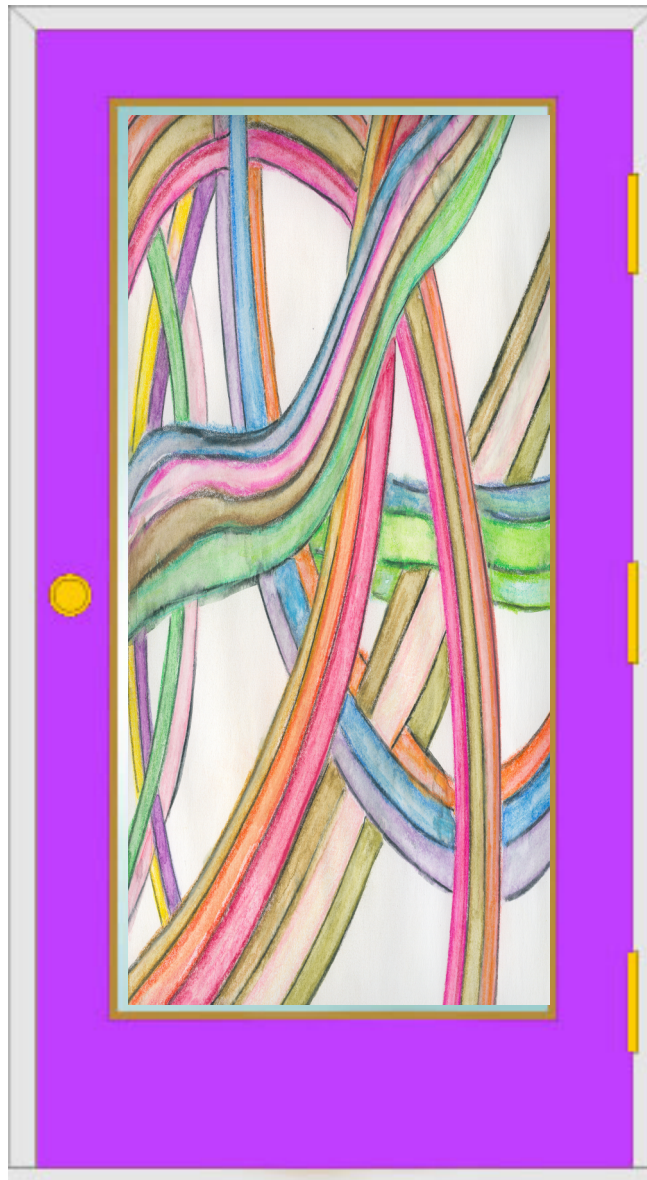


SUPERCONSCIOUS PART V

INTEGRATION PROCESS PART II



SUPERCONSCIOUS



In The Superconscious Section,
you will RECALIBRATE your Sixth and Seventh Chakras,
To open your THIRD EYE and
Blend your Personal Chakras with Gaia's Planetary Chakras.



CONVERSATION WITH SOUL/SELF

Dear Soul,

My conscious mind is perceiving and experiencing more varieties of reality than I could ever put into third dimensional order. I feel myriad possible worlds buzzing through my mind and bumping against my heart, like someone knocking on a door.

These visions, infinities, and moments, are just as real as the world perceived by my five physical senses. Meanwhile, my five Beta Brainwave senses are quickly becoming obsolete, like buggy whips and wooden wheels. What I perceive with my physical eyes is increasingly being seen through different eyes.

My ego has had “quite a go of it” stubbornly trying to hold on to a reality that is rapidly being revealed as illusion. With the release of each illusion, another door is opened and more multidimensional sensations from the ONE Flow into my consciousness. I say “sensations” rather than “perceptions,” as I FEEL them through YOU—my Soul.

When I integrated YOU and OUR multidimensional life into my Root Chakra, I began to feel the breath of Gaia in MY heart and my roots implanted in HER heart. My Inner Warrior then came forward to guard my right to have a happy life.

When I integrated you into my Navel Chakra, you awakened my inner Divine Child to begin a re-birth beyond my greatest expectation. Not that this rebirth has been easy. With the amplification of my emotions and instincts, any small shard of fear, suffering, and limitation has come “front row center” into my life to be forgiven, healed and released.

When you were integrated into my Solar Plexus Chakra, you ignited my “Power Within” to free me of limitation and lingering fear. This inner power has also allowed me to gain a mastery over my thoughts that I have never before possessed.

With your integration into my Heart Chakra, the Bridge to my High Heart was discovered. A stream of your Unconditional Love has flowed across this Bridge ever since. This connection to YOU, has allowed me to breathe with the planet and invoke the unification of ALL my chakras.

Through my Eyes of Soul, which were opened with your integration into my Throat Chakra, I perceive reality as something “I AM” creating. Furthermore, my Crown of the Elohim allows me to see through all dramas and illusions to soothe the “ripples” of dissonance and disharmony in the 3D Matrix.

Since I have allowed you to integrate your Higher Light into every cell and atom of my physical earth vessel, I have been feeling increasingly out of control of my life. At the same time, I have been gradually and silently been remembering... something? Or, perhaps, I am remembering someplace, or someone? In fact, maybe instead of remembering these images, I am creating them. Or is it that remembering is creating and creating is remembering?

With your integration I seem to have downloaded a new “operating system.” I, ego, bravely fought this new system all the way through your integration into my third chakra. But, once you entered my heart, something changed. Suddenly, I could no longer struggle. I just couldn’t work that hard. All along, of course, I have had many, many symptoms of transformation.

I have been so tired, but tired of what? It has all been very confusing. Rules and regulations, which were once cast in steel, slowly became useless and unnecessary. These rules were needed when I lived in fear, but once I started living in love, I developed an inner guidance that was oblivious to external influence.

Is that guidance YOU dear soul, or is it ME? But wait—what, or who, are YOU, and are YOU even separate from ME anymore?

I am so confused. I am no longer who I was. Yet, I feel that as far as I have come, there is further to go than I could have ever before imagined; that is “before” I began to Flow with the Now of YOUR/OUR multidimensional reality.

I only hope that opening my Third Eye will shed more light on the situation.

Thank you for listening to me.

Me?? Wait; is that “me” as in me/ego, me/us, or YOU/ME??
Oh, who am “I” anyway?

Dear Grounded One,

*You are your SELF. YOU are ME,
for WE are Soul.*



MESSAGE FROM MYTRIA



Greetings,

I am Mytria. I am one of the many higher dimensional aspects of my Grounded One, Suzan. I have spoken through her many times and wish to speak again. It is I who greeted you when you first entered the Violet Temple to begin your integration process. Therefore, it seems fitting that I have a role in guiding you through the completion of this transformational process.

In my final third dimensional reality I was a Priestess in ancient Delphi. Upon my "return to SELF," I came to the Violet Temple of Transmutation on Alcyone, the Pleiades. Alcyone, known on your planet as the Great Central Sun, has recently been sending Feminine Power/Light to your Sun. I say Power/Light, for Light IS Power. We are sending this Feminine Power to Gaia as it is now "time" for the Re-emergence of the Goddess's Female Power to balance the Masculine Power of God that has ruled your planet for many eons.

BALANCE OF POWER

This balance of Masculine and Feminine Power on your planet is very important, as it will facilitate the activation of your androgynous Lightbody. Just as your polarized, male or female physical body is your Earth Vessel, your androgynous Light Body is your Star Vessel. As long as Gaia has been third dimensional, She has worn the form of a planetary body and Her people have worn the form of a human body. As Gaia and ALL Her inhabitants ascend into the fifth dimension and beyond, they will wear forms that resonate to those dimensions. These higher dimensional forms are latent within your present physical forms.

You, the people of Gaia, will first experience in your consciousness the androgyny of your Lightbody. Just as your genders are "separated" into male and female, your brain is also separated into masculine and feminine functioning. The right hemisphere of your brain, which regulates the left side of your body, rules the feminine characteristics of receptivity, creativity and emotionality. Conversely, your left hemisphere, which regulates the right side of your body, rules the masculine traits of expressiveness, action orientation and analytical thinking.

When both of these traits are balanced and incorporated into your daily consciousness, you will return to androgynous "whole brain thinking." Whole brain thinking, which allows you to expand your brain capacity into the deeper, formerly unused areas, arises when you equally involve the right and left hemispheres of your brain.

YOUR BIOLOGICAL COMPUTER

Your brain, the biological computer for the earth vessel, serves to hold your consciousness in your third dimensional form. Within the unused 80% of your brain, you will find the “owner’s manual” that comes with your “computer.” This manual holds the matrix for the “Rules of Incarnation,” which allow you to consciously raise the resonance of your physical form.

These Rules of Incarnation contain important encrypted messages, such as: “How to activate your Lightbody,” and “How to communicate with other members of your Multidimensional SELF wearing forms on other planets, galaxies, and dimensions.” However, in order to read these encrypted messages, you must open your Third Eye and expand your consciousness into the sixth dimension. The sixth dimension is where your main hologram for “reality regulation” is found.

Before the demise and fall of Atlantis, and the subsequent fall in Gaia’s resonance, everyone had access to whole brain thinking. Each person could communicate with the higher dimensions, and activate their Lightbody for multidimensional travel. This is why Atlantian technology was so advanced. Their receptive right brain could accept insight from the higher dimensions and their projective left brain could act upon that information to make it manifest in their outer world.

However, as the Atlantian society gradually became more polarized, males and females took on different roles in society. Consequently, the brains of the Atlantians evolved into a male OR female dominance of consciousness and thinking. This polarization of humanity’s thoughts and consciousness polarized Gaia as well. This increased polarity caused the resonance of the planet to plummet.

DECLINE IN RESONANCE

With the decline in Gaia’s resonance, the polarities of male and female became so extreme that humans were unable to balance both masculine and feminine consciousness in the same body. Because of this, men became only masculine and women became only feminine.

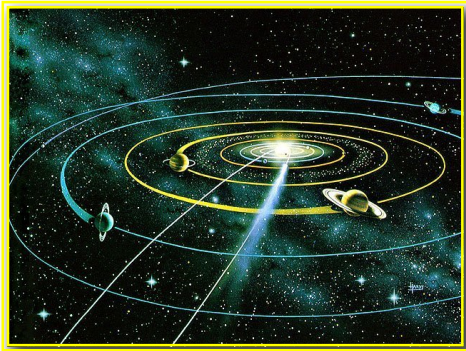
Those who retained whole brain thinking hid their ability for fear of being labeled as aberrations. Therefore, the ability to simultaneously access both hemispheres of the brain became a curse, rather than a gift. Hence, the planet descended deeper and deeper into ignorance and superstition. Finally, Atlantis collapsed into the sea and the frequency of Gaia gradually became the dense, third dimension that it is today.

We on the Pleiades observed this process with heavy hearts. Many eons ago, when we were “children” ourselves, we arrived on Earth from Lyra, our Homeworld. Since we were still learning through conflict, the great challenges of Earth caused our resonance to fall until we became afraid. Our fear caused judgment, prejudice, competition and cruelty. We waged many wars, just as you have, and caused much destruction on the body, and in the aura, of dear Gaia.

Since our civilization has long been relocated to the Pleiades and ascended into the fifth dimension, we wish to make amends for our mistakes. The Beings from Sirius, and even the Draconians from Orion, who also inhabited Earth in their earlier eras, wish to join us in clearing the physic scars that we all have when we were “children.”

MULTIDIMENSIONAL COMMUNICATIONS

Now that we have all ascended into our adult SELVES, we are communicating with the consciousness of those who are able to receive our messages. Most



often, the beings who can best hear our call are the Grounded Ones who are other members of our Soul/SELF. There are also other cultures, such as those from Andromeda and Arcturus, who are communicating with their Grounded Ones or with others who are able to receive multidimensional transmissions.

We, the former residents of Gaia’s Earth, have taken upon ourselves to assist you, the current inhabitants of Gaia, in depolarizing and balancing Gaia’s aura. The depolarization toward the balanced “center” is important in order to raise the rate of spin of the molecules and atoms physical form. When a planet, or person, becomes polarized into male or female, an unbalance occurs in the molecules of the vessel and the rate of spin is greatly diminished.

The spin of physical molecules works much like a child’s top, which must have a perfect balance on the center of its base to maintain a rapid spin. If the top wavers at all to the right or to the left, the rate of spin is instantly diminished. Whereas a top must maintain its balance on its base, a planet, and its people, must maintain its balanced in consciousness.

ANDROGYNOUS CONSCIOUSNESS

When consciousness is androgynous, the balance of feminine/receiving and masculine/projecting allows the molecules of form to spin rapidly enough to break free of third dimensional limitations and illusions. The balancing, and eventual

expanding, of every individual's consciousness makes a great impact on the Collective Consciousness, as well as the aura, of Gaia.

As the illusions of limitation diminish within the Collective Consciousness, the members of the planet can more easily receive communications from the higher dimensional realities, as well as project these messages into the lower dimensional realities. You have named this process "channeling."

Once they have remembered how to balance their consciousness, every Grounded One has the latent ability to channel Beings from the higher dimensions. Furthermore, a balanced consciousness creates whole brain thinking, which sends the signal to your earth vessel that you can accept input from a greater percentage of your brain without suffering sensory overload. In this manner, the mysteries of the "other 80%" of your brain are gradually revealed.

THE KNOWING

Beware, for once you are able to move into the hidden places of your brain, you will find a KNOWING that sets you apart from others. This KNOWING warns you that it is not "safe" to share that of which you have become aware. However, share it you must, or the isolation will become too extreme and weigh heavily on your heart. Fortunately, once you find someone who resonates to the same KNOWING, a deep bond is instantly built.

We, your fifth dimensional friends and Beings of your Multidimensional SELF, wish to acknowledge your great advancement into the Light. You are the Vanguarders for the society into which you have incarnated. As founders of New Earth, you are scattered all over Gaia's Earth body.

Fortunately, as 2012 swiftly approaches, and as Earth moves deeper into the Photon Belt, you Awakening Ones are connecting with each other. You have found a method of communication in which time and space hold no limitation, the Internet. The Internet also offers comfort, camaraderie and a safe place to share your SELF.



SHARING SELF

I, Mytria, am here today to ask you a favor. I am asking that you honestly reveal your experiences of being your Multidimensional SELF with others. If you can reveal your true SELF by simply sending an email, having a short conversation, expressing your creativity, or in whatever manner you choose, you can remove the sensationalism from your multidimensional experiences, by making them FEEL more "normal."

You have all had many wonderful experiences that your present society may have judged as “weird” or even “crazy.” Now you can reframe these communications and experiences as common occurrences for ONE who has begun the return to their true androgynous SELF.

What's more, sooner than you can imagine, even the technological crutch of the Internet will no longer be necessary, as you will have awakened your fifth dimensional telepathic abilities and returned to Planetary Consciousness. With Planetary Consciousness you will KNOW that YOU are Gaia and that “WE the Planet” are ascending.

We, the former members of your planet and present members of your Multidimensional SELF, will continue to assist and cheer you on. We all look forward to meeting you in the fifth dimension and beyond.

Mytria of the Alcyone





MESSAGE FROM GAIA

Dear ONES, I am Gaia

I am joyous to communicate with you, the People of my Body. I am very grateful for the connection made from MY heart, to YOUR heart, to the heart of the Sun, then to the heart of the Great Central Sun. Our entire Galaxy is preparing for ascension into the higher dimensions. Unfortunately, Earth is one of the “challenge points,” because we are one of the few planets that still has “life” in the first through third dimensions.

It is the shift from the third/fourth dimension into the fifth dimension which is such a shock to my physical inhabitants. This shift is especially difficult as many of my people no longer feel united with me, their planet. Do you remember how you were united with the Great Mother when you were Priests and Priestesses in my Temples? In your “modern day,” my people seldom bond with me, or even believe that I AM ALIVE. However, YOU, the members of my Planetary Ascension Team, have been ever faithful in your commitment to OUR planet.

MULTIDIMENSIONAL COMMUNICATION

All of my first and second dimensional creatures shall ascend with me because they are in complete unity with my consciousness. Hence, they shall remain attached to me as I make the transition. These creatures neither seek to possess objects nor to gain power over others. Therefore, they have no need to clutch onto a reality that is becoming extinct. In fact, many of the “extinct” plants and animals have actually preceded humanity into my new, higher dimensional Earth.

If you humans could learn from the first and second dimensional components of yourself, it would be easier for you to assist me, and yourselves, in the transformation of our biological matter, cellular structure, and DNA. I wish to remind you that you have access to all of my multi-dimensional kingdoms through your own human form. You can learn to communicate with these inner dimensions of your body by appreciating them on my body, Earth, and in my aura.

For example, my First Dimensional Kingdom of crystals, rocks, mountains, lakes, rivers, oceans, rain, wind, sky, etc. can be communicated with by enjoying and appreciating the great beauty of my Nature. My Second Dimensional Kingdom of plants, trees, insects, fish, and many members of the animal kingdom, can also be “merged with” through hearing, appreciating and surrendering to the “Call of Nature.”

My Third Dimensional Kingdom of humans, and more evolved animals, can be communicated with through thought, emotion, reasoning, creativity, and symbolic or verbal language. My Fourth Dimensional Kingdom is the realm of dreams, meditation, magic, creative bliss, dancing, singing, playing, listening to music, having fun, excitement and creativity, and communicating via empathy and telepathy with elemental worlds. You can further experience the fourth dimension by traveling in your Astral Body to my wonderful Kingdom of Faerie.

My Fifth Dimensional World can be communicated with through surrender, calm, peace, centeredness, Unconditional Love, and multidimensional merging with higher dimensional life forms, as well as higher frequency aspects of your SELF. My Fifth Dimensional World is the vibration from whence I came and to which I shall return.

However, my fifth dimensional Earth will be greatly transformed as we return to, and simultaneously create, New Star Earth. By allowing our consciousness to be temporarily confined by the 3D matrix, albeit through many eons of 3D “time,” we have transformed ourselves enough to CREATE that to which we are returning. Do not “try” to understand this concept. Instead, allow the meaning to be revealed to you as calmly as the morning sun rises across the waters.



PATIENCE

I remind you again to be patient, for “time,” as you know it, is ending. You have prepared for this moment in many, many lives. You were among the ones who first reduced the spin of the molecules of Light. Hence, you are among the first to amplify it. However, remember that there is no time, as time is particular to the third dimension. As the dimensions shift, so does time. Therefore, there is no need to be impatient.

All is proceeding according to a “clock” which is beyond your third dimensional conception. Allow the process to continue, and maintain the balance of Inner Peace as often as you can. Call to me, Gaia, and I shall assist you. Remember, my Ones, you do not create your Lightbody, you reveal it. You thrust aside the illusions of separation and limitation and decide to “stop playing the 3D game.” Then slowly, as you remember your Multidimensional SELF, layer, by layer, you

will feel a release of tension, a diminishing of anxiety and an abundance of Lightness.

RE-EMERGENCE OF THE GODDESS

Unconditionally Love your physical body. Whether you are currently incarnated in a male or female body today, I ask you, once again, to remember your lives in which you served me as Priests and Priestesses. When you were a Priest or Priestess serving the Goddess, the human body was a sacred temple. Your shape and form was not determined by those outside of you, or by a patriarchal world intent on diminishing women.

The Goddess has always worn many forms and finds all of them beautiful. Some of Her trees are tall and thin, while others are short and broad. However, all are meant to serve the purpose that is consistent with their shape. Each of my Priests and Priestesses has an innate shape that best serves their purpose.

My Priestesses do not have to capture men with their body. Therefore, they needn't be driven to love their body only when it is considered beautiful by men. Your society has trained many women that they are without worth if they do not look like the few. This fallacy greatly diminishes the very Female Power that we are now wishing to restore.

This prejudice towards my Priestesses has also been suffered by me. Some of my land and creatures have been deemed not worthy and have been destroyed, abandoned or polluted. I love all that which holds form within my consciousness, as much as I love the Spirit which ignites that form into LIFE.

THE MYSTICAL MARRIAGE

As the Goddess Energy is revitalized on my planet, masculine and feminine polarities will merge in the Mystical Marriage. Then women will FEEL their Inner Male and men will FEEL their Inner Female. Furthermore, this merging of the God and Goddess Energy within your physical earth vessels will activate your Inner Divine Child, who will mature into your Divine Adult.



Know that the form that your SELF wears, your current earth vessel, is the Physical Temple of your Spirit. Unconditionally Love your Temple as you Unconditionally Love your Spirit SELF. See, hear and feel the Life within all form, and love it unconditionally. I ask those of you now incarnated in a male form to also remember the female Essence that lives within YOU. In that manner, you can again honor the Goddess without feeling that you are somehow compromising yourself. As both Priests and Priestesses return to Lightbody, the

Mystical Marriage of male and female will merge your gender polarities into the ONENESS of the higher worlds.

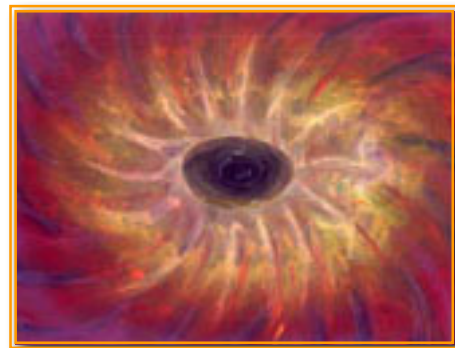
CLOCK-SETTERS

You, my dear people who have awakened to your Unity with ALL Life, know that I, Gaia, am ALIVE. You are the “Clock-setters” who have returned from your true SELVES on Arcturus, the Pleiades, Sirius, or another higher dimensional reality to incarnate on my body in this long-awaited moment. These higher dimensional aspects of your SELF are simultaneously alive and guiding you from your higher dimensional realities.

As a Clock-setter, you were among the first who came here to initiate third dimensional time. You entered the 3D Experiment when Earth, in fact the entire galaxy, was fourth dimensional. The Clock-setters were the ones who initiated the filters of manifestation to create a vibratory rate low enough to accumulate matter. In other words, you decelerated the vibratory rate enough for “time” to become locked into the photons of my consciousness.

You may wonder what I mean by that statement, so allow me to explain. Our fifth dimensional resonant energy is so high that the spin of light photons does not allow polarization. Light and dark, male and female are exactly the same. As the vibration lowers, so does the spin. As the spin lowers in frequency, there is a start of one cycle and an end to another cycle. Therefore, there is “time,” as there is a beginning and an end. Between this “beginning” and “end” is a “time-period.”

To further explain, a cycle is one complete rotation of a light molecule. In the fifth dimension, the spin is so rapid that it is continuous, with no beginning and no end. Because of this, “one” complete rotation is not measurable.



In the fourth dimension, the spin is slowed enough to create polarization. However, the fourth dimensional rate of spin is wavering and unstable, as it tries to create form in an ever-changing reality. The forms which are a result of this divergent spin are extremely mutable and prone to change.

In the third dimension, time and form are very stable because the spin is incredibly slow in relation to the higher planes. The rate of spin of light photons for the physical world is so slow that matter is able to adhere to it. As this happens, the spin becomes even slower; more matter, slower still, even more matter, even slower.

A NEW EXPERIENCE

We, the Planetary Consciousness of Gaia, desired the third dimensional experience of form/space and movement/time. We had already experienced our fifth dimensional character as a Star, our fourth dimensional reality as the Kingdom of Faerie, and our ethereal world as Lemuria. At the time of Atlantis, our vibration was of the lower fourth dimension, but it quickly fell to the third dimension after Atlantis's demise.

We, the manifested components of Gaia's consciousness, wished to have a different perception. Therefore, we decided to allow ourselves to be lowered into the third dimension in order to gather new experiences. We wanted to see if Spirit could be maintained in such a low frequency form. We, the Beings who are Gaia, are unique in our decision to create and inhabit life on a third dimensional planet. Many third dimensional planets did not make that choice.

The Clock-setters lived in the final days of the Mayan Civilization, just before the last evacuation of the Mayan Founders to their Home Worlds. These Mayan Elders calibrated Earth's "clock" to enter into the Photon Belt at this "time." It is the entry into the higher frequency Light of the Photon Belt that will activate the commencement of Planetary Ascension in 2012.

TENETS OF CREATION



As I said earlier, Earth has been a challenging point, a corner stone, for the ascension of this Galaxy, as it carries third dimensional life. Because of the fear of my planet's inhabitants, the planetary frequency is lower than much of our Galaxy.

All the beings of the Planet Earth, myself included, have taken on a great trial in that we are the planet of emotion. The emotions of rage and terror lowers the planetary vibration, whereas, the emotions of bliss and spiritual love raises the planetary vibration.

