

# **MAHATMA ASCENSION**

&

## **Advanced MAHATMA REIKI Healing**

**Compilation by Geom ! \***

**~ Dedicated to the Ascension and Enlightenment of All Human Beings  
and the True Healing from all disease and suffering. ~**

**~ Offered with LOVE ~**

## **MAHATMA ASCENSION**

**I welcome you to the worlds of Mahatma Ascension which include the beautiful system of Advanced Mahatma Reiki Healing. I have compiled this manual from a number of sources. I would like to thank everyone who contributed to this, especially the I Am Presence, the Mahatma and the Advanced Reiki Angels, Guides and Holy Spirits.**

**Here you will find the best meditations for healing, consciousness expansion, divine transmutation, initiations and empowerments for the Real Self. Here you will receive many energies, immense healing for yourself and the earth. I have included many meditations, ascension techniques, reiki and advanced reiki meditations, techniques and symbols of healing light and pure love energies.**

**I hope this system and this manual will help you as it has helped me in living in the present in divine harmony, bliss and happiness. You will soon discover that Advanced Mahatma Ascension Reiki consists of many many things, but in the end it is the simplest path to knowledge, love and oneness. Remember, there is a lot of information here but simplicity is at the base. Enjoy!!**

**You Are Love**

**Geom**

# **MAHATMA ASCENSION MANUAL AND COURSE OUTLINE**

## **1. Mahatma Attunement by Mystic Temple**

### **2. Masters**

**\* Divine Oneness**

**\* I am a being of flame**

**\* Soul mantra**

**\* Words of Power**

**\* Soul Star**

**\* Ascension Activation with the Archangels**

**\* Protection Visualization**

**\* The Elohim**

**\* Ascension Activation with the Elohim**

## **3. Cutting Edge Ascension Information and Techniques by Dr. Joshua DavidStone**

### **4. The Unified Chakra**

### **5. I AM (7 Rays and Great Invocation)**

**\* 7 Rays**

**\* Working with the 7 Rays**

## **6. Meditations, Channelings and Ascension**

### **7. Mahatma Reiki**

## **8. Advanced Mahatma Reiki Attunements**

### **9. Advanced Mahatma Reiki Healing**

### **10. Invocation to the Names of God**

## **11. The 303 Initiations of Consciousness**

## **12. Meditations and Channelings by Hari Das**

### **\* 12-D Initiations: 7 workshops**

**\* Antahkarana**

### **\* Ascended and Galactic Masters Healing Teams**

**\* Mahatma**

**\* Ascension**

**\* Keys of Enoch**

**\* Merkaba 1**

**\* Merkaba 2**

**\* Merkaba 3**

**\* Merkaba 4**

## **13. Silver Violet Flame**

## **14. The Love Empowerment**

## **15. Other Rays and Energy Streams**

**\* Sacred Order of the Melchizedek**

**\* The Paramatman Ray**

**\* The Order of the Enochian Magic**

**\* Kabbalah**

**\* The Christ Consciousness Server**

## **16. Entity Release**

## **17. The Triple Grid**

## **18. Vow Break**

## **19. Psychic Abilities**

## **20. Reiki Symbols used in Advanced Mahatma Reiki**

## **21. The Templar Degree**

- 22. Fusion Reiki**
- 23. The Ascended Masters**
- 24. The Angels**
- 25. River of Light: Self-Attunement**
- 26. \* Unified Field**
- \* Divine Light Integration**
- \* Invocation to Light**
- 27. The Ultimate Ascension Meditation**

[links, sources and excerpts](#)

[www.drjoshuadavidstone.com](http://www.drjoshuadavidstone.com)

[www.mahatma.co.uk](http://www.mahatma.co.uk)

[www.mahatma.com](http://www.mahatma.com)

[www.markaba.org](http://www.markaba.org)

[www.matatron.se](http://www.matatron.se)

[www.mystictemple.com](http://www.mystictemple.com)

[www.psalifemastery.com](http://www.psalifemastery.com)

[www.threshold.ca](http://www.threshold.ca)

[www.light-elixirs.com](http://www.light-elixirs.com)

[www.greatdreams.com](http://www.greatdreams.com)

[www.think-aboutit.com](http://www.think-aboutit.com)

[www.geocities.com/fascin8or/main.html](http://www.geocities.com/fascin8or/main.html)

[www.alchemicalmage.com](http://www.alchemicalmage.com)

[uk.groups.yahoo.com](http://uk.groups.yahoo.com) & [health.groups.yahoo.com](http://health.groups.yahoo.com)

[groups.yahoo.com](http://groups.yahoo.com)

**HEALING NOTE:**

**THIS MANUAL IS ENHANCED BY THE LOVING ENERGIES OF THE MAHATMA, THE ASCENDED MASTERS AND THE I AM PRESENCE OF THE SOURCE. IT IS FILLED WITH ABSOLUTELY HEALING ENERGIES AND ADVANCED LIGHT WAVES AND LIGHT MOLECULES OF**

**REIKI,**

**MAHATMA REIKI,**

**ASCENSION REIKI,**

**ELOHIM REIKI,**

**ARCHANGELIC REIKI,**

**DIVINE REIKI,**

**MERKABAH REIKI,**

**SHAMBALLA REIKI,**

**ENLIGHTMENT REIKI AND**

**ASCENDED MASTERS REIKI:**

**THE FULL SPECTRUM OF HEALING ENERGIES**

**ON HEAVEN AND EARTH.**

**ALL THE EMPOWERMENTS, ATTUNEMENTS AND INITIATIONS ARE ENCODED IN THIS MANUAL. BE OPEN AND JOYFUL AND RECEIVE WITH GRATITUDE AND DIVINE LOVE. YOU WILL BE SURROUNDED WITH ANGELIC BEINGS AND MASTER HEALERS AND YOU WILL BE RECEIVING ADVANCED MAHATMA REIKI ENERGY FOR AS LONG AS YOU ARE READING THIS MATERIAL...**

**IT IS A TRULLY HEALING READING-MEDITATION AND INITIATION INTO THE ADVANCED SPIRITUAL ENERGY SYSTEMS, HEALING MODES AND DIVINE BEINGNESS.**

**AS YOU ARE READING THIS MATERIAL AND THIS  
ADVANCED-MULTIDIMENSIONAL COURSE, ASCENSION  
WILL BE FULLY ACTIVATED, EMPOWERED AND ALL  
LEVELS OF THE SELF WILL ENTER UNITY, HARMONY AND  
JOYNESS. ENLIGHTMENT WILL BECOME A CONSTANT  
STATE OF EXISTENCE AND YOU WILL REALIZE AND  
EMBODY THE MAHATMA, THE I AM PRESENCE, THE  
SOURCE AND THE REIKI HEALING ART ITSELF. YOU WILL  
EXPAND ALL OF THESE INFINITELY TOWARDS ALL  
DIRECTIONS OF REALITY IN EVER-EXPANDING  
CONSCIOUS LIGHT AND OCEANIC LOVE!...**

**Prepare Yourself, take some deep deep breaths, breaths full of light,  
full of love, full of reiki, full of life, full of divine consciousness.**

**DEEP BREATHS!...**

**You have now begun receiving...**

**Mahatma Ascension Reiki Energies, Light Symbols, Reiki Rays and  
Spiritual Initiations...**

**Deep Breath..**

**Receive... Receive ... Recieve...**

**Deep Breath...**

**LOVE**

**You Are Love**

**You Are Love**

**You Are Love**

# MYSTIC TEMPLE

## MAHATMA

~\*~ Free Mahatma Attunements thru Mystic Temple ~\*~

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### Introduction to the Mahatma Spiritual Energy

Mahatma is a Spiritual Energy which I was first introduced and attuned to by Sam Pell. Sam studied directly with Brian Grattan who has now crossed over.

Brian Grattan is the author of, "Mahatma I&II" which I highly recommend. It is the best book I have read about the Mahatma energy and is a great manual.

Brian says in the book,  
"THE MAHATMA ENERGY MIRRORS TO YOU WHAT YOU ARE  
MULTIDimensionally!"

DorjeBob and I are now offering Mahatma attunements for FREE!  
To receive your free Mahatma attunement, just follow the directions below.

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### Mahatma Lineage

I don't know if anyone is keeping track of lineage. I don't believe this idea applies to Mahatma. In any case this free Mahatma Initiation/Attunement would not be possible without the flow of blessings from those who have gone before - Brian Grattan & Sam Pell. If you want to keep track of lineage just add my name (Linda Vaughan/SkyDancer) after Sam's. Then add your own name.

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### Recommended Preparations for your Mahatma Attunement

\*\*\* Set aside at least one full hour where you can be in a receptive, restful, state while receiving your Attunement.

\*\*\* Shower, Bathe, Smudge, or Cleanse before receiving this Attunement.

**\*\*\* Choose a quiet location where you will not be disturbed.**

**\*\*\* Keep a glass of water, juice or tea available in case you get thirsty.**

**\*\*\* Set the tone of your location by lighting a candle, incense or whatever you usually do to create a relaxing, pleasant atmosphere.**

**\*\*\* Choose a comfortable area to rest such as a reclining chair or bed.**

**\*\*\* Print this page.**

**\*\*\* Do not read any further until you are ready to receive your attunement.**

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### **Receiving your Mahatma Attunement**

**When you wish to receive your free Mahatma Attunement, place your hands comfortably somewhere on yourself.**

**Next state,  
"I NOW wish to receive my free MAHATMA Attunement from Dorjebob & SkyDancer  
of Mystic Temple for my highest benefit, health, abundance and healing.**

**MAHATMA, MAHATMA NOW!  
MAHATMA, MAHATMA NOW!  
TRIGGER THE LIGHT, THE LIGHT, THE LIGHT!  
TRIGGER THE LIGHT, THE LIGHT, THE LIGHT!"**

**At this point your Mahatma Attunement has begun. You may continue to recite the above phrase or just say the word "Mahatma" or "Trigger the Light" from time to time throughout your Attunement. The Mahatma energy will now be flowing into all of you and your energetic bodies and fields. Usually it begins with the auric field and continues thru your chakras and everywhere else from there.**

**Be sure to ground the Mahatma energy. To do this simply visualize it's gold/white light coming thru you and flowing out the bottoms of your feet into the Earth below you. You can also call on the ArchAngel Sandalphon to help you firmly anchor the energy into the Earth.**

**Next the MAHATMA energy will begin to**

**EXPAND! EXPAND! EXPAND!**

**Mahatma will EXPAND throughout YOU and into ALL of ETERNITY!**

**Do not be surprised if you feel Metatron's presence as he assists in the expansion process of the Mahatma energy.**

**Allow sufficient time for all of the above to take place. Do some deep breathing during this Attunement if you feel like it. In, in, in with the Mahatma Light. Out, out, out, with pain, anger, negativity and everything**

**else that is not in your highest good.**

**MAHATMA, MAHATMA NOW!  
TRIGGER THE LIGHT, THE LIGHT, THE LIGHT!  
EXPAND! EXPAND! EXPAND!**

**MAHATMA, MAHATMA NOW!  
TRIGGER THE LIGHT, THE LIGHT, THE LIGHT!  
EXPAND! EXPAND! EXPAND!**

**MAHATMA, MAHATMA NOW!  
TRIGGER THE LIGHT, THE LIGHT, THE LIGHT!  
EXPAND! EXPAND! EXPAND!**

**\* If it has not been one hour, then you are Not finished yet. :-)  
Continue to receive this Attunement for the entire hour. If you are  
unsure  
how to proceed you can use the rest of the time to Trigger the Mahatma  
light,  
Expand the Mahatma light and Ground the Mahatma Attunement. If you  
still have  
time left I recommend you repeat the mantras, "Trigger the light, the  
light,  
the light! Mahatma, Mahatma Now! or Expand! Expand! Expand!" There  
will be  
subtle shifts happening whether you can feel them or not which is why it  
is  
really important to give this Attunement the recommended time.**

**To SEAL this Mahatma Attunement and Initiation I  
leave you with this treasure from Brian Grattan's book...**

**"THESE ARE THE BEGINNINGS OF YOUR JOURNEY WITH THE  
MAHATMA  
THROUGH ALL 352 INITIATIONS AND LEVELS THAT CONSTITUTE THIS  
ONE COSMIC DAY."**

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**YOU ARE NOW FULLY ATTUNED and INITIATED to the MAHATMA ENERGY.**

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### **After your Attunement**

- \* Take a couple of deep breaths, stretch & get up slowly.
  - \* Make sure to put out your candles and incense if necessary.
  - \* Make any notes for yourself that you would like to remember for later.
    - \* Have something to drink and/or eat.
    - \* Allow time for clearing and full integration.
- 

### **More about MAHATMA**

#### ***Using Mahatma***

To use your Mahatma from now on just say or think,  
"Mahatma, Mahatma Now; Trigger the Light, the Light, the Light or Expand!"

You can use Mahatma healing in hands on energy work and you can also send Mahatma healing to others by long distance. To send by long distance, just think of who you want to send Mahatma healing to and it will go when you say,  
"Mahatma, Mahatma Now or Trigger the Light, the Light, the Light!"

**Remember to ground your Mahatma!**

#### ***Higher Levels & Bands?***

There have been questions about even higher levels and bands of Mahatma. The higher levels & bands of Mahatma will naturally manifest in your consciousness the more you work with the Mahatma energy. Know that you already have these levels. It is just a matter of your becoming more and more aware of them.

#### ***Receiving multiple Attunements or Re-Attunements?***

**You are welcome to come back anytime and receive this Attunement as**

many times  
as you wish. Please be sure to allow one hour for each Mahatma  
Attunement. I do  
keep repeating that because it is very important to me that you receive  
the full  
benefit from this Attunement. Also, I recommend waiting at least one  
week  
between each one hour Mahatma Attunement.

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### **Mahatma Training Resources**

Additional Mahatma training can be found in Brian Grattan's book,  
Mahatma I&II.  
He has some great Meditations in there and more information about the  
Mahatma!  
We do not have extra books for sale here at Mystic Temple. We  
recommend you try  
ordering from Amazon.com or other online book suppliers.

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permission of the author. Thank you.

# Masters

**THE MAHATMA** is a group consciousness that embodies all 352 levels of God's consciousness all the way back to God Himself. The Mahatma Energy is also known as the Avatar of Synthesis.

Dispensation: The Mahatma Energy is the highest possible light -energy we can call forth other than The Clear Light Of God itself.

Prayer for Dispensation:

Mighty I AM PRESENCE ,we call forth now a deep invocation of the Mahatma energy into our four -bodily systems . SO BE IT x 3 times

We call you forth now, will you give us the ability to anchor and ground our Mahatma Light Body. SO BE IT. x 3 times

Mahatma , Mahatma , Mahatma

We call forth a deep penetration of the Mahatma energy now . SO BE IT x 3 times

**ARCHANGEL METATRON** is the Archangel who sits before the throne God..Metatron is the keeper of the outer light of God. Metatron is also the Archangel of the Platinum Ray.

Dispensation: Metatron anchors the dispensation of the Platinum Net. Which is a Light Net made up of all the sacred hues of the Platinum Ray. This can be used for healing and light quotient building in all of your Initiations and Activations

Prayer for Dispensation:

I call forth now Archangel Metatron for an anchoring and activation of the Platinum Net in through and around my entire energy matrix and four body system SO BE IT x 3 times

I call Archangel Metatron for an anchoring of the Platinum Net around the archways and doorways of my house. (This is so that every time you enter or leave you walk through the Platinum Net). SO BE IT. x 3 times

Metatron can you help build and activate our light bodies with the outer Light of God SO BE IT x 3

**MELCHIZEDEK** is the Universal Logos. He is one of the 4 Masters that gives you the Rods of Initiation. Wonderful Teacher and Beloved Master for all who seek the light and love of God

Dispensations: Melchizedek carries the dispensation of the Golden Chamber of Melchizedek. This Golden Chamber is a Universal Chamber of Healing and Light that you can call forth to increase your Light Quotient in your 4 body system.

## Prayer for Dispensation

I call forth Melchizedek and under the Grace of God will you bring forth the Golden Chamber of Melchizedek and anchor it in, through and around my entire energy matrix. SO IT IS DONE. x 3 times

**MELCHIOR** is a Galactic Logos. Keeper of the Galactic Ray of pure Silver and Gold. Dispensation: Melchior can help you cleanse and clear and heal your galactic past .

Prayer for Dispensation:

I call forth beloved Melchior to help me cleanse, clear and purify my entire galactic past all the way back to my original covenant with God. SO IT IS DONE. x 3 times  
MELCHIOR help us to bring the purity of GOD into our 4 –bodies now SO BE IT

**HELIOS AND VESTA** are our Solar Logos. They activate the Solar Ray from the Solar Core of this Universe.

Dispensation: Helios and Vesta bring forth the dispensations of Light Quotient building from the Solar Core. They also can help anchor and activate the Key Codes Sacred Geometries and Light Packages from the Great White Lodge of Sirius. Also help anchor assistance from the Great Central Sun

Prayer for Dispensation

I call forth Helios and Vesta for help in building my light quotient in my 4 lower bodies. SO BE IT. x 3 times

I call forth Helios and Vesta for an anchoring and activation of the Key Codes, Sacred Geometries and Light Packages from the Great White Lodge of Sirius into my Being now. SO IT IS DONE. x 3 times

**LORD BUDDHA** Our new Planetary Logo Lord Buddha is also one of the beings that gives you the rod of initiation. Buddha will also activate the Shamballic Ray (pure white ray from Shambala)

Dispensations: Buddha will gives you the dispensations of enlightenment, the healing grace of the Shambala Masters and the grace and ease for passing major initiations, if you will ask .

Prayer for Dispensation:

Mighty I AM PRESENCE I call forth to Lord Buddha for the enlightenment of my entire energy matrix thereby allowing a full open radiance of my divine self in the service of all that is now. SO BE IT x 3

I call forth now to Lord Buddha for the divine dispensation of grace and ease in achieving my full ascension in the light. SO BE IT. x 3 times

I call forth Lord Buddha for the divine grace of the Shamballic Ray for my total upliftment and around the clock protection. SO BE IT. x 3 times

Beloved Lord Buddha Please help us to stay in the purity of our Divine self- at all times. To keep our minds steady in the Light and in the service of the Divine at all times

**PALLAS ATHENA** is the Ascended Master who represents the 12th Ray which embodies the full anchoring of the new age. Pallas Athena is also a Lord of Karma. Dispensation: Pallas Athena helps anchor the full Christ Consciousness of the New Age.

Prayer for dispensation

We call forth now to Pallas Athena for an anchoring and activation of the divine dispensation of Karmic Absolution. SO BE IT. x 3 times

Pallas Athena will you anchor the pure Golden 12th Ray of Christ Consciousness into my entire energy matrix now. SO BE IT. x 3 times

I call forth now Pallas Athena and ask for the divine dispensation of the Christ Consciousness to illuminate my divine plan here on Earth in the service of all that is now. SO BE IT. x 3 times

Beloved Pallas Athena will you bring forth a Rainbow Colored Globe of Light and surround Our entire auric field to attune us on a permanent basis with our wholeness- with our Relationship with self and God. SO BE IT x 3 times

**QUAN YIN** Bodhisattva Goddess of Compassion and Mercy she is also a Lord of Karma, Beautiful Friend to all . Call upon her anytime Dispensation: Her dispensations help bridge the new age. She carries the dispensations of mercy and compassion for all of humanity and Earth herself.

Prayer for Dispensation:

I call forth Quan Yin to activate and anchor the Love of God in my entire being now SO BE IT x 3 times

I Love the Love of God in my Soul, I Love the Love of God in the Soul of.....  
... SO BE IT. x 3 (place the name of anyone or thing here above)

I call forth Quan Yin for an anchoring and activation of Love, Mercy and Compassion into my entire 4-bodily systems now.  
SO BE IT. x 3 times

I call forth to Quan Yin to help align my consciousness with the Ascended Masters octave of illumination, wisdom and the clear light of God itself. SO BE IT. x 3 times

**ALLAH GOBI** is the Master of the 10th Ray which represents the full anchoring of the Light Body itself.

Dispensation: He helps with anything to do with the anchoring of the lightbody and the purity of all the light workers of this planet.

Prayer for Dispensation:

I call forth now to the Allah Gobi for help in anchoring my pure lightbody so that I can be of greater service as an Ascended Master here on Earth. SO BE IT. x 3 times

**MOTHER MARY** is the Master of the 9th Ray of Joy and attracting the lightbody (she is also the twin flame of Archangel Raphael). Mother Mary is the Divine Master of the Healing Ray of God.

Dispensations: Mother Mary carries the dispensation of the Pink Rose (The Pink Rose is the divine love aspect of the Mother, Father God). She can also help you bring more joy and peace into your life through the pure healing rays of Mother, Father God.

Prayers for Dispensation:

I call forth Mother Mary for the anchoring of Joy, Light, Love and Wisdom of my Divine Self in the service of our Mother - Father God. SO BE IT. x 3

Mother Mary please help me attract my Divine Lightbody for my total upliftment and enlightenment now SO BE IT. x 3 times

Mighty I AM PRESENCE and under the grace of God I call to Mother Mary for an anchoring of her loving energies into my crown chakra now. AND SO IT IS DONE. X 3 times

Mighty I AM I call forth to Mother Mary to purify my body, mind and spirit with the divine dispensation of the healing rays. SO IT IS DONE. X 3 times

Beloved Mother Mary please place the Ruby Pink Rose in our hearts now as God would have it be

**LADY NADA** is one of the Lords of Karma. And is The Ascended Master of the eighth ray (Lady Nada is also twin flame of Master Jesus, and can also help you bring forth the Divine Pink Rose) Beloved Master of The Sixth Ray

Dispensations: Lady Nada brings forth the dispensations of higher cleansing. She can also help you anchor and activate the purity of spirit into your heart and pure Devotion

Prayers for Dispensation:

Mighty I AM PRESENCE under the grace of God I call forth to Lady Nada for an anchoring and activation of the 8th Ray of Higher Cleansing in my 4 bodily systems now. SO IT IS DONE. x 3 times

I call forth to Lady Nada to place into my heart the Divine Pink Rose. SO BE IT. x 3 times

I call forth to Lady Nada to anchor and activate the pure love of God into my entire energy matrix now. SO BE IT. x 3 times

Beloved Lady Nanda please place the Divine Pink Rose- into the heart of Mother Earth and all of her

Kingdoms permanently By the Grace Of God- So Be it –It is done

**LADY PORTIA** She is a Lord of Karma. A Keeper of the Divine Mother Holy Heart Flame (And is the Twin Flame of St Germain)

Also Beloved Master of Seventh Ray

Dispensations: The dispensation of the Divine Mother's Holy Heart Flame.

