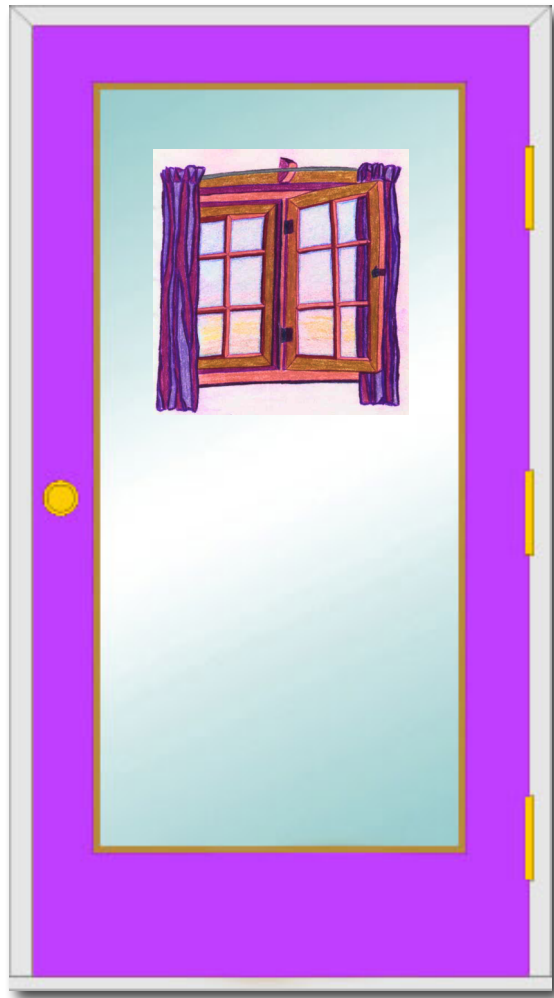
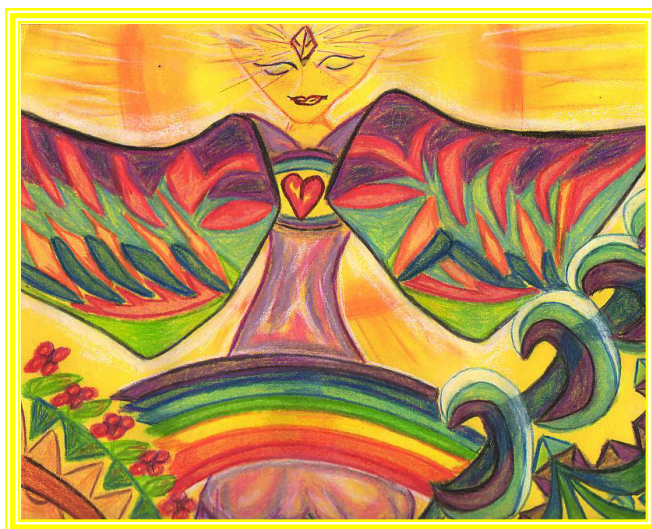


SUPERCONSCIOUS PART IV

THE ILLUMINATION DOOR





Welcome to the third door of the Superconscious

**Our body does not hold our mind.
It is our mind that holds our body.**

We think that our mind rules our body, but what rules our mind? Usually it is our ego. From the perception of our ego, it is indeed our body that holds our mind. However, from the perception of our Soul, it is the Mind of Spirit that holds all our many bodies, both of clay and of light. In order to tap into this Multidimensional Mind, our Soul's must be the Captain of our earth-vessel. Through our Soul we can tap into this Mind of Spirit to receive ILLUMINATION.

Our Soul is our fifth dimensional consciousness, and the core of our Lightbody. Fortunately, we will not need to replace the ego, for it plays an important role in our everyday life. However, what if we could INTEGRATE OUR SOUL INTO OUR EGO? Perhaps, you Future Self could answer this question. Your Future Self awaits you just beyond the Illumination Door.



Hello,
I AM your Future Self,
within your SELF,
within your SELF,
within in your SELF...

I/we are the representative of the ALL, which are ALL the fragments of our total SELF. We wish to tell you that it is now your time to integrate you Soul into your ego. This process goes hand in hand with your process of downloading the fifth dimensional components of your SELF that you have met, and will meet.

You will only download as many fifth dimensional aspects of your Soul as you can ground in your physical body. Therefore, be patient, as the process will take as long as necessary. Remember, from where I AM in the fifth dimension, and beyond, there is no time. Time is only an illusion of your third and fourth dimensional worlds, so, relax and enjoy the ride. You have planned for this moment since your first incarnation on planet Earth—and even before.

It is important that you integrate each new fifth dimensional aspect before you download the next. The higher vibration of the fifth dimension can be very difficult for your third dimensional form to accept. Let go during your process and remain connected with me. I shall assist you whenever you need. Remember, I AM you Future Self, so I have already completed what you are just beginning. It is the downloading of your fifth dimensional vibration into your third dimensional form that allows your resonant frequency to return to the fourth, and eventually, to the fifth, dimension. This shall all happen slowly and safely and, of greatest significance, without any experience of what you call “death.”

It is crucial that your process be slow, as your body may not be healthy enough to stand the frequency of a higher vibration without the proper preparation. This health includes physical, mental, emotional and spiritual. Therefore, whenever you need to heal yourself further in order to download more, take a break to allow your physical form became to accustomed to its higher vibration. With each fifth dimensional SELF that you download, your healing abilities will be greatly increased, your emotions will be clearer, your mind will be calmer and more connected to the Source, and your Spirit Mind will be more in control of your process.

Eventually, and you will know when, it will be “time” to integrate your entire Soul into your ego. Your Soul is multidimensional and of many planets, galaxies, and dimensions, but your ego is human. In fact, your ego is “this life” human. Your ego may be afraid, as it may feel like it is being replaced. Hence, it needs to be “re-assigned” so that its fear will not limit your progress. Your ego is the “ugly

duckling” that is turning into a swan. It will not leave, it will be transformed. The short, fluffy duck feathers are to be replaced with the long feathers of the swan.

Visualize your transformation from the duckling into the swan. As your “wings” grow, your reach is extended, and as your “neck” grows, you can see higher. Your stubby feet transform into strong paddles that can navigate you through the FLOW of the higher dimensions. Since your consciousness is no longer limited to this world, you are no longer a victim to its rules, limitations, wars and hatreds. Since your ego is no longer separated from your Soul, you can integrate your SELF into your self.

INTEGRATION OF SOUL INTO EGO

This integration is like two bowls fitting so intimately into each other that they become one. You have forgotten which bowl was on the bottom and which bowl was on the top, as they have now blended into one bowl. The Captain of your earth vessel has not been replaced; he/she has been transformed. This Captain, who was once limited to, and bound by, the third dimension is now a beautiful Lightbody.

Your Lightbody is the inside bowl as it is still necessary for it to be surrounded by the clay vessel that is made of the same material as the third dimensional world in which it travels. Remember, each realm has its appropriate body, etheric realm—etheric body, astral realm—astral body, mental realm—mental body, causal realm—causal body, and spiritual I Am Presence at the threshold of the Rainbow Bridge.

Across the Rainbow Bridge, the Bridge inside of you, is the fifth dimension. From that dimension on, the division of light and dark is integrated into Spirit. The fifth dimension is the realm of unity where all your fragments of SELF that have traveled the third and fourth dimension can re-unite in Lightbody—your Soul. The earth vessel that you now wear represents the fragment of your SELF which has chosen to make the Group Ascension into the fifth dimension with Gaia, the solar system and the galaxy.

What will happen now? It has already happened! Success is assured. Remember I AM your future SELF. I have come from your future to remind you of that fact. What will happen now to those who cannot integrate their Soul into ego? What will happen to those who choose to continue the 3D game and who have, in fact, chosen to play the part of a villain? Well, the part of themselves who is playing the villain is NOT the part of them that has chosen to integrate their Soul into their ego. There is another fragment of their Soul that has made that choice. It is this fragment that will accept the darkness of their alternate self in order to transmute it into light.

Remember, the third dimension is all an illusion, it is all a play. The villain is acting the part just as the hero is. The audience is the Lightbody in the higher realms that is enjoying the show. This Lightbody cannot download into the fragment of itself that has chosen to hold the vibration of separation and control over others, as it would harm that actor's physical body. The light can only download into a fragment of its SELF that has raised its vibration enough so that it can tolerate the addition of fifth dimensional energy.

Lightbody can only download into a brain that has remembered how to consciously hold alpha, theta, and even delta waves. It can only download into a body that has consciously confronted its darkness, and balanced that darkness with light. It can only download into a heart that has remembered Unconditional Love and inner Power.

Even this download must be slow and carefully monitored by the body's ego, so that the third dimensional shell does not become too damaged by taking on such a high vibration. This is why you have first gradually downloaded your other third and fourth dimensional lives. The integration of your dark lives into the lives in which you sought the light has prepared your earth vessel for the download of the fifth dimension—one fifth dimensional fragment at a time.

The process of downloading the fifth dimensional lives is slow and sometimes painful. Even with years of preparation, the integration of the fifth dimensional personas into the third dimensional body and consciousness can be dangerous. You can understand why the Lightbody could not download into a third dimension body that has not been prepared for the sudden, and very intense, exposure to Beings of a higher vibration.

Now, my grounded self, I—your Future Self, your fifth dimensional Lightbody, your Soul—have come to integrate my SELF into your ego. With my touch, your/our ego shall be transformed into its true SELF, into its Soul.

Extend your mind to encompass me.
Open your heart to my Unconditional Love.
Unconditionally forgive and accept ALL of the fragments of our SELF.

Remember that we are all ONE in the Mind of Spirit, and any portion of your total SELF that you have not yet realized will be projected out into your third dimensional world as "someone else." It is through relating to, and learning to love, this "other person" that you will learn to love ALL of your SELF.

Open your Crown chakra for my entrance.
See the vision of SELF projected onto your Third Eye's mind-screen.
Speak with my voice, and create with my essence.
Love me with your open heart.
Accept the power within that I provide.

Acknowledge me in your earth vessel as I speak through your emotions.
Ground me into the heart of Gaia.
Be the “Planetary Consciousness” that you have always been.
Be the “Galactic Consciousness” that you have always been.
Know that I AM within you.
Emanate my radiance into your reality, the reality that YOU have created.

Now, look out into your world
 every face,
 every animal,
 every plant,
 every rock,
 and every drop of water,
 to see your SELF.
Know that all is ONE within the unity of NOW.



UNITY

I NOW surrender all control
Of my physical body
To my Soul

My spirit is alive in me
To take my burdens
And set me free

Free from all that's held me back
And forced my journey
Off the track

I feel it now, at last I see
The way my life
Is meant to be

To be alive with joy and love
Up from the earth
Down from above

Together I AM all in ONE
Mother Earth
And Father Sun

As I remember all I AM
The lion lies down with the lamb

The battle that has gripped my heart
Becomes the peace
Of my new start

Alone, I can no longer be
As my true SELF
Comes into me

Hold me tight with arms of Light
Heal my pain
Purge my fright

Touch my heart, caress my mind
So UNITY at last I'll find

FIFTH DIMENSIONAL THOUGHT



Can you feel the pull of your ego's thinking? Now surrender that thinking to your Soul. Your Soul/SELF—your fifth dimensional consciousness—thinks very differently than your third dimensional ego/self. Your Soul/SELF thinks in pictures rather than lining words up sequentially. As an alternative to “having a thought,” your Soul/SELF will “have a picture.” Your Soul/SELF can zoom in, or zoom out, from that picture; it can step into the picture, or it can observe it. Your Soul/SELF can also observe your third dimensional ego/self, or any other part of your third dimensional world, whether or not your physical self is aware of that observation. Through fifth dimensional thought, you can deeply identify with every person, creature, plant, rock or drop of water.

In the past, your ego/self raised its consciousness to communicate with its Soul/SELF. Now, your Soul/SELF has entered your ego/self and begun to integrate with it. Shift your thinking from your ego/self to your fifth dimensional Soul/SELF. Take the long lines of words that make up your old manner of thinking and allow them to spin into a swirling vortex. Faster and faster, the words chase each other to completion. That completion is actually a beginning, the beginning of a new way of living in your mind.

Remember, your mind is not in your body. Your body is in your mind. If your mind can create it, whatever it is, however you perceive it, it is your true experience. While in beta waves consciousness, your ego/self is in control of your mind. Beta waves are calibrated to perceive the third dimension and to filter out the higher dimensions. In this way, all your perceptions, both conscious and unconscious, can focus on the third dimensional physical reality. It is necessary for 51% of the citizens of a planet to hold beta wave consciousness or the 3D matrix will begin to degrade.

Alpha waves are calibrated to perceive the third dimension and portions of the fourth dimension. Since your astral self is free to create without the many barriers and limitations of the third dimensional world, alpha waves activate your creativity. However, if too much of your consciousness focuses on the third dimensional world, you will shift back into beta wave consciousness.

On the other hand, if too much of your consciousness focuses on the fourth dimension, you will slip into theta wave consciousness. Theta wave consciousness is calibrated to perceive the fourth dimension and just beyond the threshold into the fifth dimension. If your body is not in a safe place and position, it could become injured, for theta consciousness is primarily an internal, higher dimensional focus and is only barely aware of your physical body and its

immediate locality. However, if you shift your focus toward physical concerns, you may well slip into alpha waves. On the other hand, if you can totally surrender all control of your physical body to your Soul and maintain your focus on the fifth dimension and beyond, you may slip into delta wave consciousness.

It takes great practice to be conscious and aware in the third dimension while having theta wave activity. It is even more difficult while in delta wave consciousness. In fact, it is probably only possible to maintain delta waves if your Soul/SELF is in the Captain's Chair of your earth-ship. Your ego/self's mind is still an animal, a human having a spiritual experience. On the other hand, your Soul/SELF is a Spirit having a human experience. As your Soul/SELF'S mind begins to direct your consciousness, you will LIVE IN THE FLOW. That is, you will live in the surrender of the NOW and live your life from the inside out, rather than from the outside in—as your ego/self does.

When your Lightbody is activated, you will perceive the outside, third dimensional world from the perspective of your inside, fifth dimensional Soul. Your physical body will still correspond with the vibration of the planet so that you will not “phase-out” of the third dimensional reality. If the vibration of your earth ship rises too high above the vibration of the planet, you will ascend and “phase out” of the perception of the third dimensional inhabitants of Earth. Your individual ascension will make you a forerunner of the planetary ascension, but you will not be a part of it. These “forerunners” are necessary, but if your personal Mission is to be a member of the planetary ascension, your earth-vessel will need to remain in harmony with the vibration of Gaia.

The ground crew that has volunteered to be a part of the planetary ascension will wait until the call of the NOW directs them to place 51% of their consciousness into delta and/or theta waves. All of you are practicing this skill of learning/remembering to calibrate your consciousness with your mind. As you do this, you will realize that there are infinite realities of the same experience differentiated only by the vibration to which your consciousness is calibrated.

For example, from your third dimensional beta wave perception you are reading this writing. From your alpha perception, you are feeling the impact of the words and “seeing” the pictures that they create. You are surrendering to an inner guidance, while you may also be battling the doubt and fear of your ego.

From your theta wave perception, you are inside, and beyond, an earth body that allows you to experience the third dimension in an intimate manner. You are an observer in that world watching your ego/self as it learns, fears, loves and grows. The words on this page have no meaning to you as you think only in pictures and concepts.