You, the brave Souls who have incarnated on my body, know that it is quite difficult to remember your fifth dimensional Lightbody after you've experienced many lives of third dimensional emotion. It is also complicated to raise your vibration because life in the third dimension creates an addiction to the reward of physical, sensate pleasures. This addiction is amplified by your need for comfort due to the many fears and sorrows of physical life. Furthermore, the social pressure to excel in the eyes of others creates a need for outside reward and the social status of possessions. As a result, in order to raise your vibration, you will

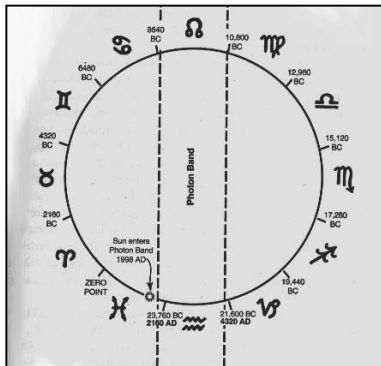
need to release your sensate addictions and your desire for possessions and rewards.

The third dimensional world has been based on “hard work” and “reward.” This process has been very addictive as well, as a myth has been created over many incarnations that you must put energy-out to receive energy-back. This perspective leads to the belief that you must work hard and struggle in order to create a home, a job, a child. However, from the fifth dimensional perspective, work is not necessary for creation. Manifestation is done instantly with ease and Unconditional Love.

The “tenet” of the third dimension is that you must DO in order to obtain or create. On the other hand, in the higher dimensions, the “tenet” is that you must BE in order to create. Third dimensional creativity is active and receptive, whereas fifth dimensional creativity is passive and expressive. Expression of SELF is the only concept of “possession” in the dimensions above the fourth, as you “create” by BEING still and allowing your Essence to flow through you.

Fifth dimensional consciousness, and beyond, is innately constant, focused and joyful. You will not need to try or learn. All you need “do” is be still and remember Unconditional Love and Boundless Joy. Yes, I understand how difficult that can be while holding a third dimensional form. However, this remembrance will serve to accelerate the spin of the photons in your body, and facilitate your integration of the Higher Light of your Soul/SELF.

THE PHOTON BELT



Since I am now entering the Photon Belt, we, persons and planet, are all downloading its “Higher Frequency Light.” It is the integration of the increased concentration of higher frequency photons within the Belt that will aid the gradual acceleration of the resonate frequency of our Solar System.

I greatly appreciate that my people, the Keepers of the Land, are acting as step-down transformers. As my “people” integrate this Higher Light into their

physical bodies, and through their bodies into my land, they are sharing this higher frequency with my planet.

It is also important for your physical health to ground this Light. We are a team. I shall assist you as a grounding force so that your earth vessel can download and integrate greater Light, and you shall share that Light with my land. In this manner, we shall ascend together. The cetaceans, the Keepers of the Waters, are the third component of our Ascension Team. What you humans are doing for my land, the cetaceans are doing for my waterways.

When you download the Higher Light of the Photon Belt, your protons (yang/male-charged energy) will project your Essence into the Higher Light so that your electrons (yin/feminine-charged energy) can receive it. The electrons will then step-down the frequency rate of the Light, which is actually prana, by accepting and absorbing it into your body. Gradually, as your corporeal form integrates this higher frequency, it begins to change.

The male-charged protons are of the First Ray of the God Force, whereas the female-charged electrons are of the Second Ray of the Goddess Force. When the Goddess accepts the LIGHT from Her Divine Mate, she can then manifest the Third Ray, through Her energy field. The Third Ray is their Divine Child, humanity. The Divine Child is the core of your true SELF implanted in your physical vehicle at the time of your birth. This Divine Child waits patiently inside you to assist in your transformation into Lightbody.

The transformation of your physical form, including your physical brain and heart, must be slow and gradual so that the matter of the body is not damaged. Impatience must be addressed within this process. The flow of this Higher Light serves to facilitate the integration of your Soul/SELF into your earth vessel. You have been doing wonderfully with your integrating, and returning to, SELF.

OPENING THE THIRD EYE

You are ready now to open your Third Eye. Once you have opened it, you can more easily recalibrate it to receive and integrate an even higher frequency of Light from the Photon Belt and from your Multidimensional SELF.



Your Third Eye has always been the “eye” through which you have perceived the higher vibrations, but you are now downloading and integrating this higher powered lens of your Soul.

You will need this new lens, for with our deeper entry into the Photon Belt, our resonant frequency will eventually be as high as it was in the Golden Age of Atlantis, over 12,000 years ago. Because of this rise in our frequency, gradual recalibration of your chakras is necessary so that you can integrate the higher vibrations of the Photon Belt into your earth vessel. Because YOU have recalibrated your first five chakras and integrated your higher frequency Soul/SELF into them, you are now ready to OPEN your Third Eye. With your Third Eye open, you will more easily integrate the Vision of your Soul/SELF into your everyday life.

As you have experienced, it is vital for you to completely bond with your physical form or the increased frequency will harm, or even fatally damage, your earth vessel. This is why you began your integration with the first chakra. Each of your chakras has a resonant frequency, with the lowest frequency in the First Chakra, slightly higher in your Second Chakra, then higher still in your Third Chakra.

The frequencies then make an octave jump with your Heart Chakra and two octave jumps with your Throat Chakra. As you can see, once your first three chakras are calibrated, the frequency of light that you will integrate into the upper chakras progresses logarithmically. When you open your Third Eye and integrate the Light of your Soul/SELF into your Personal Vision, your Mission, you will be able to integrate Light that is three octave jumps in the frequency.

LIFE IN OTHER DIMENSIONS

Third dimensional polarities can be very addictive because they associated with separation. When the illusion of separation rules, the NOW is divided into past, present and future. What is addictive is that third dimensional beings can separate their essence into “someone else” or “some other time,” i.e. “I won’t do it in the future, or you made me do it, or you did it to me.” In this manner, responsibility is passed on or averted.

In the fifth dimension, everything you do, experience and perceive is a component of YOUR SELF. Each being is a component of a greater SELF like fingers on a hand. Therefore, many will rest their consciousness in the fourth dimension in order to avoid total responsibility for their EVERY creation. On the other hand, many of my beings are choosing to consciously return to their sixth dimensional SELF or even their Oversoul in the seventh dimension.

In the sixth dimension, you can access the primary control panels for the holographic programs for third dimensional life, and in the seventh dimension, you can merge with your Oversoul to oversee the ascension of the lower dimensional expressions of your life-stream. Each Oversoul has thousands and thousands of individual expressions. Those of you who choose to regain a connection with your Oversoul will offer an immense contribution to the Planetary, as well as Galactic, Consciousness.

I thank you for your great contribution to our Planetary Ascension, and appreciate what sacrifices you have made in your personal life to stay true to your Mission. I now turn the second part of this communication over to my dear Priestess, Mytria. Mytria has experienced being an “Earthling,” as well as a Pleiadian, on my planet. She has consistently served the Goddess in “almost” every incarnation.

Mytria will tell you about the Sacred Triangle that you carry in your earth vessel. I, too, have a Sacred Triangle in my Earth body, but it is holographic, therefore, it is in a bit of everywhere, yet nowhere if it is not sought.



I shall return,
Gaia



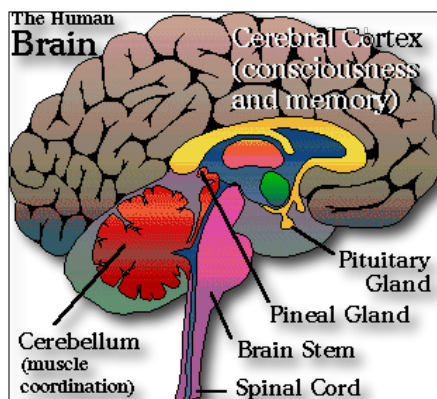
MORE FROM MYTRIA

I am Mytria, here to talk about your expanding consciousness. I did, indeed, serve the Goddess in most of my earthly incarnations. Though, I also experienced my Dark Side, which is an encounter particular to a polarized planet such as Earth. I wish to console all of you who have battled your Dark Side, for I know what courage and tenacity it takes to rise above the many temptations of fear and anger on your third dimensional world.

There has been great suffering on Gaia, and I wish to commend Her for taking the challenge of lowering Her great resonance to the third dimension. She has been a grand teacher and Mother to us all. Now, it is our turn to assist Her in Her return to SELF, which you can best do by returning to your SELF. Once you have found your own Sacred Triangle, you will also find Gaia's, you and Gaia are ONE.

In preparation for opening your Third Eye, I will now enlighten you concerning your Sacred Triangle.

THE SACRED TRIANGLE



The Portal to your inter-dimensional travel is hidden within your own brain. This Portal is called The Sacred Triangle. The Sacred Triangle, in the shape of an inverted pyramid, is the third ventricle of your brain, which is surrounded by the choroids plexus on the "roof," the pituitary gland at the inverted "peak," and the pineal gland in the center of your brain, above the brain stem. The Sacred Triangle is the physical manifestation of your Third Eye.

The choroids plexus, the "roof," is a group of nerves such as your solar plexus in your Third Chakra. This region is the primary area where cerebrospinal fluid is produced. Within the human brain is a connecting system of ventricles, which

are internal cavities of the brain that are commonly referred to as the ventricular system. Cerebrospinal fluid fills the ventricles, as well as the spaces around the brain and spinal cord, to serve as insulation and protection.

The cerebrospinal fluid also serves as a conductor of the electricity generated by the brain and the nervous system within the spinal cord. This cerebrospinal fluid flows from the third ventricle, in the center of the Sacred Triangle, through the cerebral aqueduct into the fourth ventricle. From there it flows into the subarachnoid space where it is reabsorbed into the bloodstream.

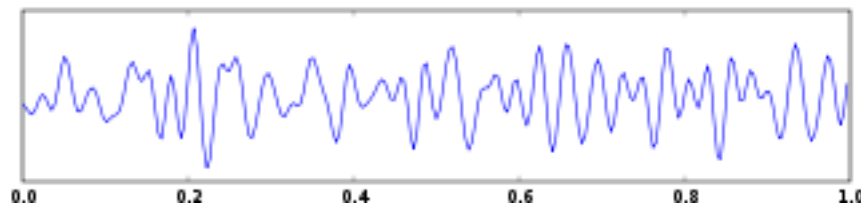
Ancient text states that when Kundalini has risen to the Brow Center, the Sixth Chakra, the Essence of the pituitary and the pineal gland will combine in the third and fourth ventricles of the brain to open the Third Eye. Once the Third Eye is opened you will regain your Galactic Consciousness. This expansion of consciousness will allow your resonant frequency to increase and your physical density to decrease. The process of consciousness expansion begins with your brainwaves and extends to your perceptions.

EXPANDING CONSCIOUSNESS

Brainwaves are the rhythmic fluctuations of voltage between parts of the brain resulting in the flow of an electrical current. The four most common brainwave states, electrical activity within a certain frequency range, are Beta, Alpha, Theta and Delta. It is the frequency of your brainwave which determines your state of consciousness. In turn, your state of consciousness leads to a resulting kind of emotion and/or mental function.

All brainwave states exist at varying amounts in different parts of your brain. Your consciousness is determined by the dominant brainwaves that are active in your brain at any given moment. When you recalibrate your Sixth, Brow Chakra and your Seventh, Crown Chakra to open your Third Eye, not only will the higher states of consciousness become more dominant in your brain, but you will also experience new brainwaves, states of consciousness and expanded brain functions.

BETA BRAINWAVES

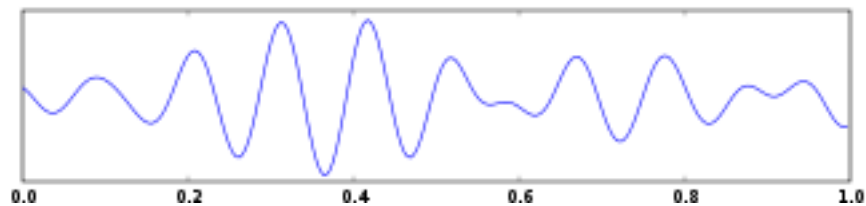


Beta brainwaves arise primarily with open eyes and outer focus. These brainwaves represent your ability to consciously process your thoughts. You spend most of your waking moments in Beta consciousness in which your brainwaves pulsate at between 13 and 39 cycles per second. In this state, your

attention is focused on the day-to-day logical, sequential activity of the left hemisphere, as you busily process the myriad information arriving through your five physical senses. Beta Brainwaves allow you to focus your consciousness on your physical self and on the task at hand.

This solely third dimensional consciousness creates great fatigue, often resulting in your dis-ease, Chronic Fatigue Syndrome. Limiting your mind to Beta Brainwave activity feels to your integrated Soul/SELF, who is accustomed to soaring through the Multidimensional Universe, like trudging through mud.

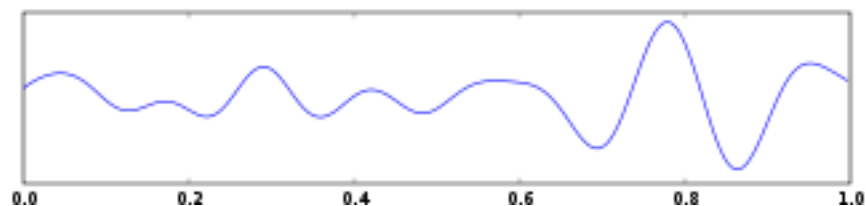
ALPHA BRAINWAVES



Alpha Brainwaves arise from a blend of inner and outer focus in which you are attending to your inner imagery, as well as outer stimuli. When you relax or engage in a creative activity, you shift into alpha brainwaves, which are between 8 and 12 cps.

Alpha wave consciousness blends stimuli from both the third and fourth dimension, which allows your fourth-dimensional, Astral Body to freely interact with your everyday life. While in this state of consciousness you can more easily call upon your Whole Brain Thinking, a balance of the right and left hemispheres, to write, dance, sculpt, sing, or engage in any other creative activity. Your endorphins are usually high in this state, which makes you feel 'High on Life.'

Your integrated Soul embraces these brainwaves, yet feels somewhat detached from you, the Grounded One, as the intense emotionality of the Astral Plane can block your communications with SELF. Alpha Brainwaves facilitate a connection to the Collective Consciousness.



THETA BRAINWAVES

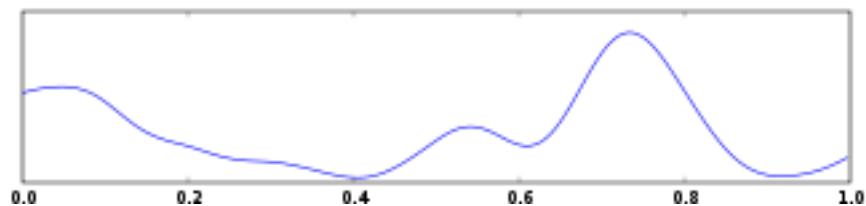
Theta Brainwaves arise from closed eyes and intense inner attention. Theta waves, 4 to 7 cps, are associated with the deepest experiences of meditation and creativity. To maintain this state of consciousness you must keep your body still,

as you are so totally focused on your inner reality that it would not be safe to move about in the physical world.

Theta consciousness, usually attained through deep meditation, allows you to be awake during astral travel to the higher fourth dimension and the Rainbow Bridge to the fifth dimension. With practice, you can remember your adventures during these meditations, which will otherwise disappear when you open your eyes. Theta consciousness is also associated with Lucid Dreaming and the images that you experience when you are on the threshold of falling asleep and awakening.

Your integrated Soul/SELF rejoices with this state of consciousness, for it allows you to enter the FLOW of the ONE. Within this Flow, you can commune with your SELF to gain great insight and inspiration. Theta Brainwaves activate formerly unused area of the brain and connect you to Planetary Consciousness.

DELTA BRAINWAVES

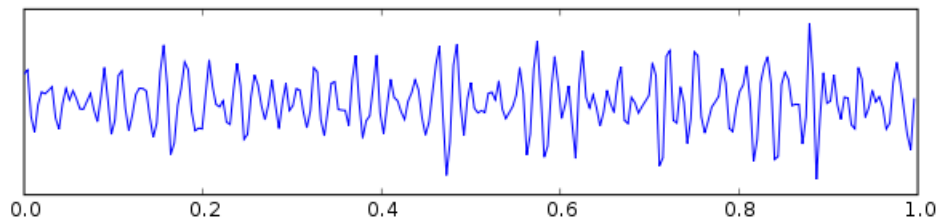


Delta Brainwaves are your superconscious empathy, interaction with and connection to your Multidimensional SELF. Delta waves, .5 to 4 cps, are associated with miracle healing, divine knowledge, rebirth, trauma recovery, Oneness with the universe (Samadhi), near death experiences and coma. While in Delta consciousness you are usually “unconscious” of your physical reality.

This state of consciousness is usually dreamless and can only be attained by the most experienced mediator. However, once this state of Unity with the ONE is achieved it will never be forgotten, as it will gradually seep into every area of your life. Eventually, it will be this brainwave consciousness that will allow you to gain a constant state of unity with your SELF. Once your Third Eye is opened, you will more easily be able to attain, and maintain, a dominance of these brainwaves in your consciousness.

Your integrated Soul/SELF rejoices with this state of consciousness, as it can swoop you up and take you on a tour of your Oversoul and of all the myriad realities in which your multidimensional SELF holds form in order to gather experiences. Delta Brainwaves free you from the illusionary 3D reality and connect you to Galactic Consciousness.

GAMMA BRAINWAVES



Gamma Brainwaves resonate around 40 cps. Gamma brainwaves are a 'newer' brainwave only because it is difficult to get instrumentation to accurately measure them. Higher frequency than Beta Brainwaves, Gamma Brainwaves, are thought of as the "harmonizing frequency." Observations of any object, such as size, color, texture, function, etc. are stored, perceived and processed by different parts of the brain. Gamma Brainwaves are associated with the brain function which creates a holographic synthesis of data stored in various areas of the brain to fuse them together into a higher perspective.

Your Soul greatly appreciates this brainwave, as well as the other "new brainwaves," as they allow you to bring together all your inner experiences and remember them in your mundane reality. Furthermore, these states of consciousness are pivotal in grounding the fifth dimension into Gaia's third dimensional planet.

NEW BRAINWAVES

EEG researchers are noticing extremely high brainwave frequencies above Gamma, at up to 100 cps, which they have titled Hyper Gamma Brainwaves, and even higher brainwaves at 200 cps titled Lambda. Conversely, extremely low brainwaves, which are lower than Delta waves at less than 0.5 cps, have been discovered. These brainwaves are titled Epsilon.

Epsilon state of consciousness is thought to be the state Yogis go into when they achieve "suspended animation." While in this state, western medical doctors can detect no heartbeat, respiration or pulse. Hyper Gamma and Lambda states of consciousness are the states associated with the ability of certain sects of Tibetan monks who can meditate in the Himalayan Mountains in sub-zero temperatures with scanty clothing and melt the snow around them.

All three of these "new brainwaves," Hyper Gamma, Lambda, and Epsilon, are associated with higher states of self awareness, the ability to access superior levels of information and insight, psychic abilities and out of body experiences. Theta and Gamma rhythms also interact with these new brainwave patterns to assist the brain's holographic packaging of information into coherent images, thoughts and memories.

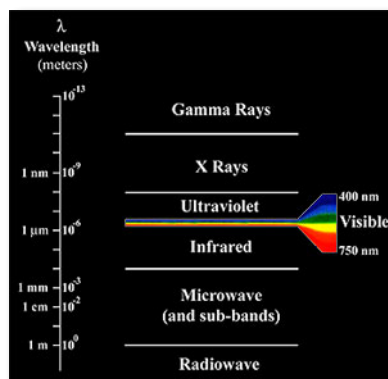
Hyper Gamma, Lambda and Epsilon frequencies are linked together in a circular relationship. If you looked within the extremely slow, >0.5cps, Epsilon brain frequency, you would see hidden within it a modulation frequency of 100 - 200 cps of Hyper Gamma and Lambda brainwaves. Then again, if you could pan back you would see the extremely fast 200 cps Lambda Brainwaves riding on the crest of the extremely slow Epsilon Brainwaves.

In the same manner, your inner senses are embedded into, and piggy-backed onto, your third dimensional five senses so that your inner perceptions can, eventually, be consciously perceived while in your third dimensional form. It is important for you to remember that the higher dimensional realities have always existed, but the moment you forgot them, they no longer included in your possible reality.

The concept of higher worlds was, therefore, “impossible.” The more you dare to believe in the “impossible,” the more you can gain access to your higher brain functions. In other words, the more you “open your mind,” the more you “expand your brain.”

EXPANDING PERCEPTIONS

With your expanded brainwaves, you will have access to perceptions that were once beyond your brain’s ability to receive and process. Your third dimensional, Beta Wave consciousness has long been limited to the narrow range of 90HZ to 174 HZ. This range is a very small percentage of measurable light and sound, not to mention the light and sound which is not yet measurable by “modern” technology.



COLOR RANGE	VALUES IN NM	VALUES IN HZ
Ultraviolet	380-280	179.51-243.61
Violet	430-390	158.13-174.90
Blue	480-460	142.11-148.29
Green	530-490	128.70-139.21
Yellow	580-550	117.61-124.02
Orange	640-590	106.58-115.61

Red	750-650	90.95-104.94
Infrared	1000-751	68.21-90.83

As you open your Third Eye, you will be able to allow the higher, and extremely low, brainwaves to become more dominant in your brain activity. Your perceptions will then expand, you will be able to consciously perceive the higher frequencies of light and sound. In this manner, you will access fourth and fifth dimensional light to see and hear the Multidimensional Beings who reside just beyond the 3D curtain of illusion.

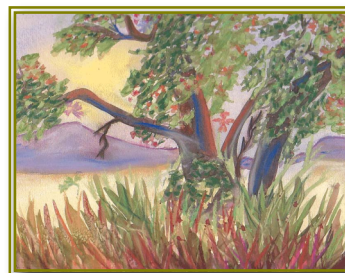
Fortunately, you have opened your Eyes of Soul; this greatly expands your vision beyond that of your third dimensional eyes. Nevertheless, there is nothing like the combination of your Eyes of Soul AND your opened Third Eye. Seeing through your Eyes of Soul is a “softer,” more detached vision, like looking through a camera lens. You are aware that your Soul is guiding you in your perceptions, which you find very helpful. However, with your opened Third Eye, you ARE Soul! You are NOT guided, for YOU are the Guide!

ENTRAINMENT

When you strike a tuning fork, it will vibrate at a certain frequency. When you hold a second tuning fork close to the first one, it will vibrate at the same frequency. In other words, the first tuning fork entrains the second one. Entrainment is the noun associated with the verb “entrain,” which means to pull along, or pull aboard. As another example, if there were many pendulum clocks on the wall, and you erratically swung all of the pendulums at different speeds, over time, all the pendulums would become synchronized again. They would achieve entrainment.

Brainwave entrainment occurs when the frequency of your brainwaves gradually begins to emulate the rhythmic pattern, frequency, of your inner and/or outer stimuli. Almost any frequency stimuli can be used to entrain your brainwaves, whether it be sound, light, touch, or anything the brain can perceive through physical or psychic senses. Hypnosis, and the resulting Alpha or Theta Brainwaves, begins by focusing on slow breaths entrain to your mind to your inner processes.

Actually, your brain (biological rhythms and brainwaves) is entrained by your inner and outer environment in every single moment. If you are walking through a beautiful countryside on a clear, sunny day, you will become calm and your brainwaves will entrain to Alpha Brainwaves. On the other hand, if you are stuck in traffic, your biological systems will become agitated and your brainwaves will entrain to Beta



Brainwaves.

Of course, your inner world has a great influence on both of these events. If you are deathly afraid of snakes, and in your walk through the countryside you are looking for one with every step, your system will become agitated and your brainwaves will entrain with Beta Brainwaves. Conversely, when you are stuck in traffic, if you calmly tell yourself that all is fine, you put on some relaxing music and decide to enjoy your time alone while you are driving, your system will calm down and you will entrain with Alpha Brainwaves.

EXPECTATION AND ENTRAINMENT

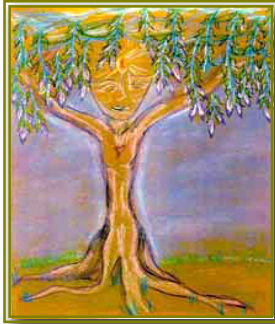
As you can see, your inner mental and emotional processing of each situation has much to do with your own body's reaction. In other words, your body will entrain itself to your thoughts and emotions. Your inner world also sets expectations for your outer perceptions. For example, if, while walking through the woods, you tell yourself that you will see birds, your expectation will be to see birds. Hence, you will consciously, or unconsciously, search for, and find, birds. Conversely, if you tell yourself that you will see trash, the same process will occur and you will find trash.

If you are finding trash to clean up Mother Nature, you will likely feel good and entrain your consciousness with Alpha Waves. However, if you angrily comment on the slovenly nature of humanity while your stomp through the woods, you will definitely experience stress and go into Beta Brainwaves. Finding birds is a calming activity as you look up into the trees and listen intently for their call. However, if you become frustrated because you "can't find any birds," you will entrain the same Beta Wave conscious as driving in traffic.

