was activated and my biochemistry was OFF. It was the 50-60 hour weeks and the no sleep that finally did me in. I surrendered to western medicine and started taking the hormones. However, I was still tired all the time.

Finally, I sprained my right ankle and put my back out. Was the load too heavy for me to step forward?? I had to take the leap. I could NO LONGER carry two careers, while I was also living at least two lives at a time. One of my careers had to go. There was no question which one I would choose, the counseling. But was it really giving me enough money by itself? I did have a lot of debts. My body said, "Jump. You have been sitting on the fence too long. You are using me up."

FINAL INITIATION

The act of having enough confidence in my self, my inner guidance, and my own vision of my destiny was my initiation. My sixth chakra saw the big picture, and I had to believe in it. I had to trust that I would love my work and be able to survive financially. That meant that I had to believe that I deserved to make money at something that I found creative and interesting.

When I quit the audiology career, I had lots of time. For quite a few years I had had more money than time so, I went to a lot of places in my outer world. Now there was no extra money to spend for travel, but the journey inside was free. Inside I went. My meditations had taken me through the fourth dimension and I was knocking on the door of the fifth dimension. When I first arrived, I met the "Greeter" who worked with me. He was a guardian of the threshold whose service was to assist the newcomers.

I was initially blind and deaf on the fifth dimension. My perceptions were not yet calibrated to that vibration. I had trained my inner perceptions to perceive the fourth dimension, but I had not yet adapted to the higher frequencies of the fifth dimension. Also, the sensations of the fourth dimension are very bright and loud and sometimes feel almost physical. On the other hand, the sensations of the fifth dimension are subtle and illusive.

Besides the Greeter, the only thing I could perceive for a while (a while really has no meaning because there is no time in the fifth dimension) was the green grass.

Eventually, I could see a swirling vortex of yellow and red, only with a different tint to the colors. The Greeter said that that was the actual fifth dimension. However, it took me a long “third-dimensional time” to get there.

In due course, the Greeter told me that I was ready to go a fifth dimensional “town” that was located on the threshold area. This experience was almost too much for me. For one thing, once in the town, I had an experience of unity and complete equality beyond anything I had ever felt. While traveling in the fifth dimensional wave of consciousness, I felt complete, unconditional acceptance and unconditional love. The feeling was so blissful that it almost hurt.

Also, there was no hierarchy system. There was no one who was better or worse. I remember feeling something dislodge in my mind when I realized that, after this experience, I would not have another physical, spiritual teacher. Now I would have to seek my answers inside my SELF.

When I reached the “town,” I had some problems. In the fifth dimension, every thought and emotion is instantly expressed. Well all of these new sensations were a bit frightening to me, and I created a big monster with my fear. My fear created something that made me even more fearful. (By the way, the monster looked just like the monster I used to see in my nightmares as a child.) However, the other people in the “town” understood that I was a newcomer, and, just as they unconditionally accepted me, they unconditionally accepted my “monster”.

However, my recreation of my childhood monster told me that I needed more instruction. I told the Greeter that I would like to study with a woman since, back on earth, I was a woman, and I wanted to experience fifth dimensional female power. He obligingly took me to my new inner teacher. This woman was the leader of a small group of newcomers like me. I was to learn a powerful lesson in this group.

The leader was teaching us that the fifth dimension was beyond time and space. The group was in a circle, and we were instructed to merge with the person next to us. For a “moment” a man and I were in exactly the same time and space, yet we completely maintained our individuality.

I returned from my meditation and realized I was late for a third dimensional appointment. I rushed out the door and down the stairs to my garage. I drove out slowly as I always do, thank heavens, but a bicyclist was on the sidewalk and hit my car with his bike and rolled over the hood of my car. I was horrified. How could I have such a spiritual experience and then kill someone?

I rushed to the man, who wasn’t dead, and took him into my house to give him a little first aid. At that moment, our eyes met and I realized that it was him—the man in my meditation. We had been in the same place at the same time in the third dimension, just as we had been on the fifth dimension.

I didn't tell the man of my experience. It seemed too weird, and I was afraid of judgment. In fact, it seems weird even now. I tell you, the readers, because you too may have had, or will have, these kinds of unexplainable experiences from your multidimensional consciousness.