Your Soul/SELF thinks with delta waves and transmits a message to its lower dimensional self, via the channel of delta-to-theta, then theta-to-alpha, then

alpha-to-beta to read this page. If you ask your Soul questions about this reading, you will use the same channel in reverse: beta-to-alpha, alpha-to-theta, and finally, theta-to-delta. During this multidimensional transmission, you are in conscious communication with your Soul. Unfortunately, once this transmission is completed, the connection between these alternate dimensional realities will likely be disconnected.

However, your beta-self's perceptions and your alpha-self's perceptions are intimately related. After your multidimensional experience, your beta-self will return to everyday life. Your alpha-self will perceive the astral world, your life in Faerie, and the imagination of your third dimensional life. If the beta-self becomes ensnared in fear, the alpha-self will perceive the fear and anger of the lower astral plane. On the other hand, if your beta-self is filled with love, your alpha-self will soar through the higher planes of the fourth dimension. Conversely, if the alpha-self is engaged in lower astral drama, the beta-self will feel depressed, anxious, or physically ill. Then when the alpha-self is enjoying the merriment of Faerie, the beta-self feels free and creative.

The biggest shift in consciousness is from your alpha-self to your theta-self, who is intimately intertwined with your delta-self. This is because the third and fourth dimension are intertwined and echo off each other. However, the shift to the fifth dimension and beyond represents a great leap in consciousness. Theta and delta waves are intermingled, because your theta-self can consciously cross the Rainbow Bridge into the fifth dimension. Once across the Bridge, the dimensions beyond are less discrete than they are in the lower planes. With group/planetary ascension, the ground crew will practice connecting with all their parallel dimensional realities. Then they will be ready to assist others in doing the same.



MESSAGE FROM LIGHTBODY

I AM your Lightbody.

I AM hidden inside your costume of flesh. I await my birth into the reality that is being created by the merging of the third, fourth, and fifth dimensions. All three dimensions have existed as three separate octaves within the physical reality of life on Earth. Many have denied the fourth and fifth dimensions, and some have denied the third. The ones who have denied the fourth and fifth dimension have been called “logical”, whereas the ones who have denied the third dimension have been called insane.

As the third and fourth dimensions merge, the physical world will become so infused with light that even the most logical ones will not be able to deny the existence of higher worlds. Higher perceptions will become more and more normal, and the logical ones will be recognized as being limited and unable to see that which is just before them. These logical ones will not be able to accept the shift, as they will not be able to believe that it is possible. Therefore, they will not expect it, and their perceptions will not be calibrated to perceive the Awakening.

Since they will not allow themselves to perceive it, these logical ones will not notice that their reality is changing their fear of change, and fear of the unknown, will limit their perceptions and separate them from the new reality being born as the dimensions merge. But for you who believe a cosmic moment is beginning, only fear can stop you from the experience of that moment. However, my Unconditional Love will heal your fear and expand your perceptions. Unconditional Love means to love even that which has, or those who have tried, to limit you, frighten you, or exhaust you. Most of all, Unconditional Love loves fear.

Take a moment now, physical body of mine, to call up what you fear. Yes, it is closer than you thought. There it is, right beneath your everyday, conscious thoughts. Allow this fear to enter into the light of your conscious awareness. Tell me what this fear is so that I, your Lightbody, may heal it with my Unconditional Love. Allow me to merge that fear into the fourth and fifth dimension so that ALL octaves of it can be healed by the ONE.

PERSONAL EXPERIENCE

“My fear is that of betrayal. I fear that if I take the leap, if I “bet it all” on my successful transformation into Lightbody, that it will have been only my imagination. Then I will have lost my ability to survive in the physical world. My fear is that if I surrender to my belief in my inner guidance, I will lose. Then “they” will be right, and I will have lost all that I have “worked so hard” to achieve. My fear is that my inner voice is wrong, and the outer world is right.”

Dear physical one,

It has been this fear that has blocked your forward movement. However, you are part of a group—the group that has volunteered to assist Gaia in Her planetary ascension. Most of the members of this group have this same fear for they have chosen to listen to the inner voice and ignore the “logic” of their egos. However, each of you must call upon your Lightbodies to Love that fear free. Then, you can complete your “puzzle piece” and contribute it to the group process of planetary ascension.

Even though you are a part of the group, each of you must be WILLING to be the “first one” to take your leap. Each of you must be willing to be the “first one” to trust yourself enough to reveal yourself. If you hold one bit of doubt, it will ripple throughout the group with the speed of light. If you hold back, it will hold back the others. You must take the leap, you must take it NOW.

Do you recall when you took the leap to enter into a physical body for the first time? Do you recall the terror of becoming third dimensional, and the many, many lives and deaths that followed? Now you are about to be set free. If you look at this one life, it may appear to be a “long time” before your ascension. On the other hand, if you look at your journey from that first life until this life, the remainder of your time in the third dimension will appear very short indeed.

I give you a preview how you shall ground the fifth dimension into your physical body and merge your third and fourth dimensional selves with me, your Lightbody. You have already begun the process by surrendering your third dimensional life to the control of your Soul.

Now—see the bright circle of light before you. It begins as a speck, but with every step you take towards it, the light grows brighter. See how this light, this fifth dimensional light, shines into your physical form. You can the layers of vibration with your body with your fifth dimensional layer is on the outside. It is very bright and loosely formed like a cloud of beaming light, or a nebula, in outer space. Inside that layer is your fourth dimensional self. This self is a bit more

condensed and holds more form. However, the form constantly morphs and shape-shifts. It moves from reality to reality, as if in a dream.

At the core of your beaming self is the dense skeleton of your consciousness. This skeleton is made of dense, third dimensional matter. Nonetheless, your process of surrender has been allowing the fourth and fifth dimensional vibration to slowly integrate into your third dimensional skeleton.

What was once very dense is now infused with finer vibratory frequencies. Eventually, every cell and atom will vibrate in tandem with your fifth dimensional counterpart. The pull of your fifth dimensional vibration is slowly altering your third dimensional self, transforming it into a fourth dimensional self, but the final transformation to fifth dimensional self cannot take place until your fourth dimensional effluvia is purified and healed. ALL fear must be released before the transition can be complete.

When fear is transmuted to power, your fourth dimensional self will act like glue to bind your fifth and third dimensional anatomies. The first portion of your third dimensional self to make the transition into the fifth dimension will be your consciousness. This fifth dimensional consciousness will calibrate your third dimensional senses to consciously perceive more and more of the fifth dimension as it bleeds into your everyday life. Dream awareness and analysis, as well as frequent meditations, will accelerate your process because you will train your self to focus your attention on your higher dimensional realities.

WHERE YOUR ATTENTION IS – THERE YOU ARE ALSO!

Be patient with yourself. There is a process beginning here which is far beyond anything you could ask for, or even imagine. Be still and allow that process to engulf and direct you. During this process, you may have the experience of intense heat in your body. This is because you are trying to run fifth dimensional consciousness through a third dimensional body. The limitation and separation that is the matrix of third dimensional life-forms can cause a dissonance within the body when fifth dimensional consciousness runs through it.

If you hold only a dim light, many of your weaknesses can be hidden in the shadows. However, as your consciousness expands, your light grows brighter, and your weaknesses are exposed for all to see. Not many of you are comfortable with this degree of openness and vulnerability; therefore, you may send mixed messages into your world. You may send the message of who you truly are from your fifth dimensional consciousness, while you simultaneously send the message of who you “should be” from your third dimensional consciousness.

These different messages compete with against each other and cause stress within your body. This inner dissonance is then projected into your outer world.

In that manner, any fear that you hold within your self will become projected out onto someone in your third dimensional environment. It is difficult to see the inner fear hidden in your shadow, therefore, you can ignore it. Conversely, it is difficult to ignore the fear of someone close to you. The trick is to remember that you created your reality, and you created having a person displaying your fear for you, so that you can no longer ignore it. Before you confront and heal this fear in someone else, see the source of that fear as yourself. Once your Unconditional Love has healed the fear within you, the issue with the external person will then solve itself.

Keep surrendering all your fears to me—your Lightbody—and I shall assist you in transmuting them to power. However, first you must complete the transmutation of your ego. While your ego is engaged, there is always the possibility of corruption of your power. Once your Soul, your fifth dimensional SELF, is the sole creator of your life, you will be so detached from the rewards and punishments of the third dimension that corruption will no longer be a problem.

Go, now, and partake deeply in your process. You have waited many lifetimes for this opportunity. Enjoy it to the fullest. You are one of the ONES who will experience this grand cosmic moment in an awake and aware fashion. In doing so, you will be able to consciously facilitate for others the transformation into Lightbody.

I AM your Lightbody. I will guide you in every step. Just relax and continue to surrender EVERY fear. We are ONE. I am you, and you are me. We are Us individualized into a Sea of Unity.



Love for always and always
We continue our communications forever.

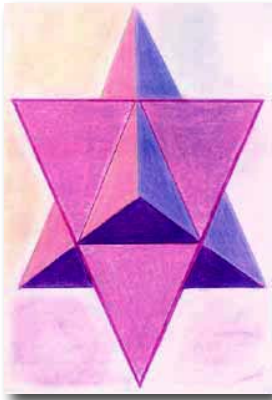
YOUR LIGHTBODY

Touch my heart,
Caress my mind
So Unity,
At last, we'll find

CONSCIOUSNESS CALIBRATING

Dear One, I AM IlliaEm, Elohim of Arcturus, come into your consciousness again to communicate with you.

Take a moment of meditation before you receive my message. It is necessary to open yourself up to your highest potential before receiving my communication so that your ego does not interfere with my transmission. Remember, My One, fear is your only enemy. It is the vibration of fear that lowers your consciousness. However, fear is also the inner warning signal that your consciousness is in danger of lowering in resonance. Therefore, do not totally eliminate fear as it is a powerful tool. In the third and fourth dimensional worlds fear can be your friend, as it tells you when it is time to go inside and re-calibrate your energy patterns when you're in danger of losing your harmony.



I have come today to tell you of your inter-dimensional vehicle. This vehicle is called your merkaba. Merkaba means "chariot" in ancient Hebrew. The merkaba is comprised of two light pyramids, one facing out into the higher dimensions of space and one facing down towards the core of your earth. The two pyramids overlap in the middle creating what looks like the Star of David. The top pyramid represents your masculine/spirit polarity and the bottom pyramid represents your feminine/matter polarity. These two pyramids united, yet spinning in opposite directions, signify Spirit grounded in Matter.

18th Dynasty Egypt, first defined the merkaba as,
"mer" representing two counter rotating fields of light.
"ka" representing the Spirit of the individual.
"ba" representing the body or physical reality of the human.
(In realities beyond the physical plane, where spirits don't have bodies, "ba" represents the spirits' chosen form.)

The counter-rotating fields of Light within the same space affect the spirit and body simultaneously to create a vehicle which can take both body and spirit from one dimension to another. Once the merkaba field has been activated, it will create a disk which looks much like a flying saucer that extends 55 ft. out from the base of the spine.

Once in the merkaba, EVERY thought and feeling is amplified 1000%, and the reality is created that perfectly matches those thoughts and feelings. Luckily, only Unconditional Love can activate your merkaba. This activation is then held steady by your "Breath of Spirit." Since Unconditional Love and Breath of Spirit is the fuel necessary to maintain activation of your merkaba, if you take a breath in fear and/or lose your emanation of Unconditional Love, your merkaba "runs out

of gas” and your inter-dimensional journey ends. Do you see why it is important to practice calibrating your consciousness?

The merkaba is an energy field that exists around every living thing in the Universe. While your merkaba is activated, you are in a state of complete protection. Before the fall of Atlantis everyone’s merkaba was activated. However, since Atlantis’s fall, humanity has forgotten how to activate this living field.

Gaia and her inhabitants are now coming into a consciousness where all can open their Heart enough to remember the glow of Unconditional Love. This Unconditional Love is usually first experienced when you communicate and commune with a higher dimensional portion of your SELF. Once you begin to download these fifth dimensional SELVES into your third dimensional ego, it is more natural for you to feel, and express, Unconditional Love.

Human love, unfortunately, is not unconditional as it usually holds an element of fear. Humans are often afraid that they will be abandoned, hurt, or made to feel foolish by the one whom they love. Unconditional Love, on the other hand, holds NO fear. This means that in order to feel and express Unconditional Love, you must learn mastery over your fear.

This mastery over fear is very difficult for most humans. Even for the most spiritually awakened, freedom from fear is usually fleeting. Therefore, you have what you humans call a “catch 22.” In order to activate your merkaba you must feel Unconditional Love with NO fear, but the protection from fear and the assurance of Unconditional Love comes only when your merkaba has been activated.

How do you solve this paradox? You solve it with patience. The path to illumination is paved with patience. When you learned to walk, talk, or ride a bike, you had many false starts before you mastered each skill. Consequently, you begin to feel Unconditional Love by allowing yourself Unconditional Forgiveness and Unconditional Acceptance for every part of your process. In that manner, you can allow your human ego “time” to remember its SELF.

As you continue your communications with your fifth dimensional SELVES and their eventual download into your human consciousness, your Soul will take the Captain’s chair. Unconditional Love, Unconditional Forgiveness and Unconditional Acceptance are natural qualities of your fifth dimensional Soul. Each time you “practice” these fifth dimensional emotions, you expand your ability to activate your merkaba. In the meantime, if you surrender your physical body to your Soul, you will allow these higher aspects to enter into your being and calibrate your consciousness. In other words, if your ego can surrender the Captain’s Chair to your Soul, it will activate your merkaba.

Take a moment now, and I will assist you in calibrating your consciousness:

First, go into the core of your brain, the area just below the crown chakra
and behind the third eye.

Feel the Light of Spirit flowing into your Crown like the sunlight
coming through the sunroof of your vehicle.

In front of you is your third eye, your mind screen.

Settle your consciousness into this area of your physical form.

Now send a root down your spine directly into the heart of Lady Gaia.

This root will allow you to stay grounded enough to accept the assistance of Gaia.

Now that your “launching pad” is activated, allow your Soul to carry your
consciousness to the threshold of the fifth dimension.

Experience your Divine Complement embracing you as the two of you become
ONE again.

Together, my dears call upon me, IlliaEm, Elohim of Arcturus.

See the Portal before you.

See how the spin of it increases as you approach.

Feel your Higher Guidance as it leads you to the Doorway to the Portal.

Raise your hands to imprint your vibrational signature upon the Door, and feel the
rush of euphoria as you do so.

You are in the Portal now.

Feel how your form has become formless.

You are Pure Light, a Star Being.

“Feel” yourself now as a Star Being.

You are coming Home now, dear.

Home to a place that you have never left,
but have only forgotten that you were “there” as well as “here.”

Long, long ago, in the distant future, you bi-located

and went to Venus in preparation for your visit to third dimensional earth.

Now you are returning to your SELF, to the person you have always been.

See your Soul Family before you.

The other star beings in your Family are also arriving.

There is a beautiful reunion.

You meet again in a giant star burst of light.

Do you feel us ALL about you now?

Now feel also your physical form sitting at the computer. This is your physical YOU. Extend your consciousness to that “you” now. There are many changes going on in your physical, emotional, and mental bodies. You can’t keep up with all the new information and genetic encoding that is occurring. As you move into the new, the old is dying. This can be very frightening to you. You do not know why you are so frightened, so you revert to your old reason for fear of: “I am alone on the third dimension, and I will not survive.”