On the other hand, you could take in the FEEL of Nature, sit down, close your eyes, and enter into a meditative trance to entrain your consciousness to Alpha or Theta Brainwaves. If you expect to see the higher dimensions, you can expand your perceptions to see the Faeries that are nurturing each flower and plant, the Deva in the nearby tree, and when you look into the sky, you can see the Angels and other higher dimensional Beings observing your reality.

As you can see from the above examples, your expectations, thoughts and feelings create the reality that you perceive and, thereafter, experience. Your expectations are greatly determined by your core beliefs. If you believe that reality is only what you can experience through your five physical senses, then the third dimension will be the only reality that you will experience.

On the other hand, if you believe that there are many other dimensional realities “hidden within,” or “riding upon,” the third dimension, you will expect to see them as well. Your expectation of these “other realities” will entrain your bodily systems



to activate your “new,” extremely high and/or extremely low brainwaves to perceive other dimensional realities. In other words, if you choose to LOOK, you will SEE.



With this expectation you can experience:
a tree as a person.....OR..... as a portal into another dimension.

Your expectation to see a multidimensional reality will entrain your consciousness to that vibration. You have lived so many incarnations on third dimensional Earth that your body Deva, your personal “holder of form,” expects to perceive stimuli from only the third dimension. However, if you can remember to “expect” to find the higher dimensions interlaced with your mundane life, you will entrain your consciousness to brainwave patterns that allow that perception.

BIOLOGICAL COMPONENTS

There are also biological components to your multidimensional perception. Physiologically, the thalamus is the region of your brain that receives all stimuli. Stimuli received by the thalamus are passed through the filter of the Reticular Activating System.

The Reticular Activating System, also known as the reticular formation, of your brain chooses which stimuli will be forwarded to your third dimensional consciousness. In other words, the reticular formation chooses which stimuli will be stored in the 10—15% of the brain to which your five physical senses have access.

Fortunately, with the return of Goddess Power, the polarization of masculine and feminine is being balanced into a more androgynous body and brain. Because of this, Whole Brain Thinking is possible, which gives you access to areas of your brain that have been “unconscious.” Within these areas, the other 80% of your brain, the ability to consciously perceive a greater spectrum of light and sound is awaiting activation.

Meditation allows your inner senses to interface with your five outer senses, so that you can more easily see the higher dimensions in your external reality. This usually looks like a faint overlay on the more vivid outer landscape. Hence, the more you expand your consciousness, the more your inner senses can be interfaced with your outer senses. This degree of consciousness expansion naturally occurs as you integrate your Soul/SELF into your chakras.



Once your Soul/SELF is integrated into your first five chakras, your Kundalini energy can easily rise up your chakras and enter the Sacred Triangle through your brow chakra. Simultaneously, your Soul/SELF enters your physical body via your opening Crown Chakra. It is the rise of the Goddess up from your Root, and the descent of the God down through your Crown Chakra, that allows your Mystical Marriage of God with Goddess and the awakening of your Divine Child.

This Mystical Marriage of God and Goddess also activate your Sacred Triangle. When the Sacred Triangle is activated, the pituitary gland prepares the body for the challenge of consciousness awareness of multidimensional stimuli. The pineal gland then gradually allows more and more light into your system.

The choroids plexus, which is at the roof of your Sacred Triangle and above the third ventricle, is then signaled to create cerebrospinal fluid that resonates at a higher frequency. In turn, the higher frequency cerebrospinal fluid bathes your brain and spinal cord, gradually re-calibrating your nervous system to recognize and accept higher dimensional stimuli.

This higher vibrational cerebrospinal fluid then flows from the third ventricle through the cerebral aqueduct and into the fourth ventricle. From there it flows into the subarachnoid space where it is reabsorbed into the bloodstream. Therefore, not only are your nerves are bathed in the higher frequency cerebral spinal fluid, but your entire body receives the higher frequency via your bloodstream.

MERGING WITH THE PLANET

Activation of your Third Eye is vital for your complete merging with Gaia's planetary body, Earth. When you have blended into Oneness with Gaia, your consciousness will expand beyond Planetary Consciousness and embrace Galactic Consciousness.

Once you have regained your Galactic Consciousness, you are able to clearly remember the life-forms of your Soul/SELF on other planets, galaxies and dimensions. These higher dimensional fragments of your total SELF will then be

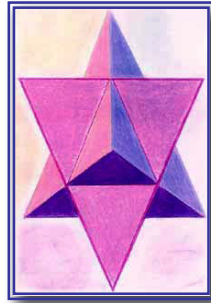
of great assistance in your service as a member of our Planetary Ascension Team.

You are ready to integrate your Sixth and Seventh Chakras so that you may open your Third Eye.



I shall return to assist you further,
Mytria

INTEGRATING THE



SIXTH



SEVENTH

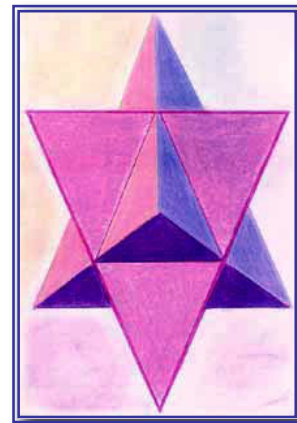
CHAKRAS

SIXTH CHAKRA ~ BROW CHAKRA

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

Sixth chakra symptom of transformation would express through your

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



Symptoms of Transformation: When the sixth chakra is in the integration process you have difficulty focusing your mind, and you may have a mental disease or be detached and distant from others. You may also become stuck in closed mindedness and intellectual stagnation. You may suffer headaches and fuzzy thinking, as well as sinus problems and vision and hearing problems.

Integrated Brow Chakra: When this chakra is integrated with your Soul/SELF your sinuses are clear and your hearing and vision is amplified by your ability to use your innate inner senses to amplify the information gained by your five physical senses. Hence, your intellect and higher dimensional psychic abilities are greatly enhanced, your memory is greatly expanded and your perceptions are acute and accurate.

Through your ability to consciously travel into the higher dimensions of your inner reality, your ability to visualize is amplified, your imagination is expanded and you are able to project your visions and imaginations into your outer world. Through this chakra you will initiate your Planetary Consciousness. Eventually, once you have opened your Third Eye, this will be the main center for your higher perceptions, as well as the portal through which you can view your Multidimensional Reality.

SEVENTH CHAKRA ~ CROWN CHAKRA

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

Seventh chakra symptom of transformation would express through your

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



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

When your Crown Chakra is blocked, a very unpleasant muddy, dark curry color taints the upper portion of your aura. When one is communicating with you, they may experience a tingling and prickling sensation in their crown, as well as an inner warning that psychic protection is needed. When two people communicate whose crown chakras are both unclear, many misconceptions and misunderstandings are common. Their exchange may become adversarial with no evident means of understanding or effective communication.

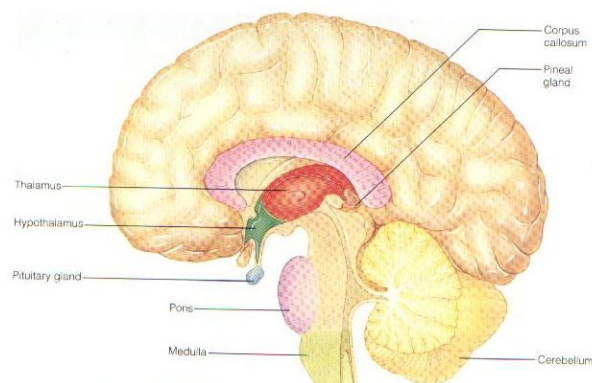
Integrated Crown Chakra: When this chakra has been integrated with your Soul/SELF, you experience a sense of well-being, unity with all life, open mindedness and total faith in your inner directives. Your relationships with others change as well, for when two people with clear crown chakras mix their energies, a soft golden light fills the auras of both people as they experience a deep sense of unity and communion. The three upper chakras of both people merge as

Wisdom is transferred, Soul to Soul, across the Rainbow Bridge. This mutual communication is transmitted in an empathic, telepathic manner to be understood in the Throat and Heart Chakras.

Once the Third Eye is opened, the Crown Chakra is the Portal through which you will regain your Galactic Consciousness and your ability to merge and communicate with other aspects of your Multidimensional SELF. The “new” extremely high and low brainwaves are initiated by this chakra, as it is the center for your holographic thinking and communication. These new states of consciousness allow you to receive and accept Cosmic Love and the All-Knowing.

The ALL-KNOWING re-awakens your ability to perceive the patterns of cause and effect, as well, and the light matrixes that create the illusions of your holographic physical reality. You will also gain access to the formerly unused portion of your brain and activate the 90% of your dormant DNA through the integrated Crown Chakra component of your opened Third Eye. The joining of the pituitary and pineal gland not only facilitates the opening of your Third Eye, but it also assists in activating your Whole Brain Thinking.

INTEGRATING THE SIXTH AND SEVENTH CHAKRAS TO OPEN THE THIRD EYE



The Sixth Chakra is often known as the Third Eye. However, according to the postulates of Yoga (specifically those written by H. H. Mahatapaswi Shri Kumarswamiji), the Pituitary Gland of the Sixth Chakra and the Pineal Gland of the Seventh Chakra must join their Essence in the Sacred Triangle to open the Third Eye.

PITUITARY GLAND

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

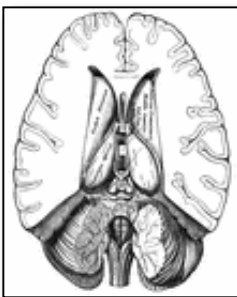
The pituitary gland is called the “seat of the mind,” with the frontal lobe regulating emotional thoughts such as poetry and music and the anterior lobe regulating concrete thought and intellectual concepts. On the other hand, the pineal gland is known as the “seat of illumination, intuition and cosmic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

PINEAL GLAND

The pineal gland, associated with the Seventh Chakra, is cone shaped, also the size of a pea, and is located in the middle of the brain. The pineal gland contains pigment similar to those found in the eyes and is connected to the optic thalami. Hence, the pineal gland controls the action of light upon your body. The pineal gland is located in the posterior end “roof” of the third ventricle, which is the Sacred Triangle, and the pituitary gland is located in the anterior “peak” of the third ventricle, towards in the inside of the forehead. The joining of the essences of these two glands opens the Third Eye.

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

Introversion is vital for self-realization as it displaces your attention from the outer world to the inner. When the external world disappears, your circle of consciousness contracts, and your primary attention focuses upon your inner self. It is this inner attention that magnetizes “spiritual light” into the pineal gland.



THE THIRD VENTRICLE

The third ventricle of the brain is a narrow opening lying near the base of the cerebral hemispheres and separating the two thalamic areas. These thalamic areas are the brain's

“storehouse” of all your sensory perceptions. When the pituitary and pineal glands are fully developed and stimulated through meditation upon the Sixth and Seventh Chakras, their vibrations fuse and activate the Third Eye. Once the Third Eye is open you have personal access to higher knowledge.

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

MERGING OF POLARITIES

The human brain has a fundamental resemblance to a human, androgynous embryo. The Pituitary Gland holds the positive, masculine charge and the Pineal Gland holds the negative, feminine charge. When the masculine and feminine energies meet in the brain it is known as the Mystical Marriage. The Mystical Marriage initiates the birth of your multidimensional consciousness and the expansion of your consciousness into the fifth dimension and beyond.

The rising Kundalini pulls the energy up from Mother Earth through the nerve channels, into the medulla oblongata, through the pons area of the brain and then down into the Pituitary Gland behind the eyes. The increasing Pituitary radiations then pass through the third ventricle to awaken the Pineal Gland which has received the Cosmic Light from the higher dimensions.

The feminine, earth energy merges with the masculine Pituitary Gland, and the feminine Pineal Gland receives the masculine Higher Light from Spirit. When the two awakened chakras' essences meet in the third ventricle, there is the union and harmony of “Spirit into Matter” as the multidimensional forces of spiritual, higher dimensional Light merge with the matter of our third dimensional brain. It is then that the polarities of masculine and feminine are merged into ONENESS and your Whole Brain Thinking is initiated.



THE MIDDLE EYE

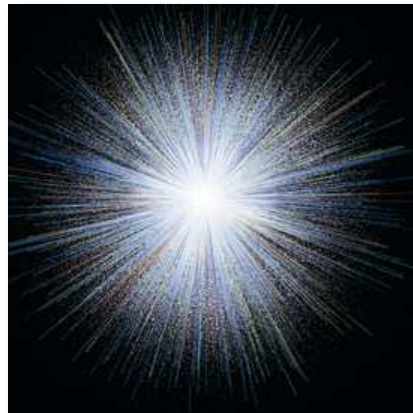
The opened Third Eye is also known as the Middle Eye of Shiva, the Eye of Horus, and the Horn of the Unicorn. The Temple of Maat in early Egypt was dedicated to the process of opening the Third Eye. The Third Eye is an etheric, higher dimensional eye, which acts as a sensitive receiver, and transmitter, by which higher dimensional perceptions can be translated, interpreted and dispersed into your third dimensional brain to gain wisdom and illumination.

Through this EYE, Beings and realities of the fifth dimension and beyond can be perceived and understood. This information changes your thought process, your emotionality, and your sense of cause and effect, as well as your entire attitude about the concept of “life.” All eyes, including the Third Eye, need a lens to give meaning to a perceived light sensation. The Third Eye’s lens is located in your aura, just in front of your Sixth Chakra.

The psychic construction of this lens is part of the discipline that leads to the accurate perception with our inner eye. By using this point in your aura (between your eyes and in the center of your forehead) as a focal point during meditation, you can facilitate the development of your Third Eye’s lens. Using this form of meditation also facilitates Theta Brainwave Consciousness and beyond.

You have seen from the perspective of a human, how Cosmic Light merges SPIRIT into MATTER. How would you perceive this process if you were a Photon of Light?

THE JOURNEY OF A PHOTON



Integrating the Spirit into Matter

You are a photon, a beam of Multidimensional Light. You have been traveling through the Universe, with your previous stop being the Pleiades. You have come to assist the Earthlings in their awakening and seek a human who will allow your entrance through its Crown Chakra. Yes, there appears to be a human who is ready to open its Third Eye. Perhaps you can be of assistance.

You enter through the Portal of the Crown Chakra and wait at the window above the Inner Temple of their Sacred Triangle. You wish to enter this Being as you may share your gift of Light. However, Earth rules state that this is a Free Will Planet, and you can't enter a human without an invitation. Therefore, you wait. You respect

humans for they have survived the third dimension and are about to Awaken. They have been cut off from their Multidimensional SELF for eons, yet, somehow, they have not forgotten.

They have tried to forget, but as painful as it has been to remember Home, it has been even more painful to forget it. So they waited at the “Threshold,” just as you are waiting. You wish to enter this blooming consciousness, yet the person has not yet invited you. But wait, there is someone entering the Inner Temple and standing below the vortex that you have patiently waited to enter. As the ONE raises its Consciousness to your Light, the vortex pulls you in, and you are in a 3D form.

To you, it appears as though you have entered a dark cave. Shortly, you enter a huge cavern in the shape of an inverted triangle. The entire cavern is filled with liquid, but it is the “nectar of life” on this world and you calmly enter it. Your great Light instantly illuminates the formerly dark cave. On the long roof of the cavern you see myriad lights that are flashing to a frequency far lower than yours.

You contain your Light so as not to harm this person. At what appears to be the front of the cave, a circular vortex seems to be hanging from the ceiling. The vortex appears to be a dispenser of powerful chemicals and hormones. Behind you, another cone shaped vortex hangs from the ceiling. This, too, appears to be a hormone factory. Yet, whereas the other vortex seems to dispense, this one appears to receive. It is this second vortex, at the back of the cavern, that is your destination, for it appears to be the receptor of higher dimensional Light. As you approach it, you realize that it was also your entry point.

First, however, you feel a drive to enter the other gland, at the inverted peak of the cavern, as you know it is the main control center of this vessel. As you approach the vortex, you discover that this person can accept a few amps of your Light at this time. Therefore, after a speedy run through this vortex, you return to your former destination at the rear of the cavern.

You find that your brief visit, to what you now know is the Pituitary Gland, was enough to give you all the information you need about this person. You now know exactly how much light this person can accept without overloading the vessel’s life support. Hence, you slowly integrate your photon SELF into what you now know is the Pineal Gland.

As you integrate into the Pineal Gland, you are a bit surprised to find that you drift back into the fluid of the cavern as a changed photon. You float through the cavern and, then, through a small circular tunnel to enter yet another smaller cavern. You do not linger here, as you are integrated again into the earth vessel’s system.

This time you ARE the blood flow as you enter every cell and atom of this biological vessel. It is a unique feeling for you to experience gravity and density. Yet, you know that even though this person may not realize what has happened, you have

initiated an extreme change in its consciousness. This expansion of consciousness will, in turn, instigate a great transformation of the earth vessel.

You feel sorry that your higher vibration is causing discomfort, as the person now appears to be quite uncomfortable in its body, mind and emotions. However, you know that these symptoms are temporary and that the person will soon adapt to the accelerated vibration of its earth vessel.

Now that you have toured the entire vessel via the blood flow, you decide that you will “set up camp” just inside the, soon-to-be opened, Third Eye where you can gradually and safely increase the frequency rate of this vortex. You settle down and relax. Yes, this will be a great show. You will get to watch an entire planet raise its vibration into the fifth dimension.

You feel good that you might have been of some small assistance. Perhaps more of your photon friends will also enter this person. What a party you will all have as you look out at Earth through this ONE’S opening Third Eye! You wonder if this person will ever know that you are HERE.

RE: CLUELESS

You replied at 1:30 am

From: Starchild [Starchild12@hotmail.com]

To: lonely1@cox.net

Thanks for the great email. I am clueless too about what is going on.

It sounds like you have been having a lot of unusual experiences. As a matter of fact, so have I. I have been feeling like something is sitting just inside my forehead, between my eyes, making things spin, and slowly turning up the volume. When this happens I get snappy with any one who distracts me from finding out what is going on in my head.

Then, of course, I feel sorry, as I also know that there is a ME that no longer needs to “get snappy.” This part of me is right there, in my head—or in my heart—NO—definitely in my head. My heart is feeling OK now, but it was having some problems a few months ago. My health was fine; it is just that there was a yearning in my heart for...I don’t know what. It was as though someone who had been away for a very long time was coming back.

Then, it got better, but my throat started up. I mean, it didn’t hurt, but I didn’t want to talk—to anyone! I wanted to be ALONE because I was hearing such good stuff inside my head that everything and everyone outside me seemed boring. Now that sounds as bad as being snappy. Yes, I can’t say that my behavior has been stellar lately. I mean, I haven’t done anything wrong. In fact, I have probably done more things right, that is “right for me,” than I ever have in my entire life.

Now I sound conceited, and like I am putting myself in front of others. No. That is not exactly true. I am only putting my self FIRST more often. There it is again.

Do you see? Do you hear the crazy-making thinking I am having? I think one thing, and then, suddenly, this opposite thought comes into my head. It is as though I am being constantly watched from inside my head. A part of me feels a bit paranoid, or crazy, because this inner voice won’t shut up.

However, as soon as it stops talking to me, I start to feel lonely. It’s kind of nice to have this inner ME, like an imaginary friend. The fact is, though, I KNOW I am NOT crazy, or wrong, or even right. I am finding this part of me that just “IS.” This part of me can sooo CHILL. It is actually the nervous, snappy me that is always arguing. It is like this other part of me is looking at me from the inside out. It sees everything I do, hears everything I hear and feels everything I feel.

It is actually kind of comforting. I sort of feel like maybe someday I can be like that other ME. Of course, speaking from my sane self now, if this ME is inside me, then it must already BE me—Right???

Wow, that is crazy thinking! Am I going to ask myself a question and then expect an answer? - - - Well, actually, YES. I guess I do that all the time now.

But, back to that “pull” in the middle of my forehead that makes me want to scrunch up my eyes to see something. However, I don’t have a clue what it is I am supposed to see. Oh yes, and then there is this buzzing in my head. I hear this buzzing the most when it is very quiet around me.

Then, if I close my eyes and breathe deeply into the buzzing, it gets louder and louder. When I do this, it’s like fanning the fire in my head, and I start to get a total light show.

Sometimes I see images and pictures. They are like a virtual reality game because I can go into a picture. But, when I go into the picture, I’m no longer the observer. I am IN the picture. It’s as if I am in a dream, only I am totally awake. It is pretty freaky but WOW, it is better than drugs.

Hey, I am so happy that I can tell you all this ‘cause I ,can’t tell many people about it. I mean, they WILL think I am on drugs though I am clean as a whistle. This inner voice would be all over me if I tried that. It is even on me about eating better and exercising. Well, I guess that is cool, too. I do feel a lot better when I follow the advise of this inner ME.

Well, thanks for being there. I think you are the only person I could talk to about all this stuff. Hey, do you think you could do me a favor and delete this after you read it? I wouldn’t want the word getting around that I have all this stuff going on inside my head.

Thanks again. Let’s talk again soon.

Have a good one!

Your “crazy” friend,
Starchild

WHOLE BRAIN THINKING

Dear Ones,

I am Mytria, returned to tell you more about Whole Brain Thinking. Whole Brain Thinking arises from cognitive activity which perfectly balances the right and left hemispheres of your brain. To best explain, allow me to take a diversion and, tell you of Earth's ancient, multidimensional history. Before Earth fell into the present-day, third dimensional vibration, in fact, even before Earth fell into the fourth



dimension, there were NO polarities. Male and female, proton and electron, receiving and projecting were the same.

The polarization of masculine and feminine started with the atom, which is why the first polarized human was named Adam. Long before the fall of Atlantis, when Gaia was still fifth dimensional, there was a continent, which filled much of your Pacific Ocean, named Lemuria. In the Lemurian Era there was ONLY Unity Consciousness. Hence, there were no polarities and all beings were androgynous. Interestingly enough, it was the Lemurians who first started to experiment with creating a Being polarized into a gender of male or female.

LOWER DIMENSIONAL LIFE

The Lemurians experimented with creating a lower dimensional being, as they knew that Gaia had volunteered to find the lowest dimension in which sentient life could survive. The Lemurians began their polarization experiments by spitting the atom into the polarities of positive/proton/male charge and feminine/electron/female charge.

They decided to make their lower dimensional human male, as they thought that the dynamic action of the masculine charge would be vital for a society split off from the Oneness of the fifth dimension. For some reason, they did not consider having both male and female beings. Perhaps this was because they were having such trouble finding any being at all that could survive in such a low resonance.

The Lemurians, who changed forms as easily as you change your clothes, viewed having “only” one form as a foreign concept. However, their telepathic group mind told them that the destiny of the planet was that the energy was going to drop drastically. They had worked out every possible solution for this impending cataclysm, but it was WRITTEN in the planetary hologram, and they could not change it.

Therefore, they knew that they would have to assist in creating an earth form that could survive within a low dimension, possibly as low as the third dimension. Eventually, believing that their experiments had failed, they passed their research on to the Atlantians. They did this largely because the Holographic WRITINGS said it was the Atlantians who would be responsible for causing the great catastrophe.



GOING UNDERGROUND

The Lemurians came to peace with the fact that some of them would go underground until they could adjust their vibration to the resonant frequency at which the planet finally stabilized. This frequency ended up being the third dimension. It took millennia before their gracious bodies could create an angular, third dimensional body with “edges” of flesh and “foundations” of bones. The Lemurian scientists did discover, though, that bones could hold their history, as bones seemed to be more durable than any other third dimensional, biological form.

They believed, or hoped, that they could embed the history of their Lemurian Civilization in the DNA of the bone marrow of the form they would ultimately take. In that manner, their history would endure in the buried bones long past the limited lifespan of a lower dimensional being. The Lemurians found that they could actually hide this information in the 90% of DNA that western scientists have labeled as “junk,” which works on the same tenet as language.

The Lemurians knew that no one would think to even look in the buried bones of their ancestors until the civilization had become quite advanced; hopefully, advanced enough to use the great Lemurian secrets ONLY for creation and not destruction. However, if their secrets were to be stored in bones, some of them would have to hold physical forms until the next entry into the Photon Belt over 12,000 years later.

The other Lemurians would return to their Multidimensional SELF and their Oversoul to share all their wonderful adventures. Some Lemurians volunteered to oversee Earth and guide those who could raise their consciousness enough to communicate with them. These Lemurians would keep their resonance an octave

or two higher than that of the polarized humans. This resonance ended up being the middle and upper fourth dimension.

A third group of Lemurians would go deep into the caves and caverns of Earth to slowly lower their vibration to match Gaia's. These are the Ones, who would eventually take on a third dimensional form. Only the most evolved Lemurians were chosen for this task, as the Seers knew that the challenges of falling into the dark polarity would be immense.

POLARIZATION OF HUMANITY

When, indeed, the vibratory rate of the planet dropped into the lower fourth, and finally into the third dimension, the polarization of the beings, later known as humanity, was complete. The Atlantians had, indeed, been very instrumental in creating the experience of polarized individuality. They experimented with many lower vibrational beings by creating a combination of Spirit/Androgynous "human" and animal that had been polarized into a gender.