Prayers for Dispensation:

I call forth now beloved Portia to anchor and activate the purity of the Divine Mother

into my entire consciousness now. SO BE IT. x 3 times

Mighty I AM PRESENCE I call to Beloved Portia to align my entire being with the Divine Mother Holy Heart Flame.  
SO BE IT. x 3 times

Beloved Lady Portia please help us now bring forth the purity of our Loving Divine Self and radiate that presence- so all who see it are brought into the Divine Presence of the Divine Mother and the Divine Father and healed. SO IT IS DONE. x 3

**ST GERMAIN** is the Maha Chohan ( is the Master of the Masters of the 3rd, 4th,5th,6th and 7th Ray. As well he is helping anchor the new age (the new age is the Golden Age of Ceremony and Magic of the Highest Divine Order).

Dispensations: The dispensation of the Violet Transmuting Flame of Forgiveness (this flame is helping purify every being upon this earth). Also the dispensation of purity of ceremony and purity of your mastership.

Prayers for Dispensation:

Mighty I AM PRESENCE I call forth the Violet Transmuting Flame of Forgiveness to heal and cleanse my 4 bodily systems now! SO IT IS DONE x3

Beloved St Germain I call forth now the divine dispensation of the Violet Transmuting Flame. Sacred Flame come forth now from the very heart of God and blaze in through and around my entire 4 bodily systems now. SO BE IT. x 3 times

I call forth to St Germain to help me heal, cleanse and purify any mathematical programs that I have carried or will carry and that I am responsible for and to bring these into the purity of God. SO BE IT.x 3 times

I call forth St Germain will you please help anchor  
And activate my Higher Adom Kadmon Body  
AND SO IT IS DONE x 3 times

**SANANDA** Master of the 6th Ray and the Divine Master of the Cosmic Light Command (force) Divine Master of the Ray of Devotion and Peace.

Dispensations: The divine dispensation of pure devotion. And the dispensation of the resurrection. Sananda will bring the pure love of God to all who ask

Prayers for Dispensations

Beloved Sananda please help, call forth now the Pure Christ Consciousness in my being now. SO BE IT. x 3 times

I call forth to Lord Sananda for an activation of the pure Love and the pure Devotion of Goddess and God. SO IT IS DONE. x 3 times

I call forth now Lord Sananda to bring forth the divine dispensation of the Ark of Covenant to help in building my divine lightbody now. SO BE IT. x 3 times

I call forth Lord Sananda to anchor the pure devotion of God to prevail over all human creation now and forever sustained.

SO IT IS DONE. x 3 times

Beloved Lord Sananda please anchor the Christ Consciousness into my entire energy matrix now. SO BE IT. x 3 Time

HILARION Master of the 5th Ray which represents the new age science. He is the master of healing and science.

Dispensations: The Divine Dispensations for Healers and those bringing forth the new healing and science discoveries

Prayer for Dispensation:

Beloved Hilarion please anchor if it be in Gods Will all or any new age science in my entire consciousness now.

SO IT IS DONE. x 3 times

I call forth to beloved Hilarion for an activation and illumination of the new healing modalities in my entire energy matrix now.

SO BE IT.x 3 times

I call forth now to Hilarion to help balance and heal my entire being. SO BE IT.x 3 times

**PAUL THE VENETIAN** Beloved Master of the 4th Ray representing and peace. harmony

Dispensations: The divine dispensation of harmony and equilibrium peace and divine order.

Prayer for Dispensations:

Beloved Paul the Venetian we call you forth to activate and anchor harmony ,peace and equilibrium into

my entire being now. SO IT IS DONE. x 3 times

We call forth the divine presence of Paul the Venetian to help us prevail over our ascension

in the light now. SO BE IT. x 3 times

Mighty I AM PRESENCE I call forth Paul the Venetian to help us purify all our affirmations and meditations for the greater good of all. SO IT IS DONE. x 3 times

**SERAPIS BEY** The Master of the 3rd Ray the Master of the Ascension Flame and the Resurrection Flames. The Master of the Etheric Retreat in Luxor ( which is one of the great planetary ascension acceleration retreats on planet earth).

Dispensations: The keeper of the Ascension Acceleration Flame. The Master of Active Intelligence and of Divine Service. The Divine dispensation of the Ascension and Resurrection Activations which are presently enlightening this planet.

Prayers for Dispensations:

Mighty I AM PRESENCE under the grace of God I call forth to Serapis Bey for the anchoring of active intelligence into my entire being now SO BE IT. x 3

I call forth Serapis Bey for an anchoring of the ascension and resurrection flames.,into

my entire being now  
SO IT IS DONE. x 3 times

Beloved Serapis Bey please help me now to bilocate in a spiritual sense to the Ascended Masters Retreat in Luxor and place within my spiritual body the keys of the Ascension Flame.

SO BE IT. x 3 times

I call forth Serapis Bey for the activation of the Highest Light of the Ascended Master Flame now. SO IT IS DONE. x 3 times

**DJWHAL KHUL** (sometimes known as the Tibetan) Ascended Master of the 2nd Ray. The Divine Master of the Inner Plane Ashrams.

Dispensations: The Core Fear Matrix Removal Program ( This program is a forty foot high lattice work shield of light and protection that the Divine Masters anchor over your body so they can draw out of your being anything that is stopping you from achieving your highest divine potential). The 2nd Ray Light Quotient Building Program (this program acts like a drip systems that when you ask for this at night time or during the day the masters drip pure light into your entire being)

Prayers for Dispensations:

Mighty I AM I call forth by the grace of God Djwhal Khul for anchoring and activation of the Core Fear Matrix Removal Program and I ask that I am permanently placed on this program from now until I fully ascend. SO IT IS DONE. x 3 times

I call forth to beloved Djwhal Khul and asked to be placed on the 2nd Ray light quotient building program ,in my meditations throughout the day and while I sleep at night on a permanent basis. SO IT IS DONE. x 3 times

Beloved Djwhal Khul I call you forth now to help activate the love, wisdom and power of my heart chakra now.

SO IT IS DONE. x 3 times

**MASTER KUTHUMI** Also the Master of the 2nd Ray but will hold the office of the planetary Christ (the new world teacher).

Dispensations: Is the Master of all Healings, Activation's and the Anchoring of the coming New Age The dispensations of Divine Love and Wisdom.

Prayers for Dispensation:

Beloved Ascended Master Kuthumi please bring forth all the Divine Wisdom and Divine Love and anchor it in my 4 bodily systems now. SO IT IS DONE. x 3 times

I call forth to Master Kuthumi to align my entire energy matrix with the river of light and let this river of light expand my entire being into the Ascended Master I truly am SO IT IS DONE x 3 times

Mighty I AM PRESENCE I call you forth now to prevail over my entire consciousness to help illuminate the essence of my divine self. SO IT IS DONE. x 3 times

Mighty I AM PRESENCE I call forth to Ascended Master Kuthumi for an anchoring

and activation of the Christ Consciousness into my body mind and spirit now. SO BE IT. x 3 times

I am that I am I am one with the Divine Masters of Light and the Cosmic Light Command. SO BE IT x 3

**EL MORYA** Master of the 1st Ray. The Master of the Divine Will aspect of God. The Master of all Planetary Leaderships and their Qualities.

Dispensations: Carries the dispensation of Divine Will and the dispensation of the Love of God itself.

Prayers for Dispensation:

I call forth now Beloved El Morya to anchor and activate the Divine Will of God. SO IT IS DONE. x 3

Mighty I AM if it be in Gods Will please bring forth now my planetary leadership qualities and activate them into my entire energy matrix now. SO IT IS DONE. x 3 times

Beloved EL Morya I call you forth to anchor the divine aspects of my original Divine Blueprint Body. SO IT IS DONE. x 3 times

Mighty I am Presence we call forth now the Beloved EL Morya and we lovingly ask will you help anchor And activate a " Rod of Power " for our spiritual Mission here on Earth ~ So Be It – It is done x 3 times

**LORD MAITREYA** holds the Office of the Christ . He also gives you the Rod of Ascension and the Rods of Initiation. He is the inner plane Master of Masters. Master of the Ascension Ceremonies and Activations. Lord Maitreya Overlighted Master Jesus on the last days of his earth life, and the Cross

He was also Lord Krishna ~ Lord Maitreya is our Beloved Planetary Christ

Dispensations: Lord Maitreya will make his appearance soon his great love will be felt by all soon Maitreya is the beloved Christ and a

Great Friend of all : The Beloved Christ : Lord Maitreya brings to all the dispensation of your own

Divinity , Your Beloved Holy Christ Self in its full glory

Prayer for Dispensation:

Beloved God we call forth to you to always keep the people of this Earth in alignment with the Divine Cosmic Masters and we pray with all our might that beloved Lord Maitreya and His Great Divine Presence and His Great Divine Work here on Earth. will fill the hearts of all. We Thank and Bless him now. God speed our journeys in the Light. BY THE GRACE OF GOD.

SO BE IT. x 3 times

Beloved Lord Maitreya we pray for your beloved return to this planet and all Love and

Light to  
your Great Work - Lord Maitreya Lord Maitreya  
All Glories to your Divine Mission Among us all  
And your Beloved Presence here on Earth ~  
~ So Be It x 3 times

**GODDESS LIBERTY** This Divine Loving Being embodies the Cosmic and Divine Essence of Liberty and Freedom. She is also a Lord of Karma and the keeper of the Flaming Light of Gods Eternal Freedom.

Dispensations: The dispensation of Gods Eternal Freedom. The dispensations of the Liberty Flame. The dispensations of the Cloak of Invisibility.

Prayers for Dispensations:

We call forth now the Goddess Liberty for the Cloak of Invisibility to surround and protect my entire energy matrix and we ask this to be anchored on a permanent basis now

SO IT IS DONE. x 3 times

Beloved Goddess Liberty please call forth now Gods Eternal Freedom for my total upliftment and enlightenment.

SO IT IS DONE. x 3 times

Mighty I AM PRESENCE I call to the Goddess Liberty to blaze the Liberty Flame into my entire consciousness thereby allowing my total freedom as the Ascended Master I Truly Am. SO BE IT. X3

Goddess Liberty will you Blaze the Ascended

Masters Freedom Flame through my entire being now~Ring the Liberty Bells Truth and Justice For

All of humanity and for the Earth itself~ So Be It x3

**THE GREAT DIVINE DIRECTOR** he is the Head of the Karmic Board. An Absolute Awesome Brilliant Master to call forth anytime for assistance.

Dispensations: Really this Beautiful Divine Master carries so many dispensations that we would probably need a whole page just to begin to describe this Great Beings Cosmic Work. The Great Divine Director, this Beautiful Awesome Master is totally available to any Divine Spiritual Seeker on the Path to God.

Prayers for Dispensations:

Beloved Great Divine Director we call you forth to assist us in Illuminating the Immortal Christed Spirit of our Holy Christ Self. SO IT IS DONE. x 3 times

Mighty I am Presence we call forth to the Great Divine Director for help in clearing our Karma Not only in this life but all our past lives all the Way back to our original covenant with God  
So be It ~ It is Done x3 times

We pray know with all our hearts for the Great Karmic Board to give humanity the Dispensation Of Karmic Absolution , to give everyone a clean

Clear slate we lovingly ask can you do this now  
So Be It ~ It Is Done x 3 times

**VYWAMUS** assistance to any lightworkers on this planet or any spiritual seeker.  
Dispensations: The Divine Dispensation of Rewiring the nervous system. The dispensation of the Holy Heart Flame and the dispensation of the completion of anyone's part in the Divine Plan. This Beautiful Cosmic Master is totally available for all who ask :

Prayer for Dispensation:  
Beloved Vywamus I call you forth and ask for your assistance in the completion of my part in the Divine Plan.  
SO IT IS DONE. x 3 times

Mighty I AM PRESENCE I call forth to Vywamus for a rewiring of my nervous system and to place my nervous system in the highest love and light activation that is available to me right now.  
And so it is done x 3 times

We call forth to Vywamus to anchor and activate the Holy Heart Flame into the entire consciousness of humanity and to the earth itself. SO BE IT.x 3 times

Beloved Vywamus we call you forth to give assistance to our Beloved Mother Gaia and her ascension in the Light.  
SO BE IT.x 3 times

We call forth to Beloved Vywamus for an anchoring and activation of the Ascension and Illumination of every being throughout this Loving Universe.  
AND SO IT IS DONE x 3 times

**GODDESS LAKSHMI** The Divine Protector of the Abundance Ray. The Goddess of Abundance and Light & Love

Dispensations: Will send forth the dispensation of abundance to any sincere spiritual seekers. The Keeper of the Flame of the Treasury of the Light of God.

Prayer for Dispensations:

Beloved Goddess Lakshmi send forth now the Treasury of Light and anchor it into my being now. SO IT IS DONE. x 3 times

I call forth now Beloved Lakshmi to anchor the Abundance of Gods Treasury of Light, to illuminate my material existence here on Earth. SO BE IT. x 3

Mighty I AM PRESENCE we call forth to Beloved Lakshmi to send forth a rain of blessing of Gods Abundance Flame for all of humanity and the Earth itself. SO BE IT.  
x 3 times

Beloved Goddess Lakshmi see that I never have any lack of Abundance from now until I fully Ascend in the Light.  
SO BE IT~ IT IS DONE NOW x 3 times

Beloved Goddess Lakshmi  
We lovingly pray now for the Abundance of the  
Whole planet and all peoples of all nation to  
Bring about a balance of equality in all lives  
Everywhere. SO BE IT x 3 times

**ARCHANGEL SANDALPHON** He is the Earth Representative of Gods Divine Light  
Here on Earth (Divine brother of Lord Metatron). He is the Earth Archangel.  
Dispensations: Because Sandalphon Helps anchor the Light upon this Planet he can  
easily help in anchoring the Light in your 4 bodily systems.  
Prayer for Dispensation:  
Archangel Sandalphon will you please anchor Divine Love, Divine Light in its purest  
concentration into my entire energy matrix now. SO BE IT ~SO IT IS DONE. x 3 times

We call forth to Archangel Sandalphon for an anchoring of the Ascension Flame into  
every man woman and child throughout this loving planet. SO BE IT. x 3 times

I call forth now Archangel Sandalphon and I ask that your Divine Presence is felt by all  
beings on the  
path to God and that all these beings and the  
Earth it self are align with your Loving Presence  
SO IT IS x 3 times

**GODDESS ISIS** The Keeper of the Pyramid Energies on this planet. The activator of  
the pure love of the Goddess in all Heart Flames. The Goddess of Truth and Wisdom.  
She is one of the Temple Keepers of the Sisterhood of the Rays.  
Dispensations: Will help any sincere Spiritual Seekers Align themselves with the  
Pyramid Energies and the Ascension Flames there within. A Healer and Protector of all  
Women and Children.  
Prayer for Dispensation:  
I call forth to Beloved Isis for an Anchoring and Activation of the Golden Ankh into  
my Heart Chakra to illuminate the Immortal Wisdom of the Goddess.  
SO IT IS DONE. x 3 times

Beloved Isis we call you forth for the total protection for all women and children not  
only on planet Earth but throughout this loving Universe. SO IT IS DONE. x 3 times

I call forth to Goddess Isis for a downpouring of the Wisdom of the Sisterhood of the  
Rays. So Be It x 3

I call for to Beloved Isis for a rain of blessings from the Divine Mother herself, for the  
Earth itself and all beings everywhere.  
SO BE IT. x 3 times

Mighty I AM PRESENCE connect me now to the loving presence of the Goddess Isis

so I might share in her Divine Wisdom and pass that Wisdom on to all beings everywhere. So Be It x 3 times

**THE DIVINE MOTHER** This Glorious Being is the embodiment of All That Is , Where we all come from . Mother of Compassion & Light

Dispensations: Most dispensations come from Her Divine Presence anyway. But if one would align themselves with her loving energy it would be The Grand and Great Dispensation of all dispensations you could ask for.

Prayers for Dispensation:

Beloved Divine Mother we ask now for you to bring forth your Rain of Blessings like a River of Light and flow it now through the Heart Chakra of all Beings here on Earth and the Earth Itself.

So Be It x 3

We call forth now for the Divine Dispensation of the Alignment with the Love and Purity of the Divine Mother. So It Is Done x 3

Mighty I am Presence see to it now that I always stay in the Loving Presence of the Divine Mother and the Divine Father at all times. So Be It x 3

Beloved Divine Mother we ask now for the greatest Divine Dispensation of the Ascension Acceleration of all of Humanity and this Beloved Earth. So Be It x 3

## *Divine Oneness*

O Divine Oneness  
Merge With Me Now  
Becoming One Energy  
Consistently Serving  
Human Kind  
And Expressing The Will  
Of Almighty God  
Be That Which You Are  
Be The Light Unto Others

I am Pure Love  
Giving All My Love~ In a Circle  
Of Giving And Receiving,  
Love Expand ~Love Expand ~Love Expand

I am Pure Light  
Giving All My Light ~In a Circle  
Of Giving And Receiving  
Light Expand ~Light Expand~Light Expand

Be That Which You Are  
Be Pure Love & Light Unto Others  
With Grace And Ease  
I Make This So ~And So It Is Done

## *I am a being of flame*

I am a being of flame and I am its light  
I am reawakening this flame and light in all Beings every  
where {Three Times}

I am a flame, which is the vibration of The Godhood  
{Three Times}

I am a flame, which fills the entire universe With the  
love, beauty and glory of itself {Three Times}

I am the three - fold flame of my heart Illuminating  
the essences of pure Love everywhere  
{Three Times}

I am that I am, I am Love and Light Divine I am  
{Three Times }

I am the Golden Christ Ray Radiance  
{Three Times }

I am a force a flame more powerful than Human  
experience  
{Three Times}

Flowing through me is a mighty river of Light { Three

Times }

I am now a force of Divine love Illuminating all with my  
Heart of Pure Love ~I am love &Light Divine  
{Three Times}

I am that I am ~I am that I am Iam that I am  
I am My Mighty I am Presence ~I am  
{Three Times}

I now truly know my True essence is Love {Three  
Times}

Love and Light are my divine calling card  
{Three Times}

Mighty I am Presence ! Move everywhere before me  
today  
and do all for me and through me perfectly !  
{Three Times}

I have perfect Trust and Faith  
I Love ~ I Love ~ I Love ~

My Mighty I am Presence is my Great Friend I Trust  
I Love I Love ~ I Love  
{ Three Times }

I am That I am  
I am Love and Light Divine I am  
{ Three Times }

I am the Glory of my Divine Love Now in its Full  
Manifestation { Three Times }

I am the Manifestation Of Pure Light  
Here on Earth right now~ I am Set Free  
I am Set Free ~I am Set Free  
{ Three Times }

{Three Times Puts it in Universal Law }

Here are some Prays for you to use with love ~or you can  
make your own have fun and breath love into your  
being~ May Love  
Joy and Peace be With you now and Always in all- ways

Given with love from Patricia Diane

# *The Soul Mantra*

*I Am The Soul : I Am The Light  
Divine:*

*I Am Love : I Am Will : I Am  
Fixed Design :*

\* AT THE FOURTH INITIATION AND BEYOND YOU MAY  
WANT TO CHANGE THE FIRST LINE TO:- **I AM THE MONAD** :  
THE REST OF THE MANTRA REMAINS EXACTLY THE SAME.

# *Words of Power*

*Elohim ~ Aum ~ Om Mani Padme  
Hum*

*I Am ~ I Am That I Am ~ I Am*

*God ~ I Love*

*Adonai (Lord) ~ So Ham (I Am  
God ) ~ Ram*

*El Shaddai ( God Almighty) ~  
YHWH*

*Yod Hay Vod Hay ( Divine  
Father )*

\* THE IDEA OF THESE WORDS OF POWER AND MEDITATION IS TO VISUALIZE A CORD OF LIGHT EXTENDING FROM THE PERSONALITY UP THROUGH THE SOUL TO THE MONAD, ONE CAN VISUALIZE THIS CORD AS BEING AS WIDE AS THE CIRCUMFERENCE OF ONE'S HEAD.

\* THE DISCIPLE CAN ATTUNE HIMSELF TO THIS ANTAKARANA, VISUALIZE IT IN HIS OR HER'S MIND'S EYE AND WITH FULL INTENTION AND THE WILL POWER, REPEAT THE WORD OF POWER OUT LOUD FROM THREE TO SEVEN TIMES. THE BUILDING OF THE ANTAKARANA CONTINUES EVEN AFTER ASCENSION, YOU ARE BUILDING YOUR ANTAKARANA ALL THE WAY TO THE GODHEAD.

## *The Soul Star*

ABOUT SIX INCHES ABOVE THE HEAD IS A ETHERIC STAR OF LIGHT THAT HOVERS THE HEAD OF EVERY PERSON ON EARTH. THE BRIGHTNESS OF THIS THE SOUL STAR VERY MUCH DEPENDS ON THE EVOLUTION OF SOUL EXTENSION ON EARTH .

**THE SOUL STAR** IS NOT THE SOUL , BUT RATHER AN INSTRUMENT THROUGH WHICH THE SOUL DOES ITS WORK THIS SOUL STAR BECOMES ACTIVATED UPON USING THE **SOUL MANTRA**.