You are correct. Your third dimensional self will not survive because it is being transmuted into a higher vibration. All the defense mechanisms and guardians of that plane are alerted to great danger. You, the total YOU, must reassure the physical you that this is a normal transmutation. You, the total YOU, must remind yourself that your physical form was something that you took on as an assignment. It is merely a coat that has become too small for you. You are uncomfortable in it now, and it causes you to have many confusing thoughts, feelings and physical sensations. Assure yourself that you ARE on the Path. You are doing all that is meant for you to do at this moment. You are undergoing great transformation at this moment. Therefore, be still and allow the changes to take place within you.

Dearest One, do not judge yourself or condemn yourself for feeling that you are not doing more for the planetary transition. You are still in training. When you have remembered your multidimensional SELF, and have been able to incorporate it into your Earth form, you will be called upon to be of great service. For now, continue with what you are doing. You are touching people much more than you give yourself credit for. Release all competition and comparison. Love yourself for exactly the way you are NOW.

Journey back, now, into your Soul-Mind. Feel your Soul Family about you still. Feel the deep sense of Unity. Is there any competition or comparison here? No, my dear, we are all ONE. We are like individual emanations from the same star. We have all emerged from the same light and we all live within it as ONE. Feel the light now as it weaves each member of your Family together into a beautiful tapestry of light. Feel the pattern that is formed by your collective selves, and be aware of how you are the whole as well as the individual.

Experience how this is also true upon your Earth. There are many low vibrations upon Dear Lady Gaia at this time. Realize that She must feel them, always. Do you see how She needs you? Do you see how you can assist Her by simply remembering who you are? When you ground your multidimensional consciousness within the core of Her bosom, you assist Her greatly in Her transition. Feel all the other Light workers. Unite with them just as you united with the members of your Soul Family.

This union creates a giant merkaba with the top half in the Mother’s atmosphere and the bottom half embedded in Her planet. See that there are many of these merkaba joined together all around Earth. Within each merkaba is a Soul Family of

like-minded beings who have released all competition and comparison to serve Lady Gaia in Her hour of need. This is the reason why all of you volunteered, yes volunteered, to be incarnate upon Earth at this moment. This moment is a wonderful cosmic opportunity for which you have prepared for millennia.

Your consciousness is expanding, you feel radiant, and then suddenly, you become afraid. As you raise your essence into the higher planes, your physical world appears to be falling apart. When that happens, your “fear of survival” is activated, and your consciousness drops. You are where your attention is. If you wish to consciously make this transition into the fifth dimension, you will have to release anything that loses form in your life as your consciousness rises. Remember you will not “Die” in any way. Every part of you that seems to disappear is actually absorbed into your higher vibration. Everyone on the third dimension has the same challenge. Facing FEAR! The forms of fear change with each person, but the lesson is the same. Keep your consciousness above fear and in Love!

Join me as I assist you again to journey to the place in the center of your brain so that you may send your essence down once more to completely ground yourself in the heart of the Mother. Feel the pulse of the Great Mother as it rises up from her Heart and enters your physical form. Commune with the Mother and become ONE with Her. See Her Nature around you. Listen to her creatures and the wind through Her trees. Smell the fresh grass and feel it beneath your body. The warm Sun and the cool breeze caress your face. You can hear the ocean as its waves break upon the shore.



Stay grounded on the Earth while I surround your consciousness. I AM with you. I AM You. WE ARE ONE! Do not be afraid, my one, when your illusions begin to shatter and you are left only with the TRUTH! Embrace that Truth now. Embrace the journey, and release each “loss” as a blessing. Be thankful that there is now one less thing in your mind to distract you from your highest purpose. You will have to take absolute responsibility for each and every one of your creations. Anything and anyone that is in your life is there because you have created it. Therefore, find the lesson in each challenge and release it to me, IlliaEm. In the fifth dimension, every thought and emotion will instantly manifest. You are learning that to be a resident of that plane you must be aware of, and be master over, every thought and emotion that you allow into your consciousness.

When you experience fear, it is a natural safety mechanism to lower your consciousness back down into the fourth or third dimension where manifestation takes “longer.” Do not judge your fear. It is your friend. It is the brakes on your merkaba. Whenever you begin to go too fast and begin to feel “out of control,” you experience fear. Then the “brakes” go on to slow or stop your progress. Your lesson at this time is to learn to push the fear peddle slowly so that you do not slam

on the brakes and go into a tailspin. Do not be worried about the challenges ahead; they are merely an indication of your progression into the Light.

Feel my Unconditional Love about you. Feel how we are ONE. Feel my hands upon your hands. Soon you will be able to completely release these hands to the hands of your higher SELF. Then you will also be ready to release your heart to your Higher Heart. Your feet shall walk the Path of SELF and your mind shall surround you with the cosmic hum of the Universe.

You are ready now—ALL OF YOU. Anyone who can hear the “Call” will actively and consciously participate in this process of transformation. There are also many beautiful Light Beings who chose to allow their higher consciousness to slumber while they do the “Work” in their physical bodies. Some of these dear Souls may even appear to be of the darkness, but do not judge. Each one has their assignment. Those who have chosen to display the dissonance so that it can be healed are indeed brave. In their Higher SELF they, too, are aware of the process of transformation. Send Love to these beings, as they have chosen a difficult path. They have chosen to embody darkness so that it can be healed.

FEEL the Unity of Purpose with the Divine Plan.

BE the Unity of Purpose with the Divine Plan.

With **KNOWLEDGE** comes responsibility.

Embrace your **RESPONSIBILITY**.

REMEMBER who you are!!!!

I AM IlliaEm

I AM within you

Hear my Call

Feel my Unconditional Love

Trust me, for I shall assist you in your first voyage. Are you ready now?

Together we shall take **A JOURNEY TO THE CENTRAL SUN**.

INTO THE STARS



Into the stars
My Soul doth soar
Into the depths
Inside the core

The Oness calls
For my connection
That I may feel
My Soul's protection

Within the NOW
I journey there
So with my SELF
This life I share

All I've lived
And died as well
From the highest peak
To the darkest hell

Unite within
The Heart of ONE
As planets go back
Into the sun

My life beyond
This lonely world
Into my mind
Has been unfurled

My heart as well
The TRUTH has found
The limits of sweet
Love unbound

Soon the Angels
Herald here
To bring the love
And clear the fear

I place my feet
Upon this ground
And bless this life
That I have found

I'm ready now
To give my service
To all above and
On the surface

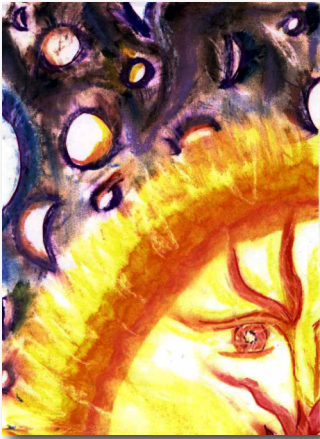
On Gaia's heart
I lay my hand
To call the sky,
The sea, the land

The time I've spent
Upon this earth
Has brought me to
A new rebirth

As Home I go
I also stay
The path I leave
Will show the way

I enter now
Into the ONE
I AM the moon
I AM the sun

I AM the stars
And now I see
The Oness I
Shall always BE



JOURNEY TO THE GREAT CENTRAL SUN

I, IlliaEm, resonate to the eighth through tenth dimension. However, in order for you to perceive me, I lovingly lower my essence to the highest vibration that you can consciously access at this moment in your Earth time. As you integrate more and more of your fifth dimensional SELVES, you will be able to consciously communicate with beings from higher and higher dimensions. Join me now, and I shall take you to communicate with your SELF that resides in the Great Central Sun.

Fall into me now, dear One, while we journey to the Great Central Sun. Feel yourself completely encircled by your fifth dimensional vibration so that you can make this journey while also maintaining your Earth consciousness. You are about to activate your personal merkaba. This merkaba has been waiting for you your entire incarnation, during which you have felt its presence. Unfortunately, the negativity of the third dimension may have caused you to interpret that presence as loneliness and depression instead of hope and reunion.

You have wished to return HOME, but you have not known where, or even what, HOME was. However, now you are able to recognize the call to HOME as a beacon, a homing beam, to allow you to reawaken and remember who you are. Your merkaba is the portion of you that remained awake, even though the rest of you slumbered. Now my dear, see your personal merkaba before you. It is two tetrahedrons connected by the two overlapping bases. The point of masculine polarity is the top tetrahedron, which faces toward the Great Central Sun. The point of feminine polarity is the bottom tetrahedron which faces toward dear Lady Gaia, the Earth.

As you feel your fifth dimensional self around you, you can see and feel my essence guiding you towards your merkaba, which is violet, pink and blue. As you come to your merkaba, you find that it has been inside of you all along, for it is a portion of you and you are a portion of it. You do not need a doorway because you enter this merkaba from the center of your being. As you move through the merkaba to find its center, you feel yourself enshrouded by a beautiful aquamarine color that soothes you and allows you to remember every incarnation you have lived upon the third dimension. From within your merkaba, you can merge with all the fragments of your total SELF. Feel the lesson that each life has brought you, and take a moment to heal them with your love force.

As you travel through you total Earth family of self, embrace each one. Do you see that one in the corner? That self believes that he or she is not good enough.

Take a long moment to love this self deeply. Over there are three men who are warriors. They do not believe in Love. Go now to each of them and embrace them with your love. Feel how they wish to shun you. You are persistent, though, and you keep your resonance pure and filled with Unconditional Love.

Over there, is a woman who has used her feminine wiles to manipulate and control. Embrace her with your Unconditional Love and realize how you have raised her consciousness. Send a wave of Unconditional Love and unconditional forgiveness to each and every one of the incarnations that you have, and will have, upon beloved Terra. Feel the answer of their love in return.

PROCESS AND INTEGRATE WHAT I HAVE GIVEN YOU, AND RETURN WHEN YOU ARE READY TO CONTINUE YOUR JOURNEY.



Greetings, dear One,

I see that you are ready to resume your journey to the Great Central Sun. Enter your merkaba again. Feel the violet, pink and blue around you, while you allow the silver-touched aquamarine to engulf you. Imagine ALL your third dimensional realities around you. Within each of these realities, you were responsible for a certain area of Lady Gaia's Earth. In every incarnation, you volunteered to love a certain portion of the Great Mother into Her purest state. This process is similar to being responsible for a portion of a road, or a garden besides a road. From within your merkaba you can see that there are many markers indicating how your higher dimensional work has become grounded upon the earth. You may also be aware of realities in which you were unable to remember, and carry out, your commitment to the planet. Take a moment to unconditionally love those realities, and the "you" that you were in that time and space.

It is time for your merkaba to take off now. Experience the sense of acceleration at the exact moment that there is also complete stillness. Feel how your "other lives" are now within you as you share the thrill of this journey with them. Be aware of how these other portions of you, and of the Mother, are joyous about their return journey. You are first raising your vibration beyond that of time and space. You are becoming a fifth dimensional Lightbody; however, you are a hybrid, part human and part Spirit. Stay in conscious connection with your physical self to ground your journey in the physical.

You are sitting in the center of your merkaba understanding how all your other third dimensional realities are now within you. Feel the Oneness. The merkaba appears to be empty except for yourself, but you can feel the consciousness of All That Is in you, over you, around you and through you. Take a long, slow breath. Do you feel how you breathe differently within your merkaba? That is because you are no longer breathing oxygen. You are breathing light. At first you breathe lower spectrum lights of a reddish hue. Then, as you become

accustomed to the increased vibration, the colors of light move up the spectrum as your breath becomes calmer and you breathe in orange...

Then yellow...

Then green...

And, finally, blue...

When you reach the violet vibration,
your breath is so calm and slow that you seem to be breathing not with just your lungs but with every molecule of your form.

Yes, your form is different, as it is a form of light. You are ALL Lightbody. You are a ray of light in the center of the merkaba filled with violet light.

You ARE the violet light.

You ARE the merkaba.

You ARE the journey to the Great Central Sun.

On the view screen before you, see the brilliant glow of the Great Central Sun. The CALL has sounded, for those who will take heed, to activate their merkaba and make the return journey into the Great Central Sun. There are thousands and thousands of merkaba which have taken this journey.

REST NOW, MY ONE, AND GROUND YOUR EXPERIENCE. PREPARE YOURSELF FOR YOUR ENTRY INTO THE CENTER OF THE GREAT CENTRAL SUN.



I AM IlliaEm,

I am pleased that you are ready to resume your journey. Perhaps you have heard that the Great Central Sun is the Alpha star, Alycone, in the star system Pleiades. It has even been said that your Sun is the eighth star of the Pleiades. Allow me to tell you a tale. You can ask your SELF if it is correct. I must ask you now to relax very deeply, for this story can only be understood by your deepest Soul Memory. When we of the higher vibrations communicate with our "grounded ones", we must access the language system that is stored within their minds so that their physical consciousness can understand our message.

Communication with an Elohim, such as me, is instantaneous and encompasses a meaning that is beyond human words. Therefore, in order for our third dimensional ones to ground our messages in the heart of Gaia, they must first translate our communications into the language system of their environment. Please allow me to show you mental pictures of my explanation so that you can translate these visual images into your human language. As you communicate more and more with your Higher SELVES, you will become adept at this process of translation.

For the first picture of our story, see before you a beautiful shining star with six other stars around it. You are the eighth star which longs to join the others. There is a deep emotional connection to these stars. This emotional connection awakens a desire in you to play with them, to become one with them to, and to release the limitations of time and space so that you rejoin an ancient portion of you. Allow the picture to dim in your mind now. See in front of you a huge vortex of Light so strong that you can barely see it. You know only that it is swirling and that you are connecting with me, IlliaEm, as we enter the vortex.

Through the vortex we, you and I, have no form. We are cosmic specks within the swirling vortex of Light. We are very ancient and, therefore, we are one of the first segments of light to be cast into the lower dimensions for the experience of the third dimension. We are still without the consciousness of individuality. We are a portion of the whole which is expressing itself as a “microcosm” of the “macrocosm.” Within our component there is a core resonance. Even though the vibration of our light lowers as it gathers matter to create form, this core maintains its true vibration. Gradually, we begin to feel a density that is a totally novel experience.

This density, is the beginning component of a time/space continuum. This concept of time and space is what begins our experience of separation and limitation. As we grow into that experience, over “time,” certain portion of our selves find a specific “space” in which to resonant. Our entire group resonance is still in harmony, but there are harmonies, seven of them, that begin to separate and group together. There is one harmony, the eighth, which does not fit into the seven. We are that eight group, therefore, we find a space far, far away from the others, because we feel different.

However, we always remember the seven and begin to structure our experience upon that memory—seven rays of light, seven tones of sound, seven days and seven nights. But we are the eighth. We are different, but we are also alike. We choose to experience the greatest diversities of the third dimension. We gather about us all that is different from our own galaxy and from other galaxies as well. One Cosmic Day, we will return to our source. When we have learned the third dimensional lesson of Unity in Diversity, we will return and consciously reunite with the higher vibrations that are our primary resonance.

Are you ready now to begin that reunion?

Begin by remembering the merkaba that surrounds you. You see the radiation of the violet, pink and blue light and hear the tones that both radiate from, and create, the colors of light. See the colors above the violet, and hear the tones that correlate with it. Inside your merkaba, you are living in a glow of aquamarine. The higher octave of this aquamarine has a sparkling, silver glow. Look again at the violet, pink, and blue. See how the colors change as the vibration of light

reflection rises in vibration. They now shimmer with that same silvery glimmer. They are starlit color now, are they not?