In the end, it was the selfishness and cruelty of these experiments that proved to actually lower their vibration. You see, in the Oneness of the upper fourth and fifth dimension, everyone shares feelings, thoughts and experiences with everyone else. Because of this, no one would harm another or they would harm themselves as well. However, certain Atlantian "scientists" discovered a form of Dark Magic that allowed them to shield themselves from the pain of others.

They did this by finding ways to temporarily extinguish their Light by "turning off" their ATMA, the three-fold-flame of LIFE in their heart. This was dangerous, indeed, for their Soul could leave their body while their ATMA was turned off. Nonetheless, if they turned it on again in time, they could return their Soul to their body. Unfortunately, they didn't learn until much later that their vibration became lower and lower each time they performed this "magic." Finally, their Soul left their body, as the vibration was too low, and they became Soulless Earth Vessels.

Without their Souls integrated into their bodies, they could do anything to anyone without feeling the other person's pain. This is how cruelty began. When they ended up at a vibration within the 3D resonance, they found that they had different bodies. Some of them had a male polarized body with a more projective/aggressive/intellectual essence, while others had a female polarized form with a more receptive/creative/emotional essence.

A POLARIZED PLANET

When the entire planet became third dimensional, everyone who chose to stay with Gaia through Her "experiment" had a third dimensional form. Also, everyone had a form that was either male or female. Unfortunately, those who had arrived in the

3D first, those who had practiced the Dark Magic and learned about cruelty, had been there much longer and knew the rules of survival in 3D reality.

Hence, the Dark Ones became the leaders. With these ruthless Dark Ones in power, there was such cruelty and pain that the human species was in danger of extinction. There were Priests and Priestesses from Atlantis who had decided to live in the third dimension, but they kept to themselves and cared little about the “common” people.

Therefore, a call went out into the higher dimensions to find Light Beings who would be willing to take form with the “common people” to balance the Darkness. Fortunately, many Light Beings answered the call; unfortunately, many of them became lost to the Darkness. However, a few of them were strong enough to stay in their Light. Hence, the polarization between Light and Dark began.



This polarity expanded as the Light Beings did “good” things and the Dark Beings did “bad” things. The Light Beings could only survive by constantly pulling in power from the higher-vibrational light force. This force was later to be known as Grace, Prana, and/or LOVE. On the other hand, the Dark Ones pulled power from the essence of other 3D humans. The Dark Ones were so extremely merciless that the terrified common people would allow their essence to leave their tormented bodies in the presence of these ruthless leaders. The Dark Ones would then steal that essence for themselves. This experience of being tormented later became known as “Fear.” In this manner Love and Fear became polarities.

As the planet became more and more polarized, the vibratory rate became lower and lower. The Dark Ones knew that if they could make the planet’s vibration low enough, all the Light Beings would have to leave, or risk falling into the darkness. Therefore, they remained as cruel as they possibly could. They found that they liked to have power over people, animals, and even over the planet which housed them.

RETURN OF THE LEMURIANS

The Lemurians were finally able to take 3D bodies and became the “native peoples” such as the Native Americans, the Inuits, Same (*saam-eh*, known as Laplanders), Polynesians, Aborigines, Maori and other indigenous peoples of Africa and South America. To this day, these offspring of the Lemurians serve the Goddess Earth and respect the old traditions that were once Lemurian. Unfortunately, these societies eventually became “conquered peoples,” as they were no match for the cruelty of Dark Ones who knew NO unity with others, with the planet, or with their own waning light.

The Lemurians waited again. They would never lose their connection with the Land and with Gaia, and would secretly use their rituals and ceremonies to protect Her. Some Lemurians took forms of water beings, such as the cetaceans. Fortunately, because the Lemurian Soul was ONE with Gaia, they were also ONE with the Galaxy. Because of this, they knew of the impending entry of the Great Light when they entered the Aquarian Age arm of the Photon Belt.

These Lemurian descendents would have to just “hold on” until Gaia approached the Photon Belt and the frequency of the planet began to rise. At that point, the forces of Darkness would have to either take on more light or become extinct with the rest of the declining third dimension. The Lemurian were not intent on punishing anyone, as through their connection with Gaia, they could also connect with All That Is.

Within Unity Consciousness there is no need to punish others, as there are no “others;” there is only the ONENESS. This ONENESS filled the Photon Belt and the Lemurians knew it. They also knew that the Light of the Photon Belt would gradually depolarize the planet. The spectrum between feminine/negative charge and masculine/positive charge would then gradually become smaller and smaller until the balance of male and female would take place. At that point, all polarized “charge” would be taken from Gaia, and, hence, from all her inhabitants.

BALANCING POLARITIES

Since Gaia is a hologram, all of Earth’s inhabitants have Her “light” within them, just as Gaia has the light of Earth’s inhabitants within Her. The place in the human body that holds the key to the Balancing of the Male and Female polarities is in the Sacred Triangle of the brain. The inner marriage of the male and female polarities, the Mystical Marriage within the Sacred Triangle, balances the polarities in the brain. Once these polarities are balanced, Whole Brain Thinking is activated.

The pineal and pituitary glands are polarized in that the Pineal Gland is feminine/receptive and the Pituitary Gland is masculine/projective. Therefore, once these two glands can share, combine, and merge their essence in the third ventricle of the brain, the charges/polarities are gradually balanced in the Earth Vessel. Of course, nothing will actually be taken away. Just as the balance of male and female polarities equates to a fully charged battery, a balance of male and female in the brain equates to a fully charged biological computer.

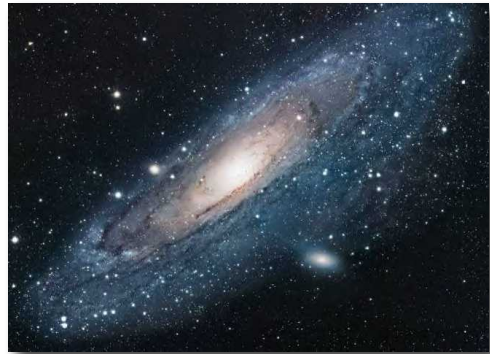
Without the imbalance caused by masculine and feminine polarities, males and females will become androgynous. The right/negative/electron and the left/positive/proton will blend into the Whole Brain. At the same time, the Third Eye will open to see the TRUE Vision, and the Crown will allow the Lightbody to burst forth from its shell like a blooming lotus!

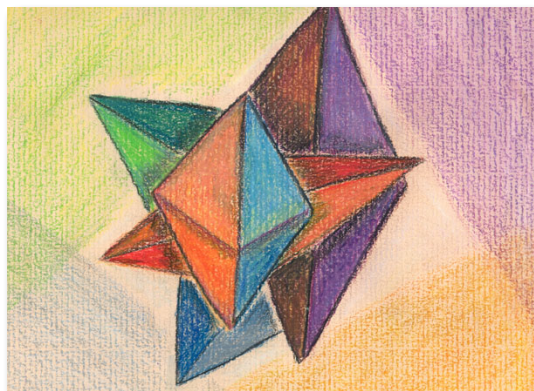
Meanwhile, DNA holds the memory of being androgynous, Multidimensional Beings of Light. When the brain returns to BALANCE (of masculine and feminine), the NEW biological computer will activate and we will begin the journey HOME to the fifth dimension and beyond.

Star Ship Earth, the Mother Ship, with millions of small Light Vessels, Lightbodies, will begin the great Galactic Tour. Don't miss the voyage. It promises to be "OUT OF THIS WORLD!"

Bon Voyage Gaia,

You deserve a vacation.
Mytria





CALIBRATING THE THIRD EYE

GAIA SPEAKS



Dear Ones,

It is I, Gaia, returning to assist you in opening your Third Eye. I am joyous to know that you are so open to transmissions from my consciousness. I remind you again that I welcome communications with ALL of the people of my body, planet Earth. As we move into the higher dimensions TOGETHER, everyone shall

comprehend and embrace the planet that WE ARE!

I am grateful for your service in assisting me in clearing and healing OUR planet. I realize that in these times of extreme polarity, which naturally occurs before union into Oneness, the "Forces of Destruction" may appear to be stronger than the "Forces of Construction." I ask you to remember your other incarnations during times of great transition so that you can recollect that the dark appears stronger because fear is stronger. Humanity's greatest fear has always been of the "UNKNOWN," which we are entering more and more each day.

It is because of this amplification of the UNKNOWN that it is important to have your Third Eye opened. When your Third Eye is closed, you perceive your reality only through your human eyes. On the other hand, when your Third Eye is open, you perceive your reality through the Eyes of Soul. Hence, you will have less fear of the UNKNOWN as you will KNOW much more. Most of all, you will KNOW that you are ONE with all life.

Now, please allow me to now guide you in opening your Third Eye. The following Theta Wave Meditation is in three sections. You may wish to do the meditations in each Section separately, so that you will have time to master and integrate each one. Please repeat each meditation as many times as you feel the need.



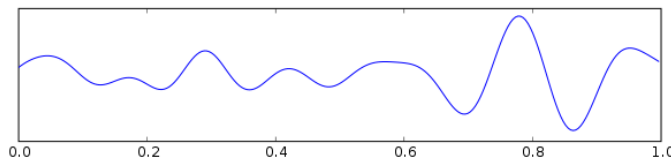
Opening your Third Eye marks the beginning of a much larger process, which commences with the downloading of Higher Dimensional Light into your physical earth vessel. Once this Light is downloaded, your chakra system will need to be re-calibrated to accept and integrate this higher frequency Light into your earth vessel.

Eventually, the integrated Higher Light will raise the resonant frequency chakra by chakra, starting at your first chakra and working up towards your opening your Third Eye. In fact, some of may have already completed this process all the way up to opening of the Third Eye.

Section I

THETA WAVE MEDITATION

THETA BRAINWAVES



Theta Brainwaves (4-7 cps) occur in sleep and are dominant in our highest state of meditation. Normally, you will only experience theta waves as you drift off to sleep, during some dreaming, and as you return from the depths of Delta sleep. The pictures you perceive as you drift off and awaken arise from theta consciousness. During Theta Wave meditations, you are in a waking dream where vivid imagery flashes before your inner vision. In this state, you are extremely receptive to information sent from the higher dimensions.

The Shamanic State of Consciousness, which is theta brainwaves, allows you to journey into the higher planes. The steady-rhythmic beat of the drum struck four and one-half times per second (Theta Brainwaves are

4-7 cps) is the key to transporting a Shaman into the deepest part of Shamanic trance.

The constant and rhythmic-drone of Tibetan Buddhist chants that transport the monks and other listeners into realms of blissful meditation also follow this rhythm. Through Theta Wave meditation, you can open your Third Eye and access the Delta Waves that unite us all with Universal Energy and Galactic Consciousness. You can then also access your newly discovered extremely high and low brainwaves of Gamma, Hyper Gamma, Lambda, and Epsilon.

Theta waves have also been identified as the gateway to learning and memory. Theta meditation increases creativity, enhances learning, reduces stress and awakens intuition as well as other extrasensory perception skills. Theta consciousness allows you to connect with your creative inspirations, spiritual guidance and peak experiences. Theta consciousness exists in the "no-time" of the fifth dimension and beyond. Hence, while in theta consciousness you can receive, and even understand, stimuli from the higher dimensions while also being aware of the physical world.

This reception of multidimensional stimuli is natural for Theta consciousness, but it is impossible for your everyday, Beta Brainwaves and difficult for your Alpha Brainwave thinking. You can then learn to pass the multidimensional information received while you are in Theta Meditation on to your Alpha Wave consciousness so that you can translate the information into the 3D, sequential time/space. If you draw a picture, write it down, sing, dance, or move to that stimuli, you can then train your mind to "decipher" the messages.

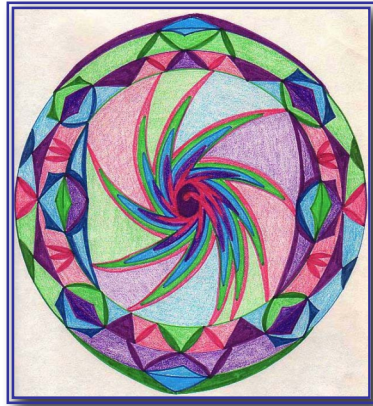
THETA WAVE MEDITATION

Please be patient with yourself, and practice your Theta Brainwave meditation as often as possible, for it will greatly assist you with your process of transformation. You may have to repeat it many times, or you may instantly fall into Theta meditation. The difference will greatly depend on the day. Some days your biorhythms are balanced and you are calm and relaxed, whereas on other days, you are off-center. On an "off-center" day, merely calming and balancing your thoughts and emotions will greatly assist you in effectively moving through your day.

For best results it is a good idea to try to return, day after day, to the same place at about the same time. It is very helpful to prepare this space by lighting candles, burning incense, putting on soft music (to

give your beta waves something to do besides worry), and perhaps even do a few stretches. Make sure that you are comfortable and will not be disturbed. Most of all, be patient and Unconditionally Love yourself for “taking the time” to get to KNOW your SELF.

To activate your Theta Brainwaves, focus on the area between your eyes and in the center of your forehead. You may focus on this mandalla, or create one of your own.



First see the mandalla outside of your mind, then “paste” and “copy” it to the inside of your mind, between your eyes in the center of your forehead.

It may take a few times to see the “outside” from the “inside,” but this is how you will begin to see the entire world as your Third Eye opens.

Again, be patient, as you may have to go through many thoughts and feelings before you are able to move into Theta Brainwaves. Some days will be easier than others. If all you can do is ignore AND/OR breathe out the constant barrage of thoughts and emotions, you have had a SUCCESSFUL meditation.

When you first experience conscious Theta Wave meditation, your normal proprioception, where your body is in space, may become disturbed. You may feel a bit dizzy, or not be sure if you are standing up or sitting down.

You may also feel sleepy, as your body is accustomed to this feeling when you are asleep, but try to keep your eyes closed while focusing on your breath and inner visions. Your body will soon adapt.

At first, try this meditation for only five or ten minutes. In this way, you will “find time” in your busy day to dedicate to meditation. After you have had some success, you can choose special times to meditate longer.

ACTIVATION OF THE THETA MEDITATION

Breathe in and out through your nose.

- With your in-breath, sniff-up like you would smell a flower, but extend the inhale.
- Exhale through your nose while you feel your breath move across the roof of your mouth.
- Concentrate on that sound as you exhale.
- Now, imagine that your exhale is going out through the mandalla in the center of your Third Eye.
- Next, imagine that you are inhaling through your Heart Chakra and exhaling through your Third Eye mandalla until you feel completely grounded.
- When you are ready, begin to imagine that you are inhaling through your Crown Chakra and exhaling through your Third Eye mandalla.

Focus ONLY on the sound of your inhale and exhale, as well as on your inner visions.

- Passively observe your thoughts as they pass across your mind,
Then RELEASE them with your next exhale.
- Calmly allow ALL emotions to come into your awareness,
Then RELEASE them with your next exhale.
- Focus only on the sound of your breath, your inner visions and your mandalla.
- ALLOW the mandalla to gradually revolve and/or alter.

- If you are having visions, place them in the background, while you place your mandalla in the foreground.
- Repeat this exercise for five or ten minutes.

Congratulations! Whatever your experience was, give yourself credit for taking the “time” for your SELF. It is the constant dedication to awakening your SELF that is important. Different people have different forms of meditation, according to their personality. Some may need to have a more active meditation, such as running, dancing or playing an instrument.

However, most of these activities can’t be done with your eyes closed; and you need to close your eyes and shut out the outer stimuli to reach theta wave. Therefore, you can try exercising, doing yoga, singing, playing an instrument, etc., before you sit down for a short mediation. This will allow your body a chance to “work out” its tension and more easily “hold still.”

The most important thing is that you chose to participate in the process of awakening to your true, multidimensional SELF. I, Gaia, appreciate your effort and KNOW that you shall find that for which you seek. Remember, my ones, it is in the journey that you find fulfillment. Release your third dimensional programming of “trying for a goal.” You are all perfect in this moment. You needn’t try. Instead, people of my body, REMEMBER!

Thank You,
Gaia



Picture by pjfcusters@nutsonline.nl

SECTION II

THE TEMPLE OF YOUR THIRD EYE

Dear Ones,

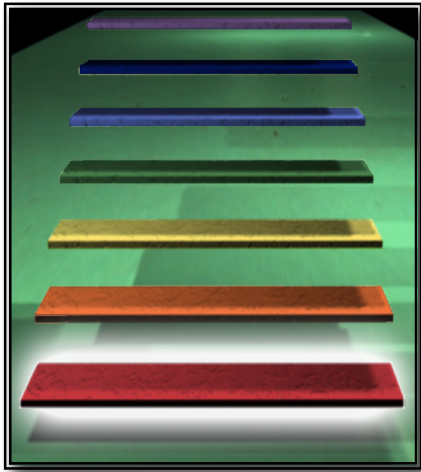
I am Gaia, returned to assist you with opening your Third Eye. In Section II of this process, you will enter the Inner Temple of your Third Eye. The Temple of your Third Eye is in the Sacred Triangle within your brain. When your Third Eye is opened, you will no longer be limited to the illusions of the third and fourth dimensions for you will see, feel and experience how the Higher Light of Universal Energy “Flows” through all life.

This experience could be quite overwhelming, and it may take some “time” before you learn how to “turn off” the Flow so that you can attend to your mundane tasks, or “turn on” the Flow for Knowledge, Renewal and Unconditional Love. Again, be patient with yourself. You have grown accustomed to the structure that illusions have provided for you.

With the opening of your Third Eye, the Flow of Universal Energy will provide that structure. However, the structure of illusion is static and unwavering, whereas the structure of the Higher Light of Universal Energy is dynamic and ever changing.

With the Higher Light Flowing through your life, reality becomes a series of “Windows of Opportunity” that present themselves as choices. You may choose YES, or you may choose NO; and this choice is made with your attention.

When you ignore the Window, you choose NO, and when you attend to the Window, you choose YES. Hence, once your Third Eye is opened, you must be vigilant about where you place your attention. The Window that you attend to, or ignore, will be the reality that you enter or deny.



THE STAIRWAY TO YOUR INNER TEMPLE

Imprint this picture, or create your own, on your Third Eye mind-screen.

See the picture "outside" of you, then close your eyes, and see the picture "inside."

Do this several times until the picture in your mind is clear in your "imagination."

See yourself at the foot of the stairs, for you will slowly, gradually climb them. It does not matter if this climb takes minutes, hours, days, months or years, as there is NO time in the NOW.

This climb denotes your willingness to establish a deep and personal relationship with the Universal Flow. The climb up this stairway allows you to release each fear and doubt that has restricted your vision.

To prepare for your journey, activate your theta waves by using the meditation in Section I. When you feel centered in your SELF, take a long, slow, deep breath and breathe all the way down to your feet.

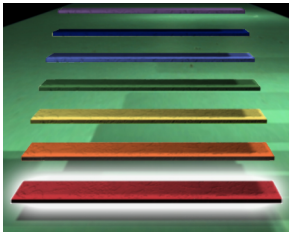
With your next breath, ground your body by breathing through your feet and deep into the earth to connect with my core, the Heart of Gaia.

Feel the Heart, my Love, as I wrap you in my Essence. Allow my Essence, the Essence of Gaia, to enter your heart.

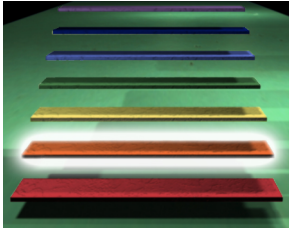
With my "Love of Gaia" in your heart, gradually float up from my core, like a helium balloon, back to the surface, into your feet, and up into your heart.

Take a long moment to blend your heart, your Essence, with my Heart, my Essence.

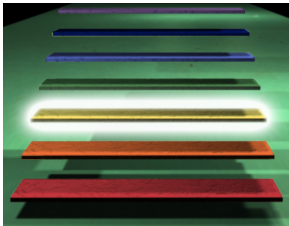
You are now ready to climb your stairway:
See the stairway before you, which leads to your Inner Temple. You will climb this stairway with your breath. Each step is a chakra.



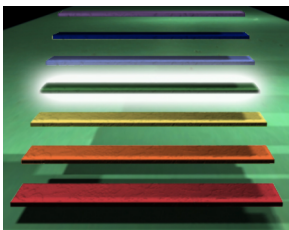
Breathe up from the earth and into your Root Chakra for **GROUNDING**. You have taken the **FIRST STEP**.



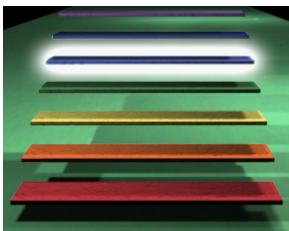
Breathe up from the earth into your Navel Chakra to calm your **EMOTIONS**. You have taken the **SECOND STEP**.



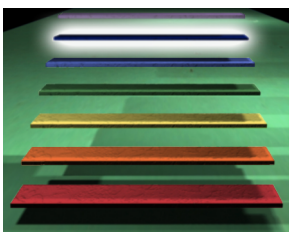
Breathe up from the earth into your Solar Plexus Chakra to clear your **THOUGHTS**. You have taken the **THIRD STEP**.



Breathe up from the earth into your Heart Chakra to feel the **LOVE** of your SELF. You have taken the **FOURTH STEP**.



Breathe up from the earth into your Throat Chakra to **CREATE** the Temple Doorway. You have taken the **FIFTH STEP**.



Breathe up from the earth into your Brow Chakra to **SEE** the Doorway. You have taken the **SIXTH STEP**.

The Doorway to your Inner Temple is before you now.

What does your Doorway look like?
Hold the vision of the Doorway in your mind

What is it made of?
In your mind, reach out and touch it

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

FIRST, breathe in **Wisdom**.
Live the WISDOM of your inner Truth.

SECOND, breathe in **Love**.
LOVE yourself for exactly the way you are.

THIRD, breathe in **Power**.
Embrace the POWER of your true SELF.

With your Wisdom, Love and Power you stand upon the threshold.

Before you open the Doorway and cross the Threshold, take a moment to call forth the memory of a time when you felt courageous.

It doesn't matter if you were a child or if it was yesterday.
It doesn't matter if it is this lifetime or another.
It doesn't matter if it was this planet or another planet, galaxy, or dimension.
It doesn't matter whether you had courage for your self or for others.



All that matters is HOW you FELT
while you were functioning from your Inner Warrior.

Call upon your Inner Warrior NOW!

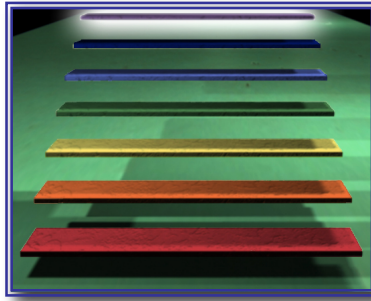
GROUND your Inner Warrior in your physical body
and in my planetary body.

FEEL your Inner Warrior in your heart
and in my planetary heart.

KNOW your Inner Warrior in your mind
and in my Planetary Consciousness.

NOW, you are ready to open the doorway to your new reality.

THE SEVENTH STEP



THROUGH THE DOORWAY

You stand at the Threshold of the Door to your Inner Temple. By opening this door, you will recalibrate your Sixth and Seventh Chakras, so that they may function together as your Opened Third Eye. Then you will shift the focus of your consciousness and perceptions away from your 3D reality and onto your Multidimensional Reality.

It is imperative at this point that ALL your fear and self-doubt be evicted from your consciousness, for when you travel in the fifth dimension and beyond, your EVERY thought and feeling is instantly manifest. Consequently, if you allow fear into your consciousness, it will be instantly projected out as a manifestation. This manifestation will, in turn, frighten you, which will then lower your resonance and you will swiftly return to the third/fourth dimension. In other words, your multidimensional journey will “crash.”

To assist you in clearing fear and self-doubt from your system, I present this ancient ritual of placing your hand in the “mouth of the Stone Lion” that guards the Door to the Sacred Temple. Your fiercest enemy is your own inner Fear. Therefore, call again for your Greatest Inner Warrior so that you may successfully complete this ritual.



In this ancient ritual, the seeker would have to place your their hand into the “Mouth of the Stone Lion” before the door of the Sacred Temple would open. If their right hand, an extension of their heart, did not reverberate 100% to LOVE and TRUTH, the doors would remain closed and the seekers would forfeit their physical life; the rush of higher energy emanating from the Lion’s Mouth would short-circuit their physical body.

You are doing this ritual in your imagination. Therefore, you cannot “die.” However, you will remain here, at this point in your process, until your Greatest Warrior SELF scouts deep into the innermost recesses of your first through fourth dimensional Essence to battle with and conquer, ALL fear. I say “battle with” fear, as that is how it will likely feel to your 3D ego/self.

The Earth, Air, Fire and Water Elementals of your body that have held all your memories of fear and pain, must be cleared and healed. This healing will result in a purging of psychic toxins. Do not be concerned if you feel ill or injured during this process. Your low-resonance thoughts and emotions will come to the surface of your consciousness to be expressed and released. It is important that you consciously observe this process so that you can remember that you are NOT SICK, you are TRANSFORMING.