THERE IS ALSO AN **EARTH STAR** ~ ABOUT SIX INCHES BELOW YOUR FEET . THIS IS YOUR CONNECTION WITH THE EARTH MOTHER AND THROUGH FOCUS HELPS GROUND YOU

*Ascension Activation with  
the Mighty Archangels*

We call forth Beloved Archangels Michael and Faith and  
we ask for a Downpouring of their Loving energies of  
protection ~ with help from their legions of angels

We call forth Beloved Archangels Jophiel and Christine  
and we  
Lovingly request the ascension energies of illumination  
and  
Wisdom

We call forth Beloved Archangels Chamuel and Charity  
and we  
Lovingly request the ascension energies of love,  
tolerance, and  
Gratitude

We call forth Beloved Archangels Gabriel and Hope and  
we  
Lovingly request the ascension energies of resurrection  
and  
Purity

We call forth Beloved Archangels Raphael and Mother  
Mary  
And we lovingly request the ascension energies of truth  
and  
Concentration

We call forth Beloved Archangels Uriel and Aurora and  
we  
Lovingly request the ascension energies of peace and  
devotion

We call forth Beloved Archangels Zadkiel and Amethyst  
and we  
Call forth the ascension energies of culture, refinement,  
and diplomacy, ordered service and ascension itself

We call forth His Holiness Beloved Archangel Metatron  
and the  
Combined forces of all the Archangels and we lovingly  
request  
An ascension acceleration the likes of which we have  
never  
Received before

We request Beloved Archangels will you remain with us  
and work with us on a full-time basis until we complete  
our ascensions  
And the seven levels of initiation

We request Light quotient building and anchoring of our  
higher  
Chakras and your twelve strands of DNA

We call forth Beloved Archangels Faith ~ Christine ~  
Charity ~  
Hope ~ Mother Mary ~ Aurora ~ and Amethyst we  
lovingly  
Request a balancing of our four –bodies and their  
systems and we

Also request that a pink rose appear in our hearts ~ We  
call forth a  
Balancing of the feminine and masculine energies within

We call forth and lovingly request our ascension angels  
to help us  
In these activations and openings

We lovingly call forth a rain of blessings from the  
seraphim ~  
Cherubim ~ Thrones ~ Dominions ~ Virtues ~ Powers ~  
Principalities ~ Archangels and Angels for our ascension  
in the  
Light for our ascension group and all of humanity and  
the Earth  
Herself ~ God speed all our ascensions in the light ~ SO  
BE IT

We call forth the radiance of all seven rays and the  
combined  
Full power of all the Seven Ray Masters and the Seven  
Ray  
Archangels to shine through our third eye centers and  
connect  
The force of the Rainbow Bridge into the Light of our  
ascension ~  
Columns through all chakras and to our Monads and all  
the way  
Back to source ~ And So It Is Done

We call forth to all Archangels and Angels and Ascended  
Masters  
And we request that Mother Earth also receive the

beloved gifts  
Of these activation's and meditations ~ So Be It

We also request that all the kingdoms of Mother Earth  
receive all  
The beloved gifts of these activation's to ~ So Be It

We call forth a Rain of Blessings from Goddess and God  
to all  
Beings here on Earth ~ So Be It

We lovingly request a Rain of Blessings to all beings that  
are on  
The path of ascension send forth the blessings of this  
activation's  
To all brothers and sisters on the path ~ So Be It

We loving ask for any and all assistance in our ascensions  
~ from  
All the Planetary and Cosmic Masters of The Light ~ We  
call you  
Forth to send your Rain of Blessings to our lives and to  
our  
Ascension group ~ And So it Is Done

## *Protection Visualisation*

Visualize yourself holding the flaming sword of Lord Michael in your right hand and say :

**In the Name of God , I take in hand the  
Sword  
Of Truth and Power of Lord Michael and  
I ask**

**To use it in God's Holy Name I am ~  
against all  
Negativity.**

Imagine yourself growing in height to double or triple your present size . Now draw a Magic Circle upon the ground all around you with the point of The Sword ~See a line of flame following the point Of the Sword surrounding you in a Circle of Pure Golden White Light.

Upon completion , clasp your hands in Prayer and Raise them above your head while facing the East.

Pray saying

**May The Mighty Archangel Raphael  
protect me**

**From all negativity now and always !**

Turning to the South, pray saying

**May The Mighty Archangel Michael  
protect me from all Negativity now and  
always !**

Turning to the West, pray saying

**May the Mighty Archangel Gabriel protect  
me from all Negativity now and always !**

Turning to the North, pray saying

**May the Mighty Archangel Uriel protect me from all Negativity now and always !**

Hold your hands in pray turning slowly in a Circle, Pray Saying **I accept the Lord God as my Guardian**

**And Protector , and I place His Loving Mercy all**

**Around me now and always !**

Breathe the Light of God and the Love of God

Through your entire being now

**SEAL IT NOW BY MAKING A GOLDEN CROSS ON YOUR BODY**

Touching your Forehead Say – **TO THEE O GOD**

Touching your Solar Plexus Say- **BE THE KINGDOM**

Touching your Right Shoulder Say – **AND THE POWER**

Touching your Left Shoulder Say – **AND THE GLORY**

Clasping your hands in Pray, Say – **UNTIL the AGE OF AGES ~AMEN**

Now Say – **By the Power of the Divine Christ of God**

**Within me, I surround myself now in a Divine Circle Of His Protection, across which no mortal error dares To set a foot ever !**

**I am his Love Protecting Here ~ I am his Love Protecting Here~ I am his Love**

**Protecting Here ~  
I invoke the Light of the Christ  
I am a clear and perfect channel  
Light and Love is my Guide  
I can do all things with the Christ within  
,who strengthens My total being with a  
forcefield of Love Light and Power**

# *The Elohim*

First Ray Elohim : Hercules and Amazonia

Second Ray Elohim : Apollo and Lumina

Third Ray Elohim : Heros and Amora

Fourth Ray Elohim : Purity and Astrea

Fifth Ray Elohim : Cyclopia and Virginia

Sixth Ray Elohim : Peace and Aloha

Seventh Ray Elohim : Arcturus and Victoria

On the Right hand of the Godhead are what have been Termed the Elohim , or Creator Gods .When God Created the infinite universe , He created the Elohim To help Him . These beings are referred to as the Thought attributes of God. The name Elohim is the Divine Mother aspect of God ; it means All that God Is.

{Now chant the name ELOHIM for several minutes to Begin this meditation in order to magnetize their Energies to you and immerse yourself in their Vibration .Elohim is one of the most holy of all the names  
Of God }

## ACSENSION ACTIVATION WITH THE SEVEN MIGHTY ELOHIM

We call forth to Lord Melchizedek and we ask will you Bring forth the Golden Chamber of Melchizedek  
We ask now can we sit in the ascension seat to get

Plugged

into the universal current . We also ask you to place your Golden Rod into our Grown Chakras for our Light Quotient building . After achieving a deep state of Relaxation and attunement , call forth the seven mighty Elohim and the Council of Elohim .

We call forth first an ascension blessing from the first-ray

Elohim masters Hercules and Amazonia .

We call forth a second-ray Elohim ascension blessing from Apolla and Lumina .

We call forth a third-ray ascension blessing and activation

From Heros and Amora .

We call forth a fourth-ray ascension blessing and activation

From Purity and Astrea .

We call forth a fifth-ray ascension blessing and activation

From Cyclopa and Virginia

We call forth a sixth-ray ascension blessing and activation

From Peace and Aloha

We call forth a seventh-ray ascension blessing and activation from Arcturus and Victoria

We call forth a downpouring of the ELOHIM  
Sacred Scriptures for all on this blessed Earth now

We call forth an alignment with the Elohim computers  
Into our four-bodily systems and into the Earth Mother  
And all beings everywhere

We request that the blessings of this meditation be  
Transferred to the Earth Mother herself and to all  
Lightworkers consciously seeking ascension

We also request the Elohim send forth the God crystals  
From the Heart and Mind of God to all beings now

## CUTTING EDGE ASCENSION INFORMATION AND TECHNIQUES

By Dr. Joshua David Stone as  
commanded by the Ascended Master Djwhal Khul  
from his 2nd ray ashram

Excerpted from "The Complete Ascension Manual for the Aquarian Age"

As of September 1994 there are five hundred Ascended Masters on the surface of the Earth who have completed their ascension. I mention the surface of the Earth here, for there are another three hundred added to this accounting if you include the Ascended Masters in the hollow Earth. There are a grand total of somewhere between 1800 and 2500 Ascended Masters. If you include the etheric Ascended Masters who no longer retain physical vehicles, this number includes many of the Ashtar command and Ascended Masters in the spiritual government on the inner plane currently who are focused on Earth service. Of the five hundred Ascended Masters who are physicalized and on the surface, thirty of them have just recently completed their ascension and are members and/or students of Djwhal Khul and His ashram.

It is important to understand here that there is a big difference between what might be termed a kindergarten Ascended Master and an Ascended Master who has completed their ascension. This can be explained by understanding that there are 7 major initiations that all who travel the spiritual path must traverse. These seven major initiations were delineated quite clearly in the Theosophical Society, headed by Madame Blavatsky, and in the Alice Bailey books written by the Ascended Master Djwhal Khul. This information was expanded again by The Tibetan Foundation that was headed up by a most phenomenal channel by the name of Janet McLure. My wife, Terri and I, and my dear friend and spiritual sister Marcia Dale Lopez, have connections in all three movements. Our current work is to bring forth a part of the next dispensation of information of Djwhal Khul and the Spiritual Hierarchy, as we mutually anchor Djwhal's ashram on the East and West coast.

Of the five thousand Ascended Masters predicted for Wesak (May 1995), approximately 2500 will be completing their sixth and the other 2500 of the kindergarten variety, which means again just taking the beginning of the sixth. Melchizadek told us that there would be approximately 30 000 Ascended Masters on the planet by the year 2000 of both the completed and kindergarten variety. After the year 2000, there is the potential for this number to jump at a much larger rate. By the year 2000, Melchizadek said there could be 5000 to 10 000 completed seventh degree initiates on the planet

I also asked about walkins. I was given a figure of there being 250 000 walkins on the planet. I would take these numbers with a grain of salt, because the future is always changing as we use our free choice, however they do provide some perspective and ballpark figures for the planetary ascension process.

I used to be confused why the Masters called ascension the sixth initiation rather than the seventh. The reason for this is that one achieves ascension at the sixth initiation, however does not complete one's ascension until taking the seventh sublevel between the sixth and seventh initiations. In other words there are seven sublevels between each

of the seven major initiations.

A kindergarten Ascended Master has just taken the sixth initiation. This signifies complete freedom from the wheel of rebirth, and in the past meant death of the physical vehicle. In more recent times most kindergarten Ascended Masters usually remain on earth for service purpose. Upon evolving through the seven sublevels of the sixth initiation they officially complete their ascension. Shortly thereafter they take their seventh initiation, which marks total completion of the ascension or the sixth initiation. The seventh initiation is the final and last initiation that can be taken on the physical plane. When one first takes the seventh initiation they are again considered a kindergarten seventh degree initiate. There are seven sublevels that must be evolved through to complete this initiation. Upon reaching the seventh sublevel of the seventh initiation all initiations stop until one leaves the physical plane. One cannot take the eighth initiation without losing the physical vehicle.

In some systems of spiritual growth there has been the reference to three sublevels between each of the seven major initiations. This is the system used, in reality, by Brian Grattan in his wonderful Mahatma books. Brian speaks of twelve initiations rather than seven. Djwhal told Marcia and me that the two systems of looking at the initiations process are the same up to the sixth initiations. The seventh, eighth and ninth initiations in Brian's system are the three sublevels of the sixth initiation. Initiations ten, eleven and twelve are the three sublevels of the seventh initiation. In other words, full completion of the seventh initiation in Djwhal Khul's system would be the same as the twelfth initiation in Brian Grattan's system. I share this so there may be greater unification and understanding between these two most useful systems.

The seventh initiation is full merger with the Logoic or seventh plane of reality. I use the term plane here, rather than dimension, for the seventh initiation is merger with the sixth dimension of reality. Ascension is merging with the 5th dimension of reality. It is the seventh initiation where the advanced ascension skills such as teleportation, walking on water, and materialization are a potentiality, however not automatically acquired. Djwhal Khul has also guided us that the highest light quotient that a person can hold without losing the physical vehicle is 98%. At the completion of the seventh initiation one retains this level of light quotient until leaving the earthly plane. The seventh degree initiate is usually a teacher on a more global scale, which is not necessarily true of a sixth degree initiate.

The Earth is also in this same type of initiation process, and when she completes her seventh initiation she will actually disappear and ascend also, and take her eighth initiation on the inner plane. This building one's light quotient is one of the most important factors in attaining these advanced initiations. For the sake of review for those who have not read my books, the third initiation requires a minimum of 56% light quotient. The fourth initiation requires 62% light quotient. The fifth initiation requires 75% light quotient. The sixth initiation and/or ascension, requires 80% to 83% light quotient. The seventh initiation requires a minimum of 92% light quotient.

In finishing up our discussion here on the process of how to complete one's ascension and move on to the seventh initiation, there are a few other most interesting pieces of information I would like to share with you in my continuing research. There has been almost no information on the 7th initiation available on this plane. The little we do have is from Djwhal Khul through Alice Bailey, however Djwhal wrote most of those books as a fifth degree initiate and an inner plane sixth degree initiate. The information fifty years ago was very sketchy. The seventh initiation is merger with the Planetary Logos and Shamballa, the will aspect of the creator for planet Earth. It is full merger with the monad. Ascension is only 80 to 83% merger. It is the initiation that begins the process

of transcending the physical laws. There is a core group of people in Djwhal's ashram that are now preparing to take this initiation.

The seventh initiation creates a complete implosion of energy in the heart chakra. It creates a whole new unified chakra system, which is metaphorically like the creation of a new star system. The seventh initiation is a complete commitment to service, group consciousness, and relinquishment of negative ego and separateness. One becomes a concentrated point of living light. It gives the initiate the right to come and go in the courts of Shamballa. It has been referred to, esoterically, as the initiation of "Resurrection".

Lord Maitreya took His seventh on the cross at the death of the Master Jesus. The initiate has found his way back to his originating Source, or that state of existence known as Shamballa. One has officially become a seventh degree Melchizadek. At the taking of the seventh initiation an even higher electrical force is transmitted by Sanat Kumara through his "Rod of Initiation", which signifies full completion. One does not complete their seventh initiation until they stabilize their light quotient at the 97% to 98% light quotient level. Djwhal told us that one is not really in the seventh until they are at the 94% light quotient level. One touches the very edges of it as early as the 89% level of light quotient, however really is not in the seventh fully until the 94% level. There are 5000 people scheduled to complete their ascension as of Wesak (Festival of the Buddha in full moon of May) 1995. At this time there will be 500 people on the Earth who have completed their seventh initiation. In September of 1994 there were 200 people on the surface of the Earth who had completed the seventh initiation.

I also want to make it clear here that these higher initiations occur in groups or waves. It can be likened to a sports team. Even though there may be star players on any sports team who score more points than the others, all get the same championship ring if the team wins. The gains of one are shared by all. This removes all sense of competition or comparing. The process can also be likened to a puzzle. All have a part to play even though some may have a bigger puzzle piece than others. The puzzle cannot be complete if all do not play their part.

Another example Djwhal has used is an emergency room. The ambulance driver, receptionist, orderlies, nurses, doctors all must do their part in perfect cooperation. Relating this to the initiation process, all will take the same initiation even though one job may be more glamorous than another. The Masters are not looking for glamour, but rather that each initiate does his or her job for the good of the greater ashramic work and fulfillment of the Divine Plan! My job, for example is to write books and teach. My wife, Terri's job is to voice channel. Marcia's job is to run Djwhal Khul's ashram in New York. We each have our part to play and there are many others who are a part of our larger puzzle upon whom we rely as much as they rely on our doing our parts. The fastest path to ascension completion and the seventh initiation is to play your Divine part perfectly!

The information in this chapter has been excerpted from my six volume set of books, "The-Easy-To-Read-Encyclopedia of the Spiritual Path". Five of these books are now available through the author with the sixth volume, "A Spiritual Autobiography of My Actual Ascension" available shortly after Wesak of 1996 with an additional 6 volumes being published in September 1996.

#### Cutting Edge Ascension Techniques

The following Ascension techniques from my six volume series of books, "The Easy-To-Read Encyclopedia of the Spiritual Path" are some of the most advanced cutting edge ascension techniques you will find anywhere on planet Earth. Practice them with regularity and I will personally guarantee you most extraordinary results. I can say this

both from theoretical and experientially knowledge. For a more in-depth study, I would recommend reading all six volumes which make up this set. Please share this article with your friends.

### **Ascension Technique Number One - The Ascension Seats**

One of the most extraordinary pieces of information I have come across in my continuing research is the existence of actual ascension seats on planet Earth and throughout the universe. The following are the ones I have uncovered so far.

- A. The golden chamber of Melchizadek in the Universal Core.
- B. Lenduce's ashram ascension seat at the Galactic Level.
- C. Ascension seat in Melchior's ashram in the Galactic Core.
- D. Ascension seat in the Solar Core in the Chamber of Helios.
- E. Ascension seat in Shamballa, the home of Sanat Kumara.
- F. Ascension seat on the Arcturian space craft called the "Light Synthesis Chamber".
- VI. Ascension seat in the Great Pyramid of Giza in the King's Chamber.
- VII. Ascension seat in Table Mountain Wyoming, called the "Atomic Accelerator".
- VIII. Ascension seat in Mt. Shasta.
  - A. Ascension seat in Telos, the underground city one mile below Mt. Shasta.
  - B. Ascension seat on Commander Ashtar's ship.
  - C. Ascension seat in Africa in an underground UFO space craft.
  - D. Ascension seat in the center of the Middle Earth in Melchizadek's Golden Chamber
  - E. Ascension seat in Serapis Bey's ascension retreat in Luxor.

These fourteen ascension seats, in my opinion, are truly one of the golden keys to achieving and completing your ascension. Use them as much as possible. All you have to do is ask very simply in meditation to be taken to the ascension seat of your choosing and you are instantly there in your spiritual body. You will immediately feel a subtle and sometimes not so subtle spiritual current running through your entire four body system.

The ascension seats will help strengthen your grid system, revitalize your molecules, build light quotient, and accelerate your ascension. The Ascended Masters have given us a variety of seats to prevent boredom and to spice up our spiritual exploration. I would recommend using the first three ascension seats on the list more after you ascend. Working with ascension seats on the Galactic and Universal level before you have even ascended is getting a little ahead of oneself. You are certainly welcome to experiment with them a little bit, however. Use the other ascension seats for your regular serious ongoing meditation work, I would also recommend using some of the other meditations I have provided in my books while sitting in the ascension seats. The only ascension seat in this list that I have ever seen in any book is the one called the "Atomic Accelerator", which Saint Germain spoke of in His wonderful books called the "I Am Discourses". The rest have all been channeled from spirit and are truly a Divine dispensation for humanity at this most wondrous time in which we are now living.

### **Ascension Technique Number Two**

Call forth from Sanat Kumara, Vywamus, and your own Mighty I Am Presence for a firing of all your fire letters key codes, and sacred geometries from the twelve dimensions of reality. Upon doing this infinitesimally small fire letters, key codes and

sacred geometric shapes will come pouring through your crown chakra and begin flowing through your entire meridian system. The higher you go in spiritual evolution, the more key codes and fire letters are available for activation and anchoring.

### **Ascension Technique Number Three**

Call forth the Microtron by Metatron. The Microtron is a type of microchip and energy lattice work that is laid in that allows for the availability of the highest level of ascension energy one can potentially receive!

### **Ascension Technique Number Four**

Call forth, directly and specifically, the ascension energies to come forth, down through the crown chakra. Djwhal Khul has told us that this can be seen as a golden white light. It is a good idea to start every meditation invoking this energy to make the ascension connection

### **Ascension Technique Number Five**

Call forth a light shower from Archangel Metatron, the Mahatma, and Melchizadek. Begin a dedicated focus on intent to build your light quotient every day, ultimately to the 80% to 83% needed to ascend.

### **Ascension Technique Number Six**

Call forth from Vywamus and Djwhal Khul, the matrix removal program. This is a most wonderful, divine dispensation recently received by humanity from Sanat Kumara and the Spiritual Hierarchy. I first learned about it from my dear friend and fellow compatriot in Djwhal Khul's ashram, Marcia Dale Lopez. My knowledge was then increased much further by recent channeling of my wife, Terri, during a recent workshop which we held at our home.

The basic concept here is that the Spiritual Hierarchy has now been given permission to actually pull the fear based programs right out of our subconscious minds and four body system. This is done much like a gardener pulls weeds out of the Earth. The fear based programs actually look like dark black weeds with many roots when you look at them clairvoyantly. This matrix removal program has never been available to humanity before this time. It is brand new. Ask Djwhal Khul and Vywamus to be set up in this program on the inner plane.

Also just request, in your meditation, for all your fear based programs to be removed. It helps if you can be more specific. This work can be done when you are in an emotional crisis or when you are feeling good and just want to do more refining work. In a recent workshop which Terri and I put on concerning this topic, Djwhal Khul told us that in one weekend 45% of our core fear was actually removed, pulled out, and completely erased from the soul records, This is quite extraordinary, as I am sure you will agree. It is available to you, for the asking.

For an in-depth understanding of this whole process I would recommend reading my sixth book, "A Spiritual Autobiography of My Actual Ascension", soon to be available, in which I lay the ground work. I have dedicated an entire chapter to explaining how this process works. If you have not already read it, I also suggest my second book called "Soul Psychology", to prepare the way for this more advanced material.

There is also a new book by Marcia Dale Lopez entitled "A Call to Serve". Marcia and I work so closely together that I am sure you will enjoy reading her book as much as you have enjoyed mine.

While this work is going on you will feel subtle energy work going on in your crown chakra. For those who are not clairvoyant, and cannot see it actually happening, just trust that it is going on. Ask that it be done while you are sleeping, as well.