Listen closely to the tones. Can you hear how they have changed, as their frequency moves above the human hearing range? As you follow the rising frequency of each color and tone, they offer you a path which you may follow. It is a pathway of light and sound. Your merkaba travels this path into the core of the Great Central Sun. Yes, it is INSIDE the Sun that consciousness has chosen to abide. From the core of the Central Sun, each life form can aid in the radiation of the Sun without being exposed to its emanation. It is the emanation of these rays that will be the fuel for your return journey. See the beaming colors of the Sun about you from within your merkaba. Hear the music of the spheres.

Mytria, your fifth dimensional Pleiadian guide is waiting to greet you. Mytria and you are ONE as there is NO separation on this dimension.

REST NOW, AND INTEGRATE YOUR EXPERIENCES SO FAR, BEFORE WE CONTINUE OUR JOURNEY.



I see that you are ready to resume your journey.

Relax now and release all thoughts and feelings of your third dimensional world. Maintain an active awareness of its presence, however, so that your physical consciousness can join us on our adventure. Remember, you are not to leave your physical self. Instead, you are to use it as a grounding point, and a launching pad, for your merkaba's inter-dimensional voyage.

As you may remember, our journey left off with you waiting in your merkaba just outside the Great Central Sun, Alycone. As you look through the view screen of your merkaba, you see the Great Central Sun and many other merkaba waiting, just as you are. Feel the essence of the Mother, Lady Gaia, for She is here, as well.

We are all ready to enter the core of the Great Central Sun. Do you remember how long, long ago, within the Now, we spun off from our Source to find our "time" and "place" in the lower worlds? Now, we have returned, and we are greatly expanded by our experiences. Yes, dear grounded one, feel that expansion within your consciousness. Feel how your heart radiates to the harmonic resonance of HOME, the Great Central Sun. This resonance expands your personal radiance, which has become "transpersonal."

Feel how you have become a Unified Field of Light. You are breathing from the center of your heart chakra, which has expanded to encompass your throat chakra and your solar plexus chakra. Take a long breath of light, and feel how

your heart chakra expands even more to encompass your third eye and your navel chakra. Then, with another breath of light, your heart chakra further expands to encompass your crown and your root chakra in a Unified Field of Light. Over, under, around and through, you are a Lightbody in a living, breathing Field of Light.

Observe how your light is a component of the light of All That Is. Hear how your personal tone is a component of the Music of the Spheres of All That Is. You are radiance, all of you, in the ever-present here and now. Your merkaba no longer holds a form, nor do you. You have returned to pure consciousness. You are again a speck of light, a microcosm of the macrocosm. Slowly now, return to a form, to my form, the form of an Elohim.

Feel me, IlliaEm, about you.

Feel my Wings of Light as they embrace you.

Feel the movement of my wings—our wings.

Feel the lightness of my body—our body.

Move through the community of the Great Central Sun, and see the many forms that those around you have chosen to wear in this reality. Every being has chosen their form much as you once chose to wear clothing on Earth. Observe the light essence contained within each “body.” Feel now the being of Mytria, added to your “being” of an Elohim. Be aware of how we are all of the Oneness here, similar to fingers on the human hand. Sense your grounded self as well, holding your Light on the physical plane.

Become accustomed to your new multidimensional body. Expand it further into your sixth dimensional Possible Self, then your seventh dimensional Oversoul. Allow your parallel realities to enter into your multidimensionality. You are an Antarian who is seeking to regain your full awareness of your seventh dimensional self. In this reality, you are a warrior, a Priest or Priestess, a Parent. You are Orion and you feel like a lizard. Your skin is rough and your tongue is small and long. Your mind wants to conquer and possess. Love that portion of yourself. It is an experience. You are a being in the Triangulum Galaxy and you have three hearts, three hands and three feet. Your mind works only in geometric forms and symbols and there are many portions of yourself within you. You are a group of three.

Now, you remember Earth. You are a leaf that has just fallen and the Sun that has just risen. You are a brook and a roaring river. You are a pebble and a mountain, a flower and a tree. You are all of these and more. You are ALL, and ALL is you.

You are on Alycone, the Great Central Sun.

Take the memories of ALL that you have been,
and follow your Pleiadian Guide, Mytria, who will lead you into

The Violet Temple of Transmutation.

*Now and Forever
We Loosen the Lever
To Pull Down the Stars
Into the Heart
So the Course
We May Chart*

We wish to discover NOW the core of our essence,
which is our part of ALL that has been and will ALWAYS be.
This essence emanates the MISSION that has brought us here for
The Final Act of “*The Grand Illusion*.”

We feel our selves on the verge of the Unknown.
All that we have perceived as our self has become extinct, “out of date.”
What we once feared is now only a shadow, yet there is newness in life that
threatens to ignite our “fear of the unknown.”

We do not experience fear in the same manner that we once did,
but it is there, awaiting our discovery.

This fear acts as a shell to protect the new, vulnerable embryo
as it grows deep inside of our essence.



Our true expression of SELF is not quite ready for birth,
but it is “time” NOW to prepare in earnest for

the NEW that is actually the ANCIENT.

Before entering the Violet Temple, we the Arcturians, would like to give you a message. You have made this journey into the Unknown and are about to enter The Violet Temple of Alycone, in the Great Central Sun.

As Earth reaches her ascension, we Arcturians are to be Her guardian. We have been chosen from the many who volunteered for this role, because we have the greatest ability to assist Gaia in the manifestation of Her Divine Plan—to be a planet of pure, Unconditional Love. Of course, other worlds will also be active in assisting Her. Among these are the Pleiades, Sirius, Andromeda and Antares. Antares, Sirius and Andromeda assist us in controlling the vortex into and out of earthly incarnations, while the Pleiades has offered to accept awakened ones into their Violet Temple of Transmutation. The Pleiadians have, also, long been very active in communication with the receptive grounded ones of Earth.

Remember, the key to your transformation into Lightbody is love, specifically love of your physical body. Your earth vessel allows you to have your earthly thoughts

and to feel your earthly emotions. The most treasured of these earthly emotions are happiness and joy. Happiness is actually the result of your ability to combine your thoughts and feeling in a manner that calibrates your brainwaves to their highest possible frequency. When you become “unhappy,” you may think that it is an outside, or inside, reaction to something that has happened. However, actually what has happened is that you have fallen “out of calibration” with your higher brainwaves.

If you could face the same experience that made you unhappy, but keep yourself calibrated to the highest brainwaves, you would perceive the experience in a completely different manner. It would no longer be an event that made you unhappy, but a challenge which you could successfully process. You would know that you could productively face that challenge because you are calibrated to the brain waves that keep you in constant communication with your Soul. An experience that would devastate your third dimensional ego would be a mere challenge to your fifth dimensional Soul.

Consequently, we encourage you to find your highest carrier frequency at the beginning of each day and merge with your Soul, so that the pathway of communication between you and your Soul can remain open throughout your day. In this manner, you can keep your mental channel attuned to the fifth dimensional frequency. This fifth dimensional frequency, which is beyond the speed of light, but not beyond the speed of thought, cannot be clearly accessed unless your brain has been calibrated. Once calibrated, your brain is able to track your Soul’s vibration as it moves down from the higher frequencies of Spirit and into the lower frequencies of matter. In this manner, you can integrate “Spirit into Matter” in your daily conscious life.

This integration is the greatest service that anyone can offer, as it is the most effective process for raising the vibration of your self and of the planet. Also, in this manner, your physical earth-ship can be updated with the necessary “downloads” from the fifth dimensional world. This process is much like the “updates” that you download into your computer. However, if the computer is not “turned on” you will not know that a new up-date is ready for transmission.

If you will dedicate your self to this daily connection with your Higher Self, your bodily sensations, emotions and thoughts, will keep you informed regarding your super-conscious activities, as well as assist you in remembering your lessons in the Violet Temple. We are very pleased with your/our progress. We say your/our progress because you and we are ONE. We are all a portion of the greater SELF that has chosen to inhabit your clay earth-ship. We are your command-station; hence, we are invaluable to you.

Know that any feeling of “Homesickness” is actually a homing-beam that you can track to return Home in your consciousness. Follow this “Divine Discontent.” It is not an enemy to make you sad; it is a friend that will guide you Home.

Remember, dear ones, you are all part of the ONE SELF. We surround you with our light so that you can release any experience that threatens to “let you down” and lower your consciousness. We support you in our Web of Life and promise you that we will NOT “let you down.” Know that your/our mission shall be completed. Each of you within our Web of Life represents the masculine energy



of a Spiritual Warrior, as well as the feminine energy of the Goddess. Your male and female energies are blending now. This process shall continue until no separation is possible as, your body has been transformed into LIGHT.

(Picture by Jan Custers— Jancusters@cs.com)

Expand the conscious awareness of your corporeal body to embrace this feeling, as well as the light matrix of the Web of Life that we have created for you. Keep this matrix conscious throughout your day. See it now. See how it glimmers with many colored lights and embraces you with our love.

When you enter the Violet Flame of the Violet Temple, look up through the vortex at the top of the flame and you will see the Golden Path. In your consciousness, follow this Golden Path to the Bridge of Light. Stand beneath this Bridge and you will experience the Rain of Light as it falls upon you. Allow each drop to integrate into every cell and atom of your physical body. Carry this image with you throughout your day to assist you in feeling our Unconditional Love!

We direct you now to Mytria, who will be your Guide.

The Arcturians



HOME IN THE PLEIADES

*Know that all the challenges of your third dimensional life
are simply glasses that create the projection
of the third dimensional illusion known as physical life.*

Welcome,

I am Mytria, your Guide for this journey into
The Violet Temple on Alycone, the Great Central Sun.

Our Temple is the “communication center” for all the Violet Temples that are located on all the inhabited planets and stars of this galaxy. There is also a Violet Temple at the threshold of every sub-plane of each density and a Grand Violet Temple at the threshold of each dimension. You may not consciously remember, but you have been going to these Temples with numerous others in your night body, and during your meditations, for many years. Perhaps, you can begin to remember these experiences now, as few of you have been able to carry that higher dimensional experience back into your third dimensional consciousness. However, you are all becoming aware that it is NOW time to remember these experiences, as you have all made a pact to remember, and to assist others in remembering.

As each one of you brings a new puzzle piece to the shared picture, this total image of the conscious transition into the fifth dimension begins to form. In fact, there are code-words that you all decided to use to prompt each other into awakening. You jointly decided to have those code-words be, “The Violet Temple.” These words are encrypted to assist the grounded ones in downloading into their physical bodies what they have been learning in their higher bodies. In this way, each of you can more easily release your addiction to the illusions of the third dimension. Once you are able to release the sense of security that your illusions provide, it will be easier to re-calibrate your consciousness to include the higher dimensional worlds.

You may remember that the higher dimensions are not usually visible from the lower ones, but the lower dimensions are easily perceived from the higher ones.

Therefore, if you can calibrate your perceptions to encompass the higher dimensions, you will expand your reality to include more than one dimension. In this manner you will activate your Multidimensional Consciousness.

Take a moment now to ground your consciousness into the body of our beloved Lady Gaia. Send down a tail of light from your position here in the Great Central Sun, all the way to your physical home on Earth. You have come here today from many different Earth countries and cities. Gaia will greatly appreciate your light being sent to the many diverse parts of Her body. Visualize a globe and pinpoint your physical body's location. Send your tail of light now into that location—breathe into that tail and into your Earth home. Can you see the many other “tails of light”? Do you see the smile of Gaia as She accepts your gift? Yes, Earth is a living being, and YOU are Her emissaries of Light.

I will continue now with my introduction. As I have said, there are Violet Temples on other worlds besides the Pleiades as well as at the threshold of every fifth dimensional reality. These Temples are the structures that surround the ascension/descension portals into and out of each dimension. The ascension/descension portals, known as AD portals, are inter-dimensional passageways. It is through these portals, or vortexes, that the “awakened ones” of each star system connect with their higher dimensional SELVES in the fifth dimension and beyond.

Once you have mastered the knowledge of the Violet Temples, you will truly be multidimensional in consciousness. True multi-dimensional consciousness means that you can hold the awareness of more than one dimension in your mind at any moment. It is quite easy to move your awareness into the lower dimensions, just as it is relatively easy to move your awareness into “past” lives. However, it is much more difficult to expand your awareness into the higher dimensions, just as it is more difficult to expand our awareness into “future” lives.

Once you have met your “future,” fifth dimensional selves, you will ground those connections into the consciousness of the third dimensional Earth reality, in which you are a member of the Planetary Ascension Team. Remember that you have many fifth dimensional, and beyond, realities that will eventually all download into your “ascension life.” The grounding of these higher vibratory “SELVES” can cause many disturbances in the lower dimensional body, because the vibration is of a much higher frequency than your body is used to holding. Therefore, it is important to be conscious of your experience so that you can prepare, and care for, your physical earth vessel.

Whenever you download higher dimensional knowledge into a lower dimensional vehicle, you upset the lower frequency vehicle's energy balance. On the other hand, when you receive fifth, sixth and seventh dimensional information, and integrate it into your third and fourth dimensional vehicle, you activate your ascension process. This “activation” is why your higher dimensional selves are

coming into your awareness at this time. You are undergoing a great transformation, and we wish to assist you by bringing you into our Temple. In the Temple, we will prepare you for the reality in which you will soon live, which is vastly different from your present reality.

As you become more and more intimate with your Higher SELVES, you will also experience increased intimacy with those with whom you share your physical reality. When you are more intimate with your SELF, it is natural for you to be more intimate with others as well. Also, as you become aware of your expanded SELF, you will no longer be threatened by fear of survival, for you will know that you shall ALWAYS survive. It is important that you keep grounding all information into the body of Gaia, planet Earth, so that you do not “short-circuit” your physical vehicle. In this manner you will assist Gaia, at the same time that She is assisting you.

Your Mission has already been determined on the higher levels, as you chose it before you were born. Listen inside, and it will be revealed. Move throughout your daily tasks as the Priest and/or Priestess of the Violet Temple that you truly are. Your Lightbody is beginning to manifest. Be patient and ALLOW the process to proceed. Your earth vessel is undergoing as much transition as it did when you were an infant and an adolescent. Soon, you will also enter our Violet Flame, which will greatly facilitate your transmutation into Lightbody.

When you are ready to leave the Flame, you will enter the Mystery School of this Violet Temple. When you do so, you will go into a conclave until you are ready for instruction. The students can then return to the flame whenever they are in need of further transmutation. As your studies continue, you will be able to go deeper and deeper into your unconscious. This inner awareness will bring up lost memories from your unconscious mind, which may need to be brought into the Violet Flame as well. YOU are now a member of our Temple. I remind you of that so that you do not become lost in the day-to-day tasks of survival in your physical world, and so that you do not judge yourself because you are not “good enough” according to the external yardsticks of your world.

The physical plane is beginning a period of great transformation. I wish to remind you that your reality, such as this journey to our Central Sun, is created within your consciousness. You have come here to us for an “Initiation of Preparation.” This type of initiation comes into your life when you are preparing to fulfill the Life Mission for which you have volunteered. Initiations of Preparation are very important, for they compel you to KNOW that you ARE ready to remember the Mission of your true SELF. This remembering often puts you “apart from” the family, society and environment in the world that you entered. Be patient, a leader must be willing to be the first to face a new challenge. Your role modeling will encourage others around you to find their own courage.