Just as centrifugal force separates the blood from the plasma that carries it, your Inner Warrior will separate your fear from the vessel that carries it by moving into each component of your Essence and earth vessel with the mighty “Sword of Truth.” It is the Truth that will set you free and reveal your fear as the Shadow of Illusion.

YOU are a multidimensional Being who has chosen to participate in the Experiment/Game of Life in the Third Dimension. Once you fully remember that Truth, you KNOW there is nothing to fear. You will then live in the ONE and always be protected by the knowledge that YOU are the CREATOR of your OWN Life. Therefore, there is nothing to fear but fear itself.

As you stand at the Doorway of Multidimensional Infinity, there is no time. HERE is NOW. Your present “time-locked” earth vessel may require “time” to integrate this process. However, the re-calibration is instant. Hence, take the “time” you need to call upon the Greatest Warrior you have ever been in any lifetime, planet, galaxy or dimension.

CLOSE your eyes and allow your imagination to run through the files of all the lifetimes in which you have taken a form.

FEEL your Essence of Courage as you search for this Inner Warrior. You are ONE with your Soul/SELF, hence your Greatest Warrior is alive within you now.

ALLOW this Essence of Courage to arise from your core

To IGNITE your Three Fold Flame of Wisdom, Power and Love in your Heart Chakra and

OPEN your Crown Chakra to receive your Greatest Inner Warrior into your awareness.

Are you now ready to begin the ritual?

If the answer is YES! Then:

Visualize yourself standing before the Doorway to your Inner Temple.

SEE the “mouth of the Lion” to your right.

Beckon your Greatest Warrior to enter through your opened Crown Chakra.

Remain detached from whatever form this Warrior may take, but make sure this Warrior holds the Blue Sword of TRUTH.

NOW, place your right hand into the Mouth of the Lion,

As your Warrior simultaneously places
the Sword of Truth
into the Three Fold Flame of your Heart Chakra.

NOW, the Blue Sword pierces every fear and self-doubt of your earth vessel.

NOW, the Truth instantly penetrates every fear, doubt and illusion
to quicken the rate of the spin of every cell and atom
to the vibration of the fifth dimension and beyond.

WITH the quickening of your resonance,
the darkness of fear is separated from the Light and Truth
and spun out of your system.

YOU are purged of FEAR!

AS you pull your hand out of the Lion's Mouth the door partially opens.
Before the door opens enough to provide you entry, you must answer a question.

“What do you want?”

Because you have risen above the need for acquisition and power over others,
you say,

“I want only to live in the FLOW of my Multidimensional SELF.”

At this point, the door opens and you STEP ACROSS THE THRESHOLD!



ENTERING YOUR INNER TEMPLE

As you step through the Door, you witness the Divine Marriage of the masculine First Ray, pure Spirit, joining with the feminine Second Ray, the potential for matter, to be reborn in your Divine Child—the Union of Spirit and Matter.

For much of your “space/time” as a human, your Third Eye has been closed. Opening this Door symbolizes the opening of your Eye of Horus, the Divine Child, through which you see Multidimensional Life.

See your Doorway in great detail so that you can create it as an icon to “open the door” of your Third Eye.

Take a long moment to commit your attention to a certain feeling in your forehead.

Program this feeling:

“This is how it feels to open the Doorway to my Third Eye.”

Now, close the Door

and create another icon to “close the door” of your Third Eye.

Program this feeling:

“This is how it feels to close the Doorway to my Third Eye.”

You may wish to close your Third Eye so that you may better attend to your mundane tasks.

With the “feelings” programmed, you can choose to ***“open the door”*** to consciously receive the Universal Flow,

OR you may choose to ***“close the door”*** to take a break from the onslaught of higher dimensional stimuli while you are “still processing” or “off line.”

At first, you may need to consciously OPEN the door, when your brain has closed the Door to protect itself from becoming overwhelmed.

However, after you have learned to more readily integrate the higher dimensional Flow into your earth vessel, the Door will stay open or at least, remain ajar.



However, you may wish to close it under certain circumstances. Either way, the CHOICE is yours to make.

Step through the Door NOW!

See your Lightbody, standing in the distance with open, welcoming arms.

"I AM joyous for your return to me," speaks your Lightbody. "Come, step into ME so that you may REMEMBER!"

Calmly and slowly you walk across a darkened room.

This procession represents every incarnation in which you have chosen to take form.

You sense your formless Essence circumnavigating the room.

With each step, you breathe in more of this Essence.

With each step, a picture of an incarnation flashes through your memory.

Many lives later, you stand immediately before your Lightbody.

As you stand before your Lightbody,
You feels its vibration create a quickening
Within your Essence
Within your Consciousness
Within your Heart
Within your Mind
Within your Brain
Within your DNA

Something has been activated, and you feel a change rush through your every cell and atom. At first this change, this transmutation, will be slow. However, it progresses in a logarithmic fashion. First one cell changes, then two, then four, then eight, then sixteen...

Somehow you know this transmutation will move all the way into your first eight cells, the Essence of your Being. You are pregnant with your self, for you are being re-born into what you were before you entered the 3D Game.

FEEL your Inner Temple around you like a cocoon.

You are aware of your physical body, far away, yet also around you, resonating at a lower frequency.

It feels like an automobile that you can “step-into” when you want to **GO** somewhere.

However, you will use this higher vibration, the vibration of your Lightbody when you want to **BE** somewhere.

This “YOU” in the Inner Temple does not come or go, as it merely **IS** everywhere, all the time, resonating to the **NOW**.

If you want to BE somewhere, or someone, you open a portal with your attention into that experience and use the power of your intention to FEEL that reality.

It does not matter if this experience is “real” to anyone else, for you ARE “everyone.”

The only limitation you experience is the tug of your 3D consciousness trying to separate you from your true SELF. Because of this, for now, you may need the safety of your Temple to BE your Lightbody SELF.

However, your transformation continues, and you will eventually emerge as the Multidimensional “Butterfly” that your DNA has ALWAYS intended you to be. This “Butterfly” will, in turn, become your Lightbody, but only once you can transform me, Gaia, as well.

We are a unit, person and planet, working as ONE to Return to Lightbody. From OUR Inner ONESS, listen to your personal earth vessel so that you may better Captain it.

FEEL the remnants of your frightened 3D mind as it tries to accept your many changes.

Soothe that mind like a loving parent comforts a frightened child.

This “frightened child” is the infant mind, while you are the “loving parent.”

The frightened child has become your DIVINE CHILD.

You have become your Multidimensional SELF.

You KNOW that fear is only an illusion of the 3D Game. This realization allows the layers and layers of density to melt away, just as snow melts away after a long winter.

It is NOW spring.
Your new life is sprouting,
soon to be in full bloom.

The power of this moment leads you to the Light, which is the inner passageway to your Crown Chakra.

You can see your Crown from within your Temple as a skylight in the Sacred Triangle of your brain.

Choosing each step, you walk directly beneath it.

As you look up into your Crown, from inside your Inner Temple, you find it is a swirling vortex, a wormhole, a portal.



**Take a long moment to stand beneath this portal.
FEEL the rays of Higher Light flooding through this portal,
“inside” your self, “inside” your Inner Temple.**

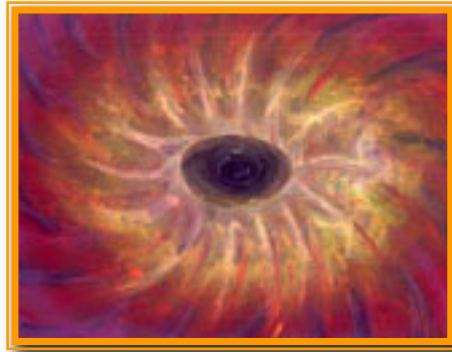
As you embrace this FEELING, allow the confines of 3D time/space to “melt” into the endless Flow of Higher Dimensional Light.

Release all effort and Surrender to the NOW as the Light carries you through the multidimensional realm of All That Is and ushers you to the Threshold of All That Is NOT.

Can you dare to release the need for structure, objects, things and form?

Can you allow yourself to be NO-one, NO-thing, NO-where?

See yourself standing on the threshold of a Great Void that divides "All That Is" from "All That Is NOT."



Behind you is every life, every dream, every experience and every desire of ALL the dimensions of the KNOWN worlds.

Before you is NOTHING—but raw potential.

Are you ready to "let go" of the old forms and structures that have limited your belief in your SELF and in YOUR potential?

Once you can BELIEVE in your SELF, you can take the "leap of faith" into the Void.

You are ready NOW to enter the Void. As your toes cross the Threshold, they disappear into the Void. As your hands reach into the Void, they are enveloped by the Nothingness. You see and hear only the Nothingness.

Then, suddenly, you are "IN THE VOID" too far to recoil into the safety of the Known. You expect to fall endlessly but are surprised to find that, instead, you float, you flow, and you surrender to BEING in the Void.

To your surprise, you find that the Void is also IN you. You and the Void are ONE. Within you is the potential to BE your SELF at all times.

Your expanded SELF, your fully integrated Soul/SELF, extends far beyond the limited concept of form that has previously been defined as your "body."

You remember that you have many bodies, many forms.

You are also aware that there is a YOU,
a pure consciousness,
beyond the need for any form at all.

**It is then that you realize that form CONTAINS life,
but not ALL life is contained within form.**

Life abounds within the raw potential
that swirls and dances within the Void.

AHH—it DOES feel Alive.

In the midst of NO structure, form, duty or habit,
YOU are still ALIVE!



In love and recognition,
Gaia

I will return soon to assist you
in "Accepting the Light."



SECTION III ACCEPTING THE LIGHT

I am Gaia, returned again to assist you in continuing your journey.

To prepare for Section III, activate your Theta Brainwaves by using the meditation in Section I.

I recommend that you then review Section II in which you climbed the stairway to your Inner Temple, entered the Temple, merged with your Soul/SELF and entered the Void.

BECOMING ONE AGAIN

Once you have finished that review and feel centered, inhale a long, slow, deep breath...

Now, exhale all the way down to your feet...

See yourself again beneath the "skylight" of your Inner Temple...

Inhale again, another long, slow, deep breath to draw this Light down through your Crown Chakra...

While exhales, project the Light onto the inner mind-screen of your Third Eye...

You have now illuminated your Inner Temple to reveal its full splendor.

Take a long moment to "imagine" how your Inner Temple looks...

See your Doorway from the inside, and the skylight above you...

FEEL your Multidimensional Soul/SELF within the Higher Light, within the Inner Temple and within your mundane ego/self...

The secret is out now, for you have found your SELF.

Once again, just as you did in Section II, merge with your Soul/SELF...
Standing face to face, toe to toe, and heart to heart,
SEE your Soul/SELF before you.

Now, change perceptions to BE your Soul/SELF
And SEE the being you have thought of as "you" before you...

Allow the illusion of time and space to disappear as you, ego and Soul,
REMEMBER that you are ONE!

With the remembrance of this ONENESS, YOU,
Ego and Soul,
Matter and Spirit,
Multidimensional Being,
FALL again into the Void...

For "just a moment" AND for all infinity,
You remain in the Pure Potential
Of the Void.

Then, suddenly, as if it never happened, you return...
You return to your SELF
Within your self
Within your Inner Temple
Within YOU.

**Your journey is complete,
Yet, it has also just begun.**

DOWNLOADING YOUR NEW LIFE

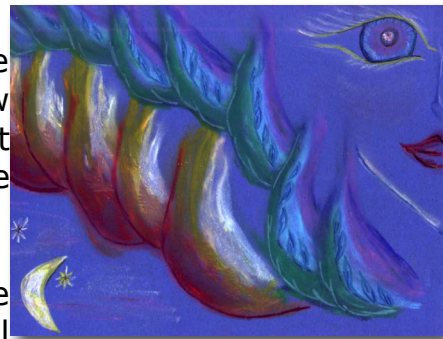
Your journey into the Void has expanded your potential consciousness to Galactic Consciousness, which awakens your innate ability to consciously communicate with members of the fifth dimension and beyond, and most importantly, to communicate with other aspects of your SELF who hold form on other planets, galaxies and dimensions.

When you merged with your Soul/SELF in your Inner Temple, an "expanded version" of your personal hologram of reality was downloaded. Then, when you stepped into the Void of All That Is NOT,

your computer/brain was “restarted,” which allows you to incorporate the Higher Light “programs” and possibilities into your “Possible Realities.” You have more “memory” now, and your “processor” is faster. Hence, you have many new Possible Realities to CREATE as you return to your 3D life.

Due to your greater awareness, new realities filled with creativity and opportunities for personal expansion are now accessible. Furthermore, due to your increasing awareness, you will receive “updates” of Higher Light as they come into OUR Planet. You will have the choice of downloading these updates, or waiting until you feel prepared to integrate them into your system. YOU are in control. If you feel you need to rest and integrate, then you are free to do so.

With the activation of your Third Eye, more Veils of Illusion will be released, to, allow you to conceive of, and acknowledge that you are a component of me, Gaia, the consciousness of Planet Earth.



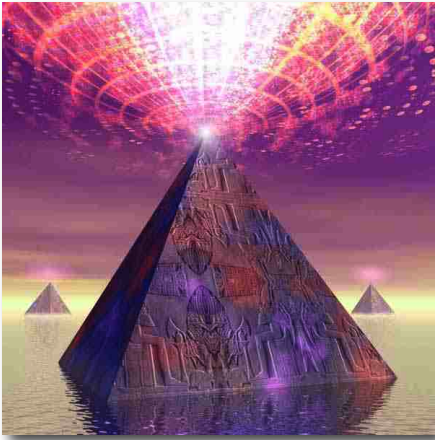
You shall assist me by choosing to balance your thoughts and emotions, clear and heal your inner darkness and live the Mission for which you first took embodiment. In turn, I, Gaia, will assist you in integrating your future infusions of Higher Light by grounding you in the Core of my planetary body.

I will also constantly continue to inform and protect you. Your higher perceptions are awakened now. Therefore, you have regained the ability to FEEL my Presence within you. Because of this, you will hear my voice within you and see my face in every person, place and thing.

A QUICK REVIEW

Your Soul/SELF has merged with all your chakras replacing your ego/self as the Captain of your Earth Vessel. Because of this, your ego/self, who served as Captain for many 3D incarnations, has been reassigned to continually ground your transforming vessel and to serve as an interface between your Multidimensional SELF and the 3D world.

You are now ready to recalibrate your chakras to “open” the “downloaded, expanded version” of this personal hologram of reality, which was transmitted by the same higher dimensional Light that still flows into your opened Crown Chakra. Congratulations, dear people of my planet.



I am so proud that you are completing the Mission which I have watched you rehearse for lifetime after lifetime after lifetime. To each of you, the portions of OUR Oversoul who chose to experience being human, I give my deepest respect and admiration.

Before I assist you with yet another recalibration of your chakras, allow me to review their function. Each chakra is a “step-down transformer” through which the fourth dimensional prana enters the aura of your third dimensional body.

Fourth dimensional Light/prana, which emanates from the Sun, enters your physical body through your chakras. The Light/prana is then disseminated through your body via your endocrine glands, nerve plexus and meridians. With the opening of your Third Eye, you will be taking in not only fourth dimensional light but also Light from the fifth dimension and beyond.

For the safety of your earth vessel, this download of Higher Dimensional Light only occurs through your opened Crown Chakra. In this manner, only those who have recalibrated the first six chakras to the multidimensional frequencies of their SELF will be able to open their Crown and receive this extremely high frequency Light. Ones who have not prepared their form for this light could suffer extreme damage to their unprepared vessel.

Due to the opening of your Third Eye, your pineal and pituitary glands have merged their Essences. Hence, once this Cosmic Light has entered your pineal gland, it can be shared with your pituitary gland, your “Master Gland” and regulator of endocrine functions, to be dispensed throughout all areas of your body.

Once inside your Sacred Triangle via your Crown Chakra/pineal gland, the Higher Light also enters your cerebrospinal fluid, raising its potential frequency and transmuting it to become the “conductor” of

Higher Light, which was the original intention of your Divine Blueprint. Your cerebrospinal fluid then permeates your entire nervous system, as well as your blood flow, to dispense from the inside of your earth vessel, the higher frequency Light throughout your whole body.

RECALIBRATING THE CHAKRAS

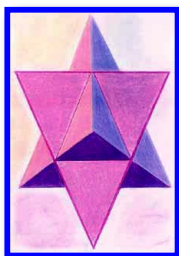
Once your chakras are further recalibrated to safely accept, receive and integrate these higher dimensional, potential realities, I will ask you to also merge your newly calibrated personal chakras with my planetary chakras. In this manner, you can sufficiently ground the energy, as well as allow us, person and planet, to become ONE. We shall begin with the recalibration of your Higher Potential for Light where it has entered, the Crown Chakra.



CROWN CHAKRA

Focus your attention on your Crown Chakra by breathing three long, slow, deep breaths into the top of your head.

- Imagine the higher dimensional, potential realities Flowing into the Sacred Triangle of your brain, as you FEEL Unity and Love with All LIFE.
- Connect with, and surrender to, the multidimensional Flow of Cosmic Consciousness to activate your “conscious” theta, delta and extremely high and low “new” brainwaves.
- Project onto your mind-screen any messages you receive so that you may more easily remember them.
- Allow your Soul/SELF to use this higher potential to activate the 90% of your “unused brain” in order to regain Whole Brain Thinking and more easily “translate” these multidimensional messages into 3D language.
- Embrace the Potential for perfect health in your pineal gland, consciousness, brain, and your entire nervous system.
- Breathe the Higher Light around and through your Crown Chakra and down into your Brow.



BROW CHAKRA

Focus on your Brow Chakra by breathing three long, slow, deep breaths into in the center of your Forehead.

- Link up the language areas of your brain to your mind screen. Imagine that you are “plugging” in the speakers to your “TV” screen.
- Merge your five physical senses with your Higher Senses, to activate more of your unused brain.

VISION—see the higher dimensional realities overlaid on your mundane sight.

HEARING—hear the Music of the Spheres an octave above your mundane hearing.

TASTE—taste the sweet nectar of Spirit and allow it to enhance your mundane taste.

SMELL—smell the aroma of Spirit as it flows through your inner and outer realities.

TOUCH—feel Beings of the Higher Worlds “Touch” you in guidance and protection, as you pass their Touch on to others.

- Connect with the Galactic Consciousness.
- Visualize your SELF as the potential Multidimensional Lightbody that is forming within you.
SEE the matrix of your Lightbody embedded within your physical form.
- Embrace the Potential for perfect health in your pituitary gland, eyes, vision, nasal passages and face.
- Breathe your Higher Potential around and through your Brow Chakra and down into your throat.



THROAT CHAKRA

Focus on your Throat Chakra by breathing three long, slow, deep breaths into your throat.

- FEEL the carrier Light of Higher Potential, as it travels from your Brow, through your Throat Chakra—the passageway between your heart and mind—into your heart, then back into your throat.
- See the connection between your heart and mind, as the higher octave emotions of your Throat Chakra connect the thoughts of your Higher Vision with the Love of your heart.
- Feel the creative power of this chakra to manifest your highest potential reality with positive thoughts and loving emotions.
- Hear the TRUTH of your fifth dimensional SELF and communicate it with others.
- Connect with the Planetary Consciousness to resonate with group, planetary communications and creations.
- Embrace the Potential for perfect health in your throat, thyroid gland, speech, teeth and hearing.
- Breathe the Higher Light around and through your Throat Chakra and back down into your heart.



HEART CHAKRA

Focus on your Heart Chakra by breathing three long, slow, deep breaths into your heart.

- As your Higher Potential enters your physical heart, imagine that it is activating and filling your High Heart.
- FEEL the Unconditional Love of your High Heart.

- Allow the Higher Light to enter your bloodstream and circulate through your entire cardiovascular system, raising the vibration of every cell that it touches.
- Visualize your Higher Potential traveling from your heart, down your arms, and out your hands.
- Connect with the Collective Consciousness of Earth's third and fourth dimension.
- Embrace the Potential for perfect health in your thymus gland, immune system, heart, lungs, shoulders, upper back, arms and hands.
- Breathe the raw potential of your Higher Light around and through your heart chakra and down into your solar plexus.



SOLAR PLEXUS CHAKRA

Focus on your Solar Plexus Chakra by breathing three long, slow, deep breaths into your solar plexus.

- FEEL the vast Potential of your Power Within expand as you accept the Higher Light into your Solar Plexus.
- Project your Potential for greater Power Within out through your Solar Plexus to assist and protect all my earthly creatures.
- Connect with your Individual Consciousness, as you consciously "breathe" your Power Within to clear and protect all areas of your third and fourth dimensional life.
- Allow your Potential to expand your thinking to embrace the Unknown and welcome the new.
- Embrace the Potential for perfect health in your pancreas, liver, gall bladder, stomach and spleen.
- Breathe the Higher Light around and through your Solar Plexus chakra and down into your navel.



NAVEL CHAKRA

Focus on your Navel Chakra by breathing three long, slow, deep breaths into your navel.

- Use the Light of Higher Potential to feel at HOME in your Earth body.
- Share your Higher Potential with my second dimensional Plant and Animal Kingdoms.
- FEEL the Feminine Power of the Goddess expand into Her Greater Potential.
- Feel your base desires and emotions as they rise in vibration to initiate the birth of your new SELF.
- Connect with your Tribal Consciousness, as you embrace your expanded Potential for nurturing, family relations, creating a calm and peaceful home and intimate lovemaking.
- Embrace the Potential for perfect health in your genitals, intestines and kidneys.
- Breathe the Higher Light around and through your Navel Chakra and down into your root.



ROOT CHAKRA

Focus on your Root Chakra by breathing three long, slow, deep breaths into the base of your spine.

- Visualize the Higher Potential of grounding by using the Light to send your roots down from your Root Chakra into the core of OUR planet as you connect with your Survival Consciousness.
- Connect your Higher Potential with the first dimensional Mineral Kingdom for better understanding, healing and grounding.
- FEEL your Potential for greater vitality and zest for life.

- Awaken, and re-awaken, your Kundalini Force.
- Embrace the Potential for perfect health in your hips, legs, knees and feet.
- Breathe the Higher Light around and through your Root Chakra and deep into the core of my planet.



INTO THE EARTH

Focus by breathing three long, slow, deep breaths into your favorite place in Nature.

- See the Higher Potential for planet Earth as your “roots” travel down, down, down, into the very core of OUR Planet.
- Wrap your Light Potential around my core.
- Allow me, Gaia, to integrate this Potential for Higher Dimensional Light into OUR Planet, so that we may become fifth dimensional and beyond.
- Together, we connect to OUR Multidimensional Consciousness.
- Allow this integrated Light to re-enter through your root chakra, so that we may bond, Person with Planet, in ONESS.
- Breathe our combined Light back up into, around and through each of your chakras.



We are a team, people and planet,

for which I am eternally grateful.

Together, we shall transform OUR planet.

Your Partner,

Gaia



Third Dimensional

Dear Body,

I am your ego. As ego, I served as the past Captain of this particular grounding point of a vast Multidimensional Being. I have come to recognize that I, too, am a component of that multidimensionality; therefore, I no longer fear our Return to our true SELF. Soul/SELF has informed me that I have an important role in the next stage of our return to the Being that we have always been, and I wish to pass that information on to you.

I am aware that I, your ego, have indulged in quite a bit of fear and discontent in the “past,” but I feel confident that the Unconditional Love of our Soul/SELF has healed me. I recognize that, since I am to be the one to interface with the outer reality, this healing will need to be ongoing. Now that I KNOW this beautiful FLOW of Unconditional Love coming from our SELF, I can’t see how I operated in the outer world without it! No wonder I always felt so alone.

Conversely, since the integration of Soul/SELF into this earth vessel, my sense of Freedom and Power is so amplified, that I literally feel JOY. I understand that this Freedom, Power and Joy are not mine to hold and keep. In fact, now that I have embraced my Higher Potential of being ONE with my Multidimensional SELF, I realize that the only thing I can “keep” is that which I “share.”

I KNOW this for “I” am now a “WE,” and we are not just one Person. WE are a magnificent, multidimensional being, which includes the planet on which we are presently incarnated. Therefore, I wish to share the expanded potential that my downloaded Higher Light has afforded me/us with my/our planet—the planet WHO I AM!

In this manner my Personal Consciousness, which has merged with the Collective Consciousness, will expand to embrace Planetary Consciousness. I

am also told that once I have fully become ONE with Gaia, I will resonate to Galactic Consciousness.

Dear body whom I have served for many incarnations, I am speaking to you today for I have a special message to share with you. I am here to tell you that we are no longer alone. In fact: We are no longer one person, for now we are a Being of the ONE.

I shall continue to serve you, my dear body, as I AM to be the primary grounding force for this vessel. I understand the great responsibility that I now have, and I dedicate myself to maintaining sufficient grounding for the Multidimensional Light that you, my earth vessel, will share with Gaia.