### **Ascension Technique number Seven**

Call to Archangel Metatron for a one hundred percent light quotient increase. This is one of my favorite ascension techniques and I use it all the time. I use it not only in meditation, but also while watching television with my wife late at night. Believe it or not, some of my best light quotient building has occurred during these times. I am a firm believer in time management. Some of my best ascension work is while standing in line at the bank, grocery store, and running errands. Metatron is a most glorious Being and has great abilities in the area of light technology.

### **Ascension Technique Number Eight**

Go to the golden chamber of Melchizadek and request to be initiated into the Order of Melchizadek by the Universal Logos, Melchizadek Himself. Whatever level of initiation you are at does not matter. Just ask to begin this process and ask for His blessing. Melchizadek is the Being that ensouls our entire Universe and it is the Order of Melchizadek which is the core, essence and antecedent of all spiritual teachings on planet Earth. Who better to be initiated into this order by than Melchizadek Himself!

### **Ascension Technique Number Nine**

Call forth to your own Mighty I Am Presence for the spinning of all your electrons at the Ascended Master frequency.

#### **Ascension Technique Number Ten**

Every day, go for what I refer to as an "Ascension Walk". This is also one of my most favorite spiritual practices of all and is actually one of my favorite parts of the day. Begin your walk invoking one of the ascension seats or a light shower from Metatron, Mahatma, Melchizadek or all three. Then just walk and try to remain a little more receptive than normal. If you get too masculine or active in your thinking you can disconnect the energies a bit. No harm done, you can just call Them in again, if this begins to happen. This particular ascension technique is also good practice for "bilocating" when you are using the ascension seats. By this, I mean part of you will be in the ascension seat and part walking. It is good to begin practicing doing two things at once or simultaneously even prior to your ascension. I do want to say here that it is possible to do too much ascension seat activity. The physical body needs some time during the day to run its own natural current. Practice a lot but do take a break. The energies will usually stop on their own during meals, driving and more masculine (yang) activities.

### **Ascension Technique Number Twelve**

Call forth from Melchior, Lenduce, Vywamus, and Sanat Kumara for an anchoring of the light packets of information from the higher university on Sirius. These are actually

like metaphysical light envelope packets that are programmed into our computer banks and four body system. Every night before sleep ask to travel to Sirius to attend classes in the higher university.

### **Ascension Technique Number Thirteen**

Do these meditations I am giving you here and in my books, especially on the full moon each month. Special astrological configurations, Wesak, Christmas, December 31st, on special spiritual occasions such as the 11:11 or the 12:12, comets hitting Jupiter, Saints birthdays, and so on. These special days allow for special openings, gateways, and downpourings of spiritual energies. They can provide a quantum leap of energy that sometimes many weeks of meditating, alone, cannot provide.

### **Ascension Technique Number Fourteen**

Call forth from Vywamus, Sanat Kumara and Djwhal Khul and your own Mighty I Am Presence for the anchoring of your monadic blueprint body. Ask that this now replace the previous tainted blueprint you have been working off of through all of your past lives. This will provide you with a perfect blueprint for your physical vehicle to work with. Many people never recover from chronic physical health problems because of this . Also call in the MAP (Medical Assistance Program) healing team and the etheric healing team to repair any damage in the etheric vehicle that needs repairing from all your past lives and present life. The value of this simple ascension technique cannot be over estimated! Call to the Arcturians and ask to be taken to the "Mechanism Chamber" any time you need physical healing.

### **Ascension Technique Number Fifteen**

Call to your Mighty I Am Presence, Vywamus, and Djwhal Khul and ask that your monad (spirit or Mighty I Am Presence) be permanently anchored into your physical vehicle. This can be done for you upon request. This will greatly accelerate the merger of your personality, soul and monad which is, in truth, what ascension really is.

### **Ascension Technique Number Sixteen**

Before bed every night ask to be enrolled in teleportation classes on the inner plane. Your spiritual body will receive all necessary information which will be stored up until that time when you are ready to really do it. Djwhal Khul has told us that one realistically needs to almost complete their seventh initiation and be up to the 96% to 98% light quotient to actually do this. Teleportation is, of course, the actual moving of the physical body from one location to the other. Teleportation is not a requirement for completing the seventh initiation, however. It is optional.

### **Ascension Technique Number Seventeen**

Request to be enrolled, either in meditation or before bed in Djwhal Khul's second ray light quotient building program on the inner plane. This program is orchestrated by Djwhal Khul and is much like an intravenous needle giving nutrients to a hospital patient. While sleeping, the light quotient is dripped in at a gradual and safe rate to those who are enrolled in the program. Regardless if you are personally connected to

Djwhal Khul's ashram, all are welcome. The Chohans of the Seven Rays send most of their students for training to Djwhal's ashram. It is good to work and take advantage of the different programs going on in all seven ashrams of El Morya, Kuthumi and Djwhal Khul, Serapis Bey, Paul the Venetian, Hilarion, Jesus, and Saint Germain.

### **Ascension Technique Number Eighteen**

Call for the permanent anchoring of the Cosmic Heart from Vywamus and Djwhal Khul. This invocation speaks for itself as to its intent and purpose.

### **Ascension Technique Number Nineteen**

Call forth to Vywamus, Archangel Michael, and Djwhal Khul to place a golden dome of protection around you at all times, Request that Vywamus bring forth His Golden Hands like a net, through your fields and remove all alien implants, elementals, negative entities, imbalanced energie, and etheric mucous.

### **Ascension Technique Number Twenty**

Call forth in your home where you meditate or hold classes, a permanent ascension column to be set up by the Ascended Masters. If needed, set up two of them, one in your meditation room and one in your living room where meetings are held. As you evolve, your ascension column will evolve. All who enter it will be helped and accelerated.

### **Ascension Technique Number Twenty One**

At the end of your meditation call forth what I am calling here the "mini-tornadoes" to help blend your higher bodies with your four body system (physical, emotional, mental, and spiritual bodies) on Earth. The mini-tornadoes are, again, infinitesimally small tornadoes that blend and merge the higher bodies with lower bodies. These tornadoes are almost like sewing the two bodies together. The mini-tornadoes can clearly be seen by those who are clairvoyant. For those of you who are not clairvoyant, just trust that they are there and will anchor at your slightest invocation.

### **Ascension Technique Number Twenty Two**

Call forth from Helios for the anchoring and activation of your Ascension Healing Module. This Module is a specific type of merkabah that upon request can be programmed for ascension activation. It can also be extremely helpful in facilitating the anchoring and firing of all the fire kettors, key codes and sacted geometries I spoke of earlier.

### **Ascension Technique Number Twenty Three**

Call forth from the Mahatma and your own Mighty I Am Presence for a widening of your antakharana and rainbow bridge both on a personal and cosmic level so a greater amount of God current can flow into your field.

### **Ascension Technique Number Twenty Four**

Call forth from your own Mighty I Am Presence and monad for an anchoring and activation of your unified chakra. When you ascend, the seven chakras become one elongated chakra. This can be invoked and set into place before you ascend, for the asking.

#### **Ascension Technique Number Twenty Five**

Call forth from the Earth Mother and Archangel Sandalphon and Khamel for an alignment of your personal kundalini with the planetary kundalini. This will facilitate a greater influx of energy through your feet chakra, root chakra and grounding cord.

#### **Ascension Technique Number Twenty Six**

Call forth to Vywamus, Djwhal Khul and the Earth Mother that your personal energies be integrated and aligned with the twelve Elohim computers in the Earth that are in the process of firing and activating over the next five years. As these Elohim computers fire, there will be a corresponding activation within your own being.

#### **Ascension Technique Number Twenty Seven**

Call forth to Melchizadek to purify your intire being with His golden flame and sacred ash, to remove all impurities in your four body system, and remove all blemishes of negative ego, separativeness, and fear based reactions.

#### **Ascension Technique Number Twenty Eight**

Call to the seven Ray Masters to shine through the third eye center and connect the force of the rainbow bridge and antakharana, into the light of the ascension column. Request that this be done through the entire chakra column, through the soul all the way back to the monad.

#### **Summation**

As you can see these are extraordinary ascension tools and techniques. Practice them as much as possible. Share them with your friends and send or FAX them around the country and globe. I do recommend reading the six volumes I have written called "The-Easy-to-Read Encyclopedia of the Spiritual Path". These books are one of the most complete programs of spiritual growth ever written, and most importantly, they are extremely easy to read. Light Technology publishers will be officially publishing the entire set, however, for the time being I have self published them until the process of getting them in print and to all the book stores is complete. To obtain copies of the book series, please contact METATRON.

By Universal Order, Copy and Reproduce as much as You can!.

DJWHAL KHUL is an Ascended Master who works on the second Ray and who channels through a variety of mediums for the purpose of assisting Humanity, World Servers, Teachers, and Healers. DK, also known as the Tibetan, previously channeled many books through Alice A. Bailey.

Currently DK is involved in assisting the re-education of humanity by connecting students with their Spiritual Teachers on the Inner Planes, training channels, clearing subconscious patterns, and promoting personal and planetary spiritual development. He also inspires the writing of screenplays, and other creative arts.

DJWHAL KHUL is a compassionate, non-discriminating, non-jedgmental, and loving teacher who promotes love, wisdom and discernment in all facets of life.

Om Mani Padme Hum

# The Unified Chakra

- From the book *What Is Lightbody?* and The *Tools for Living Heaven* tape set

The Unified Chakra Meditation is the base technique of Angelic Outreach.

It supports your mutation at every level. The Unified Chakra creates a bubble of Light that allows you to handle vaster and vaster frequencies, and acts like a force field. It helps screen out other people's pictures of reality. Most of you walk around in other peoples' energies because your bodies are separated. The main thing for Lightworkers is to get in your bodies and figure out what your energy is.

The Unified Chakra is the best way that we know of to assist you to follow your Spirit with every breath and every step.

We suggest that you do the Unified chakra every single time that you notice that you are in the past or the future.

At first that will seem like an incredible task, but if you will do it with discipline, you will find that within two weeks you will unify instantly. By the end of four to five weeks, you won't step out of the merge. Unlike a lot of meditations, you do not leave your body; you stay conscious. It is an altered state, but it is one that you can live in.

**I breathe in Light  
Through the center of my heart,  
Opening my heart  
Into a beautiful ball of Light,  
Allowing myself to expand.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my throat chakra  
And my solar plexus chakra  
In one unified field of Light  
Within, through, and around my body.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my brow chakra  
And my navel chakra  
In one unified field of Light  
Within, through, and around my body**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand**

**Encompassing my crown chakra  
And my base chakra  
In one unified field of Light  
Within, through, and around my body.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my Alpha chakra  
(Eight inches above my head)  
And my Omega chakra  
(Eight inches below my spine)  
In one unified field of Light  
Within, through, and around my body.  
I allow the Wave of Metatron  
To move between these two points.  
I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my eighth chakra  
(above my head)  
And my upper thighs  
In one unified field of Light  
Within, through, and around my body.  
I allow my emotional body to merge  
With my physical body.  
I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my ninth chakra  
(Above my head)  
And my lower thighs  
In one unified field of Light  
Within, through, and around my body.  
I allow my mental body to merge  
With my physical body.  
I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my tenth chakra  
(Above my head)  
And to my knees  
In one unified field of Light  
Within, through and around my body.**

**I allow my spiritual body to merge  
With my physical body,  
Creating the unified field. I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my eleventh chakra  
(Above my head)  
And my upper calves  
In one unified field of Light  
Within, through and around my body  
I allow the Oversoul to merge  
With the unified field. I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my twelfth chakra  
(Above my head)  
And my lower calves  
In one unified field of Light  
Within, through and around my body  
I allow the Christ Oversoul to merge  
With the unified field. I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my thirteenth chakra  
(Above my head)  
And my feet  
In one unified field of Light  
Within, through and around my body  
I allow the I AM Oversoul to merge  
With the unified field. I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand  
Encompassing my fourteenth chakra  
(Above my head)  
And to below my feet  
In one unified field of Light  
Within, through and around my body  
I allow the Source's Presence to move  
Throughout the unified field.  
I AM a unity of Light.**

**I breathe in Light  
Through the center of my heart,  
I ask that the highest level of my Spirit  
Radiate forth from the center of my heart,  
Filling this unified field completely.  
I radiate forth throughout this day.  
I AM a unity of Spirit.  
I AM a unity of Light.**

# I AM (7 Rays & Great Invocation)



In the teachings of theosophy are descriptions of an occult hierarchy that exists in the world. In describing the world, there is a description of the sevenfold division running through all things and this appears also in the Great White Brotherhood. In the hierarchy the seven Rays are clearly distinguished. The first of ruling Ray is governed by the Lord of the World. The Second Ray is headed by the Lord Buddha. The title of Chohan is given to those Adepts who head Rays Three to Seven.

"The essential thing to understand is that there is a certain sevenfold division of everything that exists in the manifested world, whether of life or matter. All life which exists in our chain of worlds passes through and belongs to one or other of Seven Rays, each having seven subdivisions. In the universe there are 49 such Rays, making, in sets of 7, the seven Great Cosmic Rays flowing from or through the 7 Great Logo. In our chain of worlds, and perhaps in our solar system, only one of these great Cosmic Rays is operating, and its sub-divisions are our 7 Rays. Each of us has come forth from the Eternal into the manifestation through one of the Rays."

The fourth Ray is under the care of the Mater Serapis. The particular characteristic of this Ray is harmony and beauty. The Master Jesus rules the Sixth Ray, that of devotion. This is the Ray of the devotional saints and mystics of every religion. The Head of the Seventh Ray is the Master the Comte de St. Germaine. He works to a large extent through ceremonial magic. The particular quality to be developed is that of ordered service. All of the qualities will have to be developed in each of us in due time. In the seven Planetary Logo certain cyclic changes periodically occur. There seems to be an infinite number of possible permutations and combinations of them.

The earth is preparing for its ascension or increase in vibration and its inhabitants are as well. It would be well to remember that "we are not humans having a spiritual experience, but Spirit having a human experience." In order to ascend with the physical body, we must increase its frequency to that of the Light Body. A change in consciousness is also involved. It involves a change in awareness of what reality is and how illusion is created so that it can be changed:

"now most of the energy making up your physical body is assimilated from the food you take in, but increasingly, that energy is being projected. Here's how it works: the Spirit levels of your being project conscious energy units into your physical field and direct them to form the cellular structures, rather than using the energy of proteins, starches, and so on from the digested food. Your spirit self is systematically converting the cells of your body to being fueled by projected energy rather than by digested energy. This projected energy is derived from the energy behind the radiation which you know as light. As a result, you are beginning to form what is often called a Light Body"

Energy Fields and Emotional Fields: As an example, anger can spring from apparently nowhere. You may be picking it up from someone who happens to be in your field. The anger isn't yours and can be dumped very easily. You can spin your emotional field to centrifuge it out, declaring that you release the energy back to the universe. Feel it drain away. Releasing your own anger is almost as easy. But first, you must realize that it is only energy and that energy loves to move. It hates being still. Also, realize that this energy is not yours, but only on loan for the moment. Spin your fields and declare to yourself:

"This anger (or fear, jealousy, etc.) is not me or mine. I release it back to the universe."

If an emotion feels good to you are picking the energy up from another source: Spirit.

The "Unified Chakra" involves merely expanding your heart Chakra to encompass all the others.

Karma: The law of karma need not be a cruelty for a cruelty. It may just as easily be compensated for by an act of kindness or forgiveness on the part of a victim. And remember that your spirit selves operate in simultaneous time. Focus time so that an act can be balanced by what you perceive as an earlier time.

The Law of Grace: The energy of Grace Elohim allows you to shed old energy and to break any old karmic agreements you have with any others.

Shame: The important thing about this shame is to know that you inherited it in your genes. When you feel any kind of shame, it's not "you", but just another energy to be released from your fields. Another way to support yourself when shame comes up is to sense your true power. Ask Spirit for ever-increasing capacity to do whatever it takes. Secondly, call on Destroyer Force angels to spin the energy out of your fields. After a few seconds you will feel more calm and more subtly powerful. Let this sense flow through your body and visualize it filling the void in your cells left by the released shame.

ASCENSION: Your conscious role is to clean out your lower fields, get them aligned, and prepare them to handle the massive influx of high frequency Light energy. Spirit's role is to flood these fields with your own energy and complete their alignment. Breaking Old Patterns

The purified Chakra allows you to do this and bring more energy in. Get in relaxed position deep breathing breathe Light into the heart Chakra. With out breath, visualize heart Chakra expanding as a sphere. Include each succeeding pair of Chakras with each breath: Third and forth; Second and sixth; First and seventh; Omega (in below spine) & alpha (8 in above head); Eighth and your knees; Ninth and your ankles; and Tenth and your feet. Your unified Chakra now forms a sphere of golden light, 20-50 feet in diameter. Your spirit field coexists with this field and you can ask the appropriate level of your own spirit to blend with your unified field.

#### INVOCATION TO UNITY

I AM CHRISTED BEING; I AM IN UNITY WITH SPIRIT  
I AM A CHRISTED BEING; I AM IN UNITY WITH ALL THAT IS;  
THE LIGHT OF MY OWN BEING SHINES UPON MY PATH  
I AM A CHRISTED BEING; I AM IN UNITY WITH ALL THAT WILL BE  
I HOLD THE SHINING LIGHT OF THE SOURCE WITHIN MY HEART  
I WALK IN UNITY WITH SPIRIT  
I LAUGH IN UNITY WITH THE SOURCE  
I LOVE IN UNITY WITH MY FELLOW BEINGS  
I AM A CHRISTED SPIRIT; I AM A BRIDGE BETWEEN HEAVEN AND EARTH

#### INVOCATION TO LIGHT

I LIVE WITHIN THE LIGHT  
I LOVE WITHIN THE LIGHT  
I LAUGH WITHIN THE LIGHT  
I AM SUSTAINED AND NOURISHED BY THE LIGHT.  
I JOYOUSLY SERVE THE LIGHT.  
FOR I AM THE LIGHT  
I AM THE LIGHT. I AM THE LIGHT. I AM . I AM. I AM.

#### INVOCATION TO WATER

I TAKE THIS WATER THE WATER OF LIFE. I DECLARE IT THE WATER OF LIGHT AS I BRING I WITHIN MY BODY, IT ALLOWS MY BODY TO GLOW. I TAKE THIS THE WATER OF LIGHT. I DECLARE IT THE WATER OF GOD. I AM A MASTER IN ALL THAT I AM.

## THE VIOLET FLAME

ST. GERMANE, LORD OF THE VIOLET RAY, OFFERS THE VIOLET FLAME OF TRANSMUTATION FOR DEALING WITH LOW FREQUENCY ENERGY YOU WISH TO REMOVE FROM YOUR FIELDS. USE IT WHENEVER YOU ARE DROPPING DENSITY OF ANY KIND OR WHEN YOU ENCOUNTER LOW FREQUENCY ENERGY IN YOUR ENVIRONMENT . DO IT SEVERAL TIMES A DAY IF NECESSARY.

FOR PERSONAL USE, VISUALIZE THE VIOLET FLAME OF TRANSMUTATION (MIXED WITH TB SILVER RAY OF GRACE TO FORM A BEAUTIFUL IRIDESCENT VIOLET). THEN SEE IT POURING INTO YOUR PHYSICAL BODY AND FILLING EVERY CELL. THEN BRING IT THROUGH YOUR EMOTIONAL, MENTAL AND SPIRITUAL BODIES SEPARATELY.

TO CLEAN A SPACE, SUCH AS YOUR OFFICE OR HOME, SEE THE VIOLET FLAMES RISING UP FROM THE FLOOR, CONSUMING ALL LOW FREQUENCY ENERGY. PAY PARTICULAR ATTENTION TO CLEANING YOUR BED WHEN YOU GET UP IN THE MORNING.

## THE GREAT INVOCATION

FROM THE POINT OF LIGHT WITHIN THE MIND OF GOD LET LIGHT STREAM FORTH INTO THE HEADS OF MEN. LET LIGHT DESCEND ON EARTH.

FROM THE POINT OF LOVE WITHIN THE HEART OF GOD LET LOVE STREAM INTO THE HEARTS OF MEN. MAY CHRIST RETURN TO EARTH.

FROM THE CENTER WHERE THE WILL OF GOD IS KNOWN LET THE PURPOSE GUIDE THE LITTLE WILLS OF MEN-THE PURPOSE WHICH THE MASTERS KNOW AND SERVE.

FROM THE CENTER WHICH WE CALL THE RACE OF MEN LET THE PLAN OF LOVE AND LIGHT WORK OUT AND MAY IT SEAL THE DOOR WHERE EVIL DWELLS.

LET LIGHT AND LOVE AND POWER RESTORE THE PLAN ON EARTH.

Sources: An Ascension Handbook by Tony Stubbs and The Masters and The Path by C.W. Leader

## ***The Seven Rays***

Seven great energies or streams of force demonstrate the qualities of Deity. The Wisdom Teachings speak of them as the Seven Rays and they are dominant conditioning and qualifying factors in our lives. But not only this; they are, we understand, *cosmic* elements, reaching us from the unknown spheres of other systems, and no part of the life of our planet is unaffected by them.

In the same way as the seven colours are parts of the spectrum and the seven notes are tones of the octave, so these Rays are differentiations or qualities of the one divine Emanation. In some of the eastern teachings they are called the seven breaths giving life to all forms, and they have been referred to in various ways in different philosophies. It is these great "Energies" that St John called symbolically "the Seven Spirits before the throne of God."

The Seven Rays, each carrying particular qualities and tendencies, are responsible for the different psychological types. Several Rays will probably influence us, but one usually predominates and gives the main colouring to our character. There is a connection here with astrology ... the astrological influences carry these same streams of energy and our alignment with particular Signs puts us more directly in touch with these qualities.

The following summary only gives a very brief idea of each Ray, but serves to indicate their different types of influence.

*Clicking on the header name for each Ray will bring up a chart of information about that Ray, compiled from the Alice Bailey books.*

### **First Ray: Will or Power**

Purpose, positivity and leadership are the outstanding qualities of this Ray. It carries great strength and driving force, in fact it is sometimes called the Destroyer. It is the Ray of the ruler and is particularly related to the field of Government. Those who initiate undertakings and are found in positions of power are especially aligned with this type of energy.