I saw the man just one more time. He came back and seemed to waiting by my garage. He was fine, but it had cost him \$1,000 at the chiropractor. It had cost me exactly \$1,000 to fix my car.

My initiation lesson was to release all judgment of who is, and who is not, "spiritual." This man did not appear to be at all enlightened. His bicycle was old, and he looked poor and displaced. But, he was at exactly the same place spiritually that I was. Just as we can't judge a book by its cover, we can't judge a multidimensional person by his or her third dimensional life. I had learned a lesson in humility as I STEPPED ONTO THE SIXTH STEP TO SOUL.



Excerpts from:

SEVEN STEPS TO SOUL

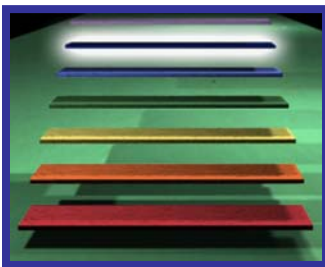
A Poetic Journey of Spiritual Transformation
By Suzan Carroll

THE SIXTH STEP

Imagination ~ The Joining of Worlds

Imagination is that portion of us that is childlike. It isn't real. Or is it? Could it be that our imagination is a powerful tool that we can use to mold our dreams into a future ~ into a NOW? If we can take the risk and enter the unknown, we may find that we are so important that our imagination is the thread that ties us to our Soul and hence, to all of life.

Through our imagination, we can create a portal between our outer world and the rich inner worlds of Soul where everything is possible ~ if only we can imagine. And, we are our own gatekeepers.

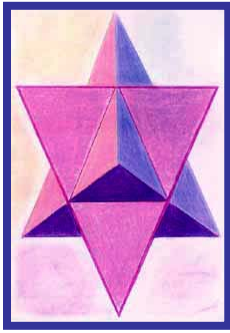


TAKING THE SIXTH STEP

She saw the sixth stair before her on a stairway that disappeared into the clouds. She knew this stairway well for it lived in her imagination and led to her inner universe on the "other side".

She had kept this passageway a secret so that the pain and fear of her outer life could not invade her inner sanctuary. Now, the clouds were thinning and a light shone down the stairway beckoning her to join these worlds. Could she allow her inner Self to shine in her mundane life just as the light shone through the clouds?

She would have to climb the stairs to find the answer.



THE SIXTH CHAKRA AND IMAGINATION

The sixth chakra represents our ability to imagine an inner world filled with life. It is important that we believe in our imagination, for only then can we truly believe that our true Self radiating from these inner realities into our everyday life. It is our imagination that allows us to feel this radiation of Light, and use it as a Pathway to our Soul.

IMAGINING INNER WORLDS

On the outside is the reality of our physical life, but on the other side is our imagination. Our imagination is our magic carpet upon which we can ride to find the many selves that were lost when we forgot our SELF.



THE OTHER SIDE

The other side of worldly woe
A very special space to go

To feel the heart, the mind, the wings
To see the wondrous truth of things

Wind and rain and snow and sleet
Neither touch our hands nor feet

Through the rainbow let it flow
The feel of love and life aglow

Neither within space nor time
Comes this universe sublime

Not to earn, to own, to keep
But to BE that which you reap
Oh, to touch from inside out
To realize the truth about

How to be and where to go
To feel the inner winds a-blow

Guide me now I care not where
I drop the lies and enter there

Free of want and free forever
Shall I forget, oh please be never

Hold my mind within my heart
May the ending be the start

The cycle of the world begins
Where other cycles find their ends

Embrace me now I do surrender
I do receive -- I am the sender

Holy be the sound of life
Take me now beyond all strife

VISITING THE OTHER SIDE

Take a long moment now to visit the other side. To step across this threshold, we must shed all our protective armor and enter as innocent as a child. When we return, we may not need such armor, for we will have learned that our protection comes from within.



MOMENTS

Moments in the meadow,
moments by the pond.
Moments of a life gone by
to set the sun upon.

When were all these moments?
Wherever did they go?
For lives of stress and worry,
what is there now to show?