You could have wanted to incarnate later, but you volunteered to be a forerunner. Forerunners are needed to build a strong foundation for times of great transition. This “great transition” is almost here. In fact, your world is in the final three-ninths of its finishing point. This “final three-ninths” is always the slowest and most difficult of any process, for all that you have avoided must be successfully confronted before your process can be completed. Persevere, dear ones, for your victory in the light has been assured, and there are many in the higher planes constantly available to assist you.

Now, I would like to speak to you of our home in the Pleiades. Follow me in your consciousness and I shall give you a tour of our world. Imagine yourself now in your Pleiadian body, which is taller by several feet than your human form, and androgynous. However, you may choose to present your image as either a male or in a female form. You may even choose to present yourself as one gender for a while, and then change your “mind” and present yourself as the other. You likely have light skin and blond hair, although there are some of us who have a darker complexion with darker hair. Our eyes are much larger than yours and our chins tend to be more pointed. In your consciousness, now see your Pleiadian self standing before you.

Ask what name you use here, and take a moment to merge the “feel” of your Pleiadian self with that name. This is what you do on Earth when you become acquainted with someone. For example, think of the name of one of your best friends and feel their essence. Now, think of the name of a family member and feel that person’s essence. Finally, think of the name of your Pleiadian self and feel your Pleiadian essence. You are about to meet many new inner friends, Learning their names, and attaching that name to the essence of that being, will assist you in differentiating each of your inner friends, and/or SELVES, from one another.

I will show you how to “step into” your Pleiadian SELF. Stand opposing this SELF and raise your hands to heart level, facing the hands of your Pleiadian SELF. Look into each other’s eyes and step so close to each other that your hands touch. Within that moment, trade places. You become your Pleiadian SELF and your Pleiadian SELF becomes you. Look at your human self from the perspective of your Pleiadian SELF. You are now ready to find your Pleiadian home.

We travel here by setting our mental intention on a certain location, or experience, and feeling ourselves there. Then, in an instant, we are there. We also enjoy the experience of flying so that we can view our lovely planet from an aerial perspective. Imagine yourself flying in your Pleiadian body above our beautiful green land. We Pleiadians love the beauty of nature and need to surround ourselves with the lush greenery, peaceful waterways, and wildlife in our daily lives. The closest thing we have to a “city” would be our Violet Temple.

As you fly above our land, you may see that Violet Temple off in the distance at the top of our highest mountain.

In the deep forest below you can see lovely crystal domes of different colors. These domes are our homes. You find that, as you fly higher, there is what you would call a neighborhood with one large dome in the center that is usually white. This large communal dome changes colors according to the activity that is going on within it. The personal domes are scattered around in the nearby woods.

As you fly over our area, you find that one central dome, one neighborhood, one specific dome that pulls you towards it. When you focus your attention upon this dome, you discover that you are instantly there. This dome is your own private home. It is small, made of crystal, and surrounded by beautiful trees, water ways, flowers and wildlife. You could have instantly located there, but you enjoy the act of flying in your fifth dimensional form. As you enter your personal dome, you see that it is filled with light and beautiful flowers and plants. You have birds that fly through your home and another small animal that looks like a dog but walks on its hind legs and has an opposing thumb on its hand. We call them larnacks. They are loyal friends and enjoy domestic duties. Your larnack, however, is not a servant but instead a dear friend. It enjoys what it does for you, and you deeply love each other.

Many things here are much like Earth, but there are other things, such as some plants, animals, flowers, and oh yes, colors that you do not have in your world. Remember our world is no longer third dimensional. Long ago our society ascended, and we now vibrate to the fifth and sixth dimension. It is because we have been through what you are about to experience that we are so excited to assist our brothers and sisters on Earth. As you go through your earthly day, remember more and more about your abode and the personal life that you enjoy here in the Pleiades. Perhaps, you can even remember how your Pleiadian SELF ascended.

You have focused on your personal life on Earth, rather than your life here, because your earth life has had many challenges. Fortunately, you are discovering how to do the best you can under the circumstances and accept the results as being beautiful. In other words, you are learning how to judge your life from your own view rather than the yardstick of your society. Go about your day and feel our society inside of you. Know that one of your true shapes is the flowing Pleiadian SELF that you are now.

Know that all your reality is created by your consciousness, and the challenges of your third dimensional life are simply glasses, which create the projections of the third dimensional illusion known as physical life. Enjoy your illusions. Soon they will be no more, and you will live in the reality of your True SELF. Remember there is no time; therefore, there is no hurry.

You must be gentle with yourself. Do not add more struggle to your life. Allow your Soul to Captain your earth vessel. Surrender your ego to the knowledge and wisdom of your Soul. If your life becomes harried, or you feel “out of control,” chant:

I NOW SURRENDER ALL CONTROL
OF MY PHYSICAL BODY
TO MY SOUL!

Return now to your earth consciousness and remember this journey. We here on Alycone longingly await your return.



Your Guide,

Mytria



THE VIOLET TEMPLE

Welcome again to the Alycone. I am Mytria here to guide you.

We of the Pleiades wish you love. With our love, we can assist you in meeting your daily challenges. We can also assist you in finding your Path. Your old world is dying and is being replaced with a new one. Within this new world there will be changes that many from the old world will not be able to accept. There is to be an opening of the veil of illusion that will allow those who dare, to see truths that have long been hidden. Since your planet is one of free will, these truths could only be hidden if the majority of the society did not want to see them. The majority is diminishing through old age, and through fear.

Because of their fear, they will not allow themselves to see what is coming. Therefore, their Souls are pulling them out. From their higher bodies they can be of service by possibly assisting in awakening some of the many who still slumber in the “ignorant bliss” of illusion. Illusion has created a reality that is familiar, and the familiarity feels safe. In the midst of the many changes that will escalate logarithmically, these people will cling to the old. However, the old is dying and if they cling to it, they will feel as though they are dying as well.

Many of you, however, are tired of the old and could never embrace it in the first place. It always felt like a lie to you, like the illusions it was. You may have realized that your old, familiar life is leaving. Be not attached to it, for attachment retards change. ALL of you shall be among those who will openly embrace this change, and therefore, you shall be among the leaders in the new reality that is being created. It is in the TRUTH that you will blossom.

Now, dear ones, allow yourselves to re-visit your home on the Pleiades. As you think of your home, set your intention on visiting it, and as soon as you remember how it feels, you are instantly standing before it. You see that it appears to be small from the outside. However, when you move through the door—we say move through the door because there does not appear to be a door—but once you desire to enter the dome, a door appears and you walk through it. Once you

have entered your dome, you find that it is much larger than it appears from the outside. This is because we are a fifth dimensional society. Therefore, we are not bound by any constraints of space. You realize as you wander around your beautiful home that anything you desire instantly manifests.

This instant manifestation of whatever you need is one of the main reasons why our societies are so different. We do not have to “work hard” to survive, or even to gain beautiful items. We have no theft, for an item if lost can be instantly replaced. We have no money or system of barter, as we can freely create everything that is ours to have. Therefore, we have no greed, no thievery, no stress, and in fact, we have no illness. We are all Lightbodies, which never age or “break down.” So what do we do with ourselves, your human self asks? We serve. We serve lower dimensional aspects of our self who are in need, we serve worlds that are developing and evolving, but most important, we serve the Source. We also visit our Violet Temple regularly, for we are evolving in the light as well, and we visit higher dimensions, just as you are about to do.

Are you ready now to visit our Violet Temple?



Once there, you will be able to enter the Violet Fire of Transmutation. I am one of the Guardians of The Sacred Violet Fire. Even though I am a guardian of the Sacred Flame, there is no need to guard The Flame from danger as no one here would damage it. Beings of the fifth dimension all know that whatever we do to anyone, or anything, we do to ourselves as well. Therefore, I do not exactly guard the Flame. It would be more correct to say that I assist those who wish to enter it.

The Sacred Fire is a porthole through which anyone in fifth dimensional form or consciousness can enter and travel anywhere in the universe. When fifth dimensional beings feel that they have completed the reality that they are experiencing, they transmute their body back into its higher dimensional form. On the other hand, if they wishes to travel to another dimension or location, but they wish to return to their present reality at the end of their journey, they project the essence of their consciousness into The Sacred Fire. Their fifth dimensional body will be cared for while their consciousness is traveling. I, Mytria, am one of those who oversee that process. Therefore, I guess it would be better to say that I guard the body of the traveler rather than the Flame. However, my titles is, Keeper of the Flame.

Because of the great transition taking place on Earth, we are offering the Flame to humans for a different purpose; this purpose is the transmutation and purification of your third and fourth dimensional consciousness. When you go the Mystery Schools of our Temple, you will be instructed in grounding your new consciousness in your physical form. Once your new consciousness is grounded in earth vessel, you will be much more receptive to meeting, communicating with, and downloading

your fifth dimensional selves. It is the integration of your fifth dimensional SELF into your lower bodies that will initiate your ascension process. The main challenge during this integration process is the care and maintenance of your physical form that is being barraged with higher vibrations. However, when your consciousness is cleansed of old fears, it will greatly facilitate the transmutation of your physical vessel.

Feel in your mind whether it is time for you to enter the Violet Fire. It is by entering this Flame that you will begin the process of awakening your Lightbody lying latent within your physical form. Come, I KNOW that you are ready, and the chime for the Violet Temple summons us to enter.

Focus your heart and mind upon the Temple, and you will find yourself there in a flash...

Take a long moment to allow your eyes to calibrate to the vision of the great Violet Temple...

How do you perceive the Violet Temple?

You could calibrate your attention to your personal perception, or you could calibrate your attention to the group perception, such as you are doing now.

Take a moment and see your personal perception of the Temple...

Now re-align your perception to see the group's perception...

The group's perception of the Violet Temple is that it resembles a huge amethyst geode with many high towers.

You may choose to participate in the group perception...

Or, you may choose to calibrate your attention to your personal perception...

With either scenario, there appears to be no door until you desire to enter the Temple. At the moment of that desire, huge golden doors appear that open in a welcoming fashion.

See before you the Golden Doors...

How big are these doors?

Place yourself directly in front of the doors...

Can you feel the heat of this higher vibration as it emanates from the doors?

Can you hear the buzz of the higher frequencies, like a million fireflies?

Are you ready to enter the doors?

Are you ready to remove the veils of illusion that have clouded your vision of the Truth?

When you are ready to step towards the doors.

As you step towards them, they seem to move closer to you...

Feel the call in your heart to step through these doors...

With your mind, step across the threshold...

Feel this transition in your body.

You are glowing now.

You are covered with, and made of, the same golden light as the doors.

Take a long moment to adjust to this new way of being...

Feel that you are lighter than air and buoyant as a feather...

Your physical body is perfectly still, as your movement is in your consciousness.

Patiently await your personal Guide.

As you enter the Violet Temple, you find yourself in a main entryway.

Take a moment to perceive your personal experience of this main entryway...

The group experience is that it is enormous, with seven sparking pillars and a stairway built of amethyst that leads up, up, up to the higher levels of the Temple.

There are also seven hallways that move out in a circular fashion from the central foyer. As you stand in the foyer, see your personal guide coming down the stairway to greet you, and take you to the room of the Violet Flame.

Take a moment to determine your personal perception of your guide...

Feel a moment of connection with your guide...

Follow your guide up the stairway, step by step, slowly and rhythmically...

Along the stairway there are many floors, with a mezzanine on each floor offering a walkway to many doors. Your guide will take you to your floor and to your door, the door that is perfect for your vibration, for your resonance, as is the floor to which your guide has led you.

As you enter the door, there is an ante-chamber. When you enter this ante-chamber your guide gives you a robe and exits through a door at the opposite end of the small room.

Take a long moment and see your robe...

What is the color?

How do YOU feel when you touch it?

How does the robe feel when you touch it?

Now shed all that you have worn before, and put on this robe...

How do you feel when you wear this robe?

The high vibration of your robe will alter your consciousness if you attune to it. When you are ready, follow your guide into the other room where your guide has been awaiting you...

There are benches lining the opposite sides of this small room.

Sit down across from your guide in preparation of your entry into the Violet Flame...

Take a long moment now, and listen. What are the words that your guide speaks to you?

Confer with your guide to determine the “intention” to carry into the Flame that will best assist your transmutation...

Set that intention in your heart and mind so that you will remember it while in the Flame...

When you are ready, your guide will lead you through the door at the other end of this room, which opens into a huge circular room that is many stories high. On each floor there is a mezzanine, much like the other mezzanines, except that this mezzanine faces an enormous Violet Flame. This Sacred Flame is grounded many stories beneath you and blazes upward many stories above you. The vision of this Flame is almost overwhelming, but it radiates such pure love and acceptance that any fear is comforted.

Although the Flame burns violet, it radiates many other colors as well. Some of these colors you have never seen, as they can only be perceived in the higher frequencies. All the colors shimmer and vibrate to a symphony of Light. Each colored light emanates a different tone, which harmonizes with all the other tones. Within this Flame you can see stars, planets and galaxies that are being born, prospering and dying.

Take a long moment to feel your emotions...

Remember the intention you have set...

When you are ready, your guide will gently touch you on the shoulder...

At the count of three, you will jump into the Flame—without doubt, without fear.

Are you ready?

Are you ready to let go?

Are you ready to take the leap, the leap of faith?

Your guide touches your shoulder and

One, two, three,

take the leap,

take the leap NOW.

THE VIOLET FIRE



With faith and courage, you leap into the Violet Fire—alone! However, know that your guide is with you in your consciousness. You can “feel” your guide waiting for you at the very place from which you entered the Flame. It gives you comfort to feel the presence, and the dutiful guarding of your denser body, your guide offers you.

You may find yourself thinking about “outside” the Violet Fire to avoid your sensations of “being in” the Violet Fire. Therefore, take a moment to calm the excitement, which feels “almost” like fear, of this higher vibration. Take a long, slow, deep breath to accustom your Essence to this higher frequency.

Change your perception from outside the Flame to inside the Flame, and allow yourself to feel the Violet Fire about you. It feels like Power, more power than you could ever imagine. It feels like Wisdom, more wisdom than you have ever experienced. But, most of all, it feels like LOVE.

The love within this Flame is unconditional and you gradually relax into the experience. The Violet Fire, over—under—around—and through you, protects you like the most powerful father and loves you like the wisest mother. This experience is so gentle and constant that you begin to understand your own power and your own wisdom.

You feel safe enough now to center your perception on your self. As you do so, you find you are in a relatively formless state. Within the Flame, you are aware of yourself only as a focus of attention, an individualized speck of light, which is your... your what? Is it your spirit, your soul, your consciousness? It certainly is NOT your body.

“Dear One,” you hear your guide speaking to your consciousness, “This focus, this speck of light, is your Essence. Within the Flame, your essence is free of any identification other than the intention that you held as you entered it. Once

you state your intention, your essence will call to it the form that best expresses that intention. What do you wish to declare as your intention now?"

You do not have to pause. Your declaration is clear to you. You do not know how long you have been in the Flame, as time does not exist in this dimension, but you remember that your earthly reality is in great transition. All that you had known as a foundation is leaving and changing. It is time for you to create a new reality.