### **Second Ray: Love-Wisdom**

This Ray embodies the building and relating qualities and is the blending and inclusive energy that leads to true understanding. Its strength is through persistence and it radiates the spirit of relationship and the attractive quality of Love. On this Ray are found the lovers of Truth and those who seek the path of Wisdom; the Teachers, Healers and Philosophers are the exponents of its magnetic energy.

### **Third Ray: Active Intelligence**

This energy carries an underlying impulse towards both mental and physical activity. A clear intellect and an ability to plan are its characteristics and a capacity for abstract thinking and intelligent organising are this Ray's especial gifts. Its influence works particularly through economics and industry.

### **Fourth Ray: Harmony through Conflict**

This is the Ray of beauty, art, and creative expression in all forms. It is the energy which, through conflict, brings order out of confusion, harmony out of discord, unity out of diversity. It finds its expression particularly in the cultural field, but it also has great influence upon humanity as a whole, and brings about the achievement through struggle by which we evolve.

### **Fifth Ray: Concrete Knowledge and Science**

This Ray is pre-eminently that of mind, critical ability and research. It is the Ray of the keen and enquiring intellect that demands great accuracy and gives much attention to detail. Within this stream are found those working in all the different branches of science.

### **Sixth Ray: Devotion and Idealism**

Dedication and fanatical altruism are the main impulses of this Ray. It carries a militant one-pointedness and intensity, and further characteristics

are devotion and a spirit of service. It is the Ray of the crusader and the idealist and is the great force within Religion.

### **Seventh Ray: Ceremonial Order and Ritual**

This is the Ray which links spirit and matter and it works through law, organisation and ritual. Those under its impulse delight in order and perfection of form. Since it is concerned with the concretising of energy, finance comes within its province, as well as all ceremonial activity.

This gives the general picture of the Rays, but they are many-sided and too complex to be fully portrayed in a short summary. It must be added, however, that their energies can work out as detrimental tendencies as well as valuable qualities. For example, First Ray energy may activate the strong, courageous leader, but may equally well stimulate adversely the ambitious, arrogant dictator. Upon our response to these great forces and our handling of them depends how they manifest.

There are many interesting relationships and correspondences which can be followed up in connection with the Seven Rays. Their influence is felt in all kingdoms of nature and recognition of their conditioning energies gives us new insight into our fellow humans as well as ourselves. Study of them will be at the roots of New Age psychology, for understanding of the Rays that influence us individually will reveal both the bases of our problems and our lines of potentiality, and will help us to meet the ancient Greek, yet ever current, demand—"Know thyself."

- M. J. Eascott and N. Magor

*Excerpted from  
The Plan and The Path,  
Eascott and Magor, 1964  
Sundial House, Kent, England*

***Know Thy Self***

***Know The Self***

***Know The One***

# Working with The 7 Rays Crystals \* Colors \* Angels

by Selacia

Each of the seven great rays of creation represents a particular learning lesson for our embodiment on the Earth. We have now entered an accelerated phase of our evolution in which it will be important for each of us to integrate the aspects of all seven great rays. We may call upon the assistance of the Archangel charged with responsibility for the particular ray. It is also helpful to work with the color of each ray. Visualize the color or wear the color.

Wearing crystal jewelry is an excellent way to wear the color gemstone most desired. If you would like some crystal jewelry for your own personal transformation process, see our [Crystals page](#) or email Selacia at [Selacia@Selacia.com](mailto:Selacia@Selacia.com).

In the sections that follow, you will receive detailed information about how to transform your life and speed your evolution by working with the colors of the seven rays.

<b>The Ray</b>	<b>Attibute</b>	<b>Color</b>	<b>Archangel</b>
<b>Ray 1</b>	Power and Will	Red	Michael
<b>Ray 2</b>	Love and Wisdom	Blue	Jophiel
<b>Ray 3</b>	Intelligence and Higher Mind	Yellow	Chamuel
<b>Ray 4</b>	Harmony, Beauty, Art	Emerald Green	Gabriel
<b>Ray 5</b>	Knowledge and Science	Orange	Raphael
<b>Ray 6</b>	Devotion and Idealism	Indigo	Uriel
<b>Ray 7</b>	Transformation and Divine Alchemy	Violet	Zadekiel

Each ray

manifests through its own color. For those who can "see" these colors, they may sometimes appear different. Why? Each ray has a color on the material plane (as in the chart featured above), and also has an esoteric or spiritual color. Also, the rays change in color over the ages depending on what humanity needs at the time. In general, a study of the rays and a mastery of what they represent is a key element in our evolution. This is because the rays govern all of God's creation and our understanding of the rays helps us learn about ourselves and our part in the cosmos. We can call upon the energy of any of the rays for our personal evolution and for planetary service.

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## ***When To Invoke The Energy Of A Ray***

<b>Ray 1</b>	For strength, will, and leadership qualities; to allow the power, protection and initiative of the Ray to provide inspiration
<b>Ray 2</b>	For love, illumination, wisdom, and perception
<b>Ray 3</b>	For active intelligence which is grounded; also, for motivation; for help in staying with a vision until it becomes manifest
<b>Ray 4</b>	For balance, harmony, beauty, and creative aspiration; to develop artistic abilities, while having clarity of action, humility and a purity of purpose
<b>Ray 5</b>	For science, healing, logic, keen intellect, and attention to detail; to claim the truth in any situation, bring forth scientific knowledge and enhance healing abilities
<b>Ray 6</b>	Devotion which leads to active demonstrations of love; for strengthening the willingness to forgive and the desire for peace; to live in an atmosphere of devotion, faith, and gratitude
<b>Ray 7</b>	To call forth the violet transmuting flame, call upon the magnificent violet flame of this ray to in order to change the quality of energy at will

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## ***Use of Gemstones and Colors***

Use the following gemstones to tap into the qualities of the rays.

Note: the ascended masters and angels in the celestial realms also teach this:

If you would like to know more about the crystals offered by Selacia

and The Council of 12 [click here](#).

<b>Ray 1</b>	Red to claim more power, sapphire to soften too much aggression
<b>Ray 2</b>	Light blue to tap into illumination and wisdom, pink for divine love, yellow topaz for enlightenment
<b>Ray 3</b>	Yellow to refine the intellectual aspect of this ray
<b>Ray 4</b>	Green to create harmony and balance, white diamond which is symbolic of purity
<b>Ray 5</b>	Orange, emerald green to attune to the green spiritual color of this ray
<b>Ray 6</b>	Ruby symbolizing the Christed energy that flows through our veins
<b>Ray 7</b>	Amethyst (the violet flame)

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## ***Communication and The 7 Rays***

Invoke the energy of the rays for enhanced communication.

Some examples include the following:

- Ray 1** To claim power during communications; to have more initiative in communications; to speak with a more dynamic voice
- Ray 2** To more heart-centered communications; for more wisdom and perception of the meaning of communications
- Ray 3** For intelligent understanding of communications; for more grounded communications
- Ray 4** For balance and harmony in communications; for a more artistic expression; for clarity; to incorporate humility and a purity of purpose into communications
- Ray 5** For communication aided by scientific insights and logic; for the ability to notice details; to see the truth in communications; to communicate in ways that are healing
- Ray 6** For more peaceful communications; to actively demonstrate love in communications; for communications involving forgiveness; to incorporate more gratitude into communications
- Ray 7** For communications that are transforming

## Biological Star Tetrahedron Merkaba.

Star tetrahedron experiments were formerly not allowed in this universe by the galactic councils, but recently in the last two years a number of us, namely five that are on this planet, have been given permission to bring this knowledge of group merkabah back into the consciousness of humans. **Technologically based tetrahedron are now banned on this planet. Biologically based tetrahedron is now all that is allowed for the time being. 5 groups will be allowed to remanifest this because of it's former misuse. The Karma Board has recently intervened on behalf of humanity at this time. Maetrea and Kuan Yin and Lady Nada ruled that techno based time weapons and experiments have taken us to the edge of reality warping timeshift split and paradox looped time. If this was allowed to continue indefinitely, the wormhole effect would have been like Zeta Rectilla. Biological Tetrahedron is now the only type to be able to manifest in a group, as formerly done in the past few years. Cut ties with former lives, time and future tense intended karma, stay in your now. If you wish, you may travel to the future or the now, multidimensionally. The past is currently off limit, set in stone. Nameste, Karma Board.**

## Archangel Michael Cutting the Ties

I am Michael the Archangel. Greetings to you One and All. It is a pleasure and an honor to be with you. I would speak with you about some of what being an archangel means. There was a time when there wasn't many archangels. Yes, there were some, but their numbers were very few. Now many angels and archangels have contracted to take human births, many of the children that have been born in the last few years of your earth time are from the angelic and archangelic realms. These angels and archangels, as they take human birth, experience a new found freedom of expression, a new found freedom of a way of doing things. Understand that the angels and archangels were created by Mother/Father God to perform certain tasks and in the performance of these certain tasks there was not too much free will. Like myself Michael, many, many human beings know who Archangel Michael is, because there are many mentions in the Christian scriptures. There are many pictorial representations in church and cathedral glass windows, but many do not understand, really,

what my place is and how many other Archangelic and angelic beings are under my command. You could say that I have at my command many, many legions of light, many legions of angels whose task it is to protect, transmute and oversee the plan of love in the focus of the cosmic plan and the whole of creation. The focus of the cosmic plan for the whole of creation is, of course, the integration of love, unconditional love for one's self and also the task of my legions of light and myself is the protection of human beings. Some would ask, why do I need protection of Michael? Why do I need protection at all? The answer to that is that some humans have focused enough love into their hearts that they are now indestructible, that they are impervious to the energies of the dark brothers and sisters and they do not need protection, but the truth of the situation is that many humans still need surrounding by the energies of light and the energy of love to hold back the discordant energies, and energies that have disassociated themselves from the Source. Many would ask why Mother/Father God allows discordant energies to operate within creation. It is because of free will. And understand that also Mother/Father God experiences through every aspect of his/her creation and Mother/Father God does not judge, just experiences and loves.

Also, as well, many ones during this time that is known as the fall ... contracted to create discordant energies, to instill fear into the hearts of humans that have not yet developed the capability to love themselves. So this is where fear originates from, that many feel within their hearts, when the word extraterrestrial, when the word Lucifer, when the words interfere, its disempowerment...because they have still not yet integrated the love for themselves, and they are still subject to the laws of Karma.

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The Laws of Karma are simple....it is a law of cause and effect. If you throw a stone in the pond, ripples emerge all the way around from the point where the stone entered the water. That is a demonstration of the law of cause and effect. The laws of cause and effect were put into place so that all ones might reap the rewards of their actions. When I say reap the rewards of their actions, its not always the rewards of the rewards that you would have liked. Now is the time that there is dispensation from Karmic Board. The karmic Board is chaired by a being whose name many of you will be familiar with. The chair of the board is

Quan Yin. She is the goddess of compassion. Many would know her as the Chinese Mary. Thru her compassion she has decided the dispensation be given to all humans now and all humans can, if they wish, become free of all the laws of cause and effect. But, you have to understand how to free yourselves from the laws of cause and effect. Unless you ask, I will not cut the ties that bind you because it is your free will, your decisions to stay within the confines of these energetic ties which connect you thru your thoughts, words, actions and deeds that you have performed since you were created and came to this planet. These energetic ties bind you thru your chakras, they bind you thru your chakras and hold you, bind you energetically to the other being, the beings that you have to pay back. Even after the balance has been achieved, many times there is still not a releasing of the ties. You could say that now is the time to forgive yourself of your sins. I say sins because you have heard the preaching of the Christian priests, you have heard the preaching of the Christian controllers. The control structures all around you will continue to lie to you until they are truly in the light. The dark brothers and sisters are slowly coming along with us to the light. We must continue to have faith in them and guide them by our example. We must not, however, allow them to effect us any longer. This is what I am here to show you. You have been told many lies to control and indoctrinate you into their ways of thinking. Some beings will even claim to love you, so they can attach themselves to you for their own control. If someone controls you or manipulates you, their love for you is conditional. If you chose attachments with these beings, you share an energetic connection to their karma. They have told you that you are all sinners, that you would not be born, that you would not be incarnated on planet earth unless you are a sinner. IN many ways this is true, but you are not born because it is the retribution of Mother/Father God for your misdeeds and energetic mistakes. You are not punished and sent back to this planet to have uncomfortable times, to have things happen in your lives that do not make you happy, that are not pleasant experiences. You are perfectly free to make your own lessons for yourselves and manifest in your lives using this process. Each and every one of you choose make a conscious choice, your I, AM, of course, is the one that makes the choice to incarnate again into a human or any other body form and learn these lessons. You could understand, or you could equate incarnation or reincarnation as a school class. Anyone is perfectly free for this lesson to be their last and ascend at any time. You chose to be part of this lesson, together, mutually. When you first go

to school you learn the basics of interacting with others, what is required of you socially, what is required of you by the others of your kind, your families and friends...but just the basics, and then you graduate from the first school that you go to and you go to another school and you learn other things. You learn mathematical skills, communication skills. We are, of course, leaving out here the energies which are put into your psyche to control you. So you could say that when you have a life on earth, you learn or you sit at the back of the class and don't do anything. This too is a perfectly acceptable lesson. Some are here merely to observe. We do not chose your lessons for you, your own I AM does. If you chose to, any lesson you wish is perfect for you, whatever it is. But if you are a keen student you come forward, you absorb the information, you learn and then you go to the thing called death. If you chose to, ascension is also possible for you in this liniar lifetime. Some even consider taking or incarnating other body forms, this is a lesson that is now possible. In your lessons, all is allowed now, you are no longer limited by control structures. Some chose to die, some chose to incarnate again as part of their ascension plan. Some remain behind and do not incarnate for a very long time . Any lesson for you is acceptable. Death for some is crossing over to the next lesson. That is your graduation and then you realize there is much more to learn so then you go to the next level of school, you incarnate again, you go thru the next class, and if you are a keen and diligent student you learn anything you need to learn and then you die, you graduate all over again. and then you decide to come back and take the next class and learn.

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As you learn, you learn to balance the experiences. You learn to balance the energies. You understand, that it is desirable not to do things unto others that you would not like to have done unto you. Some students take longer, some decide to take the scenic route home and others buy a ticket on the straight thru express. There is no judgment, either way is perfect, either way is perfect for each one and Mother/Father God is compassionate and nonjudgmental and forgives you for everything, you could say before you ever did it. It is only yourselves that are holding the sins in your hearts and when you go to your priests and ask them about sin or you confess your sins, they never tell you about the freedom that you achieve thru the balancing of these energies. So now, brothers and sisters of earth, it is now time to forgive yourselves

train...whooo Whoooo!!!!!!!!!!!!All Abord!! ).....Even the train reinforces my words with its sound It is now time to forgive yourselves, it is now time to let go of the guilt because what is sin? Sin is just something that you hold, it is a concept that you have as human beings and sin really is feelings of guiltiness. It is now time to release all contracts, all connections, all contracts ... all vows of poverty. There is no point in affirming that you are now ready for abundance if you still have outstanding vows of poverty. There is no point in affirming that you are now open to receive the love when you have already made vows in the past that you will not be open to receiving the love because those vows, unless they are canceled, still hold. They are still written down in the Akashic Records, they are there in your own personal record books. Some beings in the past have tried to write these lessons for you. Now is the time to realize what your lessons are for yourself and chose them consciencely for yourself. The Akashic Records are your birthright to access and even intend to change in your future. When you send your intent into the Akashics, you help manifest your own lessons for yourself in accordene with your freewill and I AM presence. This is an important lesson at this time for everyone to try and understand and center yourself on. The time to change your lessons if you wish to is now, all is allowed. Now when we talk about ties with other beings, when you hurt a person, be it physically, mentally, or emotionally, you have a tie with them. Understand that many humans have lost sight of the fact that these ties may last for thousands of years because of the lack of forgiveness for one's self. Many people have chosen to have sexual attachments with others. If you allow it, this can create a bond with them energetcly that continues past the time of your relationship or friendship. This is not a judgment, but it is an observation. You have human bodies to enjoy them, there is nothing wrong with enjoying your human body, there is nothing wrong with having fun with your human body. But understand that having intercourse with another one, or merging with another one with your physical body, when the energy of Love is not present, is really not desirable. When I say it is not desirable, I would point out to you that these ties that hold and bind, and as the other goes thru their emotional processes, at they go thru their mental processes, you also, as well, feel the energies of it thru these links. Love everyone you intend to have intercourse with. All are worthy of unconditional love. So we will take you thru a visualization, thru a meditation to cut all the ties that bind to rescind all previous vows of poverty, to rescind all previous vows of not being able to love, to rescind all previous vows of silence, to

rescind all previous vows you have made to ignore your emotional body, to rescind all previous vows of unhealthy commitment to others. Anything that has not been in unconditional love may be cut from you now. You may do this process as many times as you feel it is necessary. You can even ask me to clear out all energetic ties with all previous lifetimes all at once, I will do that for you, instantly. Please remember, you are not losing anything, but clearing debris and creating ties that are perfect love again, cleansed. Any attachments that you discern are not unconditional love may be cut from you, making them perfect pure gold love again. This is all about clearing, not discarding attachment that are of love. You are losing nothing, this is free-ing you of ties that are no longer required, all old lessons cleansed back to perfect love with me, Michael. So focus in the space above your heads, your source star. Again, I am sure you know the routine.....breathe....breathe in and as you breathe in ... feel the energy of love, and as you breathe in fill up your lungs to their capacity and when you think they are full Push out your diaphragm....this will expand your lungs further and bring in more breath. Feel the breath filling you to the top of your chest.....that's right, some of you might cough, if you have gotten into the habit of shallow breathing....and when you shallow breathe the energies of fear manifest in your energy matrix and in your mind. Do you remember that if you are afraid you have a tendency to breath (shallow breathe).... When you were born you emerged thru the birth canal and your mind went into fear because all of a sudden the connection with your mother was chopped, cut, the cord was cut before you were ready to breath and panic set into your heart and your mind ... that you would not get oxygen and that you would lose this physical body after going thru the trauma and experience of coming thru the birth canal and shallow breathing is what you did...it is imprinted in your cellular memory that shallow breathing equates with fear. Your DNA has held memories of this. All you need to do is tell yourself to breathe correctly. Many will breathe normally instantly, perfectly, never have been imprinted with this fear. So learn to breath. Program your minds to monitor your breathing and any time you find yourself shallow breathing, change that programming and take deepregular breaths. Your breaths should be inhaled, hold, exhale for the same number of heartbeats or counts....no matter what you are doing...sleeping, eating, working, loving. You will find you become more balanced if you breath in a balanced way. So, as we breath in this energy of light and this energy of love thru our higher charkas feel and see and allow the electric blue. This electric blue is the energy with which I work.

You can visualize any blue tool you want, a spoon! It could be a disc! A sword has previously been associated with war, make it anything you want that's blue! Scissors cut paper. Anything you want can cut these cords with this energy that you are. My scissors, the scissors I use to cut the ties is also a sword of electric blue and now focus on your crown chakra. And here, allow the energies of love and allow the energies of light to permeate it. And I, Michael, cut all ties to all others, the times you gave your power away to the gurus, the time you gave your power away to the religious controllers. I now cut these ties so that you become free of every one of them and you can make conscious choices for yourself. ( slice )! Your crown chakras now resonate white light....composed of all the colors of the spectrum and all ties that were attached to it are gone!