Maybe there's a moment,
one which has not passed.
A special time of laughter
that shall forever last.

That "now" is dawning in the east.
The rays show round the bend.
For all of life to feel the light
and blessings it may send.

For hidden in the moments
is the "now" that lasts forever.
A peace of mind and change of heart
that stress, nor fear, can sever.

To hold that light of hope
forever near the heart,
is to make a seal, a contract,
which no one else can part.

And now, just what will happen?
Now that it has started.
That which has been shut so tight,
with Truth, it can be parted.

The puzzle is together.
The secret, it is out.
The password has been spoken,
in a whisper, not a shout.

The joining of our worlds,
the ones inside and out,
bringing spirit into matter
is what life's all about.

With head high in the heavens
and feet deep in the earth,
we face a new beginning,
a cycle in rebirth.

Beyond all of the reasons,
the limits and the time,
with awareness of our battles,
our strife and our long climb.

The climb up to the top
of that which has been sought.
The making of our mountains
through feelings and through thought.

And where are these steep mountains,
we have worked so hard to make?
These symbols upon which
we have placed such high a stake.

These mountains they are made
from the inside to the out.
And, of this simple fact
we must never have a doubt.

For deep inside our Self
our Spirit shows the way
so all the moments can unite
to make a bright new day.

Memories now of moments.
A life gone by with JOY.
To know the truth and love of life
that nothing can destroy.

JOINING THE WORLDS

How do we join our inner and outer worlds? Our imagination has shown us another reality and now we must find a way to integrate it into our everyday life. Perhaps the two worlds are not as different as we think.



THE ROSE

The Rose is still a bud, but it is soon to open.

The transition of our consciousness is much like the opening of a Rose. For many eons we, the members of Earth, have placed our consciousness on the outside of the Rose. The Core of the Rose was a mystery to us. Therefore, it was a god.

From the outside of the Rose, from the petals which were exposed to the environment, we prayed to the Sacred Center. Some of us even thought that this Sacred Center was deep inside the earth or far above us in the sky.

We had not yet remembered that
the Center was not above or below,
the Center was within.

God was distant and apart from us then, and the world was cruel and distrustful. Therefore, we had to be sure that we protected ourselves from outside forces that we believed were "separate." If God was separate, than so must everything else be separate. We were lonely. We were isolated. Fortunately, when we felt safe enough on the "outside," some of us decided to go "inside" to see what lay within the Center of the Rose.

And so we began the long journey to the center of the Rose, the center of ourselves. This journey was very frightening at first because we were used to holding our consciousness on the outside of the Rose, the outside of ourselves. The trek inside was long and lonely. If we were separate on the outside of the Rose, then how much more separate would we be on the inside?

But gradually, we discovered that we were not alone inside the Rose. We came to realize that there was an entire universe which existed there. It was our own special, independent universe. But was it really just ours? Was it really independent?

Eventually, we became aware that, from the Center of the Rose, from the center of this “new” universe, you could contact the essence of every other Rose that ever was or ever would be.

Because, in the Center of the Rose there was no time.

In the center of the Rose there was no space.

We were not alone!

We were not separate!

But where was our consciousness? Was it on the outside of the Rose, protecting us from “them”? Or was our consciousness in the Center of the Rose

where we were NOT alone,

where we were NOT isolated,

where we did NOT need protection

because there was NO harm?

And then it began to happen.

There was a great change on the outside of the Rose. It occurred slowly at first, and then the pace grew faster and faster. Everything that had been so hard, and firm, and stable was beginning to shift. Things were not so hard anymore, nor were they so stable. The outside petals of the Rose were moving away from the Core and pulling the other petals with them.

Now, we could not hide as easily within the Core of the Rose. However, if we placed our consciousness on the outside of the Rose, where we could “watch our backs”, we were affected by the great change. The outside petals were becoming very unsteady. They were threatening to fall from the Rose and land far away, far away from the Core of the Rose, the Core of Ourselves.

We could no longer place our consciousness on the outside where it was separate,
separate from others,
separate from God,
separate from our own Core,
and separate from the place deep within
where there was no separation.