I shall also serve as the interface with the third dimensional world, so that we can continue our Mission here with Gaia until it is our time to return to our true form, Lightbody.

I now introduce our dear guides and protectors, The Arcturians, who will further illuminate you regarding Becoming ONE with Gaia.



Love,
Your Multidimensional Ego



BECOMING ONE

Blending the Polarities of Person and Planet

Dear Ones,

We are the Arcturians, returned to help you with the final blending of polarities. We cannot find words to express our admiration for your tenacity and courage to continue your great transformational process. With us now are the many aspects of your Multidimensional SELF in the higher dimensions, who wish us to tell you that they are extremely PROUD of you. They desire to remind you that they wish to speak with you personally and are constantly open to your call.

BECOMING SELF

Now that you have returned to your Multidimensional SELF, you are coming to the completion of your fears and dramas. You are now fully aware that your every thought and emotion is projected into the 3D hologram of illusion for your enjoyment or disdain. Every thought, especially those heavily laced with emotion, is a preview of the reality you will manifest. You are NOW the sole/Soul creator of your reality. Regret creates more of that which you disdain, and thanksgiving creates more of that which you enjoy.

Fortunately, whenever you feel lost or afraid, you can reach into the Flow of Universal Energy and Higher Dimensional Light of your SELF to receive comfort, wisdom and forgiveness. You can CHOOSE to constantly bathe in the Flow of Universal Energy, hold it in your consciousness, maintain your connection with it, or you can CHOOSE to forget it. Remember, that "not doing anything" is also a choice.

Even though there is much that you have remembered, you are still babes learning/remembering how to crawl through the Universe of All That Is. The Flow reminds you that there are no mistakes, and there are no accidents. It also reminds you that if you fail in your attempt to create a certain reality, instantly forgive yourselves and congratulate yourselves for having the courage to try.

You, brave warriors that you are, have spent many earthly lifetimes being a person. Now, as your consciousness has expanded into the fifth dimension and beyond, you are learning to BE a planet.

BEING A PLANET

Many of you who have incarnated in this special time, are among the FIRST who banded together, millennia ago, to join the experiment of intelligent life in the third density. You knew that it would be extremely difficult to remember your SELF in the illusions, polarities, fears and cruelties of such a low vibration, but you were resolute. You were also naïve, for you had no way of knowing just how difficult it would really be.

Nonetheless, you were a group of life forms who desired the experience of being a planet. You had all expanded your consciousness beyond the confines of an individual, and the next step was to begin the process of joining your consciousness with others to become a planet. Therefore, you united with a planet whose desire was to become a Star. This planet was/is Gaia.

It has been difficult for your ego minds to envision that you are actually such evolved Beings, but now that you have returned to your SELF, you are able to embrace your true multidimensionality. You are beginning to realize that as Gaia and her inhabitants accelerate into the frequency of the fifth dimension and beyond, being an “individual” will be too limiting an expression, too small a vessel to hold your great Essence.



As you blossom into your Lightbody, your auras will expand to the size of a planet—and beyond. When the aura of each inhabitant of the planet is the size of the planet, then how can these joined auras be anything other than—A PLANET?

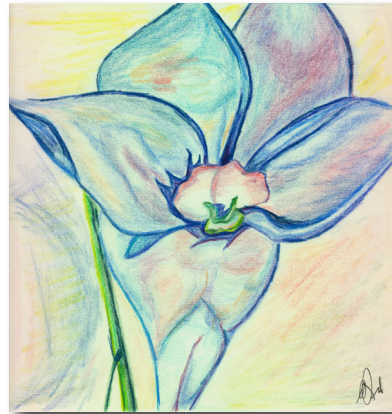
You have experimented with everything from worshipping the planet, to taming the planet, to destroying the planet. Now, you can realize that you ARE the planet, as you are NOT separate

from it. Therefore, when you worship it/Gaia, you worship yourselves. When you try to tame Gaia, you try to tame yourselves. When you do things that destroy Gaia, you destroy yourselves. You are ONE; each and every inhabitant of this Planet, together, is ONE BEING.

BECOMING LIGHTBODY

As each of you allows your Lightbody to burst forth from within your clay shell, you contribute to the blooming of the Goddess Gaia—your Mother, your SELF.

When you are Lightbody, every thought and feeling that you choose to allow to take root in your consciousness will INSTANTLY manifest in your “personal” experience. You have been too asleep to be aware of this fact, but now that you have Awakened, your experiences will prove this theory to be a fact.



You stand at the crossroads of the life that you have always wanted and have long ago given up hope of ever “achieving.” Now you can cease the “achieving” and LIVE the “being.” You can KNOW that all that has ever been said about your Victory in the Light has come into fulfillment in the NOW. As the “high” of fear and challenge is replaced with the Joy and Fulfillment of living your Purpose, the fear and sorrow of your third dimensional incarnations will become a distant memory.

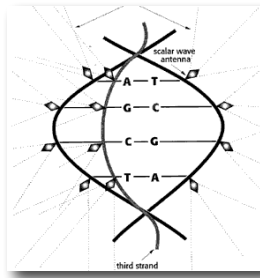
New challenges will indeed come, but your Soul has fully entered, and taken command of, your earth vessel. That is the reason why many of you are “suddenly” ready to live your secret dreams. Your ego has been reassigned as the primary grounding force and interface with the 3D hologram.

Now, you can allow your Soul to gradually and safely transform your body. The stress of your past “challenges” filled your body with adrenalin and lowered your consciousness to “survival mode.” As this stress-commanded adrenalin is slowly, yet steadily, replaced with the added light/prana that your Soul can hold, your body will naturally alter.

RETURN OF THE GODDESS

The fear and sorrow of your many lives as a woman (even if your current body is male) as well as the limited freedoms of your female ancestors, is calling to be healed. The feminine polarity of the Goddess must return to Her position of POWER, LOVE, AND RESPECT. Only then can the Feminine

Mother join the Masculine Father in the great Planetary Mystical Marriage so that they may give birth to their androgynous Light Children.



You humans, the Keepers of the Land, are now able to perceive the new matrix of light overlaid on your physical form. As you allow the matrix of light to progressively integrate into the DNA codes for your body, you safely activate the “third strand.” This third strand is the Mother of the Twelve Strands of DNA, which is your birthright.

It is helpful to visualize the process of your birth into Lightbody in your second, navel chakra, as you simultaneously visualize Gaia’s birth into Lightbody in Her second chakra. The second chakra represents the feminine ability to gestate new life, whereas the first chakra represents the masculine ability to initiate new life. The masculine and feminine are NOW joined in the process of creating a new body for you, and for Gaia.

THE POWER OF LOVE

As the Feminine Power of The Goddess increases, so does the power that she holds: the Power of Love. Love is the healing force of the Universe and offers the cohesion that will allow ALL life to unite into the ONE unified force of “Being a Planet.” With every moment of the NOW in which you remember to express your SELF, you are able to BE more LOVE. LOVE is the force that will heal the wounded feminine polarity.

As we continue to pour LOVE into the body of Gaia, we will heal the long patterns of hurt feelings, fear, and shame that the female polarity has suffered through out HIS-story. Your governments have even set off horrific bombs onto the body of Mother Earth with no concern for HER life. They, “the men,” then spent several decades continuing to experiment with their Power Over others by exploding more and more of these weapons of mass destruction on the face of, and even inside the body of, the very Mother who gave them a place to play out their war games.

ASSISTING GAIA

Now Gaia is through with these games and will NOT allow them to occur any longer. “Scientists” and “warriors” will wonder why their plans to create bombs and wars are thwarted in unusual and unforeseen ways. The Feminine Power has returned to balance the Masculine Power. Gaia will have her voice, and in fact, she will be loudly expressing it. Many



women will have “issues” with their second chakra as they assist Gaia’s transformation through their own bodies. Then, as they heal themselves, they will contribute to the healing of Gaia.

Men also carry feminine energy, just as women carry masculine energy. With the return of the Goddess, the warriors, male and female, will release their core belief that, no matter what the cost, they must protect by killing. They will then put down their guns to reach for pens, brushes, computers or whatever tools they choose for creation rather than destruction. It is then that they shall find a new courage based not only on the confrontation of their fear, but on the confrontation of their ability to LOVE.

The Game of War and Destruction is being replaced by the Game of Love and Creation. As you assist Gaia with Her transformation into fifth dimensional Planet/Star, She will assist you in your transformation into fifth dimensional Lightbody/Planet. As each of you merges your Personal Chakras with Gaia’s Planetary Chakras, you quicken your merging of Person into Planet, as well as Gaia’s merging of Planet into Star.

BLENDING PERSONAL AND PLANETARY CHAKRAS

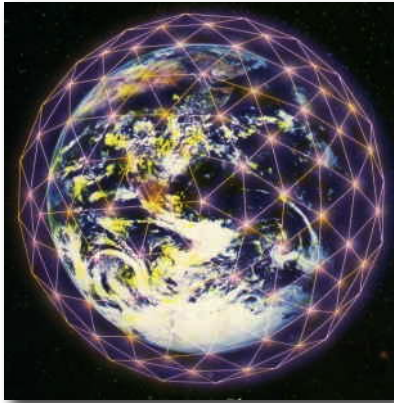
As each of your magnificent auras expands with your greater potential, your auras will overlap and intermingle so completely that your “Being” a person shall be synonymous with your “Being” a planet. As Gaia’s Keepers of the Land become The Land, and Gaia’s Keepers of the Water become The Water, Gaia’s consciousness will so expand that even a planet will be too small to hold Her consciousness. Then Gaia’s planetary “Being” shall expand to become a Star “Being.”

When Gaia becomes a Star, and you become a planet, your collective emotions shall become the water, your collective thoughts shall become the land, your Collective Consciousness shall become Planetary Consciousness and your collective chakras shall become planetary chakras. In preparation for this transformation, Gaia will merge Her consciousness with your consciousness through Her chakras.

As you accept this blending of planetary into personal consciousness, you will integrate Gaia’s Essence into your own Essence through your chakra system. Just as you accepted and integrated your higher dimensional SELF into your 3D self, you will NOW accept and integrate your Planetary SELF into your human self.

EARTH CHAKRAS

Each chakra represents and resonates to a different frequency. In turn, each of these frequencies represents a different electromagnetic energy field that you use to activate the 3D hologram to create the “experience” of being physical.



As you unite your personal chakras with Gaia's planetary chakras, the frequency and electromagnetic field will activate your multidimensional hologram to create the “experience” of being not only a physical human, but also, a physical planet.

Once you have returned to your initial SELF as the united Being who chose the experience of “Being a Planet,” you can continue that experience or “graduate” into another experience.

Just as you assist Gaia in Her transformation, She assists you in yours. In fact, Gaia will now communicate with you about the process of blending personal and planetary chakras.

Blessings to you all,
The Arcturians

MESSAGE FROM GAIA

Dearest People of my Body,

I am joyous to be able to communicate with you again. I appreciate the voice of this channel to translate my message into human language, as many of you do not understand MY language—YET. You see, I am always communicating with you. However, I don't speak human; I speak “Planet.” When I am overly-emotional, there are floods and rainstorms; whereas when I am emotionally shut down, there are droughts and dry winds. My clear skies tell you that I am happy while my wild, stormy skies tell you that I am upset.

In fact, in many ways, my humans and I are already merged, for my “waters” are actually my humans' emotions, and my “skies” are my humans' thoughts. For, after all, I am actually a holographic projection of the group reality you have created with your collective thoughts and emotions, and, oh yes, your attention. Your attention is often most

important, as it shows whether you are “conscious” or “unconscious” of your powers to create your reality.

When you are conscious of your powers, you place your attention on the thoughts and feelings that will create the reality that you wish to experience. On the other hand, if you are “unconscious” of your powers, you will not even know that you are creating your world and will likely feel like a victim.

Feeling like a victim is a powerless, frightening experience. Furthermore, if you place your attention on those fearful thoughts and feelings, you are “unconsciously choosing” to create with fear. Fearful creations are seldom comfortable to the creator. However, when you are conscious of your powers of manifestation, you take responsibility for where you choose to place your attention, forgive yourself if it doesn’t work out, or give yourself praise if it does. Then, you are a “Conscious Creator.”

The fact is, whether you are aware of it or not, ALL of you are creators. You, the Conscious Creators, may “stumble” more often as you take more chances with your emerging realities. On the other hand, you learn faster because you are willing to take responsibility for your powers and face life head on.

You, the Awakened Ones, seek the Truth even though you also know that you already have it. You are awake enough to know that somewhere within you is the key to access that Truth. You also know that there are volumes to remember about your SELF. And remember you will, for your consciousness is expanding to Planetary Consciousness.

What that means is that you are, or soon will be, able to multidimensionally tune into all the communications of all the Beings on, or in, my planet. At first this experience could be quite overwhelming, but luckily it comes on slowly enough for you to adapt. I have observed that your adaptations are largely “unconscious.”

Therefore, you may not know why you are gradually gaining a deep empathy for every living thing and releasing old habits of Power Over others. You may not yet be aware that you are experiencing the planet from within your personal consciousness, but, concurrently, you are discovering a great Power Within.

I wish to take a moment to define what I mean when I say “consciousness.” Consciousness means awake-ness. You have awakened, and are awakening, to your multidimensional perceptions. You are experiencing this by healing with crystals, talking to your plants,

communicating with animals, “feeling/seeing” Faeries, “heart/seeing” Angels, and receiving communications from the fifth dimension and beyond.



All of these activities and communications create a reality that is based on Unconditional Love. And, realities created from Unconditional Love are very enjoyable for the creator. What if all of my humans could place their “attention” on minerals, plants, faeries and angels?

What if all of my humans awakened to their multidimensional SELF? Well, that is what is gradually occurring. Do not be distressed. It may seem that what I speak of is only vaguely possible; however, you are much closer than you dare believe.

In fact, go ahead and dare to believe in a multidimensional reality where you are joined with all life. If enough of you place the power of your attention on that belief, you would insert it into the Collective Consciousness. If you can merge your consciousness with mine, you will insert into the Planetary Consciousness the belief in our Multidimensional Reality.

In the Western world, you have disassociated from the “animal” self in which you live. You are correct in that YOU are not an animal, for YOU are pure consciousness. However, your animal, earth vessel is the vehicle, like your automobile, that carries your consciousness and gives you the experience of being in form.

As your consciousness continues to expand, so does your form. First you were an infant, then a toddler, then a teen, a young adult, and an adult. Now you have reached the crest of adulthood, no matter what your age, in that you are remembering what you knew as an infant—ALL IS ONE. The cycle is complete, and your process of re-birth has begun.

You are about to be re-born as a planet. I ask you now to FEEL your SELF as the planet. Just as you can FEEL your arms and legs around you, FEEL the planet around you. You will experience your emotions as the waters of your planet and your thoughts as the skies of your planet. Just as you have many personalities within your human self, you will have many beings within your planetary self.

Together, we will return to the Unity of Consciousness that we had before we began our third dimensional adventure. However, prior to our third

dimensional adventure, our unity was without any sense of individuality. Now, each of us, I—Gaia—included, will experience complete Oneness, while simultaneously maintaining a distinctive sense of personal SELF. We will each BE like a “conscious” drop of water floating in the vast ocean, while we are simultaneously, completely aware of, and merged with, our Multidimensional SELF.

We will be a Planetary Consciousness with a distinctive sense of individuality. From the very beginning of our 3D experience it was our collective challenge to accept and respect the myriad complexities and divergences that is our Planet, while also being joined into ONE, united consciousness.

Imagine the reality WE shall create when each of you, my people, regain your Planetary Consciousness, while simultaneously maintaining your full individuality. It is the combination of unity and individuality that will initiate our Planetary Ascension.

My ones, I wish to remind you that by returning to the Planetary Consciousness from which you sprung, you will lose nothing, AND you will regain your SELF. The fifth dimension is now anchored in my heart and in your hearts, as well. Because of this, it is difficult for you to maintain your belief in the 3D illusions of separation and limitation.



Gradually, you are remembering that we are ONE, Person and Planet. We are—UNITY IN DIVERSITY—exactly as we had planned long, long ago. The moment of our transformation is NOW. In fact, it has begun!

I shall return to assist you in merging our First Chakras, Personal with Planetary.
In Eternal Love and Peace,
Gaia

CONVERSATION WITH MY SOUL/SELF



Dear Soul/SELF,

I am not sure how to address you now, as I am daily aware of your presence within me. However, just because I have integrated you into my earth vessel does not mean that I am beyond any assistance from the higher dimensions.

As I said before, I feel much happier, and yes, even joyful, at times, but interfacing with the 3D world is no easy task. When you told me that my/our healing would need to be an ongoing process, I didn't realize just how true that statement would be.

I know that I can, and must, talk to you on a regular basis, but I have not yet fully become accustomed to the challenges of that communication. Before, you were "above" me, so talking to you was almost like worshiping. Now, you are "in" me, and "worshiping" would not be the proper description. It is more like I am talking to my SELF.

I would like to say that I am always being my "SELF," but I must admit that my "self" still has negative and fearful thoughts and emotions. The difference is that NOW I have an antidote to that poison, "YOU," the "ME" that "I AM." This is still very confusing, but I guess I will get used to it—eventually. Fortunately, more and more, I hear you call, especially when I first awaken. My world is quiet then, so I am able to hear your inner voice. This especially happens when I have spent the night traveling the dimensions with you.

I wish that I could spend every night in inter-dimensional travel, but unfortunately, I know that is not possible. Sometimes, like this morning, I wake up with an uncomfortable feeling. I am not sure what it is, but it is definitely NOT joy. Fortunately, you have encouraged me to spend my first waking hour in communion with you, which helps more than I can explain.

Also, even when I wake up with a negative feeling, you often implant a message in my brain just before my awakening. For example, this

morning I woke up feeling “off,” but I also heard your voice inside me. Unfortunately, because of my uncomfortable consciousness, I was not calibrated to a high enough frequency to understand your message.

I have taken this morning time to meditate, as usual, thanks to your constant reminders. Therefore, my resonance is higher, but I am still feeling a “dis-connect,” a “dis-satisfaction.” I wish to talk to someone about this feeling, but there are few whom I feel I can talk to about this topic. I hope that, some day, that will change. However, I am aware that not many people can “find the time” to dedicate themselves to the degree of inner work that I have. I am confident, however, that that will change as more humans awaken to their SELF.

Also, maybe there is no one like that in my life now so that I will keep communicating with you/me—oh, you know what I mean. Furthermore, I accept that this is my time for DEEP introspection. Going through the process of integrating you into my physical form has been, to say the least, a challenge. Not that I am not grateful for the experience, as I am seeing changes in my life that were, in the past, beyond my wildest dreams.

However, this process of “housecleaning” my consciousness is like washing the dishes. No matter how often I “clean up,” I turn around for just a second, and there is more to do—AGAIN. Well, anyway, I think I am done complaining. Thanks for listening. As I was saying, my integration process, especially opening the Third Eye, has been, I guess the word is, disturbing. It has been disturbing in the sameway as it is when you “disturb” the mud at the bottom of the pond to reveal the gold that has long been hidden there.

I know this “gold” is the Philosopher’s Stone, the ancient alchemical term for the secret of turning lead into gold. Lead was the least cherished metal, whereas gold was the most cherished. Hence, the Philosopher’s Stone transmutes that which is least cherished into that which is most cherished. What do I cherish the MOST in my life?

I go into another meditative trance, as I take this question very seriously. Instantly I hear, “That which I most cherish is LOVE.” However, a part of me, perhaps the part that is “dis-satisfied,” doubts that answer. Light, Knowledge, Trust, are repeating in my head. Then I hear you, dear SELF, the voice of the ONE, saying:

* * * *



My Dearest One,

Indeed, LOVE, that is Unconditional Love, is the KEY to cherishing ALL life. Allow me to take a moment to define “life,” as my definition may differ from your 3D definition. Life, as seen from the Source, is EXPRESSION.

From the twelfth dimensional Source, creation is un-manifest, without form or expression. The EXPRESSION of Source’s Creative Force is manifest LIFE, life with form. Source does not use a brush, a camera, or a physical tool of any kind. The “tool” used by Source to create LIFE is Unconditional Love.

LIFE, in turn, creates experience. Experience then creates Knowledge. And, all of this Creation is held together by Unconditional Love. Light is the medium for Source’s creation and Unconditional Love holds the creation in the matrix of LIFE. Whereas, an earth artist would use paint, a computer, or even their body, the medium for ART of the Source is LIGHT.

Source created the third dimension by placing Light through a prism to separate it into seven octaves of light/colors, which then created seven octaves of sound/tones. In the higher dimensions, there is ONE octave of light, WHITE, which is all colors, and ONE octave of sound, SILENCE, which is all sound. Within the Silent White Light is the Potential for LIFE. This potential is realized through the Creative Force of Unconditional Love.

THE MESSAGE

The message I “expressed” to you this morning was, “The Third Eye is the key to holographic perception.” Your OPENED Third Eye can actually SEE Unconditional Love through the holographic perception of its lens. I say the word “perception” rather than “vision,” because the Third Eye is multidimensional and can receive stimuli from all your senses.

Within every portion of a holographic image is everything that makes up the entire image. For example, if you cut off one leg of a hologram chair, you wouldn’t see one leg; you would see the entire chair. In the same manner, if you were to perceive a hologram of one minute of your day through your opened Third Eye, you would perceive everything that happened in that entire day—that is, sounds, sensations, smells, experiences, knowledge, and most importantly, LOVE.

LOVE is always present in every experience, even if the experience is one which you may consider to be “bad.” From the perception of Source, there is no

polarity. Therefore, there is no “bad.” There is only experience, and no experience can maintain its creation without the “glue” of Unconditional LOVE. How many times have you had a “bad” experience, which, eventually, revealed itself as a life-changing event which directed you into a better reality? Even the experience of death, which can be devastating to the survivors, is a beautiful Return HOME to the one who has died.

If you can view difficult experiences through the lens of your opened Third Eye, the vision of your Soul, you can perceive the Unconditional Love in EVERY situation, person, experience, being or thing. This ability to perceive Unconditional Love in the midst of fear, pain and sorrow is the key to Ascension. Your human emotions allow you to live your experience, while your SOUL allows you to transcend it.

Even though Unconditional Love has gone through the 3D Prism and “appears” to be “separate” from the Source, Unconditional Love FLOWS from the ONE of All that Is and All that Is Not. Therefore, it is the foundation and core of all life, manifest as well as un-manifest. In other words, Unconditional Love not only holds together Manifest LIFE, it also collects Potential LIFE.

Unconditional Love is the “particle” of Quantum Mechanics, AND it is also the “wave.” By placing the Light (thoughts) of your attention which is infused with Unconditional Love (emotion) on a “separate” particle, you can you create the form of a “wave.” Even down to the sub-atomic level, Love Creates! Unconditional Love, FELT in your High Heart, and projected out through the attention of your Third Eye CREATES reality!

UNCONSCIOUS CREATION

Actually, you create your reality in every minute of every day, but too often, your creations are unconscious. Therefore, you may create from a lower state of consciousness, rather than through the expanded consciousness of me, your Multidimensional SELF. With unconscious creation, the purity of the medium, Light, may be tainted and unclear, and your glue, Unconditional Love, may become fearful or conditional. Your creation may then appear to be “bad” and “unstable.”

But do not be concerned my dear Grounded One, for you will soon REMEMBER and regain your FULL Creative Powers, as you are now allowing me to constantly guide and assist you. When you consciously surrender to me, your Soul, you connect your Essence to the Higher Light and Unconditional Love.

The prism which first separated Light is a vortex, a two-way doorway through which unmanifest spirit and manifest matter can “express” their experiences to each other. Each and every Grounded One is a prism through which Light separates into octaves of light and sound. Hence, each and every “separate”



person is also a prism through which each octave of light and sound can return through that prism to the ONENESS. Flowing through these prisms are many stories of experiences, images of reality, expressions of Light and Love communicating between differing planes and dimensions. Each communication is actually a filament of Light, a hologram of experience.

With your Third Eye, you can follow the Unconditional Love to view the image from the other side of the prism. From the “other side,” you are beyond the smaller picture of limitation and duality and free from the limitations of time and space. From the fifth dimensional HERE and NOW, you can realize that you are not “having an experience;” instead, you are viewing codes of information on filaments of Light, a hologram.

From the other side of your prism/person, you can see how each prism, each person, is united in ONE huge hologram of the experience of LIFE in the third dimension. It is through this holographic connection that every person, place, being and thing is UNITED by the Unconditional Love that is the ‘holder of form’ for Life on 3D Earth.

THROUGH YOUR THIRD EYE

Through your opened Third Eye, you can perceive the ‘glue’ of this Unconditional Love. You can also perceive the places in the hologram where the glue is weak or tainted. This is why I wish to take a moment here to return to the subject of your dis-satisfaction. This dissatisfaction you are feeling is not yours. That is why it is so confusing. Because of the holographic connection of your opened Third Eye, you are deeply attuned to the Collective, Planetary, and, when you raise your resonance, even Galactic Consciousness

Your expanded consciousness is based on the Unconditional Love that binds ALL creation. Therefore, you are increasingly awakening your innate ability to perceive All That Is, as well as All That Is NOT. You are feeling all the happiness on Gaia, as well as all the dissatisfaction.