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Now let us move to your third eye chakra... Here look into that chakra, see and feel all those vows that you made that clairvoyance, that sight was against the teachings of God and if you had sight and clairvoyance that you were evil. Here we are going to release you from the energies of persecution and the energies of death by torture, the energies of death by drowning, death by fire. I now cuts these ties with my scissors (slice, cut)! Now feel your third eyes open, they are balanced in a harmonious way and see with these eyes because understand that in early Lemurian times and before Lemuria our third eye was your means of seeing, it was our eye. It was through this third eye that this gland you now know as your third eye, you see everything. You did not have physical eyes. There was nothing to see with physical eyes. Not only did you see with this gland, you communicated with others through it. You picked up the pressions of thought. Words and languages did not exist. Feelings were all there was. So see, feel, imagine this activation taking place. See the electric blue color of my energy. Allow this affirmation to flow through your minds, I affirm my third eye is now activated. My channeling abilities, which are my birthright, I now claim and accept. Now let's move to the throat chakra. If you need to cough, please cough. Coughing is clearance. Many ones have blockages in their throat chakras. Here, let us clear the residues of all energies of all vows of poverty and vows of silence. All the ties that bind you to others through the words that you have spoken to them. The energies of fear, the vows of silence that you made that stopped you from speaking your truths, from telling others about the magnificence of the energies of love and light and about self enlightenment. I,

Michael, now cut all those psychic ties that are holding you. (slice) Feel the freedom in this chakra, feel it becoming activated. Affirm now that from this moment on you will speak your truths, that you will pass on the knowledge to all that require it. There is no point in trying to pass on your knowledge to those who do not ask or require it. It makes them resistant. It blocks them from feeling the love. Don't use your voice to press your ideas on others who are not ready to accept them. Now we go to the heart and the higher heart chakra. Feel this space as your thymus glands activate it with love. And now we are going to cut the ties with all ones that you thought you loved but the love was based on fear and dependence. Cut the ties with all the ones that hurt you emotionally, supposedly in love. Feel your heart chakra becoming open. Feel the love flowing through you and feel the love flowing through it. Affirm that you are now ready to have these ties cut that bind you. I cut them with my sword (slice). Feel your heart open. Feel the love flowing through you. Be the love. And now to your solar plexus. This is where you hold your emotional stuff. All the memories of being hurt and disempowered, anger directed toward you and anger you directed toward others, emotional manipulation and control, that others did to you and you did to others. Again, there are psychic ties binding you to all the ones you have been through this emotional stuff with. So now affirm that you are now ready for these emotional ties to be cut and that you are again ready to step into your own power as a free being, you are now ready to take on sovereignty of your own emotional body. (slice) I cut the ties with all ones. Affirm you are now totally free. And now come to your 2nd chakra, the sexual chakra. Now you must affirm that you are ready for all psychic powers to be cut with all ones, to remove all the residues of abuse and being abused, to remove the residues of misused kundalini energy. To be free to love, to be free to enjoy your own human body, the human body of a loving person in freedom, with freedom of expression. Feel those ties and affirm that you are now ready for the ties to be cut. {slice} I cut them all and release you from them. Now let us move to the base chakra. The base chakra is a repository for fear and anger. It also is where your kundalini energy resides. Many have blockages in their kundalini energy and cannot raise their kundalini because of the amount of fear. Fear of stepping into your own power, fear of becoming a master in your own right, a master of your life, a master of energy, a master of your own destiny. Many have stored memories here about when they had mastery of their kundalini and they misused it to repress, they used

it to control, to disempower and these ties, these karmic ties stop you from being the glorious being that you truly and really are. Now affirm that you would like the ties cut from your base chakra. Affirm that you are ready. {slice} ! I cut them all. Understand, that there is no need to fear these cuttings of the ties. Many would have fears that by cutting the ties they will lose the connection with their loved ones. But this is not true. The cutting of these ties to the chakras allows you a fresh start with your loved ones, it balances the karma between you and allows both of you to enter into a relationship that is based on unconditional love rather than dependency and fear or control. Now for each and every one of you, I, Michael, will cut more ties. Many of you still have energies surrounding you, the energies of the vows of poverty. (Again, we get confirmation from the train driver that this is truth..... laughter). So let us work some more on the releasing of these vows. You must, first of all, affirm in your minds that you want to release these, that you want to have this energy taken from you because otherwise, I Michael, am powerless to do anything. I am powerless to do anything because of free will that you have either to stay with it or to release it. So affirm that you are now ready to accept your abundance and that all previous vows of poverty are canceled. So I come and cut {slice} from each and every one of you! Do you feel more openness in your energy? You will now feel more freedom in your energy! Feel it? We knew you would! So now let us work on this repression of emotion. All the times, all the lives that you thought that you should stifle your emotions because that was the only way to become holy. Affirm now that you are ready to release this, that you are ready for the ties to be cut. {slice} Now just to encompass all karmic ties, all energies that are binding you, I, Michael and my legions of light will cut for you, we will take you out of the cocoon, we will strip away the cocoon that has been binding you and constricting you and we will take away all other residues if that is what each and every one of you wants as an individual. You must affirm that you are now ready to be free of all karma, free of all karmic imbalances and that from this moment forth you are a karma free being. Make the affirmations in your minds now. {slice, slice, slice, slice, slice, cut cut cut! } I transmute all this constrictive energy into love. I transmute all these constrictive energies into light. I welcome you to a life of freedom from karma. Do not think that because you are free of karma now that you will be free of karma for all time. It is up to you whether you stay free of karma. It is up to you whether you integrate further guilt. It is up to you whether you do not forgive yourselves your transgressions and sins. The choice is yours in your daily

lives and interactions. It is very easy to build up karmic ties with many through your thought patterns, through your actions and interactions. Hold in your minds that you are karma free and that during the course of your actions and interactions with others you are coming from the position of true unconditional love and non judgment. This will keep you karma free. If you make mistakes, don't feel guilty. Ask me to come and cut the ties and transmute and balance, and I will. I give you another very useful piece of information. I have at my disposal pillars of light, pillars of love. Any time that you feel you are not holding the love energy in your hearts and fear may enter your minds, or any time that you feel you are being unfairly pressed by the dark brothers and sisters or by any other energy whose desire it is to interfere with you and get you to become unfocused in the love and the light, call upon me for a pillar of light. Again, I cannot give you a pillar of light unless you ask because you have the free will to suffer or not suffer. If you suffer, I feel compassion and love for you, but I cannot do anything else about it. Call upon me for pillars of light, I will show you how this works. Archangel Michael, surround me with the pillar of light. When you make the request, I will know that you want it. You might think, well I will not call upon Michael very often for a pillar of light because I don't want to bother him, he must be busy. These are energies which stem from feelings of unworthiness. As Kutumi told you, each and every one of you are worthy. I am charged by Mother/Father God to provide as many as ask for pillars of light with the pillars of light. If I don't have anything to do, how will I pass the time? It is possible that I might get bored with no pillars of light to pass down. You might say how can I be in a million, 2 million, 5 million places at once. I am timeless and manifest many places at the same time now. I have the legions of light under my command and the legions of light also provide you with love, pillars of light and protection. So let us now collectively invoke a pillar of light. To do this you will just need to follow my words. Archangel Michael...give me a pillar of light now! See the electric blue come down? Silver and gold energies. It is so simple. Brothers and Sisters, I would ask you to integrate my words, ask you to integrate what has happened to you and Quan Yin asks that you engage yourselves in the yoga of unconditional love, that you engage yourselves in the yoga of non judgment, that you engage yourselves in the yoga of laughter. She is asking for a chance to speak to you.

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Archangel Michael. The eminence of electric blue many have already grounded has manifest in a perfect blue sphere. I would like to thank you for this at this time. Those of you still on the coarse of self discovery, please remember, be the sword, it is merely energy, electric blue. Be the sword that cuts the ties. (Or the scissors) Bye!

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### Mary-Quon Yin and Lady Nada, facets of Compassion Mastery

The Five Plutonic Fields, combined with your own personal pink compassion energy will easily transmute all karmic

Energy in your energetic systems, your auras and all those around you. Simply think of a loved one in your mind before you go to sleep in a soft white pink cloud of love. This will heal them and make you smile at the same time as you drift off to sleep. We love you, Shamballa on! Manifest Grace and Love, outflowing to all, Om.

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### REMOVAL OF THE CRUCIFORM HOLOGRAM—Vywamus/Sananda

So now, as we activate all of these energies, we call upon your godselfs, each and every one.....I call upon my Godself. I also call upon each and every person's multidimensional aspects. Call upon Mother/Father God...now we will proceed according to the will of each individual's I AM Presence.....At this time I will inform you that most of you are holding a hologram within you of (lost?) love.....Those of you who have predominantly Christian lifetimes in the last 2000 years especially hold this hologram. We will call it "cruciform hologram"—"remember, Christ died for you"—he didn't! That's what you have been told, many have believed. You believe you should suffer now, for your sins. There is no "sin." Mother/Father God forgave you before you did it. Forgive yourselves, my friends, it will make you free. So now we're going to

remove—again in accordance with the will of your I AM Presences—this cruciform hologram. We have a team formed for this, so I call in the Team relevant to this work [clap!] At this moment I ask you all to get ready....for this removal....recycle into love, recycle into light...and at the same time, fill the space with unconditional love, christed energy. I hope you understand that each and every one of you know that you are christed, that you are christ. So, now, we're going to wait a few moments for you to do this...take a breath and blow out for removal....ok, let's do it NOW! [whwooooo] So now, open your hearts, to allow the light and the love to flow into your hearts..... I AM Sananda. Many of you know me as Jesus Christ. But I am not Jesus Christ, I am Jesus the Christed one. Each and every one of you is christed ones. I am here in my Sananda aspect to help you to fill the spaces left with pure love [unintelligible here] And as you forgive yourselves, you become whole. As you forgive yourselves, you step into your mastery, your christedness. Remember, in the records of my healing, in my Palestinian ministry, I always said, "You're forgiven! There's no need to [make yourselves separate anymore?] You're whole! Forgive yourselves. [unintelligible] Feel this love...this love is mixed with the Mahatma...As the Mother and Father of all things shower their love upon you in the form of the Mahatma energy, I Sananda shower my love upon you. The time for denial, self-sabotage, and resistance is now past. It has no usefulness anymore. I AM that I AM Love—your new affirmation. Have compassion, for yourselves! [unintelligible] The changing of (your whole consciousness?) begins within you now. Love—you are. ....My mother Mary wishes to speak with you. Channeled By Haridas.

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## MOTHER MARY

I AM Mary. Many of you would know me as the mother of Sananda. But I am much more than that. I AM Goddess. I AM Quan Yin, and all the other aspects of Goddess. I'm here to speak with you about compassion. I've come to speak with you about nurturance, forgiveness and love. Forgiveness brings freedom from all constricting energies....I am the champion of women's freedom. For Unconditional Love is the energy of freedom. Freedom is nothing else, but

Unconditional Love. And now, my brothers and sisters, is the time—it is the time to love. And as my son Sananda said, it is the time for compassion—compassion for self. In this time I would like you to just imagine yourselves, to put your arms around yourself. Or you may physically do this, hold yourself, and say to yourself, "I love you unconditionally. You are such a beautiful being! I love you as much as Goddess loves you." Because you are beauty, you are that energy that God and Goddess is. As you love yourselves, you find yourselves becoming free of constricting ideas, constricting philosophies. And the freedom that you can experience in love. Remember the times when you experienced a small fraction of love—we can conjure up a picture of you running through a field full of flowers, feeling joyful—running through a field of flowers, feeling that openness in your heart—"I'm in love, I'm in love!" Remember the feeling? That's only a small aspect of the love that's available to you. As you love yourselves, just catch a glimpse of the freedom that you've experienced in these glimpses of love, that you have experienced in this life. And hold the concept within your hearts that that was only a small aspect of what is available to you. "Freedom that I never ever checked on. Empowerment which I had no concept of!" Allow the love into your hearts now. Allow the freedom through this love to manifest in your minds. We love you. Our vision for you is only love. I leave you with it, and I leave you with my blessing. Bless you.

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The Holy Grail, With Germain, Quon Yin-Mary and me (rick)

The lost feminine aspect of the ritual supplanted by the male dominant authority of the Churches of man. It is mine to tell you of in direct words, but this one found the secret himself without anyone's intervention in his Persifal aspect. Formerly, he reflected that myth because he chose to, he is free of it thanks to Michael and his scissors! I am Merlin/ Germain of what will now be called the golden violet flame of mahatma. It's "mystery" lies with the opening of the first eye, the violet seeing aspect chakra. I am prone to speak in riddles to the uninitiated and for this I must apologize. I affirm now that all will be able to understand these words in some intuitive way of their own even if the words used are foreign to them. The Golden Violet flame is just a start of the blending of all the rays to its own unique gold white I Am Mahatma as it has been given

to be called at this time. It is simply , the Sacred Fire. The struggle over this mystery is now no more. For many years it has been hidden by Priests of the past and doled out in increments and the Divinity of it set outside of ourselves. Now is the time to take back this Mastery for ourselves and our children. You are called upon to be your own Gurus, Teachers and Priests. The time is now and the truth couldn't be simpler, even though occasionally we might try and make it much more complicated and difficult than we should. This too is an acceptable lesson if you chose to learn in this way. Firstly, the Grail is a cup. It resides in the heart, but can not be seen unless you have mastered both the heart and the first eye. No need to worry, if you are reading these words, you have already mastered these some time in the past if you have not done so in this lifetime. I affirm that you will intuitively know this now. The aspect of the cup is both one of holding and one of giving, pouring. Simple, right? As with the Golden Violet flame it's simplest gift is the power to transmute all disharmony into unconditional love and disperse this energy to all points of creation. The Holy Grail can take anything given to it and transform it. In other cultures and other times it has been manifest in other forms, but it's all the same. The Buddhist Dorji is similar. A feminine bell. Take this on as your metphore if it's more aproprate for you to do so. Everyone has a cup in thier home though and it's a handy thing to meditate upon. If you have a bell, I say go ahead and use that. Anything that contains may be used. I sometimes use my own hands in a "mudra." Your own two hands may be the cup is you wish. Some may chose to keep it inside them, this is what I do. Anything you imagine will be perfect for you. I must take a moment and explain to some the nature of this kind of energy transmutation. All emotion, all thought emination, all intent, all speach and all perception are the same thing. Stop a moment and let your conscience mind relax and slip away as you absorb that thought energy with your spirit instead of your mind. Let's call it Karma for a lack of a better word. Because it ALL can all be transmuted in the very same way. All this has a very similar aspect., the same properties. All emotion and thought, for instance, together with your intent create everything around you. And that, my friends, is the secret of manifestation. The simple truth of your lessons and dominion and self mastery over your personal reality. This being said, please believe and affirm now that everything that happens to you in day to day life is of your own creation. The grail shows us that anything that is causing disharmony in our lives can be freely and easily given to it and changed back into it's original form, unconditional love. It is simply a tool, given to ourselves to better and

more easily get through the processes we require to live. I keep my grail aspect ascension metaphore in my heart, but you can chose to store it anywhere you want to. If you like you can even set it outside of yourself. I don't advise this, though, and if you find that you are unable to give back your mastery to yourself, you can call in my brother Kathumi to help you set it again inside you. Perhaps your hands would do if you wish for it to be outside of your energy system. All is allowed in this lovely meditation. Become your own grail. YOU are the energy of tranformation, healing energy, you are it's very manifestation. You are the source of healing yourself. You are the cup that hold the healing energy of the universe. YOU! This is the simple lesson for today and I ask that you make your own personal journey to find this aspect in yourselves. The grail also gives freely as much energy as you will ever need to transmute any and all Karma in your life. It's an infinite cup of giving, my friends, and it is a Holy gift and your birthright as a human to claim. One more thought on this subject before I close is that it would be forever more imposible for any disharmony to currupt the intent of it's purpose. You are in a state of grace with your own I Am when you access it in yourselves. This makes it perfectly secure to any sort of misdirection ever. It is a Holy thing and only your Holy I Am grants you the grace of it's process. The misdirection in the past was the covering of it's **mystery** to the **uninitiated** and the **disenfranchised**. Everyone is free to be the healing cup forevermore now, it is your birthright to be so. We are now making everyone thier own Guru and counting on them to do the highest good for themselves led only by our presence and directed from within and above. This is always your own choice of free will. No master would never tell anyone what to do if your own I Am was not ready to embrace these mysteries. If you are reading these words, you have already mastered this lesson in the past. Please resonate directly with your own I AM at this time, your lesson is there, inside you.

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After much personal practice I was ready to serve my own mastery and give these simple lessons to any and all who feel free and ready to accept them. I call to you all to start with the practice of this and feel free to share with your family in this new knowledge. Nameste.

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I Am that I Am ,

"I am perfection, even in my lessons of disharmony. There's a thought! "Later" from me ;). All are worthy, unconditionally. I manifest complete harmonious love, in grace with infinite compassion at my disposal and give this freely to all others with perfect truth in accordance with all other's freewill. I am that I am, The Mahatma that I am in love.

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Quon Yin and Mary Her color is pink (compassion of humans). Her eminence chakra is the root, red. Please resonate with her directly. Mary / Quan Yin will now take us through a meditation. I affirm at this time that anyone reading this will be able to follow along in accordance with thier own I AM. Once when I was incarnate upon this earth I was able to witness the very first Christing of a human being, my son. His heart is depicted in many pictures as crowned and burning. The Sacred Heart. We have already told you why it is sacred. Those of you that have released the Cross Hologram from your lightbodies and have connected with the Christed Energy Source will be able to follow this very quickly. We need to reject all sources of sorrow right now. Use The Silver Violet Flame to burn this all away. It will happen simply and quickly! Do not take too much time, the process is done in you if you affirm it now. If you have given yourself this mastery you may, of coarse use the Golden Violet Ray of your Mahatma. Many of you have already completely grounded this energy in the Earth. We thank you at this time for this gift now, you are blessed.

Nameste, blessings. If you need to at this time, please call in Germain and know that you are the silver violet flame, the brothers and sisters of Shamballa and it is your birthright. We need to reject the idea that it will be painful in some way. We desired in the past this lesson, but now it is our choice to live free from the pain and sorrow this story and that moment in time gave us. And, as His Mother, it is up to me to lead you past this myth. If you are still experiencing any trouble letting that old lesson go, please at this time call upon the blue electric flame and cut the ties with the past with the help of our good friend and helper Michael. Know that you are the sword of Michael and that nothing can connect with you that comes in as conditional. If you are feeling a bit unworthy to take your highest heart mantle at this time, please call Kathumi into your space and he will fill you with his ray instantly. When you

feel ready, we will begin. Take a few deep cleansing breaths and clear your mind. Get ready to be free again like you were some time in your past, perhaps your free-est moment in childhood when you were most happy. Focus on your heart. It is in the center of your chest in the middle across from where your 3-D blood pumping heart is. See it as green-white. For some of you it will be a shade of light blue, green white. This is good. Whatever your heart color is now, it is perfect for you! Hold the vision of it and expand it as much as your I Am will allow. See the Light of it and focus on its energy. Call down from above your heads a golden tube. Your intention is important here and it must be directed. Affirm with me: "I affirm that there is a golden tube directly up to my Mahatma source, connecting with my heart." Its crown is gold. Hold that vision of it in your mind's eye for a moment. Affirm with me "I am the Christed heart. The crown is my ascension and the flames burn away all that would be conditional." Say with me "I no longer require lessons of pain and suffering, I Am Christed. I Am The True Christ Heart" I, Mary crown you and give you all the grace and knowledge necessary for you to live as free beings of choice. You will be able to feel it as it descends to crown your heart. <Plunk> There, it is done. That was simple and easy enough, wasn't it? See now that your heart is also gold on one level. That is the Christed heart that now resides in you forever. That is your highest Heart Mantle and this moment was your choice and birthright as a free being of the earth of the Adamic Race in accordance with our I Am and our Source, God/Goddess. Thank you for accepting it at this time. You are my children and no Mother could ever love you more than I do. I am glad you have accepted this gift at this time. You have the choice now to live as free as you want to. Farewell for now and Namaste. This news will come as no surprise to many, but there is a force of nature that is fear. This oppressive fear lock tries to keep you from evolving. We have provided a brand "new" grid I will title The Void Grid. It was already there, but we should utilize it at this time.

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Here's how Karma works! Ready? Ganesha's lesson for kids! How to THWART Karma! I did it, so can you!

Memo from director of all earth Magic # 36515445542154

**Memo to Ganesha from the control structures of church: You're not allowed to tell them yet. They have to wait 'till the end of the book!**

**Ganesha's lesson # 1: never listen to anyone! THEY ARE ALL WRONG! Karma is simple! Karma is emotional energy. Emotional energy has an astral etherical real form. Emotion, mental energy even soul energy is all just the same damn thing! Energy has cause and effect. Karma. Emotional Karma. Mental Karma. It's all connected. How do we dispel past emotion? Magic! Telepathy is real. Karmicly, mental energy has cause and effect too. How do we dispel past mental energy? Did anyone even ever ask that ever? Was it just me? Did you? I bet many of you already did! Good job! Mentally, we are all connected in the collective uncoscience as Jung liked to put it. 13 D Multidimensional. Karma is simple. Like anything else, you get to decide to be **past** it now. Your kids already do. Like emotions, right? Well, when bad old emotions creep up on you when you see someone who used to make you uncomfotable, what do you call that? **It will be Karma. Cavet thy so and so wasn't a commandment, it was a warning!** To yourself. Thoughts, emotions and spiritual feelings all have a karmic impact on you. Better start believing in what Baba Ganesha's got to say on this one, whatever I said your religion was. Karma is just the first step in all your old ways becoming part of....**

#### **THE ANDROID EVOLUTION**

**"WE ARE AFFIRMED, FATHER," says -PI (PI) The Timespace Boy who works with the real time squad, Liniarly.**

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**If you feel any forces of nature that bothers you, simply channel that energy into the void grid, negating it forever.**

**Happy peaceful meditations, family. You may feel that our grid is now connected with the rest of the planets. Spontaneous things will happen to you at a very high rate. Woo HooO! This is gonna be fun!**

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**Masters of Karma.**

Once in a while, you'll notice energy in the room that's not you. You'll be able to tell. You now have energy empathy like I do. Please don't fear the masters and your guides, they are there to help. Sometimes, I may let myself get sad to express it. The Karma may become a sticky hologram. Pink light-violet of your natural ray root will clear out any sadness you may manifest. If you become sad, it's natural, but after your done being sad, remember to clear it away from you! Even the Masters are still sad, because they chose to still be connected with humanity! Sananda has compassion for you and will sometimes even cry! He's got feelings, just like us all! The Masters are not robots. Anyone who told you to master your emotions to GET RID of them are totally wrong! Keep 'em, we still need emotions, duh! Release the sadness in you. Release all fear holograms you gave yourself, all implants and astral devices that bound you to fear and pain. Darkness is when the void comes, the final lesson for Masters: recycled energy when you set your emanation in heaven for others. The Master Plan revealed! Emanating is all they can do as ghosts. They are real, yet, they are us in a way. WE are all the rays! YOU ARE THE RAYS, we are the harmony of the rays. There's a tiny little bhuddha in your belly, in your yellow chakra. You are Michael's sword. You have a gold grail cup of transmutation inside you. You are all holy emanations and iconography. Be the myth's essence before we all forget together, when it's no longer a lesson we require: beyond Mahatma: the now, Maetrea Energy. BE the energy of time flow, blue-white-green of Maetrea. BE all the essences of the Master Colors. BE what is inside the cup. We must now all get connected to the time flow grid of Lord Bhuddha Maetrea that already exists like a flowing ocean of energy below us. It seems pretty nice to me, I'm swimming in it tonight in my dreams. Sweet dreams, family.