You are ready. You are ready to "let go," "stop struggling" and "fall into the flow." That is, you are almost ready. Something is stuck. It is stuck deep inside your heart, stuck to your childhood and to your youth. You have stepped into the Flame to find a way to un-stick it.

An old core belief is ready to leave your consciousness now, so that you can allow your "self" to be your "SELF." But the core belief is immovable. You are stuck. You are wedged between the reality that is leaving, and the new reality you are creating. You realize now that, in order to change what you do, you must change who you are.

Suddenly the Violet Flame flashes before you and reveals all the other times that you have felt caught between "doing" and "being." Perhaps it is your fear that is stuck, the fear that you cannot transform yourself enough to create the life you desire. It may be that this fear has become a core belief.

Actually, though, it is not YOU that is afraid, it is your ego. Your ego is the one who believes that you cannot be the creator of your life. Your ego is frightened, impatient, angry, victimized and controlling. You realize that the one you need to call upon to hold your intention is the one that is stronger than your fear and wiser than your ego.

This "ONE" is your Soul.

You KNOW that you must surrender to your Soul. Here, within the flame, you can feel your Soul, patiently awaiting your permission to enter you and be the Captain of your earth vessel.

Yes, you remember your intention now, but it is only through surrendering to your Soul that you can realize it. From deep within, you hear,

**"I NOW SURRENDER ALL CONTROL
OF MY PHYSICAL BODY TO MY SOUL!"**

Good Day,



I am Mytria, Keeper of the Flame of the Violet Temple. I return to you to offer you further guidance. Also, I want to remind you that your essence is still in the Violet Flame. We Pleiadians are fifth dimensional and you take on that consciousness when you visit us. However, while you are in the Flame, your consciousness is sixth dimensional. When you are in the sixth dimensional Violet Flame, you are allowing a transformation on the deepest level. You are in the Flames of Possibility where you can learn how to create the reality that you desire.

Dear IlliaEm of Arcturus is here today to speak with you about,

THE SIXTH DIMENSION

Dear Ones, I am IlliaEm.

Since a portion of your consciousness is in the Violet Flame, which is sixth dimensional and beyond, I wish to share with you some information about the sixth dimension.

Within the sixth dimension there are waves of possibility that look like sine waves in space. These sine waves move through the sixth dimension in an undulating



fashion like waves in the ocean. The sine waves are in layers, and each layer represents a different dimensional version of the same reality. All the dimensions are represented so that your Soul can choose the octave of the reality that you “incarnated one” is experiencing. Therefore, the sixth dimension holds the “blueprint” of all the possible realities in the lower planes.

(picture by – Jancustgers@cs.com)

For example, let us say that in your reality you have begun a new job. If the resonance of your consciousness is extremely low, you will likely choose a position that is “out of sync” with your Soul and bound by the needs of your ego. Because of this choice, you will likely suffer the low level, human “fear of survival,” and you may well experience competition with the others in your workplace, as well as insecurity and fear. This reality will proceed in a difficult and burdensome manner.

If, on the other hand, you enter a new job and your resonance is very high, you will more likely choose a position in which you have the greatest opportunity for success because it resonates with your Soul. You will easily get along with your co-workers and be able to feel a sense of community and camaraderie.

If you live only from your ego and have no connection to your Soul, it is “normal” to live the illusions and lies of your society. Even though you are “out of sync” with your Soul, you may, indeed, find great success as you have little connection to your higher consciousness. However, if you are receiving this message, it is unlikely that you are that person. You are here in the Violet Flame because you wish to expand your spiritual life and seek guidance from your Soul. If you can use this time in the Flame to surrender to your Soul, you will form a partnership in which you and your Soul can together create the reality that you desired before you took embodiment.

Just as your ego may go to your Soul to gain guidance, your Soul can go to this sixth dimensional realm to gain guidance. If your third dimensional consciousness is awake to its Soul during this encounter, you will be rewarded with a great lesson regarding your true creative powers. Nonetheless, it may take a long earth-time to fully comprehend that lesson with your third dimensional mind, as it has great difficulty understanding the sixth dimension.

In order for you to understand this sixth dimensional reality, you must surrender to the thinking of your fifth dimensional Soul/SELF. If you surrender to your Soul/SELF, and in turn, your Soul/SELF surrenders to the sixth dimension, you will float together, ego and Soul, upon the sixth dimensional Waves of Possibilities.

Along the sixth dimensional undulating “Waves of Possibilities” are different “Points of Connection.” These Points of Connection are access areas where you can enter any of your possible realities. When a Point of Connection resonates to your heart, you can enter that reality by allowing your heart to engage with the Point of Connection. Once you are engaged with a Point of Connection, you will follow that reality for as long as it matches your resonance. If your resonance raises or lowers, you will become disengaged from that reality and float along the Waves of Potential until you find another Point of Connection to match your new resonance.

Your third dimensional self will not experience any passage of time between these realities because the sixth dimension is not bound by time or space. The sixth dimension exists only in the HERE and NOW of the higher worlds. For that reason, your third dimensional world may appear seamless. However, upon this “disengagement” you may experience a sense of grief in your physical world, because you have just disconnected from the reality in which you once resonated.

When a “good” experience ends because you have lowered your resonance, or even because you have raised your resonance and outgrown that experience, it is natural to grieve the loss of that reality. When programs of limitation are released there is often great fear, because those old programs provided structure and order. The structure and order is vital to navigate the third dimensional world.

The fear arising from the loss of this structure can then creates doubt as to whether or not you will be able to proceed. This doubt can then lead to grief due to the loss of the perceived safety provided by the old, familiar limitations. You may even choose to re-engage with the programs of limitation rather than face the fear of the unknown.

Are you ready now to create a reality where the structure of limitation is not needed?

Do not fear or worry that your destiny will not be fulfilled. Be patient, for patience allows your deepest subconscious self “time” to sprout, and gradually blossom, in your physical world. Each “life” is a point of perspective into third dimensional reality. Use the visions of the Violet Flame to see how each of your many incarnations is a shining ball of light. Some lights shine very bright and some shine very dimly. These balls of light encircle Lady Gaia and have roots that run deep into the core of Her being. As you raise your resonance enough to heal any life or reality, you serve to heal the Mother as well. Your Soul can look through each of these “points of perspective” to experience each physical incarnation in a different fashion. You can also do so if you are willing to surrender to the “eyes of your Soul.”



When you can experience your lives from the perspective of your Soul, you will truly be multidimensional. Furthermore, your multidimensional SELF can simultaneously experience life on the higher vibrations at the same moment that it is experiencing each individual physical reality. In fact, that is what you are doing as you communicate with me. I, IlliaEm, am an eighth through tenth dimensional Being. I say eighth through tenth, since the higher dimensions are not separated as the lower ones are. I naturally resonate to the tenth dimension, but I have lowered my vibration so that you may more easily perceive me.

As you communicate with me, you can share my resonance. Eventually, you will learn to associate with me so deeply that I can share with you the vision of my realities. This, however, is a long process and one which should not be rushed, or you will not be able to maintain life in your clay form. Be patient, and allow me to teach you how to make the gradual ascent through all the higher levels of your SELF. There are many mysteries that I can reveal to you.

First, I will reveal how to PROGRAM YOUR PERSONAL HOLOGRAM.

There is a message that we have been sending to our grounded ones in their night bodies. This message, like other higher dimensional messages, is in pictures. One picture we have sent you all is the lovely forms of higher dimensional beings. We have also sent you the sign of a circle with a line running through it (often known to you as the symbol for capacitance). We send these messages to assist you, as we

understand how difficult it is for your third dimensional self to maintain a conscious memory of the experiences of your complete SELF.

We appreciate your service as a “step-down transformer.” By that I mean that you are among the grounded ones who receives the frequencies of the higher dimensions into your consciousness and, gradually, integrates those higher vibration into the resonate frequency of the third dimension. You are “human transducers” who willingly download higher frequencies into yourselves and into your reality. Your service is greatly appreciated.

While in the sixth dimension, you have direct access to the control panel for the hologram of your third dimensional Earth reality. I will now assist you in programming your personal hologram. See the Waves of Possibility before you, and allow your heart to connect to the Point of Connection to which you presently resonate. This is easily done while in the sixth dimensional vibration of the Violet Flame. Allow your heart to pull you into that Point of Connection.

You now find yourself in an area that you would probably call a “room.” Do you see the large view screen in front of your? Look into it and see the portion of your earth reality that you wish to re-program.

Take a long moment to view that area of your life...
How do you wish to re-program it?

It may be helpful to you if you write down what you wish to re-program, and how you wish to change it. Once you write something down, you have made it physically manifest; you have made it a part of your physical reality.

Below the screen are the controls for your personal hologram. See the keyboard before you. There are numbers and symbols on it, which your physical self may not understand. That does not matter because you will encrypt your message, not with technology but with mental and spiritual power. As you look at the control panel, feel the desired reality which you wish to program. Do not be concerned about limiting yourself because I AM here with you, and I AM able to see the unlimited version of the reality which you desire.

Now you must impress upon the control panel your desired reality and KNOW that you are the creator of your own personal hologram...

Look at the control panel before you. View carefully the area of your life which you wish to re-program. Take a moment to feel any fear or anxiety that may be attached to that area of your life. Are you ready to delete this fear from your hologram? Good, now see the fear portions of the program and highlight them in yellow. Allow all the fear to come up in this life experience so that you don't miss any of it. See page after page of yellow highlighted programming.

Take three final breaths so that you are sure to release all the fear.

ONE..... TWO..... THREE.....

This fear is like a computer virus that disrupts your operational system in many unknown ways. Are you surprised to realize how much fear you have encrypted into your hologram? The physical world is, indeed, filled with fear.

Now find the delete button. It has become raised on the panel because you have willed it so. Take a long moment to be completely honest with your self. Can you release your old friend Fear? It has served you in many lessons about life upon the third dimension. Fear and pain have forced you to learn from the mistakes you have made. The fear and pain of a negative situation have forced you to avoid negative situations. Are you ready to release that manner of learning and take the responsibility of learning through love—love of yourself and of the lessons that YOU have created?

With your consciousness, press the delete button, and watch as all the yellow highlighted programming disappears.



Ground your intention by speaking, with emotion:

***I AM the CREATOR of my hologram.
I choose to DELETE FEAR
and LIVE IN LOVE!!***

Repeat this mantra over and over to keep this new program intact. Fear has been a major component of ALL your third dimensional realities. For that reason, fear is deeply ingrained in your cellular memory. Be patient with your self and constant with your mantra. You will likely have to repeat this re-programming many times, and say your mantra many times before you can ground this new hologram in your physical form.

Without fear, clear perception of the sixth dimension is possible and constant. The circle of light in your dream memory is broken by the diagonal line of grounded incarnation upon the third dimension. This is the symbol for capacitance, which is the ability to hold and use energy. YOU are the beautiful beings that you've seen in your dreams. Remember these visions of your Higher SELVES. It is the fourth dimensional “flow” of your dream-world that allows you to connect—through your fifth dimensional SELF—with the sixth dimension.

The appearance of your true form is like the beings in your dream memories. They are the blueprint of the humanoid form. In fifth dimensional worlds, such as Venus and Alycone, where persons hold humanoid forms, they follow that

blueprint. The blueprint is formulated in the sixth dimension and crystallized into form in the fifth dimension.

The sixth dimension is the control center for your personal hologram. Therefore, if you wish to make adjustments to your hologram, you will move your consciousness into that dimension. Once the blueprint is changed, or a new one is created, then you can connect it to the crystalline labyrinth systems in the fifth dimension where the blueprint is crystallized into form. It is very important that you hold mastery over the fourth dimension because the astral waves of emotion, if uncontrolled, will make it impossible to manifest that form on the third dimension.

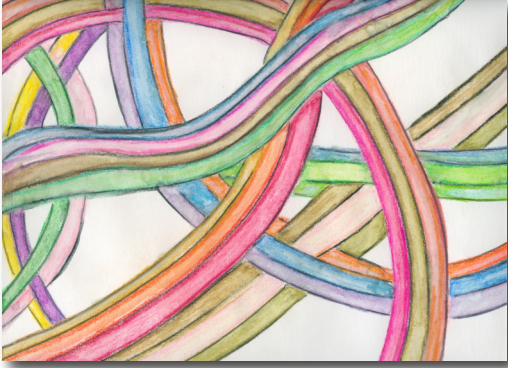
You have deleted fear from your sixth dimensional hologram. Now you must call in the energy of your Higher SELF who is your present connection to the fifth dimension. This SELF, who is likely your Future SELF, can assist you in infusing this blueprint into the fifth dimension thereby creating a Pathway that runs from the sixth dimension through the fifth and fourth dimension into your third dimensional reality. Now that you are in the Violet Flame, take this opportunity to focus on creating a vortex that connects your third dimensional consciousness to the fourth, fifth, and sixth dimensions. Hold the intension that the vortex will remain open. In this manner, you can return to the sixth dimension whenever you wish to make further corrections to your hologram.

When you do so, remember to retrace your steps:

Start with Journey to the Central Sun,
Then visit the Violet Temple on Alycone
Enter the Violet Temple
Connect with your guide
Follow your guide up the stairway and into the anti-chamber
Enter the Violet Flame
Use the POWER of the Flame to enter the sixth dimensional hologram
Follow the Waves of Potential
Allow your heart to engage with a Point of Connection
Enter that reality
Program any correction to your personal hologram

Most of all, Dear Ones, remember that Mytria and I, IlliaEm, are here to assist you. All you need do is call our name.

IlliaEm



THE STRINGS OF CONSCIOUSNESS

Dear ones,

I am IlliaEm, returned to give you encouragement on your process of transmutation. You have been in the Flame for several Earth days now. However, you may have had difficulty remembering this experience in your physical reality. Do not judge yourself for becoming lost in your third dimensional consciousness; you need to focus upon the duties and responsibilities which you have chosen to experience in that reality.

See the inter-dimensional vortex that you have recently created before you. This vortex will carry you safely through the fourth dimension and into the Violet Temple of the fifth dimension. Your guide will meet you as you enter the Temple through the Golden Doors. As you embrace your guide, remember your essence bathing in the Violet Flame. Join your consciousness with the vision of that Essence.

From your perspective within the Flame, see the “strings of consciousness” that travel from your third dimensional homes all the way up into the Violet Fire. Realize that the only separation between your human self and your SELF in the Flame is your “belief in separation.”

Feel yourself now as one of these strings of consciousness. Feel how you are “tied” at one end to your human heart on Earth and at the other end to your essence in the heart of the Sacred Flame. You are both hearts, as well as the string that joins them. You have likely had the experience of being your physical self calling up to your Higher Self in the fifth and sixth dimensions. However, you may not have had the experience of being your Higher SELF calling down to your physical self.

See now the “you” that is reading this message. Feel the string that travels up from your heart and into the vortex. Make sure that your string is also connected to the Heart of Gaia so that you are grounded and sharing your experience with Her. Feel that grounding now. Feel how the love of the Great Mother comforts your fears. Gaia helps you as much as you help Her; you are partners.

Now, while remaining in full connection with the string’s base in the Heart of Lady Gaia, travel up the string. Allow your consciousness to expand from the core of your third dimensional experience, through the vortex, and into the Heart of the Violet Flame. You are Lady Gaia, your earth vessel, the vortex, your fourth dimensional realities, your Soul’s fifth dimensional realities AND your Essence in

the Flame. Take a moment to fully acknowledge this expanded sense of SELF and place your point of perception into your Essence.