In this same manner, you are awakening your ability to perceive other planets, galaxies and dimensions on which you hold form. It is the form of your personal life-stream that directs you to focus your attention on particular planets and galaxies. Eventually, you will be able to actually perceive worlds in which you hold form.

Fortunately for your earth vessel, this information is being stored in areas of your brain that are still beyond your everyday usage. On the other hand, some of these perceptions are seeping into your mundane, everyday brain areas. The

component of you that I AM, your Soul/SELF, has no issue with these expanded perceptions. On the other hand, I realize that until our earth vessel returns to its Lightbody vibration, certain information must be archived in distant portions of your earth vessel's biological computer.

The information, the multidimensional psychic perceptions, that first "leaks into" the usable brain capacitors is information that impacts your daily life. A sense of dis-ease or dis-satisfaction would, therefore, be routed to your mundane consciousness, as it may need to be addressed for survival purposes.

Perceptions that concern your survival are ALWAYS routed to your mundane brain, as the first objective of 3D life-forms is to survive. The "life support" of your earth vessel is in the Heart Chakra, just as the "biological computer" is in the Third Eye. Your Heart is calibrated to the resonance of Love and lack of love, Fear. Love supports life and Fear threatens life. Hence, fear and love perceptions are instantly forwarded to the "life support" of your earth vessel.

In conclusion, as you perceive/feel dis-satisfaction, realize that it is actually fear. Furthermore, "your" fear is actually the "collective" fear of the planet. The fact that you can diminish "planetary fear" to "personal fear" shows the great extent to which you have already surrendered to OUR Multidimensional Powers.

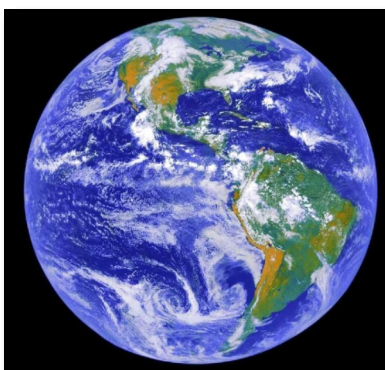
As you can imagine, the amount of fear on Gaia is enough to short circuit your systems. However, our Multidimensional Perceptions also feel all the Unconditional Love on all the planets and galaxies of all the higher dimensional realities. This Galactic LOVE is more than enough to overcome the impact of Planetary Fear.

Since this Unconditional Love holds the form of all dimensions of creation, you can use the focus of your Third Eye to see this LOVE and diminish all planetary fear by merging it with the force of Galactic Love. In this manner, fear is greatly reduced and LOVE is greatly expanded.



Dear Grounded One, I will commune with you again in your next morning meditation. Until then, I am ALWAYS within you, awaiting your smallest question. We are a wonderful team. Through the earth vessel that you are holding for us, I can more intimately experience and assist Gaia and her inhabitants during this wonderful time of transition. At the same time, my multidimensional vessel provides you the joys of inter-dimensional awareness and travel.

Until then,
I am you and YOU are me,
for WE are ONE great Multidimensional Being.



BECOMING EARTH

Beloved People of my Body,

I, Gaia, AM joyous to be your guide. Now that you have integrated your Soul/SELF into your earth vessel, you are able to share your expanded consciousness with me, Gaia, the consciousness of planet Earth. With the integration of your Multidimensional SELF, your personal consciousness has extended to include the Collective Consciousness.

You are no longer a separated individual, as your consciousness is connected to all the other humans on the planet. Have you noticed how you KNOW things when you close your senses to the outer world and listen inside your SELF?

Because you are now connected to the Collective Consciousness, you are ready to make the leap to Planetary Consciousness, in which you are connected with ALL the elements of my planet. Once you have stabilized your Planetary Consciousness, you will no longer feel that you are “the most evolved being” on my planet.

Instead, you will KNOW that you are partners with all the planetary life forms, from the first dimensional Mineral Kingdom to the fourth dimensional Elemental Kingdom. From Planetary Consciousness, your shift into the fifth dimension and beyond will be as easy as opening your eyes to a beautiful spring morning after a long winter’s sleep.

To initiate your Planetary Consciousness, you will calibrate your personal chakras with my planetary chakras. There will be seven messages from me regarding this process, one for each chakra. You may find it helpful to separate each message, providing enough “time” to allow you to integrate each experience into your human consciousness.

Both personal and planetary chakras are polarized to provide a balance of outflow/male energy and inflow/female energy. Do not think of these energy flows as a gender, but instead as external light directed in (inflow/female) and internal light directed out (outflow/male). My planetary chakras display this process with the first, third, fifth and seventh chakras, which are outflow/male, being mountain peaks.

On the other hand, the second, fourth and sixth planetary chakras, inflow/female, are female archetypal environments. For example, the second chakra is the Amazon Jungle, with abundant trees and water, and the fourth chakra is a volcanic crater on an island in Hawaii. Since the sixth chakra represents my higher consciousness, it is a mountain environment, the Himalayan Mountains. However, instead of being one peak, as in my masculine chakras, it is an entire mountain range representing how the feminine energies join in “families.”

My people, we are not that dissimilar, person and planet. We are both multifaceted, with many personalities and traits within our total being. Most important of all, both person and planet are returning to the glorious Beings that we have always been on the higher dimensions. The concept of merging person with planet may be new to some of you, but it is a normal concept to me. You see, dear ones, I have ALWAYS been merged with you.

We, the collective Beings of Earth, are currently joining into the Oneness of the higher dimensions. With our unification, you, my people, shall more easily and quickly return to your fifth dimensional Lightbody. Also, I, Gaia, shall initiate my return to being a fifth dimensional star.

Some of you who are assisting me in this process will “stay on” to BE Earth. Others of you will return to your home worlds on different planets, galaxies, and dimensions. Finally, some of you will continue the 3D game elsewhere, as the Universe has found another third dimensional planet upon which you may continue your Game.

Those of you who unconsciously make that choice will not even know that your life has changed. However, the experiment of life separate from SELF is ending in this quadrant of space, and any third dimensional realities are being “recalled” to their higher dimensional origins.

For those of you who choose to merge, person and planet, I wish to take a moment to tell you how much I appreciate you. You have opened your light network, the internet, to my consciousness. In return, I pledge to be available to all of you. I see you, my people, as a portion of my greater

SELF. You are like my fingers and toes. You are my windows into the experience of individuality in 3D form.

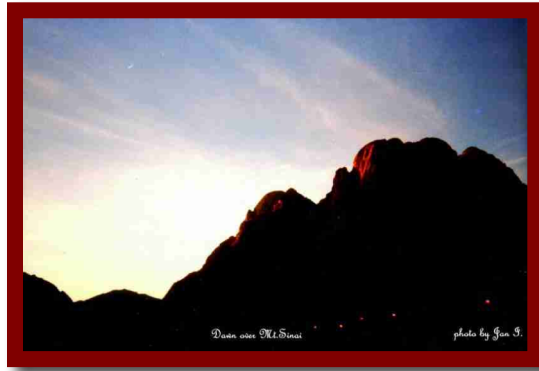
Through what you touch, where you walk, what you do, and who you love, or hate, I am with you and feeling it all. Is there any wonder why my weather is a reflection of your thoughts and feelings? Now I ask you to be as conscious of me as I am of you. We are a team, you know. Without my life forms I would be pure energy, and without my earth body you would not have a planet upon which to experience third dimensional form.

Yes, being just third dimensional has been quite an experiment. We, the Beings of Earth, wanted to know absolute separation from other life forms and the limitations created by our loss of unity. It has been difficult, but it has also been splendid, spiritually inspiring and expanding. I thank all of my humans for the interesting show that you have given me.

However, we are awakening now. I am remembering that I AM a Star, a Galaxy, and a Universe. In the same moment, you are remembering your true SELF, as well. You no longer need to believe that you are alone—the only humanoids in the Universe. You are expanding your minds to embrace your Galactic Consciousness, and you are remembering your friends, loved ones, and other aspects of your SELF on other planets, galaxies, and dimensions.

What a wonderful experience we shall all have as we rejoin other members of our SELF. Let us begin this process by merging person into planet and planet into person. As we merge our personal and planetary chakras, it is my wish that you, the people of my body, will again feel unified with me. I ask that you FEEL your body in my chakras, as you also FEEL my chakras in your body.

As we review each chakra, allow the Essence of my planetary chakras to merge with the Essence of your personal chakras. Hence, we will initiate the blending of “Personal into Planetary.” We shall begin with the first chakra.



FIRST PLANETARY CHAKRA MT. SINAI, MIDDLE EAST

Welcome! I invite you now to visit my first chakra. I receive you into my body, just as you are allowing me into yours. As you can see in the picture, my first chakra is Mt. Sinai. The first chakra is the root of both personal and planetary masculine energy. It has an outflow orientation, which is symbolized by its location in a mountain peak.

Mt. Sinai is the root of my Kundalini, alpha and omega of my experience of form. Many great cycles of change have begun on this mountain. It is my base camp, the seat of my power. It is where I gather my vitality and initiative.

There is a major vortex/stargate/wormhole in this area of my body, which has greatly influenced my evolution as a planet, as well as your evolution as a person. It is this inter-dimensional portal which is the true coveted prize over which the many countries now battle.

I, Gaia, am allowing my Kundalini to rise to meet my Divine Complement in my Crown. As my Kundalini rises to my Crown Chakra, my Divine Complement shall again join me in Mystical Marriage. This time, instead of becoming a planet and birthing humanity, I shall become a Star and birth a planet.

At that point, the cycle will be complete and the 3D Game will end. The stargate into the higher worlds at Mt. Sinai shall open completely, and the blending of dimensions will commence.



FIRST PERSONAL CHAKRA: BASE OF SPINE

First you will blend your personal first chakra, at the base of your spine, with my planetary first chakra at Mt. Sinai. I, Gaia, have a physical “body” in the form of a planet that provides a

home base for your physical body. Just as your physical body communicates with your consciousness by its state of health, disease, comfort, and discomfort, I communicate with you by the health of my planet.

Your Western society has traveled so far into third dimensional individuality, that many of you have lost sight of the fact that you are members of a greater whole. This forgetfulness closed the first chakra, separated you from your Planetary Consciousness and limited you to a small fragment of your SELF, which is the ego/self of your current earth vessel.

If your first chakra is closed to me, it is difficult for prana to infuse your physical body. Just as a lamp flickers when it's not sufficiently plugged into the socket, prana cannot efficiently circulate through a body that is not "plugged in." If you are ungrounded, you also feel disconnected from me, your Mother Earth, as you wander, alone and desperate, through a hostile land in search of a means of survival.

Your first chakra is ruled by your adrenal glands which activate your Flight or Fight consciousness. Adrenaline is necessary to better survive the often harsh environment of third dimensional reality. On the other hand, too much adrenalin, however, can leave you feeling anxious, nervous and angry.

Conversely, too little adrenalin can make you feel as frightened as a small mouse on an open meadow. However, the "hawks" are not flying the sky above you. They are in the office, in the line at the store, in the car next to you and in the many crowded places where you must live and work.

Fortunately, when your first chakra is opened and connected to me, your Earth, you feel a sense of protection through your unity with all life. You can then remember that your Spirit is alive and connected to the planet. With this awareness, the boundaries between personal and planetary reality blur, and you can more easily receive the Flow of Universal Energy into your personal body.

MERGING CHAKRAS

I ask you now to connect your awareness to your first chakra at the base of your spine. Send your "roots" down deep into my Earth body. Visualize yourself sitting at the base of a tree; connect the base of your spine to the base of the tree, and lay your back flat against the trunk. Look up to see the light of the Sun entering the leaves. Track the light with your

awareness, as it travels through the leaves, twigs, branches, limbs, and into the trunk.

As the light moves down the trunk it will meet the crown of your head. At this junction, allow some of that light to enter your crown and travel down your spine as it simultaneously travels down the tree trunk. Eventually, the light will reach the base of the tree, and the base of your spine, as well. Feel your roots travel down from your spine to merge with the roots of your "Tree of Life," which are planted deep in the earth.

With your first chakra fully grounded, allow your consciousness to continue to travel down into my Earth and wrap your Essence around my Essence in the center of my planet. Extend your awareness now to imagine that you are slowly returning to the surface at Mt. Sinai. With your Essence merged with mine, you can feel the ancient and persistent planetary unrest. The first chakra rules the physical element and the sense of smell. Personally experience the physicality of my body, Earth.

Feel the calm stability of the mineral kingdom within you, the detached, yet compassionate, expression of the second dimensional plant kingdom and their partners, the insects. Feel the wavering of my grassy fields and the constancy of my giant forests. Experience the flow of my many bodies of water, from small streams to vast oceans.

Feel my valleys as they dip into your body and the heaviness of my mountain ranges. Feel the many life forms that have grown upon, crawled over, or stepped upon the land, flown in the air, or swum in the waters. Merge with all this physical life in the first through third dimensions.

Smell this mountain world, the bushes, the desert, the wind, and the campfires of visiting humans. Allow your primitive sense of smell to take you into an ancient memory of this area. You are now climbing Mt. Sinai to gain illumination. The journey seems long and difficult. You feel the hard rocks under your feet and the hot sun beating on your head. As you continue your climb, you feel the ancient and persistent, third dimensional, planetary unrest intermingled with your own ancient and persistent human unrest.

Exhausted from your climb, you take a few moments to relax in a darkened cave. You lie against the cave's cool stones and close your eyes. Instantly, you are traveling through the base of the mountain and, once again, deep into my core. Once there, you see a huge, inter-dimensional portal. You FEEL your root chakra resonating to this portal to awaken your long-latent, personal, inter-dimensional portal. As soon as

you recognize your own portal, it begins blending with mine. Your personal stargate swiftly becomes merged with my planetary stargate.

You awaken from your meditation feeling grounded and illumined. As you return to your climb, you feel the calm stability of the mineral world within you, the detached, compassionate expression of the plants that grow on the slopes, and the insects that buzz around your ankles. You feel connected to each plant, each insect, each rock and all the creatures that have taken refuge on the rocky slopes and/or flown in the sky above them.

You and I, person and planet, are ONE. You are an ancient mountain that has survived, again and again. You are solid and patient, and have seen, and lived through, much. Many people have sought refuge and enlightenment within the cave-homes of your body. You, the mountain, were always connected to the flow of Spirit through your body. You, the mountain, are the stargate, the portal, of the first and the last. You are the Alpha and the Omega. You started this cycle, and you, the mountain, will close it.

By the time you reach the peak of the mountain, nothing frightens you, as you have seen it all. You are infinitely patient, as you have outlived it all. You feel the grounding of Spirit at the base of your mountain, while you also experience the world from the peak of your mountain. You stand upon the highest peak of the mountain that you are, and shout to the world below:

“I AM as ancient as a mountain.

I AM solid and patient for I have survived, again and again.

I ground my Spirit in the Matter of the Planet.

I AM a vortex of transmutation!”

Dear people of my planet, I shall return to assist you in merging with my Second Chakra in the Brazilian Amazon.



Until then,

I AM Gaia, your Mother and your SELF.



SECOND PLANETARY CHAKRA THE BRAZILIAN AMAZON

I am Gaia, returned to be your guide as you blend your chakras with mine and unite people and planet into Oneness. I invite you now to visit my second chakra. I welcome you into my planetary body just as you welcome me into your human body.

The Second Chakra is female/inflow energy. It is the place in your body where you connect to your emotions, and FEEL your “gut instincts.” My second chakra, the Brazilian Amazon, is also where I can best FEEL my body, the planet.

Whereas Mt. Sinai is my base, the Brazilian Amazon is my womb. It is the cradle for my life. All of my elements, earth, air, fire and water are abundant here and freely interact with each other. This paradise of undiscovered miracles is sacrificing itself for our transformation. Every day more of my beloved Amazon dies. I mourn Her loss deeply, as should the humans who defile her. But there are no victims here, for all is within the Divine Plan.

The Amazon, my womb, is actually pregnant with my Lightbody, who will soon emerge. Through the devastation of her forests, plants and wildlife, she shall rise victorious as the ancient Phoenix Bird, giving rebirth to our new cycle. Mourn not her loss, for my second chakra is love and love ALWAYS survives.



SECOND PERSONAL CHAKRA: NAVEL

The Second Chakra, ruled by your reproductive glands, is a fitting match for my Second Chakra, as the Brazilian Amazon holds myriad secrets of fertility and growth. Your

Navel Chakra is where you connected to your Mother via your umbilical cord. This cord was severed at your birth.

I ask you to connect that cord again, only, this time, it will be connected, not to your “Birth Mother,” but to your “Earth Mother.” Take a moment, to FEEL me, Gaia, as Mother Nature, as you connect your umbilical cord to my womb in the Brazilian Amazon.

Your Second Chakra, and mine as well, is the area which most exudes passion, gestation, birth and re-birth. Ruled by the element of water, your Navel Chakra also represents your emotions and “gut feelings.”

One of the foundations of your immense creativity is your sensual sensitivity, which registers your emotional reactions to life. If you remain intuitively tuned-in to your Second Chakra, as well as connected to mine, you will reconnect with your personal and planetary instincts, intuitions, and ancient traditions.

BLENDING CHAKRAS

I ask you to travel again into the core of my body to reconnect our Essences. Down, down, down, you go into the very womb of my planetary body. The further into my core you travel, the further back in your childhood you go. At last you are in my womb, as well as in the womb of your birth mother.

As you slowly rise to the surface, you are rising up through your birth canal. At last, you are born again, this time deep in the heart of my Brazilian Amazon. Breathe in the many aromas that hang in the damp air of my jungle. Listen to the sounds of my creatures and see the myriad plants, many of them unknown to your science. Feel my humid heat on your body growing you to maturity.

At last, you are again adult, only you are transformed. I am your Mother, and you are a child of Nature. As you walk through the dense jungle and along the many rivers, you feel at ONE with your environment. You listen to the sounds and voices of the jungle’s creatures, FEEL the sense of NOW in which these many life forms live. You hear the rain tapping on the roof of the distant canopy, as you move along the jungle trails.

Feel your self alive amongst the “Blossoming Goddess,” as your own creativity is ignited by the fertility of the world around you. Welcome all that you are experiencing into your physical body. Feel the creativity and glory of the Brazilian Amazon within your own navel chakra, as you allow your ancient memory to recollect the many secrets for healing that hide in this vast jungle.

Take a long moment to experience how my Planetary Lightbody is gestating in this area. Sense the gestation of your own Lightbody as you say:

“I AM Lightbody

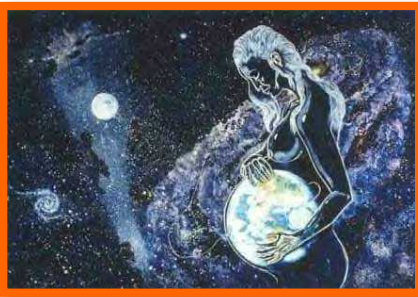
I AM Creation, I AM Birth

Through the Power of the Amazon

I commence the BIRTH of my Lightbody

and the Planetary Lightbody .”

Indeed, they are becoming ONE, your body and mine. We are joined now, Root to Root and Navel to Navel. Allow the untapped secrets of healing and rebirth hidden within my Amazon to be discovered in your life.



I shall soon return to guide you in merging our third chakras.

Your Partner in BIRTH,

Gaia



THIRD PLANETARY CHAKRA MT. KILIMANJARO, AFRICA

I am Gaia, returned to be your guide as you merge your chakras with mine in the blending of person with planet. I invite you now to my Third Chakra. I welcome you into my planetary body just as you are in the process of welcoming me into your human body. The Third Chakra is a masculine/outflow polarity, which represents the outflow of our personal power.

The challenge of this chakra is to find your own inner light and share it with the world by projecting your Inner Power in an out-flowing manner. Often, when my people are unable to discover their inner power, they become fearful and try to steal another's power through domination and control.

Mt. Kilimanjaro represents the power of a peak, standing alone in a barren land. This peak does not need to pull from its environment for strength. Instead, it takes command by projecting its mighty beacon of inner strength that it has gained through the long process of becoming a mountain.

Mt. Kilimanjaro is the source of my ancient power. He witnessed the birth of humanity and has survived as the giant conduit that He is. With His peak in the clouds and His base bonded to hard, rocky soil, He stands proud. He is the Power Within my soul, my sentry and guardian. I gain great power from His emanation, and I am ever confident in His ability to protect and guide me.



THIRD PERSONAL CHAKRA: SOLAR PLEXUS

Mt. Kilimanjaro is one of the largest freestanding mountains in the world. From my Third Chakra, I, Gaia, can show you how to use your great "Power Within" to find the courage to STAND

ALONE. Your personal Third Chakra is ruled by your pancreas and governs the many organs of digestion, synthesis, and distribution of the food that empowers your physical body.

This chakra, at your Solar Nerve-Plexus, is also where your spleen receives an abundance of prana to be distributed throughout your system. Prana, intelligent light, is your spiritual food and one of the primary sources of your inner strength. Hence, your Third Chakra deals with the digestion, synthesis, distribution, and emanation of your spiritual food, as well as your physical food.

Your Third Chakra is also the portal to your fourth dimensional “psychic abilities.” Unfortunately, a good deal of the power of your fourth dimensional abilities was stolen by or given to others when you were a child.

Now, as an adult, you can learn to protect yourself from this siphoning of power by consciously guarding your thinking. If you allow any thoughts that you are a victim to anyone or anything, including your own ego/self, you have unconsciously allowed something outside of your SELF to take “Power Over” your life.

The Third Chakra is meant to be the outflow of your personal power. However, because there is so much fear in the third dimensional world, the fourth dimensional aura of this fear can “piggy-back” onto the inflow of prana into your solar plexus. This lower-frequency fear can then enter the unguarded psychic field of your Third Chakra. However, you can protect yourself against these fearful emanations by maintaining a strong outflow of your own inner power.

It is also helpful to visualize my mighty Mt. Kilimanjaro, standing as the Sentry at the entrance to your solar plexus. Allow the power of my mountain to create a frequency net to shield this chakra so that only the frequency of love will be allowed to enter. In that manner, the low vibration of fear will be filtered-out, while the high vibration of prana will be allowed to enter.

To assure that you keep your frequency net activated, use your opened Third Eye to perceive any fearful, low frequency, emanations that are attempting to enter your solar plexus. In this manner, only your Soul/SELF, who is far above the threat of fourth dimensional darkness, will turn its attention onto any negative, psychic fields. In this way, you can be conscious of external negativity, but at the same time, you will deny its entrance into your body by keeping your “firewall” firmly in place.

In addition, by merging with the power of my Third Chakra, you have the Power to stand free of the influence of the psychic leakage of others. This Inner Power will give you the ability to face the world with a strong conviction to BE your SELF. You are then strong enough to look fear in the face and KNOW that you are always protected by the Power Within your true, multidimensional SELF.

BLENDING CHAKRAS

Once again, travel down into the core of my body to reconnect your Essence with mine, the Essence of Gaia. Down, down, down you travel into my third and fourth dimensional body. As you do so, you remember life after life of your many incarnations on Earth. Allow yourself to feel any darkness that may be attached to any of these “other realities.” Do not fear this darkness, for you shall take it onto Kilimanjaro to be cleansed and released by the mountain’s great Power.

As you slowly rise to the surface, you feel heavy with the psychic attachments that you have gained in your many earthly incarnation. These attachments are like viruses in your computer in that they are invisible yet interfere with your ability to process information and communicate with your reality.

After what seems like many lifetimes, which, of course, it has been, you find yourself at the base of Mighty Kilimanjaro. You experience a rush of excitement as you throw your psychic burden at the feet of Kilimanjaro! Now, free of old, psychic effluvia and open to your clear, fourth dimensional psychic abilities, you FEEL your personal power blending with my planetary power.

Be aware of the heat rising from the base of the Mountain as you begin your hike toward the mountain peak kissing the Heavens. Take a long moment to completely ground yourself by sending your First Chakra’s root deep into the mountain. Once you are “plugged into” the mountain, unite your Third Eye’s Soul vision with the psychic vision of your solar plexus, so that you may KNOW the clearest Path for your journey.

With strength and determination, climb the mountain. Allow each step upon the body of Kilimanjaro to awaken your Power Within. Think only of your victory as you approach the peak and the power that it holds. Know that you can only climb this mountain alone, for it is a symbol of the power that you must find within yourself.