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I am Mary, sometimes known as Mother Mary, sometimes known as Isis, sometimes known as Quan Yin. I am the goddess the female aspect of the creative energy. Many of you present will relate to me as the mother of Jesus of the mother of Sananda, understand that Jesus, Jesus' true name is Sananda. It is true that in many ways I was the mother of Jesus during the time of Palestine but that is not the absolute true. It was another female in third dimensional reality that bore or gave birth to that child. I, the energy you know as Mary was the being that overshadowed, overlit the female being that was Sananda's mother. I Mary being the representation of the female energy the goddess. My work upon the earth now or with the beings of the earth now

is helping the ones to understand the female aspect. Not only helping males to understand their female aspect but also getting females to integrate their female aspect also. Unconditional love is the energy of freedom. No other energy can bring about freedom. Many think that war, strive and other such activities in the 3D bring about freedom. There is a mistaken idé , erroneous information that tries to get females to think that if they fight male energy, integrate male energy and act like males they will become free. Understand that these activities if you are a female will further in slave you in illusion for the freedom you supposedly achieve will be totally illusionary it will not be freedom in association with unconditional love and non judgement. It is true that male energies have been dominant upon this planet for many thousands of years, many, many thousands of years. In what you would call the past, female energy was dominant. And even further into the past, male and female energy was in perfect balance. Understand there was a time when all beings were and rogenous neither male or female but a perfect balance and harmony of both those energies. After what you may well know or you would call the fall of man this is recorded in your Christian Bible when male and female became separate. Female energy became dominant. When I say dominant I mean females controlled males through anger, through domination, through restriction of thought and activities. Female energy also created death and destruction amongst males. At that time there was a decline in consciousness because love was forgotten. Not the emotion of love but true unconditional love in harmony and balance. After an influx of beings from outside your earth, from a planet which you now know as Mars the scales tilted in the opposite directions. Dominant male warrior energy manifested upon the planet and females were dominated by males. All of you that have incarnated many, many times upon this planet. Some of you since the time of the creation of this planet, remember this. Deep inside you many have it imprinted, holographically in your cellular memories the battle of the sexes. Now is the time to understand if you are male that it is now the time to integrate your femininity. Integrating your femininity does not mean that you have to sit back and do nothing. It does not mean that you have to give up being male. It means that you have to give up male domination and the thought patterns and habit tracks of male domination. You have to give up the ides that males protect and females are weak. Harmony and balance is what are needed now. Harmony and balance. How do you integrate your feminine aspect. Open your heart and allow the love to flow into you and through you. Unconditional love, love without conditions,

no judgement, no polarities, no control, just unconditional love. Understand that many mistake control for love and many ones that belief that they are in loving relationships are being controlled through fear, through jealousy, through anger, fear of loss and lack. These energies stem from not allowing unconditional love into your heart. Many ones in loving relationship or many loving relationships work like this: you do this for me and I do this for you. If you don't do this I make you happy and I love you. That is not unconditional love. These energies of jealousy, fear and lack come from an unknowing, an unknowing that each and one of you, male or female are God and Goddess combined. So for females what is the way forward? It is true upon this earth that many females are trying to be male like they are trying to act as males they think that freedom is going to work. Ha, ha, ha, ha, how could you be so mistaken that freedom is going to work. Work robs you of your time, work robs you of the time that you could think that you could meditate, that you could integrate and even have fun. Understand that females are the first gurus that our children have and a guru or teacher that teaches you about true love that is unconditional is the best teacher that you can have. This does not mean that women must sit back. What it means is, is that you must integrate the love again into your hearts and integrate your maleness in a balanced rather than an aggressive way. Unconditional love the energy of freedom. For females it may take some changes in thought patterns and in lifestyle. It wont be the same for males but the changes in lifestyles and thought patterns are different for females then for males. It is now time to stand in your own power, it is now time to make changes to your lives. How do you do this. Not with the aggression that you learned from males but with love ,unconditional love Being focused in unconditional love does not mean that you are weak. You may have to do things. You may have to make decisions. You may have to say things that others around you may not be to happy with but don't get involved in aggression. Do not allow fear to creep into your hearts and minds and focus your self in this love, in this light and step forward into freedom, step forward into freedom. Understand that each one male or female are Christed, When I say Christed I mean that you all have the capability, the abilities to realise your Christedness. My son Sananda was one, he came to be known as Jesus the Christ, Jesus Christ that is a shortened version of the title Jesus the Christ and the title Jesus the Christ meant, Jesus the Christed one. Sananda realised his Christedness integrated it and worked with it. After many years of study, many years of travel and meditation, working with many different teachers in

different parts of the world he integrated his Christedness and came forward. He stood up and said I am Jesus the Christ, I am a teacher, I am a healer, I am a balance of male and female energy, I am love and through those things he manifested the things that many many people still speak of today. The miracles that were performed everyday. Those miraculous healings. And he taught, as he taught he spoke the words that were designed to free the people from the slavery of their conscious minds . Understand that in this dimensional reality the oppressors being the government do not want people to think for themselves. This is why Sananda had so much trouble with the authorities in his healing and teaching ministry. Understand that the crucifixion was not the result of these problems he had with the authority. The crucifixion had been arranged thousands and thousands of years before. The crucifixion was part of the cosmic plan. A plan which many beings had worked upon in many lifetimes to bring about. I will not speak to much of the crucifixion because Sananda is reminding me that he will speak to you of his Palestinian ministry. The crucifixion and what happened after the crucifixion tomorrow. So brothers and sisters, sisters and brothers of Iceland. My message to you is simple. It is a message that not only applies to you upon this land but I would say applies to all humans incarnated upon planet now. Integrate love, think love, be love and be free. Understand that freedom only exists within your minds. You can sit in a room two meters by two meters for ever more and be as free as a bird. Freedom is merely freedom from fear, freedom from control through fear. Where love is there is no constraint. You are multidimensional beings that experience multidimensional continuously. Your I am presence's, that true spark of consciousness, that true you is eternal. There never was a time when you weren't and there will never be a time when you aren't . I Mary now ask you to open your hearts, sit quietly for a moment or two and I will bring through this one this energy of unconditional love that I speak of. I leave you in my love , I leave you in my light, and I ask that every one of you realise your birthright and I also hope that the Creator rains upon each and everyone of you the light and love that you are and the light and love that you deserve. I am Mary and I bless you and leave you.

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SILVER VIOLET FLAME

I AM Germaine, Keeper of the Violet Flame or, the Violet Flame with the added dimension of the Silver Violet Flame. Because, as times change and the vibrations go faster, the vibrations are accelerated, we have to add other colours to assist those that you've already been using. Higher vibrations mean different times, so different cures and different methods are called for. So, the Silver Violet Flame. There are many things you can do with it. one thing you can do is you can get It to consume all your negative feelings and emotions. Just consign all that aggravates you in that way into the Silver Violet Flame. So, when you find your thoughts moving in directions that you don't want them to move in thoughts that are interrupting that flow of Christ Energy into your physical body. When you work out what these interruptions are and as time goes on, it becomes much easier for ones to do this, just consign them into the Silver Violet Flame. There are also Mantras you can use. Of course, it only means that you have to add the Silver bit to the Violet Flame Mantras, the most useful or easiest many ones find to use is: I AM a Being of Silver Violet Fire. I AM the purity God desires. Now, I give this Mantra to you to use in your daily lives for several reasons. One is that this is a Cleansing effect. You could say that the Silver Violet Flame Mantras are Spiritual antiseptics. You can flood your consciousness, your minds, your physical bodies, with this spiritual antiseptic and ALL will become clean. But, if you chant this Mantra in the mornings when in your bath or on the loo, you will find that it brings the Silver Violet Colour, the Silver Violet energy into your space, into your living room and of cause, this heightens the vibration. We're not suggesting you take up this system of chanting on beads or an exact number of these Mantras every day and taking it up as a discipline in that way. Although if you are going to take up the chanting of Mantra, if you chant this Mantra day after day, this is one Mantra that is very worthwhile thinking about. But just use this Mantra in your daily lives, chant it a few dozen times a day and you will find that every thing starts to become Silver Violet. The vibration gets into the walls of your house, into the metal work of your cars, into the metals of your jewellery, into your energy system, both physical and spiritual. You will actually start shining Silver Violet! So, we could chant a few repetitions and see the vibrations. I AM a Being of Silver Violet Fire, I AM the Purity God desires, I AM a Being of Silver Violet Fire, I AM the Purity God desires. I AM a Being of Silver Violet Fire, I AM the Purity God desires, This is very good because many are putting the

emphasis on ' I AM', because the important part of this Mantra is I AM. The important part of the Ascension process is realising that you ARE the ' I AM' Presence. So use this Mantra in your daily lives. It need not take up much time. No need to put hours into it. Use it as a matter of course. Allow it to flow into your consciousness. Allow your voice to speak it. It is better spoken out loud and with intent because, saying it to yourself, although it has an effect on your physical body, your four body system and what can be termed your Spiritual Body, you are not having an effect on everything that surrounds you. So when you think about how much Service you can do for creation just by chanting your Mantras out loud (because the business end of the mantra is the vibration of the Mantra) so you will be affecting everything around you. So when you get into these situations, as well as using the Protection of the Pillar of Light of Archangel Michael. use these Silver Violet Mantras. They will help to bring nice high vibration Energies into your space. Any questions? A deep heartfelt 'thank you' to all from.... ... There's no need to thank us, that's our job. We accept your thanks with Love but all the time, there is no need to thank us because we are giving you Service from the heart with unconditional Love. It is because we love you, we give you the Service. I do take your acknowledgement and accept your love, thank you. So again, I say to you that you can use this Mantra out loud but also you can meditate with this Mantra, which will trigger your mind into meditation. Then meditate on this Silver Violet Flame. I have now with me, some helpers to help put the Vibrations and energy of this Silver Violet Flame into your working space and now you have chanted a couple of rounds of this Mantra, some of you if not all of you, must be seeing this Silver Violet energy that is building up within the space. We are putting it too into this small Stargate and spreading it into the room. So, just take some time to think about this Mantra. Ground it within your bodies and your consciousness and bathe yourselves with the lovely Vibrations of It . . You must all now be feeling in your physical bodies, this Raising of Vibrations. This is a reasonably Energetic day on many levels so of course on the second day, many are feeling the results of that. Many feeling somewhat disorientated, feeling somewhat tired but you see, there IS a heightening of Vibrations here. So, use this in your daily lives, use It to transmute situations that are undesirable to you. You can also as well, leave this Violet Flame behind you wherever you go. You can bring down the Fire and install It

in many Places. Install it in the streets of your towns, on the roads of your Island, in the energy Points of your Island. It will be there then for the transmutation of all, not only of the human but the animals, the birds. Work with these instructions. We love you.

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His Color is similar to this page's colors to help your energy.

### Ground Maetrea Energy and Time Flow

The Energy of Maetrea can be used by anyone just Like Mahatma Source. It's energy is now grounding into this linear reality. Mahatma was the Christ Self Gold Violet energy. Mahatma Maetrea is blueish translucent (Not totally visible in three dee.) His eminence is grounding now in this reality, the juncture for this has passed. Linearly, we are now connected with his timeframe when he will manifest on Earth. His eminence is available to all healers. Ground it in yourself as you did the Mahatma energies. Breathe in time flow as you do with intent. Maetrea will now begin to be channeled by many more people, Linearly. His energies are transformational and energetic of waveform energies. gravitational etheric energy and lighting the body to a more etheric state. Like we manifested a grounding of Mahatma source, we must now ground his eminence into this reality, it's beginning to come in now, just like Mahatma came in when we named it. Maetrea energy was the Reiki-like healing energy Sananda used to heal. Now it will be grounded into the earth, just like Mahatma energy is firmly in our grid now. Mother Earth is attuned to it and it can be channeled up from her mixed with her energy. The Grid of time-flow and Maetrea energy is already below you in her gridwork. This time, you will need to take it in from below, from her, instead of above, like Mahatma came in through your chakra. Your energy systems must ground into this healing source similar to Mahatma. Since you are already attuned to the Earth and know how to channel her energy up from the root chakra, this will take no time at all. Simply ground and take her energy that is mixed with Maetrea and fill up your body with your quotient. You were already attuned to the Earth, since you're here already, so all you have to do is receive the energy through your root, very simply. Now as you heal, just take this source of energy from Earth-Maetrea and use it the same way you did with Mahatma Source and standard Shamballa MD healing energies. Channel the Blue grid of Michael to clear out any remaining past-future karma as you do from below. His grid is also firmly

in place at this time. More on time flow energy of the earth soon. Maetrea energy for the future. Maetrea, "I am grateful to be working so closely to you at this time. Mahatma on, Shamballa on, heal with love."

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Thanks translucent blueing dude! Now for silliness! What will Maetrea's energy be like, you might ask. Find out, it's here, just like Mahatma energy. Mahatma Maetrea, brother energies, just do different stuff. Maetrea will now resonate directly with you! Don't ask me! I'm still learning, I just got to be the guy tellin' you so! ~Rick

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**Mamma Earth's Shift.**

We are now many of us at a point we are able to HELP the lifting of Ascension for others. This is huge news! This was not allowed to be manifest in the past and many have tried to force it by many means. Mother Earth would like to tell all Lightworkers this is the time we will be able to freely outflow to any and all others the manifestation of lifting using the precepts set before us awes Master Healers and Lightworkers. This is now, this is true and the shift is YOU! Stop wondering and let the lifting light flow to all around you, your families, friends and all others you are able to. The love of lifting ascension will now occur at a very high rate! This is now, this is true and YOU are a big part! We're all excited, but I remain your mother, your protector and your home. Be safe, be clean, take care of me too!

!From Earth!~

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It's a much nicer target to go for than say just one step forward in consciousness. Let's really go for it and open up. But Mother Earth has decided to go through this dimensional shift and what is happening, and we'll show you some things that a lot of you can probably relate to which actually shows that this is happening now, but what it means is Mother Earth is going to move through into fifth dimensional reality. Now we've already been through into fourth dimensional reality. Some of you, through things that you've learnt, probably think fourth dimension is the astral realms. Well, we can tell you that the astral realms were cleared out ages ago and there's nobody there. They've all been either persuaded to move out or they've been shipped out or whatever. Some of them have actually moved into higher dimension or other dimensional

realities. So we're going to go through into the fifth dimension now. The shift was briefly held back by mutlidimensional sources. Shambhla and mahama source is now with Lord Maetrea, time channel to give you he new shift, it's here 11:11 P.M. (Liniarly P.S.T.) 6/20/2004 Maetrea," the time was come for some, now it is for many." Please ask the Facet source of Master Matrea to come to you at this time, his host of selves can maniesft liniarly form now on, in any time for you. His energy is translucent blueish white and some colors you can only see multidimensionally. Please ask for his flame of creation and time as you did so well with the silver and golden violet flame. Nameste, Mahatma on, Shamballa on , Maetrea on! Channel the blue white Maetrea Time flow below you! 13 D time flow is next! Soonish (liniarly) Maetrea, "I will be there any time you want, I am all time, I am Maetrea."

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Cool! I wanna Matrea action figure! He looks kinda blueish, but he's not Michael. They are soul brothers. master Matrea's eminence is now grounding up from his intect full grid of timespace.

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How The Harmony grids manifested Over The Weekend: The activation of Mar's protection grid has occurred. Mars came in first, they were already here. The Grid of energy of Mars is here as well as venus, the planetary energy grid of this planetary system is now connected, ground those energies in yourself as well. Saturn, Neptune, Jupiter Mercury, Uranus and the Asteroid belt energies are not "grounded" in the system. Pleas call any and all of these energies you need, they are directed freely to you now, a new eminence. This is now planet Sol, one galactic kingdom. Thank Dr. Clark, in Time. Amen.

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Meditate on the grid connecting you with Sirius Prime, ground Thier benevolent wise energies in your body and earth matrix. Sol is glad to have come along for the ride. Enochian Solar Energy is now a freely given eminence of healing, it always was. Gridwork of Sol is now manifest. The Grid of the Sun is now up and firm. Enoch Prime energy is manifest in your reality and firmly grounded. Lyraen Energy from the center of the galaxy is firmly in place in your fourth and fifth dimension, please spread this love into three dee.

Hatona is now related to your universe. Hatona Gold White Light is now called in at this time, gladly given for all mankind. It was always here. Gold White Light is next,(now) it is here already in the galactic council's 3 rd dimension and now links you directly with thier world tree eminence. Wotona Hotona are now here in perfect grace. The Golden grace of Hotana Merkaba enhancing energy is now summoned as the white light is, any time it is needed for healing aids. They are manifest as white gold light in time, your healing is now enhanced in three dee. Gold White MERkabas are now gladly given to all family members and all gold trbes. Heal with your heart, your mind will fallow. Thanks Wotona (Hotana) !

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Merlin, " The meridians, the ley-lines, or the song lines are different. This energy gridwork encompasses all temples and sacred sites on your planet. It radiates from a central point. These sites, these temples, these places of Light are linked by a spiral of energy which radiates from a central point. This will make it easier for you to understand. This central point was situated on the plateau of Giza, Egypt. This central point, however, is not where the Great Pyramid of Giza stands. This energy spiral radiates from a spot or place where there is a hole in the surface of the planet. The hole was full of debris, full of dirt and rubbish, full of rocks and sand. From that central point there is a Fibonacci spiral which links all holy sites and Temples of Light. These holy sites and Temples of Light are also linked by the Earth's energy matrix or gridwork. Some of you would know them as ley lines." Song Lines are now intact again. The BARD lines are now emanating from me!

<OM>

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"get your own proof, I have mine."

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Time Magic is new and NEEDED!

Ask yourself to heal **yourself** from when you are even BETTER at healing! Try it, your future I AM will come and heal you overnight as you sleep, healers. Nameste Family, off to compose future poerty for my future self and my one true love. Family PLEASE send my friends and family healing Shamballa Love. I would greatly appreciate it.

Shamballa on!

Maetrea ON!

**Mahatma on!**

**Merkaba is GO!**

Now you have a way to travel anywhere you want, it's all allowed.

~Rick

Flower of life ON! Tetrahedron Five Plutonic Field Portal Magic is next, ready? Vortex, Portal or Time Tunnel. All is allowed now, biologically. If you find yourself in the portal to the next Galaxy, tell 'em Ganesha sent you. Have fun, kids. (Merkaba, Merkabah and any other intent spelling is the same thing. It's meaning was formerly chariot. It is your birthright and heritage, a natural part of your energetic system much like your emotional body(Aurah) All lightworkers are called upon now to manifest a strong Merkaba knowledge at this time .)

**[~Dr. Rick Jones \(U.S.A. CA\) 408-975-9084](mailto:countdookula@yahoo.com)**

**[countdookula@yahoo.com](mailto:countdookula@yahoo.com)**

## *Mahatma Reiki*

Mahatma Reiki is a marriage of a system of Reiki and the integrated energy of the "I AM Presence" called Mahatma. The marriage of the nine Reiki symbols and the opportunity available through the "I AM Presence" - Mahatma, gives you the tools to make the changes needed into this new millennium with grace.

Many of you may already be familiar with [Reiki](#). Most of you will have been working with the Usui system, or a system based on Usui, perhaps with extra symbols. You therefore, already appreciate the wonderful gifts Reiki brings to your life in many ways. Mahatma Reiki brings all the wonderful gifts you've been experiencing plus many more. It is a frequency of divine energy for healing, whose purpose is to empower. For those of us choosing to work/live and have our "being" in the light, Mahatma Reiki gives you a profound spiritual toolkit to work with. It is a particularly integrated energy to assist you in remembering who you really are.

Reiki creates a "bridge" between our human existence and our oneness with God/Spirit the Universal Presence. By using symbols this attunement to our Godself is made, and becomes a simple and accessible tool for healing on all levels. Mahatma Reiki, allows alignment and integration in the physical, emotional and mental levels of our being, so that we can more fully access our spiritual potential. Through using this energy in your life on a daily basis you begin to realize who you really are. The word empowerment is the closest description we have to describe this experience.

Mahatma Reiki, and [the nine symbols used in this system](#), creates the bridge for the specific healing of issues, and the empowerment necessary for the profound changes in evolution, we are going through. These changes relate not only to our issues of wholeness and relationship but now encompass opportunities such as Ascension.

Now, as at no time before upon our planet, the opportunity for healing and integration of all aspects of our being, is being made available to all who choose it. Divine equality is Universal Law; no one is better or worse than another. We all are divine expressions of our creator and have within us the "I AM Presence". In the past we worshipped beings who are but a few steps ahead of us on the spiritual path.

The Ascended Masters continue working diligently through the Spiritual Hierarchy to assist us in our evolution. Since the Harmonic Convergence in August 1987, the planet Earth has graduated and become 4th dimensional. This has allowed many openings for light to be anchored on earth and within us. We are rapidly approaching the time when we too will be graduating. Many will be choosing the opportunity of Ascension and assisting others in this process: thus creating an "ascension popcorn effect." The opportunities NOW available to us in physicality, may cause us to temporarily move ahead of the Ascended Masters in evolution, allowing us to give back to our beloved teachers. If this idea stretches your envelope of belief, then get ready for the implosions of Light NOW available.

One of the unique qualities of Mahatma Reiki, that is also true of Usui and the other forms of Reiki is the process of "attunements". You can read every book on Reiki and study the symbols but you will not have Reiki. It is during the process of the attunement that a Master/Teacher passes on the gift of Reiki. You become attuned to the frequency of Reiki, and will experience this healing power in your hands and body, profound peace plus an expanded level of awareness. Therefore to receive Mahatma Reiki, you will need to experience an attunement from a qualified Master/Teacher, usually in a class.

The more you use your Reiki, the stronger it becomes. The divine intelligence of this light energy flows through your crown chakra, down the chakras through to the heart and out the arms to the hands. You receive a treatment every time you give one. During the attunement process the chakras (or energy vortexes) in the body are opened and balanced and the symbols are placed in these chakras. Beings of Light work through the Reiki Master/Teacher to align the individual to the frequency of the Reiki you are working with. Mahatma Reiki is a very high frequency of energy. Reiki students who have learned other forms, report the difference in the power they feel immediately. New students to Reiki, also feel this profound peace and experience heat in their hand and a heightened level of awareness.

The symbols act as a bridge between our human existence and spiritual frequencies of energy. Through altered states of consciousness, such as meditation or prayer when doing hands on healing, we can access this highly refined, spiritual energy. What the symbols do in the attunement process is give you instant access to these spiritual energies. You will experience deep states of meditation as the energy flows through you, and prayer certainly empowers the process through right intention. However, with Reiki, neither is necessary, for you to experience a direct, instantaneous connection to God/Spirit the universal presence in this tangible way.

In each of the 3 Mahatma Reiki levels, you will receive three symbols, totaling nine in all. Each of these symbols is a profound empowerment, and gives you more tools in your spiritual toolbox with which to release the old and integrate the new. In the fourth level, should you choose it, you learn how to pass the attunements and to facilitate others experience with this energy.