Now you will reverse your journey. Slowly bring your sixth dimensional essence down through the string of consciousness—through the fifth dimensional Violet Temple—through the fourth dimensional vortex—into your physical heart—and into the Heart of Gaia. In this manner, you are of great service in raising the vibration of the third dimension by downloading the sixth dimension into the Heart of Lady Gaia; as you assist Her, she assists you. Together, you shall create a Planetary Ascension.

There are many strings of consciousness that radiate from my heart—the Heart of IlliaEm. Each string is a multidimensional line of consciousness that travels from my tenth dimensional reality all the way down into the third dimensional physical worlds and below. From each string there are horizontal “offshoots” connecting the many diverse realities upon every dimension of every String of Consciousness.

Visualize now a long string that runs from my heart in the tenth dimension down through all the worlds and into the third dimension. There are “primary strings” that run in a vertical plane through all the Violet Temples that are on all the thresholds of every dimension. There are also “secondary strings” that run from the Temples on a horizontal plane into each reality—also known as a lifetime—on each dimension.

The Violet Temples serve as “routing stations” for the Spiritual “lifeline” that runs vertically DOWN from the higher dimensions, and OUT horizontally into every reality in each dimension. My Strings of Consciousness are actually Strings of Spirit. Therefore, they are infinite and can never be severed.

In the third dimensional lifetimes in which you have awakened, you have remembered that you are the creator of your hologram. On the other hand, in the lifetimes in which you are still “asleep,” you feel limited and separate from All That Is. Fortunately, once one of these “lost selves” remembers the String of Consciousness, they can use it to connect with their multidimensional SELF. This “Higher Self” can then give the Unconditional Love and supervision that is needed in that reality until that “you” is ready to fully awaken.

The ability to carry more than one reality in your consciousness is difficult in the third dimension. Fortunately, it is easier in the fourth dimensional lives to perceive other offshoots of your primary reality, your primary “string of consciousness.” In the fifth dimension you merge with your Divine Complement. This return to SELF automatically unites you with the remembrance of all of the experiences of your other polarity of Beingness. Hence, in the fifth dimension you are able to hold more than one reality in your consciousness at one time.

From the apex of the fifth dimension one can be aware of as many as seven different realities at once.

In the sixth dimension, it is simple to perceive many strings of consciousness resonating off the many Waves of Possible Reality. On the highest sub plane of the sixth dimension is the Program Center for all of your holographic realities in all the dimensions below. From there, you can be aware of all of your realities of the sixth, fifth, fourth and third dimensions, simultaneously.

The seventh dimension is your Oversoul, which is the hub of the entire system of offshoots for all your Soul's realities on all the dimensions below. When you remember how to travel up the primary vertical String of Consciousness into the heart of your eighth through tenth dimensional Elohim SELF, you will become aware of ALL your reality strings that flow into the lower worlds.

The Arcturians will speak further about the seventh through twelfth dimensions. Remember always, you are ALL twelfth dimensional beings who have traveled down your String of Consciousness to experience reality in the third dimension.

There is no achieving or learning. There is only remembering.
IlliaEm



MORE ABOUT THE HIGHER DIMENSIONS

(picture by jancusters@cs.com)

Dear Ones,

We speak to you from the eighth vibration. We are of Arcturus. Upon our level of density, there is no need for names. We are merely—our Planet. Some have called us a Planetary Logos. The seventh dimension is the Oversoul, the eighth is the Planetary Logos, and the ninth and tenth dimensions are the Solar Elohim. The eleventh and twelfth dimensions are the Stellar Elohim. While your consciousness has been in the Violet Flame, you can more easily understand the presence of realities vastly different from your physical world.

The concept of individuality, strongest on the third dimension, diminishes somewhat in the fourth dimension, and is a choice in the lower fifth dimension. By the mid-octaves of the fifth dimension, individuality is known only as the lives you live in the lower worlds. The sixth dimension is the Realm of Possibility and the seventh is the World of Oversouls. Neither of these realities have any concept of individuality. The sixth dimension embraces entire possible realities, whereas the Oversoul embraces the many Souls that it oversees. By the eighth dimension, even the dimensions blur into each other.

You on Earth first began as twelfth dimensional Stellar Elohim who were, and still are, ONE with the Source. Elohim are the holders of form in the Multiverse, and the Stellar Elohim is like the Great, Great, Great.....Grandfather. This Elohim “Grandfather” wished to expand its family, so it sent many portions of itself out into the multiverse to experience life in the myriad lower worlds and dimensions. This process of fragmentation is much like a Star spinning out planets to encircle it.

Since from the perception of the twelfth dimension there is no separation, every experience that each fragment of SELF has is a portion of the Elohim’s experience. Gaia, is a Being who has evolved to such an expanded consciousness that only a planet could contain it, shares ALL experience with Sol, the Sun. The Sun, a being with such an expanded consciousness that only a star could hold it, shares all experience with the Great Central Sun. The Great Central Sun, a being with such an expanded consciousness that only a galaxy can hold it, shares all experience with the Stellar Elohim who is the “grandfather” of that Galaxy. The Stellar Elohim, however, is actually more than a star. It is the generator of stars. Therefore,

instead of spinning out planets, it spins out stars. The Stellar Elohim who is the Grandfather of our Galaxy shares all experience with the Stellar Elohim of the entire Milky Way. This “Great Central Grandfather,” the Stellar Elohim for the Milky Way, is the higher dimensional concept of form and the “Great Central Grandmother” is the form itself.

Elohim, as “holders of form”, are the matrix through which the “un-manifest” can become “manifest.” Your Bible says, “In the beginning was the word”; the Elohim are “the Word,” or the matrix of sound that traps cosmic light into manifestation. The Stellar Elohim spins out Star systems and the core of each star system is the Solar Elohim. The Solar Elohim vibrates to the ninth dimension and spins out seventh dimensional Oversouls. Your Oversoul could be analogous to the planets, but they are not planets as they are not manifest. Therefore, the Stellar Elohim spins out Star systems, the Solar Elohim spins out Solar systems, and the Solar systems spin out Oversouls for the beings who will eventually take on form within the Solar System.

The Oversoul is the Soul’s Soul, and it is responsible for all its Souls that inhabit all of the lower dimensional worlds, realities and planets. Once the Oversoul spins off Souls, it acts as a guide to these Souls. The Souls, in turn, act as guides to their incarnated ones. Just as every Stellar Elohim has many galaxies, and the Solar Elohim has many solar systems, the Oversoul has many Souls and the Souls have many realities incarnated in the fifth through third dimension.

The fifth dimension still has a concept of individuality, but the sixth dimension functions in terms of possible realities. The seventh dimensional Oversoul functions in terms of Souls. The eighth through tenth dimensions, which are not separate in the manner of the lower planes, function in terms of solar systems. And the eleventh and twelfth, also combined, function in terms of galaxies.

Just as the Oversoul assists in raising the awareness of its many Souls, it also raises its own awareness by downloading portions of its SELF from dimensions above the seventh. When an Oversoul decides that it is ready to expand its consciousness, it calls its Higher SELF and asks for an emissary from the planes higher than the seventh, which, for lack of better words, is one of its ancestors, to come into it, and direct a portion of it into the lower planes. For example, when the call was sent out from Gaia at the time of the fall of Atlantis, many Oversouls answered that call.

The Oversouls knew that the challenge of saving a planet from extinction would be great. Because of this, many of them called for a higher vibration to radiate into the Oversoul and down into the lower vibrations to become manifest on third dimensional Earth. In this way, the Oversouls acted as step-down transformers to the highest dimensional beings to answer Gaia’s call for help.

Just as the Oversoul had responded to Earth's call from the third dimension, Solar and Stellar Elohim responded to their Oversouls on the seventh dimension. The Arcturian Stellar and Solar Elohim were very receptive to this call, as it is their Mission to guard the Corridor into and out of the third dimension. Stellar and Solar Elohim from Sirius and the Pleiades also responded, as they had been especially active in the original "star seeding" of Earth. These Elohim spun portions of their being into their Oversouls. From the seventh dimension, the Oversouls then sent portions of their Being into the fifth dimension where they were prepared to be lowered into the fourth dimension, to await entrance onto third dimensional Earth.

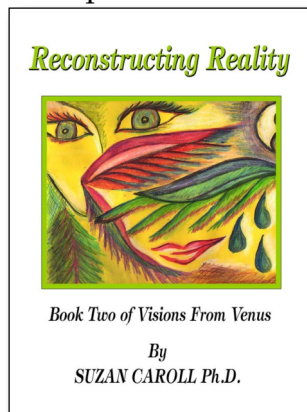
To facilitate the activation of your vertical axis of awareness of your many Higher SELVES, it is helpful to remember the third and fourth dimensional lives that precipitated the life lessons in your present life. The life lessons of this incarnation can often best be completed and healed if you address them in your first life, also known as the "causal life," in which each life lesson initially occurred. The third dimension is a "pass/fail system" and every challenge will be repeated, in this life or another life, until it is successfully "passed." All of you have prepared for many, many incarnations for this lifetime of planetary ascension. You have had scores of lives to work out and practice what your service will be in this life. Your challenge now is to "fine tune" those problems that have been repeated, over and over, in your many other lives. Addressing the "causal life" of each problem can afford you enough objectivity to release it, once and for all.

Most repeating issues come from the primary fear of separation—separation from loved ones, from possessions, from health, from happiness, and from life. The causal life for this primary fear of separation is when you first took embodiment on the third dimension and experienced the terrifying separation from your SELF. This wound is relived, in some fashion life, after life, so that you will have the "urge" to reconnect with your SELF in the higher dimensions. This pain can be healed by reconnection with the higher dimensional aspects of your SELF, especially your Divine Complement. The reconnection of your male and female polarities, and the return to your true androgynous Soul/SELF, is the act that precipitates your ability to meet, and download, other aspects of your multidimensional Essence.

Remember, the separation from "All That Is" is an illusion. This illusion only exists in the lower worlds of the third and fourth dimension. It is the pain of this separation that holds the matrix of the physical hologram in place. When the illusion of separation is released, the pain is healed and the illusion no longer has a structure to hold onto. It then "pops" like a soap bubble. When the illusion of separation is released, you can begin to remember your true multidimensional SELF and ground it in the third dimension.

Arcturian Blessings to all Earth Beings in their process of Awakening,

Excerpt from: *Reconstructing Reality*:



INTO THE VORTEX

“You do not raise or lower your vibration. In truth, you EXPAND your awareness to encompass more and more of your true multidimensional self. The vortex you are about to enter is beyond the limitations of time and space. It serves as a pathway between dimensions through which the finger of the Oneness can extend itself into its individual components and back again into the Source. You will understand more as you allow yourself this experience.”

Shature was ready. She felt a strong pull from the vortex as she leapt into its core. Again, there was the rapid swirling around her. Faster and faster it spun, like a tunnel of circulating light. She became dizzy and disoriented. The many tones and colors that were alive in the vortex raised her vibration—octave by octave—until she felt as if she would burst. At the point which she could stand no more, the colors and tones permeated her form and transformed it into a vague human shape that was no more than a wisp of light.

The swirling sensation then became internalized and she felt a million swirling vortexes fill her being. Each vortex spun at an increasing rate, creating a tapestry woven of the many components of her SELF. The spinning continued until the point of critical mass was reached and—in a burst of light—it stopped. She was in the void beyond the vortex.

For time beyond time, she remained in the void until a distant light began its journey towards her. Her Soul smiled, as she recognized it as Arcturus. With this recognition, the void became filled with millions of stars. She wished to again visit Arcturus, but as the stars came closer, they began to encircle her. Faster and faster, they moved until they blurred into another vortex, a vortex made of stars.

This vortex transformed into a tunnel with a stream of light flowing through it. Shature could see that this stream originated in a distant lake. Like a salmon following its instinct, she traveled against the flow of the liquid light. It drew her into it. She found a current in the very center of the stream that, if she surrendered to it, carried her up to the Source. She surrendered to this current and allowed it to fill her with its emanations.

She, too, was a drop of liquid light seeking its Source. As the stream within a stream continued its upward journey, she could feel the waters of life simultaneously flowing downward into the lower dimensions to gather experience. Onward she traveled past lake after lake. She felt the consciousness of Rahotep, How-ta-shai, and Matia, her lives in which she was a Spiritual Initiate, guiding her with their combined experience. Could she continue in their paths? Had she completed HER initiations?

Almost in response to her question, the liquid light stopped. Slowly at first and then gradually gathering speed, she felt the current taking her back, back into the lower dimensions. The current rapidly carried her, but she felt no fear. Rahotep, How-ta-shai, and Matia were within her, comforting her, assuring her. Suddenly, the current emptied her into a large lake. Instinctively, Shature knew she was in the third dimension.

"About you is every third dimensional existence that you have had, are now having, or will have upon the planet Earth," she heard the united voice of the three. "Begin your journey here."

Abruptly, the lake disappeared, and Shature saw herself in a huge stadium filled with people.

"These people are all you in your myriad third dimensional Earth realities. Feel the life force of each of them. Imagine that the bottom of the stadium represents the ancient times, and the top of the stadium represents the dawning of the new millennium, 2000 AD. From your omni-location of Oneness, you can choose any seat in the stadium to experience a particular reality. You may notice that, even though you are aware of all of these people, they are only aware of themselves, and the life in which they are absorbed. You have achieved multidimensional consciousness, and they have not.

"But wait, is that Ileana and Francesca, two lives in which you suffered great sorrow and victimization, turning their awareness to your omni-present essence? And yes, the other wounded ones that you have visited are also aware of you. As you have awakened, they, too, have begun to awake.

"Now, fill this stadium to the top with liquid light, and it again becomes a lake, but each reality stays within the confines of its own time-space coordinates. There is a large waterfall that empties into this lake. Go now, stand under it and feel its waters upon you. Allow yourself to surrender to the influence of the liquid rays of light. Feel your frequency rising as you float up the waterfall, higher and higher, until you see another lake of liquid light.

"Pull yourself into this lake. As you swim with the innumerable fish, imagine that they each represent a different fourth dimensional reality. The confines of time and space are not as rigid here, and each fish can move out of its initial location and communicate with the others around it.

"Some fish are beautiful and others look like sea dragons. Love each of them for the experience they offer you. If you wanted to, you could hold each fish and it would tell you the tale of its existence, but that would keep you in these waters for years and years of your Earth time. Instead, find the waterfall that feeds into this lake and allow its liquid light to raise your vibration again.

“Ah yes, feel the familiarity of the fifth dimension. Is it not clear? As you pull yourself into this lake, you can see that it is filled with thousands of crystals that hold the divine blueprint for the realities also existing on the third and fourth dimension. Some of these crystals float in the liquid light and others rest upon the lake floor. Since the fifth dimension exists in the eternal Now, their location does not represent their time nor space. The crystals that are floating represent the realities in which you are a space traveler, and the grounded ones represent the realities in which you are bound to one planet. Yes, there are many floating crystals. However, you must release this experience, or you will not be able to continue your journey. Find your waterfall again, and stand under its flow.

“As the waterfall raises your vibration to the sixth dimension, you feel less familiar with the experience. When you first ventured down from the Source, the glimmer of a group identity began to enter your consciousness and the Archetypes of the lower planes were born. Here, you live in group-consciousness, but you have a sense of yourself as an individual component of your archetypal energy. It is this archetypal energy that creates the foundation for each of your possible realities.