We could not stop the petals from falling. And if we became attached to them, We, too, would fall away from our Core. Now we ALL had to journey to the Center of the Rose and place our consciousness inside because the changes outside were happening faster and faster.

But we were safe deep within ourselves. We were no longer alone there. We were with everyone else who had found their way to the Center of their Core, the Core of their Rose. But were we protected from the outside? Could we hide from what was happening outside of us?

All the petals were falling away now and we were no longer protected from the "outside" because there was no "outside". As each petal fell from our essence, we were preparing ourselves for the "new world" that awaited us. A new world
 where there were no petals,
 where there was no outside,
 where there was no separation.

And then, all the petals were gone. We were no longer IN the Center. We WERE the Center itself. There was no longer a place to hide, nor was there a reason because there was NO separation.

There was no God OUTSIDE or ABOVE or BELOW or WITHIN because there was NO measure of distance because there was NO space. There was no fearful future or sorrowful past because there was NO time. There was no core because there was NO exterior.

 There was only NOW.
 There was only HERE.

As we looked around us, we could see that there were still Roses that appeared to be independent from us. However, when we placed our attention upon them, they lovingly and willingly opened their heart to us, as we did to them.

There were no secrets,
 there was no fear,
 there was only Unity and Love.

WE WERE HOME.

LIVING IN BOTH WORLDS

Once we have joined our inner and outer worlds, we need to find a way to live in them both. However, we may not have to “try” or “work” towards that end. It could be that living in both worlds is as simple as taking one more step.



THE DISTANT SHORE

Upon this distant shore
was all that you have longed for,
all that you could be.

You looked back one last time
before you touched the
earth of your newest creation.

All of your life you had kept it far away
like a dream or a lonely memory.

From your position at the helm of your ship
you could see gentle waves
caressing the once distant shore.

But now, the distance was no more.
You had arrived.

All you had to do was plant your step
where you have always longed to be.

Could you release the vessel
that had carried you this far?

Could you allow it to return to its Source
and await your new vessel?

The sun was warm
when you decided to take the step.

The water was cool
as it tickled your ankles
and the wet sand squished
between your naked toes.

As you walked onto the dry sand
you shed all of your clothes.

They no longer fit you

and you did not need
to hide inside of it.

You were totally vulnerable now.
Only the Truth could protect you.

Soon the sun would be setting
and you would face the darkness.

You had only the light
within your heart
to show the way.

But you felt good.
You felt safe.
You were ready.

Maybe not for everything,
but ready for what was next.

The wait was over!
Tomorrow was now!



GREETINGS FROM GAIA

Good morning dear ones. I AM Gaia. I have three important questions to address. They are:

What is the conscious mind?
How does one keep the mind conscious?
What is the mind conscious of?

These three questions determine the choice of your experience of life on Earth. Yes, the experience is chosen, not assigned. Earth is a free-will planet, and the reality that you live is the reality that you choose. The catch is that you cannot choose a reality to which you cannot resonate. In other words, if you want to choose a higher frequency reality, you must be able to raise your consciousness to that frequency.

To raise your consciousness to a higher frequency, you will need to release low-frequency emotions such as fear, anger and sorrow, and keep your mind free of any thoughts of victimization. I, the Mother, realize that this can be an impossible task for many of my human inhabitants whose lives are so difficult that survival is their primary goal. All that they can be conscious of is: "How will I survive this day?"

Therefore, it is left to my human inhabitants who feel powerful and secure enough in their everyday lives to make a connection with their true, Multidimensional SELF. As always, with added power comes added responsibility.

The first responsibility of power is to release all feelings of victimization. I realize that many of you are doing so and have found that to release victimization, you must first release an anger that you didn't even know you had. This anger is about all the injustices of life in the third dimension. However, this third

dimensional world at which you are so angry is a lower-frequency reality where there are, indeed, great injustices.

I also resonate to a higher frequency planetary body, called New Earth, just as you also resonate to a higher frequency human body in that reality. If we can work together in this reality, we can clear our dark side enough to accelerate our frequency to match that of New Earth.