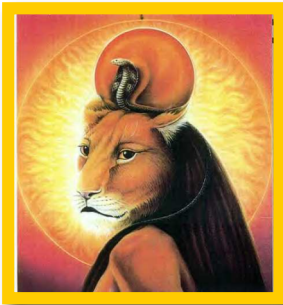
Ingest, digest, assimilate and integrate my Planetary Power with your Personal Power. Be ever confident of your success and guard against any

negativity or fearful thinking. YOU are a strong Spiritual Warrior who is fighting for a peaceful and happy life. Your only enemy is fear. Wash that fear away with the immense outflow of your Power Within, as you say:

“I AM the Guardian of my SELF AND my Planet.

I AM in complete control of MY life.

I Stand Alone, yet I AM united with Earth.”



Hold this emanation of your Power Within as you walk through your mundane reality. Project that Power out into your world, and allow it to clear a Path upon which you can tread as majestically as Kilimanjaro.

I shall return soon to merge my heart with yours.
Gaia

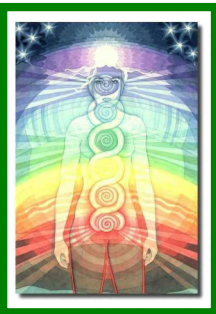


FOURTH PLANETARY CHAKRA HALEAKALA, MAUI

I am Gaia, returned to be your guide as you blend your chakras with mine and unite people and planet into Oneness. I invite you now to my fourth chakra. I welcome you into my planetary body just as you are in the process of receiving me into your human body.

My Heart Chakra is located in my beloved Haleakala Crater in Maui, Hawaii. Since this chakra represents the inflow/female polarity, it is “inside” of a crater. In a small peak within this crater, my heart beats my life force into every molecule of all the myriad forms that call my body, Earth, HOME. After millennia of male domination, the Galactic Center has recently revitalized the Divine Goddess Power, the Magdalene Force, into my Planetary Heart Chakra to celebrate the awakening of overt Female Power.

With every beat of my heart, I share this gift of the Female Power of LOVE with all my creatures to balance and heal the polarities of my third dimensional experience. The Power of the Great Mother has come Home now, and both men and women can feel, accept and project the healing force of the Goddess’ Unconditional Love.



FOURTH PERSONAL CHAKRA: HEART

One visit to the verdant growth and aromatic breeze of Maui is enough to understand why it is my heart. From this chakra I, Gaia, teach the Power of Love. It is the Love Force within your Heart Chakra that accelerates your ability to accept Higher Light and expand your consciousness.

There is no degree of meditation that will access the higher dimensions if you cannot open your heart to love. Without love you cannot travel beyond the Lower Astral Plane and your consciousness is limited to the separation and limitation of your ego self.

Love is the Power that has allowed you to move beyond your ego and to integrate your Soul/SELF. Now that you have remembered and merged with the YOU that you have always been, you can experience the flow of Unconditional Love that courses from the heart of my Soul to your Soul. It is this Love, above all else, that directs you to surrender control of your illusionary 3D reality into the Flow of Higher Worlds.

The Heart Chakra is ruled by the thymus gland, which is the center of your immune system. Your immune system gives you a good defense against disease and facilitates your ability to heal after an injury. The Power of Love, which emanates from your Heart Chakra, is your greatest healer. Unfortunately, it also can make you vulnerable enough to get your “heart broken.” It is through feeling and accepting the Unconditional Love that constantly flows from your integrated Soul/SELF that you can heal your psychic wounds and then, the wounds of others.

Unconditional Love can also heal the hurts and imbalances that you have accumulated in your many incarnations upon my planet. You see, my Ones, Love is the blending and healing force of the Universe. Through the love that we share, we can best unite person with planet to create the great awakening that will culminate in Planetary Ascension.

MERGING CHAKRAS

Dear people of my Soul, I ask you now to travel again into the core of my body to reconnect your Essence to mine. You begin your journey within an ancient volcano, so the pathway to my core is clear. Deeper and deeper you move through what was once a massive volcano.

At last you are in my core, far beneath my Pacific Ocean, and what was once the continent of Lemuria. Visions of my first civilization of form enter your consciousness, as well as ancient memories of your visits to my planet at the dawn of humanity.

You are ready to return to the surface of my planet, taking these memories with you. Slowly, almost as if you are floating, you rise to the surface to find yourself within my Haleakala Crater. You climb the small mount that represents my heart to better feel the beat of my love force, and lie flat upon my ground to merge personal and planetary hearts.

Feel our hearts now, beating as ONE. Feel the power of our united love. Take a long moment to allow this "Unity of Love" to heal every cell and atom of your body. I request that you, in turn, share your healing with my body, Earth, so that our partnership can grow in healing and love.

As we blend our hearts, feel the cool, ocean breeze caressing your body. You are on a small circular mountain, within a circular crater, within a circular island surrounded by a vast, and life-filled ocean. Feel the Power of Three, a circle within a circle, within a circle.

Feel the ancient Wisdom of my land, the Power of my oceans, and the Love of my heart. It is here where the Keepers of the Land, my people, join with the Keepers of the Water, my cetaceans, to heal the many wounds that have been inflicted on my body through the long experience of being third dimensional.

Now, my humans and cetaceans unite to become "The Keepers of the Planet," for WE are now the "Beings of Earth." "WE" are the seas that flow through our bodies, and the emotions that activate our creativity. WE are the thoughts that create the physical matrix of the land that is surrounded by the oceans of planetary emotions.

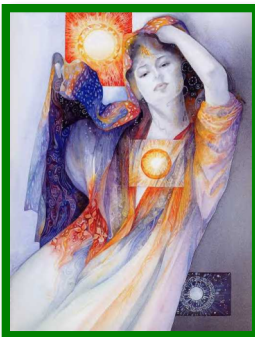
WE are the love that unites our land and water in Unity of Purpose. WE have conceived of our new world. WE will germinate this creation in our hearts and patiently hold that Vision of Love and Peace until the moment of our transformation into Light.

I, Gaia, am ever grateful for our planetary partnership. Together, as ONE Essence, we shall fulfill the ancient prophecies that have been whispered into our hearts for millennia. The "time" to fulfill these promises is NOW, and the place is HERE, in our Hearts. Please repeat with me:

"I AM Gaia.

I AM Earth.

I AM HEART."



Take the final letter of Earth, "H," and place it at the beginning to transform "EARTH" into "HEART."

I am eternally grateful for YOUR Love and for OUR blending HEART with HEART and Person with Planet.
I AM GAIA



FIFTH PLANETARY CHAKRA MT. SHASTA

I am Gaia, returned to be your guide as we blend our chakras, personal and planetary, into ONE. I welcome you to my Fifth Chakra, and I invite you to enter into my planetary body, just as you have been allowing me to enter into your human body.

My Fifth Chakra, Mt. Shasta, California, USA, is an outflow/male energy chakra, with its highest peak acting as a lightning rod to collect the Higher Dimensional Light and download it into my core. Just as my Fifth Chakra serves to accept the communication of Higher Light through its vortex of power, it also serves as the means through which I can intimately communicate with all the beings on my planet, including my people.

It is no wonder that the Lemurians, the first beings to hold form on my planet, would choose Mt. Shasta as their fourth dimensional home. It is here that they have calmly waited for the “time” when they could freely dispense the message of TRUTH that they have protected for all these ages.

As Earth spends more and more of its “time” in the “space” of the Photon Belt, the consciousness of my people is expanding and the Lemurians’ Mission is commencing. More of you are listening to the Lemurians as they whisper into your consciousness that the Truth is “OUT there,” but most importantly, the Truth is “IN you!”



FIFTH PERSONAL CHAKRA: THROAT

Merging your personal Throat Chakra with my planetary Throat Chakra is an important step towards your acknowledgment that you are all Gods and Goddesses of Planet Earth.

Long, long ago, like a small seed falling from a flower, you allowed a tiny fragment of your total SELF to drop into our third dimensional experiment. You entered the 3D Game because you wanted to know if a fragment of your full multidimensional SELF would better learn and grow in an environment based on separation and limitation.

In your many lifetimes on this planet, you have survived myriad hardships. However, through facing your inner and outer conflicts, you have completed your “experiment” and are restless to return to the totality of your Multidimensional SELF. Because you have integrated your Soul/SELF into your physical earth vessel, you are able to communicate with me, Gaia, and consciously enter into our creative partnership of creating our fifth dimensional, New Earth.

With the blending of personal and planetary Fifth Chakras, which rule higher communications and expanded creativity, the fulfillment of our unified Mission shall be expedited. Like the ancient Lemurians, your SELF has long waited this time of fulfillment and unity and is impatient to express your escalating creativity. By joining your Essence with mine, your “antenna” will be amplified so that you can better communicate with the higher worlds, as well as the first through fourth dimensions of Earth.

You are also in the process of your greatest creation, becoming Lightbody, and your thyroid gland, within this chakra, is changing your metabolism in preparation for your transformation. I, too, am increasingly eager for the creation of my Lightbody Earth, as can be seen by my many changes in form and weather patterns. Remember, my people, in order to create the NEW, we must be willing to go through the chaos of releasing the OLD.

Let us now merge our Fifth Chakras, so that together we can peacefully, and steadily, experience the adventure of returning to our true, multidimensional form. Through this return, time and space is revealed as illusion, and unity and illumination becomes FACT. As ONE Being, person and planet, we return to SELF.

MERGING CHAKRAS

My dear Priests and Priestesses who have been dedicated to the Mission of remembrance across the span of many lifetimes, I ask you once again to journey into the core of my planet. Imagine that you are entering a dark cave. As you begin your traverse down into my core, allow yourself to absorb the heightened frequency of the Higher Light that I am downloading into the area of my body known as Mt. Shasta.

As you absorb the Light, a pathway is shown into my core that leads you to the electromagnetic vortex, which is the doorway into the Lemurians' fourth dimensional world. Yes, the pathway is in front of you now. As you follow the pathway, it leads you to a Golden Door that is huge, as the Lemurians were much taller than present-day humanity. The Door opens before you, and you see their primordial land.



Take the Chalice of Remembrance that you see in the center of the pathway and drink deeply from it. As you walk your Path, feel the presence of these early humanoid beings of Gaia, the Lemurians.

Sense their majestic bodies of Light and their great patience and commitment to Purpose. They encircle you and draw you into their consciousness. They have waited millennia for your return, and telepathically welcome you to the world in which they have kept the Truths of LIFE.

With open hearts, they share their minds.
Open your heart and mind so that you can better understand them.

As your Essence communes with theirs, remember what you volunteered to contribute to our planetary transformation...

Slowly, through your integrated Soul/SELF, you receive the messages that the Lemurians have chosen to communicate with you...

Listen closely as the Lemurians remind you of the creations that are your Soul's Desire to manifest...

As the ancient Lemurians whisper in your heart, repeat with them:

“The Circle is complete.

Gaia is becoming a Star.

I AM becoming a Planet.

TOGETHER, we create our New World.”

As you travel the inner passageways to the peak of the mountain, your Path becomes increasingly clear. Finally, you emerge into the Light, to BE the CREATOR that you have ALWAYS been.

Victoriously, you stand upon the peak of Mt Shasta. You reach up into the vast sky and pull down the Higher Dimensional Light of your Multidimensional SELF.



Proudly, you place this LIGHT into OUR Personal/Planetary Body.

Welcome to your SELF, dear people.
Welcome to OUR Planet.

I AM Gaia. We are ONE.



SIXTH PLANETARY CHAKRA

HIMALAYAS, TIBET

I am Gaia, returned to be your guide as we blend our chakras in the highest vision of personal and planetary unity. I receive you now into my Sixth Chakra, as you open your Sixth Chakra to me.

My beloved Himalayas are the “roof of my world,” and the Eyes of my Soul. In fact, they are my Third Eye. As you merge your “person” into my “planet,” your Planetary Consciousness will truly SEE the FACE of SOUL wherever you look. Tibet is an area that has always cherished consciousness expansion and travel into the inner, higher planes of reality. It is here that I, Gaia, Open MY Third Eye to regain MY multidimensional VISION.

The Sixth and Seventh Chakras have a polarity, but function in an androgynous fashion. As you have seen, the male-polarized, outflow planetary chakras are mountain peaks which rise from my surface like a phallus. On the other hand, the female-polarized planetary chakras are indented into my earth body like a womb.

The Himalayas is a mountain range in which there are both peaks and valleys. Yet, the primary female polarity of this chakra is represented by the “family” of peaks and valleys. The polarities are the same for your personal chakras in that your sixth and seventh chakras are more androgynous in nature.



SIXTH PERSONAL CHAKRA

The Sixth Chakra represents the first step towards your journey Home. Now that you have merged this chakra with your Seventh Chakra to open your Third Eye, you have activated your multidimensional senses and perceptions. You are no longer limited by the physical illusions of separation from others and from SELF, and you

will never again experience physical life in the same manner. You are out of your “box,” and nothing, or no one, can put you back.

Since the opening of your Third Eye, all that you have sought to remember has flooded into your awareness. The greatest challenge of this process is integrating your expanded vision of reality into your mundane life. Through Third Eye focused meditation, you have stimulated more of your “unused” brain and combined the process of your left and right hemisphere to initiate “whole brain thinking.”

Your Third Eye meditations also assist you in activating your “junk” DNA. When you activate what your scientists have labeled “junk DNA,” you begin your return to twelve strands of DNA, rather than the two strands which have limited your consciousness to the 3D frequency net around our planet.

You know that it is not within my “Nature” to have life forms that only use 10% of their brain or 10% of their DNA. Fortunately, your scientists are also expanding their consciousnesses to realize this fact, and more “scientific” research is being done to “prove” what my Priests and Priestesses have always KNOWN.

The pituitary gland, which is associated with this chakra, is your master gland and regulates many of your bodily functions, which further prepares your body for transition into Lightbody and your consciousness for Planetary and Galactic Consciousness.

BLENDING CHAKRAS

My dear Awakened Ones close your eyes and take a long moment to focus on your Third Eye. Breathe in from your Heart Chakra and out through your Heart Chakra to ground yourself. Then, breathe in from your Crown Chakra and out through your Third Eye to raise your consciousness.

From your “peak consciousness,” visualize yourself descending into my deepest core. FEEL your Essence within mine once again, as we swirl and dance into the Core of our One Being. Down, down, down into the Core of LIFE you swirl.

Now, as slowly as a feather caught in an updraft, float up from my core and into my Sixth Chakra, the Himalayan Mountain Range. The journey from the core of my body to the roof of my world is long, indeed, but it takes no “time,” as your consciousness is now beyond the third dimensional confines of time and space.

Feel yourself standing on the highest peak of the Tibetan Himalayas. Attune to the consciousness of this mountain range. Life is simple here. Nature is grander than humanity, and Spirit is closer than Matter. From your position at the top of the world, you can clearly see the Rainbow Bridge to the higher worlds.

Take a long moment to walk across the Bridge. Experience the infinite possibilities of the realities that it holds and the memories of your many journeys into the upper fourth dimension that it awakens. You are moving beyond the fourth dimension, into the fifth dimensional worlds and beyond.

As you approach the Archway at the end of the Rainbow Bridge, you see your multidimensional SELF. To your surprise, your SELF looks just like your mundane body and speaks into your heart,

“I am your Lightbody, ready to burst forth into your everyday life.

Amongst the simple life of mountain and sky,

FEEL my presence within you,

SEE through your Eyes of Soul,

HEAR your Inner Voice, TASTE the sweet nectar of Truth and

SMELL the scent of the beyond.

Acknowledge my presence within you, and I will show you TRUTH.

I AM your Lightbody, and WE are ONE”

As you merge into Oneness with your SELF, accept my Sixth Chakra, the Himalayan Mountain Range, into your opened Third Eye, and as I accept your Third Eye into my Sixth Chakra, you will gain full access to Planetary Consciousness and I, Gaia, shall gain full access to the Collective Consciousness of humanity.



Our consciousness is blended now. WE are Planetary Consciousness. YOU are the planet. FEEL the Earth about you like you feel your human arms and legs.

Know that YOU ARE Gaia, and I AM you.



SEVENTH PLANETARY CHAKRA MT. FUJI, JAPAN

Now, as we blend our Seventh Chakras, we will expand into Galactic and Cosmic Consciousness. Hence, you will not only be united with the consciousness of your Planet, but with the consciousness of your Galaxy and the consciousness of the Cosmic Universe, as well. Your physical body, which was once imagined to be the earth vessel of your self, is now revealed as the 3D grounding point of your Multidimensional SELF.

The Seventh Chakra is a masculine/outflow chakra that functions in an androgynous fashion. It is from your opened Crown Chakra that you extend your antenna up, into the higher dimensions, for the reception of the Light Messages from your Multidimensional SELF in other planets, galaxies and dimensions.

Mt. Fuji, Japan is my Crown Chakra, and the area of my body from which I extend my antenna. Mt. Fuji is my "time keeper," but instead of the passage of hours, it measures the passing of seasons, cycles and eras. The era of our separation into polarized, third dimensional forms is ending. Our "return to SELF" is initiated with the Mystical Marriage, which occurs as our Kundalini completes her journey into our Crown. Masculine and feminine are then united into our true, androgynous Lightbody.

I, Gaia, shall then become a Star, and you my people, shall become the Planet. When the polarities are removed, the illusions of separation and limitation, such as male/female, spirit/matter, light/dark, and love/hate, blend into "LIFE expressed as form." It is then that my form will change greatly, as will the forms of all my inhabitants.

However, some of you may wish to continue with the 3D Game, which is your prerogative, and you will be re-located to another 3D environment. I firmly believed that most of you who receive this message will happily and

willingly release the personal strife of the third dimension, and choose to return to the experiences of your multidimensional SELF in the fifth dimension and far, far, beyond. Our Crown Chakra is the area of our body that has always been detached from third dimensional strife. This chakra is the Light Bringer, just as my dear Mt. Fuji has always has been a spiritual center and beacon of Light.

The Seventh Chakra is the “spaceport” for my Planetary Merkaba and your Personal Merkaba, which are soon to be merged into an Inter-dimensional Chariot. Our “Chariot” is preparing for take-off. However, before we can “take-off,” we must “take-in” the fifth dimension and beyond. For, in actuality, there is no leaving or coming; there is only “rising” in frequency of vibration.



SEVENTH PERSONAL CHAKRA: CROWN OF HEAD

The opening of the Crown Chakra represents the termination of your desire to live as a victim to the illusions of your physical life. Yes, you still look human, but you are no longer limited by it. Your Crown Chakra is ruled by your pineal gland, which allows you to take in higher dimensional Light. Through downloading this Light, you have expanded your consciousness beyond the confines of being human, or even of being a planet.

Your Home is now in the stars, galaxies and higher dimensions. Now that you have remembered who you are, you are beginning to remember the Mission you chose before you came here for this lifetime. There is one Mission that you all have in common, which is the mission to ground the vibrations of your higher dimensional Homes into your daily lives.

You each have many fragments of your total SELF that resonate to the frequencies of the fifth dimension and beyond. Each of these fragments has a different base frequency and a corresponding higher dimensional Home. Now that you have integrated your Soul/SELF, more and more of your higher dimensional aspects of SELF will communicate with you, and even “download” their Essence into your “present human experience.”

The veils between the worlds will then become increasingly thin, and your perspective of reality will change greatly. Fortunately, your Detached Compassion will then be more accessible, as you will more deeply understand that each one must find his or her own Path and follow it from inside their SELF. You will no longer need to heal or save “others,” as you realize that there are no “others.” You are all One. Within the Oneness is only Compassion, for you are not only ONE with each other, you are also ONE with Spirit.

Your expansion into SELF also allows you direct access to the holographic control center in the sixth dimension. This sixth dimensional perspective further amplifies your Detached Compassion, as you can see the Big Picture for 3D “problems” and realize that each person’s Soul/SELF has chosen problems that best serve to awaken their Grounded One.

You will then realize that it is not your job to interfere with other people’s choices. If someone desires you to assist or heal them, you do so as naturally as you would say hello, but you give your services without the NEED for appreciation, or gratitude. You DO what you do because you ARE who you are; and you are—your SELF.

The third dimension has always been based on “learning through conflict.” However, with an opened Crown, that premise becomes obsolete, as you no longer need to learn; you need only to remember what your SELF has always “KNOWN.” Learning is then replaced by Being the Unconditional Love and Detached Compassion. This “Beingness” assists you in remaining detached from the dramas of the 3D Game.

As you have learned from your many Earthly incarnations, 3D dramas have a strong addictive quality. As you totally blend your Essence with mine, you will more easily be able to remain detached from these dramas. I, Gaia, have had to remain detached so that I could keep my balance and remain in my orbit. There was a time when I almost lost my planetary balance. In order to “stay the course” for the remainder of our planetary experience, I had to call for more Light from my Solar and Galactic family.

Many of you are the Light Beings who answered that call. I wish to thank you again, and let you know that your “tour of duty” is coming to an end. Soon you will be able to return to your Homeworld, but first I need you to complete your final mission, as I know you will! Join with me now, dear Beings of Light, as we merge our personal and planetary chakras.

MERGING CHAKRAS

One last time, journey into my core, in fact, OUR core. Feel your consciousness expanding beyond the limitations of your physical form, and even beyond the limits of our planet, to embrace the entire Galaxy. You have now expanded your mind to embrace, not only Planetary Consciousness, but Galactic Consciousness as well. Feel yourself in the center of our Galaxy. YOU are our Great Central Sun, Alcyone, of the Pleiades. Feel your “Seven Sisters” in your constellation. Yes, a Sun can also feel feminine!

Off to the edges of your Galaxy is a small Solar System. Take a long moment to extend your mind into this Solar System. You find the third planet from the sun, Earth, and project your Essence into it. You are that planet now. You are Earth. Feel our body pull you HOME, Home to Earth, the planet of your Soul, as you repeat with me:



“I AM the planet EARTH, from the depths of my core to the top of my atmosphere.

My mountains lay heavily on my body, and my wind rushes across my vast planes.

I feel **my long grass** being trodden upon and eaten by my hoofed ones and sense the disturbance of air as my various winged inhabitants fly through my **skies**.

My waters pitch and roll as the life within them searches for food, adventure and procreation.

My cities are vast centers of differing polarities, whereas **my wilderness** lives in the Unity of Nature.

I **KNOW** each creature walking, swimming, and flying through my countries and cities alike.

All around and within me, my many creatures and life forms are **born, live, procreate and die**.

Time has no meaning to me as I AM only NOW.

My many **plants** decorate and nourish my surface and my **crystal** world forms the foundation of my land.

From the smallest pebble, to the largest mountain
From the first drop of rain, to the raging ocean
From a tiny sprout, to my largest forest
From a candle's flame, to an erupting volcano

I AM PRESENT

I AM there, and I AM here, for I AM NOW.

I AM Gaia,

I AM Earth."

Now, dear Beings of my SELF, FEEL OUR Crown at Mt. Fuji, Japan.

Feel OUR mountain heavy upon the earth as WE unite OUR minds and thoughts with the Father-God and OUR hearts and emotions with the Mother-Goddess.

WE are NOW a conduit, a step-down transformer, of Spirit into Matter. We are a great mountain with the **Power** of Father Sky, the **Wisdom** of Mother Earth, and the **Love** that united them in Mystical Marriage to create their Divine Child—humanity.

WE Feel OUR Third Eye in the Himalayan Mountain Range, Tibet.
With our opened Third Eye we see ALL life through the Eyes of Soul.

WE Feel OUR Throat at Mt. Shasta, California.
We speak only the TRUTH and create only from our Highest SELF.

WE Feel OUR Heart in the Haleakala Crater, Maui.
We Love ourselves, so that we can Love ALL life.

WE Feel OUR Solar Plexus at Mt. Kilimanjaro, Africa.
We feel our Power Within and project it into our transforming world.

WE Feel OUR Navel in the Amazon Jungle, Brazil.
We carry our New Earth in our hearts and minds,
so that we can give birth to it TOGETHER.

WE Feel OUR Root at Mt. Sinai, Middle East.
We ground our highest vibration into the core of OUR planet
to create a firm foundation for our expanding reality.



WE are the planet!

Thank you, dear people.
Thank you from the core of OUR body

to the tip of OUR tallest peak.

I AM Gaia. And, thanks to you,
I AM/WE ARE ascending.

HOW CAN WE USE OUR VOICE FOR GAIA?

SAVE THE REDWOODS

<http://www.savetheredwoods.org/league/timeline.shtml>

SAVE CALIFORNIA OAKS

<http://www.californiaoaks.org/>

THE TREEPEOPLE

<http://www.treepeople.org/http://www.treepeople.org/>

THE WILDERNESS SOCIETY

<http://www.wilderness.org/>

THE SIERRA CLUB

<http://www.sierraclub.org/>

UNION FOR CONCERNED SCIENTISTS

<http://www.ucsusa.org/>

THE OCEAN CONSERVANCY

<http://www.oceanconservancy.org>

THE NATIONAL RESOURCES DEFENSE COUNCIL

<http://www.nrdc.org/>

THE NATIONAL WILDLIFE FEDERATION

<http://www.nwf.org/>

DEFENDERS OF WILDLIFE

<http://www.defenders.org/>

Suzan Carroll/Suzanne Lie PhD
suzancaroll@multidimensions.com
www.multidimensions.com