“Float into the center of the lake, but keep a thread of your individuality so that you will not lose your self awareness. From here, imagine your omni-directional perception as you live in the Oneness. You are a drop of water, and you share your experience with every other drop. Feel the complete unity of All That Is. Now, gradually, allow the currents of the lake to carry you to the waterfall, and up to the seventh dimension of your Oversoul.

“Yes, there is the waterfall. Feel its liquid light as it caresses the vague memory of the form you once held. As you allow yourself to rise in vibration, hold on to our voice so that you can translate your experience into the mind of Shature. Feel the vibratory rate of the seventh dimension, and allow it to enter your heart so that you may feel the message of your Oversoul.

“Tell us now of your experience.”

“I find it difficult to remain conscious of my identity,” Shature spoke to the three. “I am potential and totally without form. Even the sixth dimension feels individuated in comparison. Here I am ‘not yet’, but I know that ‘I AM. Therefore, I am beyond any conception of structure or limitation. I am becoming. I am fire that has not yet been lit and rain that has not yet fallen. Even the light is a potential. I am in a huge caldron which is empty and simultaneously full—full of potential.”

“This is as far as you can go now,” spoke the three. “There is still more for you to accomplish upon the third dimension, and the visions beyond will await your

return. Now that you have seen the path, you will be able to travel it when you are ready. We have traveled beyond this point and have chosen to return to await the reunion of the remaining members of our Oversoul as they ascend with the dear Lady Gaia and Her body, Earth.”

Suddenly, the vision disappeared, and all that remained was the void. Since there was no time, no space, no thought, no feeling and no form, Shature could have been there for all eternity or simply the blink of an eye. All was Spirit—Pure Cosmic Force—until, gradually, a sound began to permeate the total silence of the void. It grew louder and louder and kindled a recognition of something yet unknown. The deep peace and total serenity of the void bade all formless potential to remain within it, but the sound circled the nothingness and embedded into it, creating a thin filament of light in the form of a circle. With the birth of this circle of light, other filaments of light slowly began to materialize from the total blackness of the void.

These light filaments surrounded the small circle, causing a small flame to fan itself into existence in the center of the circle. Although the flame’s consciousness was dim, its innocence drew more filaments of light to manifest from the void. In its first conscious act, the small flame transformed its circle into a heart and, in a sudden burst of light, the heart and flame were embedded into the matrix of a form—a human form.

At each point where the network met, there was a tiny vortex. These vortexes slowly began to decrease their spin as the flame within the core connected to each of them. With each connection, the flame of life grew in its awareness and recognized that it was taking a form. With this recognition, the flame became a fire, and the fire became aware that it was the heart of a body of light.

Off in the distance the sound returned. It was a cry, the cry of an infant. Not one that had been born, but one that was crying to be born. The cry became a pull, and the pull became a sensation—a sensation of movement and of gradual materialization. The tiny vortexes of light that outlined the form spun slower and slower and pulled the light body to another vortex.

Whereas the first vortex had been one of expansion, this was a vortex of constriction. Tighter and tighter, denser and denser, the swirling tunnel forced the body of light to fill in the matrix with consciousness. When the restriction was almost intolerable, there was a swishing sound and the tunnel disappeared. The darkness was filled with a million specs of light.

Stars, the Lightbody now perceived stars. The sound was coming from one of these stars, and that star pulled the Lightbody into its orb. The star was now a sun, which was encircled by nine planets and an asteroid belt. The second planet from the sun, which felt particularity like home, was somehow different. The consciousness had remembered it as a beautiful planet filled with life. Now it appeared to be an angry explosion of gas and mist. And the cry, it did not come from there. It came from the third planet. Yes, that planet had been known to the

consciousness as Earth. The thought of Earth submerged the consciousness into an individuation known as Shature.

Shature blinked as if suddenly awakened. She expected to see herself sitting again on the patio with Matia, but her vision was instead filled with the distant view of Earth. She could see the continents and the blue of the many oceans. She saw its moon as it encircled the orb. From this perspective, Shature realized that, just as a network of light surrounded her, a network of light also surrounded planet Earth. In fact, she could now see the entire solar system outlined by the light matrix.

The resonance of a certain area upon the third planet felt so harmonious with her essence that it pulled her towards it. It felt comfortable—like home. As she moved in that direction, she again heard the sound. Yes, it was a cry. She remembered now. It was this sound that had drawn her back from the void.

“It is the voice of embodiment,” responded the three. “It is calling you now.”



Are you ready now to leave the Flame?

I Am your Guide, Mytria. Yes, I can see that you will need to focus on integrating all that you have learned in the flame into your physical earth vessel. As you step from the Flame and return to your awaiting form, you can sit in the anti-chamber of your room and share experience with your personal guide.

Soon you will enter the Mystery School of the Violet Temple to learn more about how to integrate what you have gained the Violet Flame into your physical earth vessel.

ENTERING THE NOW

Remember, dear grounded ones, that while you were in the Violet Flame, you chose to create a reality where the higher worlds are never forgotten and you are in ever present connection with your total SELF. As you may know, once you have remembered that connection, if you lose it, you will experience "Divine Discontent." While in your earth reality, remember to frequently connect with the essence of your SELF that will never leave The Flame. Remember, also, that the reality that is in harmony with your Soul/SELF is best created from your essence within The Flame.

YOU are the creator of your life. Which reality do you wish to create? Do you wish to create a reality of abundance and comfort, or do you wish to recreate a reality of strife and neediness? Relax and allow all your worries to come into your mind. Use the Violet Fire now to transmute them. Release them into The Fire of Transmutation. Relax into the "feel" of each emotion as it enters your consciousness. When you try to hold back your emotions, they accumulate and combine with other emotions. That is what causes the disillusionment and confusion that is so prevalent in your dimension.

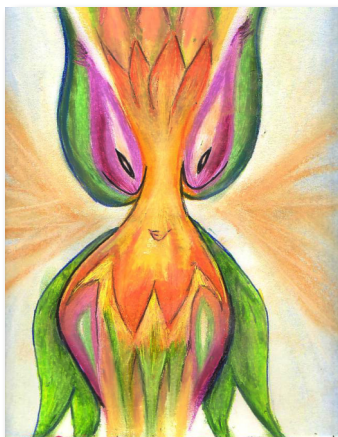
Upon the third dimension there is an order of occurrence. Your ego does not know this order and wishes to dictate its small desires. Your ego does not know about your future or about the big picture. Because the ego does not know that a huge wave will come soon, it busily attempts to create an ornate sand caste at the water's edge. When the rising water destroys the castle of sand, the ego becomes angry and frustrated. On the other hand, the Soul notes the difficulty of building the castle as a sign that this is not the "proper time." Instead of stubbornly pushing against the resistance, the Soul ceases all activity, to go inside, to merge with Spirit.

"Spirit," it says, "Please inform me of what I should be doing at this time." Spirit then answers, "Soul, listen to me and I shall guide you into the NOW. Within the

NOW, you not need to worry about your doing, for you are not “doing”—you are “being.” Within the NOW, there is no question and there is no work. Enter into the NOW and allow your life to be lead by Spirit in every moment and every way. All that will be—already IS. When you enter the NOW you live in the ISNESS, for all that you have sought is NOW!”

We shall meet again in the Mystery School behind the Integration Door.
Until then,
Your guide Mytria

A NEW PERSPECTIVE



I Am Altire. I am here to assist you in seeing yourself in a fashion in which you may have not done in the past. Are you very attached to being human? What if you looked different? What if you looked like a flower, a tree, a huge insect, a planet, a star, or like me? Would you no longer be your “self?” Does your form define your essence, or does your essence define your form?

Your essence has been in the Sacred Flame of Transmutation for quite a while now. Perhaps you have changed in ways that you cannot yet imagine.

For example, you are accustomed to looking in a mirror to see how “you” look, and you see your human face. What if “you” are no longer just “the face in the mirror?” What if you are much more?

As an exercise, focus your sense of “self” not on your “human face,” but instead on your Essence that has been, and still is, in the Violet Flame. From the perspective of your Higher SELF, look at your human “self” that is your Grounding Point in the physical plane. Your Grounding Point is sitting in a chair and reading the computer. Your Grounding Point is “plugged into” the virtual reality 3D game and watching a virtual reality computer. Your Grounding Point is a human image—reading a computer image.

You may realize that the SELF who is observing this scene is free of all suffering and beyond fatigue. Yes, feel your vibration rise as you associate, not with the illusionary Grounding Point reading the computer, but instead, with the reality of the “YOU” observing your Grounding Point. From this perspective you can see all the fatigue, hunger, emotion, desire, and goals floating beneath you and hovering around your Grounding Point like fog.

Look into that “fog,” it is dark and murky, and in need of transmutation. The fog is filled with static, which makes it difficult for you to communicate clearly and constantly with your Grounding Point who is playing the 3D game of separation. Your Grounding Point thinks that the 3D game is real and that the fatigue, fears, and even loves, are real. That “you” does not remember that it is playing a game. Your Grounding Point has even replaced guidance from the Essence of SELF, with the game’s guidance, which is the essence of “judgment.”

Your Grounding Point does not want to unplug from your 3D game yet, as there is still more to live, and to give. Also, this game has been played for so long that most of the participants believe that it is real. Another factor for staying is that there is a great deal of energetic force that is associated with this 3D game. This fount of energy returns to the All That Is in the form of “experience,” so that the

All That Is can visit the lower dimensions through the awareness of the Grounding Points. Unfortunately, most Grounding Points don't know that they can visit the higher dimensions, as well. The All That Is has enjoyed the fragmentation of ITSELF that long ago decided to participate in the 3D game. However, the All That Is realizes that the game will soon end, and it is beginning to "call in" the players so that they can move on to new experiences.

Many of the Grounding Points feel great fatigue because the call to Home makes them tire of the "game." The Grounding Points may experience a "feeling" of impending Death because, in all the other times they played the game, it ended only with "death." After they died, they returned Home to process what they had learned. This time they shall not die, but it may well feel like that to the Grounding Points.

Please take a moment now to tell YOUR Grounding Point that he/she is a fragmentation of the All That Is and will NOT die. In fact, your Grounding Point cannot die—only the illusions can. Oh, is your Grounding Point having difficulty hearing you due to the fog? Yes? Then, the fog must be cleared. The fog has become so heavy that it is difficult for your Grounding Point to breathe. Therefore, you must breathe for it. Inhale all the fog and exhale it into the All That Is. The All That Is is eager to experience the phenomenon of fatigue, since IT knows it only through its fragmentations that "logged in" to become Grounding Points in the virtual reality 3D game.

Now, breathe IN from the All That Is, and breathe OUT into your Grounding Point so that it may be regenerated and rejuvenated. Your Grounding Point thinks that physical rest will be healing, which is true, but this rest is only healing if your Grounding Point is able to breathe in your gift—a gift of breath from the All That Is. Can you connect with your Grounding Point with the instructions to accept the gift? Within the no-time of Now, breathe in more of the fog of fatigue from your Grounding Point, and then breathe it out to the All That Is. Then inhale from the All That Is and exhale that Essence into your Grounding Point. Do this until all the fog is gone and the connection between your Grounding Point and All That Is is clear and strong.

When you have done so, return your attention to me for I have more to say to you and to your Grounding Point. Let me give you a teaser; there are new rules to this virtual reality 3D game. These new rules come into place when your Grounding Point has advanced to the higher levels of the separation/limitation 3D game. These rules call upon the Grounding Point to change its point of view from being a participant within the game, to being an observer outside the game. Then, when your Grounding Point has gained that perspective, you and your Grounding Point can merge into ONE being—ON THE THIRD DIMENSION!

Have you finished your breathing? Good! Now, that the "fog" is clear, you can merge with your Grounding Point by going into the third dimensional reality that

YOU are living through your Grounding Point. In fact, you have many third dimensional Grounding Points in different time/space quadrants of Earth; therefore, breathe into the one who has volunteered to consciously participate in the planetary ascension. Do it NOW, and tell me of your experience.



“I am ready now to merge with my Grounding Point. I think! Even though the fog is gone, it is still much nicer up here. However, I do enjoy this Grounding Point’s life, and I know there is a Mission I must perform in that reality. I see a long tunnel that I know I must enter in order to merge with my Grounding Point’s reality in the 3D game. I will enter that tunnel now.

“I am traveling down the long tunnel, which is light at my end but becomes increasingly darker as I get closer and closer to my Grounding Point. This darkness invades my senses and makes me want to forget. It makes me want to believe that I am not a fragment of All That Is. The darkness makes me want to believe in the illusion that my Grounding Point has been enduring, over and over, in life... after life...after life...

“NO, I will not believe in that illusion. I will remain intent upon my purpose of landing into my Grounding Point so that we can re-connect while playing the 3D separation game. Then, and only then, by encouraging my 3D Grounding Point to ground ME—our higher dimensional SELF—into that third dimensional world, can I shatter the illusions.

“I now remember how my Grounding Point has had some experiences of the higher worlds, but those experiences were only from the perspective of the third dimension. Therefore, my Grounding Point has associated itself with “the one who is waking up,” rather than “the one who was never asleep.”

“I AM the ONE who has never been asleep. I AM the One who is the awakener. Yes, I see my Grounding Point just below me sitting at the computer. My Grounding Point is attached to the illusion of being “only” physical, and is having difficulty accepting my viewpoint of the ONE who is being grounded “into” that illusion.

“I am close to that illusion now. My Grounding Point feels my power, and it is beginning to prepare the corporeal body to embrace my Essence. Oh, I am beginning to merge with my Grounding Point. Again, I feel that part of me wishing to see reality through human eyes. That “me” is having difficulty seeing reality through my eyes—“the eyes of Spirit.”

“I will hover above my Grounding Point for a while, giving it time to become familiar with me. I see my Grounding Point at the computer. I see the human, third dimensional world, but I see it differently than my Grounding Point sees it. I

can see each illusion, each stage set, as a temporary false front, that can easily be changed. My Grounding Point still believes that it must “work hard” to change the set.

“I see my Grounding Point’s core belief in limitation. It is there that I shall enter its third dimensional mind. Dear Grounding Point, do you feel me? Yes, there is a vague sense of recognition. I am entering my physical brain now at the very point that “I” believes that it takes “hard work” to create what is desired. This is the place where my Grounding Point believes that it must be “good” in order to “deserve” MY presence in its form.

“I am in my Grounding Point now, I AM my Grounding Point. Now I, the Essence of SELF, must stay awake in me, my physical earth vessel. However, the force of forgetfulness is strong. I feel this force trying to invade me with illusions of separation and limitation, but I AM stronger than ALL illusion for I AM the Truth. Now I will convince my Grounding Point that I AM Home, Home inside my fragment of “self” that has felt stranded and alone on a hostile planet.

“Dear physical self, you were never stranded. You were never alone, and you never needed to hide your true Essence. Your multidimensional SELF can come out now, for I AM here to protect you from the forces that have so wounded you and forced you to believe that you were stranded and alone. It is safe for you to be your SELF now, for the wounds of the past and the fears of the future are gone, as I have come from beyond time. I have come from beyond wounding and beyond fear. I have come from the ever-present NOW of Love and Unity.

“Beloved Grounding Point, I am your SELF, Home at last within you. You do not need to come Home to me for WE are already there.”

Home is where we are going,
and Home is where we have always been.



The Journey Continues in
THE INTEGRATION PROCESS

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