As more of my humans choose to raise their consciousness and project love and light into their outer world, the frequency of this reality will rise higher and higher. However, in order to raise your consciousness, you must release your ego's perception injustice and of being a victim and, instead, perceive life through your Soul's perception Unity with All Life of being a Creator. In other words, you have the ability to choose your reality.

You may ask: "If that is true, then why would I choose this reality?" Please allow me to answer your question. You chose this reality because you had to spin out your lower emotions into your external world so that you could learn how to master them. For many of you, this is to be your final incarnation upon my physical Earth body. I am accelerating my resonate frequency. You have spend many, many lifetimes preparing for this grand moment, and you wish to be a part of our final victory.

You, the one who is receiving this message, shall be the holder of all the "past lives," parallel realities, and octaves of your Beingness. In preparation for this momentous event, you will go into every reality in which you have left behind portions of your "self" and set them free with your love and light. When you have freed the trapped portions of your self, you will find new ways to express your Mission.

This inner activity will also be lived in your outer, physical world in some manner, such as giving service, healing, teaching and, most of all, by the example that you set for others about how to "choose" your live. You will experience many changes in your life, but you will feel very little loss for your new life will feel so much better.

Again, it is through helping others portions of your self that are still trapped in lower frequency realities that you will raise the resonance of your consciousness. With a higher state of consciousness, you will be able to believe that you deserve, and are free, to choose a better life in a higher frequency of my planet.

You may also release your lowest frequency remnants by proxy through creative expression. In this manner, you can experience the immense hardships of those alternate realities with out that physical experience. If you then share your creative process with others, you can assist them in healing by proxy as well.

Creative expression allows you to feel and express your negative thoughts and feelings without causing harm to anyone, or to your self. The darkness must be brought the surface of your consciousness before it can be balanced by light and healed with love.

For example, anger is an emotion that, if suppressed, causes erratic and unkind behaviors, as it is so tempting to spin that anger out onto someone or something else. Then you do not need to do the work inside of your unconscious and can, instead, have a “righteous battle” with someone else. However, if you follow that track, you have returned to the very victimization that is the reason for your initial anger.

Instead, you can heal that anger by choosing to remember that anger was an inherent portion of the reality in which you chose to live. “But I was just a child,” you may say. It is true that children do not get to pick their reality. However, it is also true that your Soul chose that reality before you took your physical incarnation. From the perspective of the Soul Plane, you often overlook how easy it is to become too involved in the “movie” of third dimensional life.

Furthermore, from the viewpoint of the third dimension, where everything seems so real, it is easy to become trapped, and the reason for your incarnation becomes lost in your struggle for survival. You then forget that your present reality is only a “cosmic eye blink,” and that, within that eye blink, you can choose to discover your personal courage in the midst of a challenging situation.

The path to releasing your feelings of victimization so that you can be the victor, rather than the victim, is long and fraught with many detours. Just when you are sure that you are in control of your life, something comes up that can’t possibly be of your choosing. No, someone else is the creator of THIS problem. You have carefully checked all evidence, and you are positive that this situation is NOT your creation.

But, did you check your own unconscious? Who is really running the shop? Is it your past and all the persons who have convinced you to live by their rules and their limitations? Or, is it your present and the person that you have become? OR, is it your Soul?

Sometimes your ego may be forced into a difficult situation that it absolutely cannot solve, so that it will have to surrender to Soul. In this case, it is your superconscious who has chosen your reality. Sometimes, it is your “reason for incarnation” to serve in a difficult social moment. Perhaps you volunteered to help in a situation that needed Lightworkers to balance the negativity.

Dear people of my planet, you have been striving long to expand your consciousness. Be kind to yourselves. We are working together, you and I, to heal our pain and balance our darkness with our light. As each of you citizens of

Earth clear your personal auras, you contribute to clearing the aura of planet Earth.

Through the difficult experiences that you choose and rise above, you are raising your consciousness and the consciousness of the planet. Life is much like one of your video games. Just as you have reached the top of one level of the game, you cross over into the bottom of the next, higher level of the game.

Dear Ones, you are ALL expanding into Planetary Consciousness now, which is why I can communicate with you. Soon, we will expand into Galactic Consciousness—TOGETHER. Until then, remember always that

I AM YOUR EARTH MOTHER



GAIA

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