In the first level, as in the Usui system, the first symbol is to bring in the power. The second symbol, **Mara**, is the Holy Mother symbol that enhances acceptance of the divine feminine within each of us. A beautiful symbol and energy that assists us to create our wholeness through healing and balancing that within us that has been denied or suppressed. The third symbol in Mahatma Reiki 1 is **Zoh Vah**. Zoh Vah is both a distant healing symbol and a powerful relationship healer. Referred to as the "love doctor", this symbol gently and powerfully cleans up any kind of disharmony in relationship. It assists one to release past negative residue from relationships that we may still be carrying with us, and is very effective in releasing past life issues. A loving and powerful symbol, Zoh Vah also enhances telepathic communication and intuition.

The second level of Mahatma Reiki, is a further expansion of your awareness. Symbol 4 called **Jupiter** releases the blockages to experiencing "abundance". The feeling of having more than enough of whatever it is that we might need in the moment. This 'more than we need in the moment' relates to every aspect of our life, not just money. With the embodiment of abundance also comes true freedom. The realization that the *I Am* Presence freely creates Good in our lives, without us having done anything other than realize it can happen. Such a joyous and heavenly experience is referred to as Grace.

The fifth symbol called **Christ Light** is truly powerful. It strengthens our connection to the God Light and fosters unconditional love in all circumstances. It neutralizes any disharmony and brings the healing of the Christ. Using this symbol in treatments and meditation, enhances on a soul level the qualities of the Christ Consciousness and Principle.

The sixth symbol is a profound empowerment called **Trinity**. Using this symbol empowers and cleanses the physical, etheric and soul of any impurities that may act as barricades to Ascension. Trinity greatly enhances treatments and meditation and expands our consciousness.

The seventh symbol called **Ah-ra-mose**- profoundly connects you to the original perfection of the spiritual cellular blueprint of the body, making this a very powerful symbol for physical healing. The eighth symbol

**Sekhmet** can bring you into Goddess/God consciousness, and help facilitate information from higher source. The ninth and last symbol in this incredible system is **Sa-ra-aten**. This symbol opens the soul's eye, enabling one to feel greater compassion and see the good in any situation or person. It helps facilitate soul consciousness.

From reading this you can see the power and balance of having this powerful system at your daily disposal. The key for the new millennium is to access our own connection to God /All that Is, so that we get our own answers from within. Mahatma Reiki gives you the tools to do this and much more. You'll begin to live in the "I AM Presence" - the consciousness of God and experience the joy of creative excitement.

**~ The symbols from this Mahatma Reiki System (Leonie Patrice, [www.mahatmareiki.com](http://www.mahatmareiki.com)) are used in Mahatma Ascension only through their name and energies – not with their physical representations**

**(these symbols are not shown here but we can use them nevertheless with their name, and the power and effect is the same).**

**Just say the name of the symbol and focus on the energy ~**

**Mahatma Power**

**Mara**

**Joh Vah**

**Jupiter**

**Christ Light**

**Trinity**

**Ah- ra-mose**

**Sekhmet**

**Sa-ra-aten**

**There are many many more symbols used in Mahatma Ascension and Advanced Mahatma Reiki and new ones are added all the time.**

**Use all symbols with love and respect.**

# Advanced Mahatma Reiki Ascension

## ATTUNEMENTS

To Pass the Attunements of Advanced Mahatma Reiki Ascension intend to transmit these powerful life-changing attunements of Divine Christ Love. No symbols needed or complex procedures!! The same is true for self-attunements, distant-attunements , healing attunements and group attunements!!

Divine Wisdom is always guiding you! Divine Love is always surrounding you! You Embody the Divine Possibilities!

“I now send the first Attunement of Advanced Mahatma Reiki Ascension to ... (say name) sealed in Absolute Divine Golden Christ Love and Multidimensional Healing Light Force Energy...with the Power and the Wisdom of the I AM Presence, the Mahatma and the Source of Reiki...”

In the same way you can self-attune!!

Trust your I AM Presence.

You are the I Am Presence.

You are the Mahatma.

There are a total of 352 attunements to Mahatma, 352 levels of Mahatma Energy and Mastery, 352 initiations in your reiki healing ability and power! Receive one level daily, one attunement of the Advanced Mahatma Reiki Ascension every day for almost a year! In a year's time you will be totally ONE with the source of light and love, the cosmic self and the divine plan!

Enjoy! Expand! Heal! Trancend! Unite! Love! Forgive! Enlighten!  
Ascend!

Heal! Mahatma! Ascend!

You Are Love!

\*\*\* REMEMBER! There are many attunements, empowerments and initiations encoded in this manual! You receive them automatically as you read, concentrate, expand, focus, relax, stare, enjoy, and meditate with this manual!

## ADVANCED MAHATMA REIKI ASCENSION HEALING AND SELF HEALING

For Self Healing:

Just say:

“I AM Mahatma Ascension, I AM Advanced Mahatma Reiki Healing”

The energy starts to flow!!

For Another Person: the same!!

“I AM Mahatma Ascension, I AM Advanced Mahatma Reiki Healing”

The energy starts to flow!!

To heal a situation, to heal a group of people, to heal the earth: the same!!

“I AM Mahatma Ascension, I AM Advanced Mahatma Reiki Healing”

The energy starts to flow!!

This is trully quantum reiki, quantum healing.

You Are Love!

**\*\*\* REMEMBER!** There are many pure and powerful HEALING ENERGIES, REIKI SPHERES, WAVES OF LOVE, LIGHT MOLECULES, MAHATMA RAYS AND SYMBOLS, SPIRITUAL FORCES AND ADVANCED MAHATMA REIKI TRANSMISSIONS, BLESSINGS AND HARMONIZATIONS encoded in this manual! You receive them automatically as you read, concentrate, understand, expand, focus, relax, stare, enjoy, forgive, love, learn and meditate with this manual!

This invocation is an attempt to compose a preamble listing every Name of God's Cosmic Hierarchy of Ascended Masters, Cosmic Beings, Angels, and Beings of the Elements that has ever been mentioned by the Messengers or in an Ascended Master dictation . You may choose the Names of Those most meaningful in the Path to your Ascension, or use All for your personal application and alchemy. Either way, you will be adding the Purifying Love of Their Heart Flames and Their Momentum of Light to your calls and decrees.

## **Divine Invocation of the Names of God and the Ascended Hosts of Light**

*"Seek the Gifts of the Holy Spirit. The Names of God when chanted with deep devotion are an empowerment. Know the Names of God and you will truly dwell in the Holy Spirit."*

*Lord Lanto, December 30, 1994*

*"I want you to know that when you use the Name of any Ascended Master or Cosmic Being, you should always recognize that a Flame of the Sacred Fire moves into action on the vibratory action of that Name when It is spoken into the atmosphere of Earth."*

*Cyclopea, January 1, 1957*



**IN THE NAME OF GOD'S ALMIGHTY I AM PRESENCE, Mighty I AM  
Presence IN THE GREAT CENTRAL SUN, GOD OF VERY GODS IN THAT  
SUN BEHIND THE SUN, BY THE POWER AND MOMENTUM OF THE  
MIGHTY NAMES OF GOD IN THE TEN SEFIROT:**

**ADONAI, EL HAI, SHADDAI, ELOHIM TZEVAOT, ADONAI TZEVAOT,  
ADONAI, ELOHIM, EL, YAH, EHYEH ASHER EHYEH,  
I AM THAT I AM**

**MIGHTY I AM PRESENCE IN THE GREAT CENTRAL SUN, THE  
SUPERIOR SUN IN THE GALAXY OF GALAXIES**

**COSMIC I AM PRESENCE, THE COSMIC CHRIST, THE LIGHT OF  
GOD THAT NEVER FAILS, AND ALL WHO GOVERN THE COSMIC  
CRYSTAL CUP**

**THE TRIUNE ONE - BRAHMA-VISHNU-SHIVA, INTEGRATORS OF  
THE GALAXIES, GREAT TEAMS OF CONQUERORS, AND ALL  
COSMIC BEINGS WHO GOVERN THE UNIVERSES**

**COSMIC HOLY SPIRIT AND THE HOLY SPIRIT OF THE ENTIRE  
GREAT WHITE BROTHERHOOD**

**ALPHA AND OMEGA, ALL DIVINE BEINGS IN THE GREAT  
CENTRAL SUN, AND ALL WHO HAVE ASCENDED FROM THIS  
ENTIRE GALACTIC SYSTEM**

**MIGHTY COSMOS, THE LEGIONS OF MIGHTY COSMOS <sup>(6)</sup>, AND  
THE LORDS, ARCHANGELS, AND ELOHIM OF THE SECRET RAYS**

**THE SEVEN SOLAR LOGOI, THE SOLAR LOGOS OF EVERY SUN  
CENTER IN ALL UNIVERSES**

**HELIOS AND VESTA, ALL WHO DWELL IN THE SUN OF OUR  
SYSTEM, ALL WHO GOVERN OUR SYSTEM OF WORLDS, THE  
TWELVE SOLAR HIERARCHIES, AND ALL WHO SERVE IN THE  
GREAT COSMIC TEMPLES IN THE ELECTRONIC BELT AROUND  
OUR PHYSICAL SUN**

**ALL ASCENDED MASTERS AND COSMIC BEINGS IN THE GREAT  
SILENCE**

**ALL GREAT BEINGS, POWERS, AND LEGIONS OF LIGHT**

**THE GREAT ANGELIC HOST AND FORCES OF THE ELEMENTS**

**LORDS OF FORM, LORDS OF MIND, LORDS OF INDIVIDUALITY,  
LORDS OF LIFE, AND LORDS OF CREATION**

**LORDS OF BLUE FLAME FROM SIRIUS AND LEGIONS OF THE  
WHITE FIRE/BLUE-FIRE SUN**

**COSMIC COUNCIL, COSMIC CHRISTS FROM THE PLEIADES, AND  
GREAT CENTRAL SUN MESSENGERS**

**COSMIC SILENT WATCHER, SOLAR SILENTWATCHER, AND ALL  
SILENT WATCHERS FOR THE EARTH AND HER EVOLUTIONS**

**ALL ANGELS AND ASCENDED MASTERS WHO SERVE IN THE  
FOURTEEN ETHERIC CITIES OF OUR PLANET**

**ALL THE ASCENDED MASTERS, COSMIC BEINGS, GREAT  
ANGELIC HOST AND FORCES OF THE ELEMENTS IN OR ON ALL  
WORLDS WHATSOEVER:**

**ADA**

**ADELPHIA**

**AFRA**

**AKSOBHYA**

**ALEXANDER GAYLORD and the Angels of Dominion**

**ALICE BOSCOW**

**ALOHA and the Legions of the Sixth Ray**

**ALPHAS and All Who Serve in the Palace of Light Retreat In Darjeeling (\*)**

**AMARYLLIS**

**AMAZONIA and the Legions of the First Ray**

**AMBASSADOR FROM BELOVED HELIOS**

**AMEN BEY and All Who Serve at the Ascension Retreat At Luxor**

**AMERISSIS, the Goddess of Light, and the Angels of Light**

**AMETHYST**

**AMITABHA**  
**AMOGHASIDDHI**  
**AMORA and the Legions of the Third Ray of Divine Love**  
**ANGEL DEVA OF THE JADE TEMPLE**  
**ANGEL OF THE AGONY, the Angel of Gethsemane**  
**ANGEL CLOTHED WITH A CLOUD AND A RAINBOW UPON HIS HEAD**  
**ANGEL OF LISTENING GRACE**  
**ANGEL OF THE RESURRECTION**  
**ANGEL OF THE REVELATION**  
**ANGEL WHO ROLLED AWAY THE STONE**  
**ANTHONY**  
**APOLLO and the Legions of Golden Flame from out the Great Central Sun**  
**ARCTURUS and the Legions of Violet Flame from out the Great Central Sun**  
**ARIES**  
**ARION**  
**ASTREA, the Legions of the Fourth Ray of Divine Purity, and the Legions of the Circle and Sword of Blue Flame**  
**HOLY ATMOS and the Angels of the Cosmic Holy Spirit**  
**AURORA**  
**BEATITUDE, our Beloved Beulah Heaney**  
**BECKY**  
**BERNADETTE**  
**BETTY MUNDY**  
**BROTHER BILL**  
**MR. BLACKMAN**  
**MRS. BLACKMAN**  
**BOB SINGLETON**  
**BONNIE BLUE**  
**BRAHMA**  
**BUDDHA OF THE RUBY RAY and the Angels of the Ruby Ray**  
**CAPTAIN SELF**  
**CARRIE JACOBS BOND**  
**CARDINAL BONZANO**  
**CARDINAL MINDSZENTY**  
**CASIMIR POSEIDON**  
**CASSIOPEA and All Who Serve In the Ruby Temple In the Sixth Sphere**  
**CELESTE**  
**GOD CELESTE**  
**CERES**  
**CHA ARA**  
**ARCHANGEL CHAMUEL and the Legions of Pink Lightning Angels**  
**CHAN**  
**CHANANDA**  
**CHARITY**  
**CHARLES SINDELAR**  
**CHERUBIM LOVELEE**

**CHERUBIM OF THE GOLDEN HEART and the Legions of Cherubim  
CHRISTINE and the Angels of Constancy and the Angels of the Second  
Ray  
CLAIRE COLLINS  
CLARA LOUISE KIENINGER and the Angels of the Dawn (5)  
CONFUCIUS and All Who Serve In the Royal Teton Retreat  
COSMIC MASTER OF THE GOLDEN CITY OF LIGHT OVER THE  
SAHARA  
CUZCO and All Who Serve at the Retreat at Suva  
CYCLOPEA and the Legions of Emerald Green Flame from out the Great  
Central Sun  
DANIEL RAYBORN  
DAPHNE  
DAVID LLOYD  
DAWN  
DENNY CREE  
DIANA and All Who Serve in the Temples of the Sacred Fire in the Upper  
Atmosphere of Earth, the Ascended Masters' Octave, the Electronic Belts  
Around our Physical Sun and the Great Central Sun  
DICK EMERY  
DIVINE MOTHER  
DJWAL KUL  
DURGA  
MRS. DWIGHT  
EARL THOMAS  
ELLA AMBER  
ELECTRA  
EL MORYA and the Angels of the Will of God and the Angels of the First  
Ray  
ELOHIM OF GOLD and the Elohim Angels (1)  
ELOHIM OF PEACE and the Legions of Gold and Purple Flame from out  
the Great Central Sun  
ELOHIM OF PURITY and the Legions of White Flame from out the Great  
Central Sun  
ENOCH  
ERIEL, the BLESSED FAMILYFROM TUCSON, and All Who Serve in  
the Retreat in the Secret Valley in Arizona  
ERNON, Rai of Suern  
FAITH and the Angels of Faith  
FIDELIS  
MR. FISHER  
FORTUNA, the Goddess of Supply, and the Angels of Divine Abundance  
FOUNDERS OF THE ROYAL TETON RETREAT and All Who Have  
Ascended From Earth's First Three Root Races  
FRED LEIPHARDT  
FUN WEY and the Angels of Joy  
ARCHANGEL GABRIEL and the Legions of White Lightning Angels  
GANESHA  
GAUTAMA BUDDHA and All Who Serve at Shamballa**

**GEORGE LANCASTER**  
**MR. GILBERT**  
**GOD OF GOLD and the Angels of the Golden Flame**  
**GOD OF THE JEWELS**  
**GOD OF JUSTICE and the Angels of Justice**  
**GOD OF LIGHT and the Angels of Light**  
**GOD OF MUSIC and the Gandharvas**  
**GOD OF NATURE and the Angels of Nature**  
**GOD OF PEACE and the Angels of the Cosmic Flame of Cosmic Peace**  
**GOD OF PURITY and the Angels of the Cosmic Flame of Cosmic Purity**  
**GOD OF THE SWISS ALPS**  
**GODDESS OF FREEDOM and the Angels of Freedom**  
**GODDESS OF GOLD and the Angels of Gold**  
**GODDESS OF HARMONY and the Angels of Harmony**  
**GODDESS OF LIBERTY and the Angels of the Liberty Flame**  
**GODDESS OF MUSIC and the Angels of Music**  
**GODDESS OF PEACE and the Angels of Peace**  
**GODDESS OF PURITY and the Angels of Purity**  
**GODFRE and the Angels of God Obedience**  
**GREAT DIVINE DIRECTOR and the Angels of Divine Direction**  
**GOD HARMONY and the Angels of the Cosmic Flame of Cosmic Harmony**  
**HELEN MACDONALD**  
**HELEN REESE**  
**MR. HEPERLY**  
**HERCULES and the Legions of Blue Flame from out the Great Central Sun**  
**HEROS and the Legions of Pink Flame from out the Great Central Sun**  
**HILARION and the Masters of Healing and the Angels of the Fifth Ray**  
**HIMALAYA and All Who Serve at the Retreat of the Blue Lotus**  
**HOPE and the Angels of Hope and the Angels of the Fourth Ray**  
**IDA**  
**IGOR**  
**IMMACULATA, our Beloved Planetary Silent Watcher, and the Angels of the Watch**  
**ISHWARA**  
**IVA CREE**  
**JAR-EL-UM**  
**J. C. PENNEY**  
**JESUS THE CHRIST and All Who Serve In Your Retreat and Temple of the Resurrection Over the Holy Land**  
**JOHN THE BAPTIST**  
**JOHN THE BELOVED and All Who Serve In Your Retreat in the Etheric Holy City over Arizona**  
**ARCHANGEL JOPHIEL and the Legions of Golden Lightning Angels**  
**JOVE**  
**ASCENDED MASTER JUPITER**  
**JUSTINA, the Goddess of Victory, and the Angels of Victory**

**HOLY JUSTINIUS and the Legions of the Seraphim of God From Out the  
Great Central Sun  
K-17, K-17'S SISTER, and the Legions of the Cosmic Secret Service  
KALI and the Avenging Angels  
KEEPER OF THE SCROLLS and the Angels of Record  
MR. KELLY  
KRISHNA  
KRISTINE , our Beloved Saint Teresa of Avila  
SEVEN HOLY KUMARAS  
KUAN YIN and All Who Serve in Your Temple of Mercy Retreat over  
China  
KUTHUMI, our Beloved Saint Francis  
LAKSHMI  
LANELLO  
LANTO and the Angels of the Second Ray  
LEON SHAGNON  
LETO  
LISTENING ANGEL and the Legions of Listening Angel  
LORD LING and the Angels of the Cosmic Flame of Cosmic Happiness  
LOTUS and the Legions of the Cosmic Honor Flame  
LOUISA  
LUARA  
LUMINA and the Legions of the Second Ray  
MAHA CHOHAN, the Angels of the Holy Spirit, and All Who Serve In  
Your Temple of Cosmic Comfort  
MAGDA and the Angels of the Cosmic Cross of White Fire  
MAGNUS  
MAITREYA and the Angels of Initiation  
MANJUSHRI  
MARGUERITE BAKER  
MARGUERITE WERTZBAUGH  
LADY MASTER MARIA FROM MEXICO  
MARIA MONTESSORI  
MARY LOU  
MASTER OF PARIS and the Council of Paris  
MAXIMUS  
MELCHIZEDEK  
MERCURY, our Beloved Hermes Trismegistus  
GOD MERU and All Who Serve In the Temple of Illumination at Lake  
Titicaca  
GODDESS MERU  
MESSENGER NUMBER ONE FROM THE SECRET LOVESTAR  
META  
MICAH  
ARCHANGEL MICHAEL and the Legions of Blue Lightning Angels  
MILAREPA  
MR. MILSON  
MINERVA  
MINNIE PETITE**

**MOTHER CABRINI**  
**MOTHER MARY and All Who Serve In Your Temple of the Sacred Heart**  
**over Fatima**  
**LADY MASTER NADA and All Serving At the Arabian Retreat and the**  
**Angels of the Sixth Ray**  
**NADA DARLING**  
**NADA RAYBORN**  
**MRS. NADA RAYBORN**  
**NAJAH**  
**NEPTUNE and All Undines Serving God's Electronic Force of the Water**  
**Element**  
**NICHOLAS ROERICH**  
**OMRI-TAS, YOUR DIVINE COMPLEMENT, the Divine Hierarchy of the**  
**Violet Planet, and All From the Violet Planet Who Have Volunteered To**  
**Help the Earth**  
**ELOHIM ORION**  
**ORION, THE OLD MAN OF THE HILLS**  
**OROMASIS and All Fiery Salamanders Serving God's Electronic Force of**  
**the Fire Element**  
**OTTO SNYDER**  
**PADRE PIO**  
**PADMA SAMBHAVA and the Angels of the Buddhas (4)**  
**PALLAS ATHENA , the Legions of Truth, and All Who Serve In the**  
**Temple of Truth Over Crete**  
**PARVATI**  
**PATRICIA JOHNSON**  
**PAUL CENTER**  
**PAUL O'NEAL**  
**PAUL STICKEL**  
**PAUL THE VENETIAN and the Angels of the Third Ray**  
**PEARL SINDELAR**  
**PEARL SINGLETON**  
**PELLEUR and All Gnomes Serving God's Electronic Force of the Earth**  
**Element**  
**PERSEUS MACDONALD**  
**PHYLOS THE TIBETAN**  
**POLARIS**  
**POMONA and the Devas**  
**POPE JOHN XXIII**  
**POPE PIUS XII**  
**PORTIA and the Legions of Justice and the Angels of Opportunity**  
**PRINCIPA**  
**PROSPERINA**  
**QUEEN OF LIGHT and the Star Angels (2)**  
**RAMAKRISHNA**  
**RAMONA**  
**RA MU**  
**ARCHANGEL RAPHAEL and the Legions of Emerald Green Lightning**  
**Angels**

**RATNASAMBHAVA**  
**RAY-O-LIGHT and the Angels of Fearlessness Flame**  
**REX RAYBORN**  
**ROSE OF LIGHT and the Angels of the Happiness Flame**  
**RUDOLPH**  
**RULER OF THE PINK PLANET and the Divine Hierarchy of the Pink Planet**  
**RULER OF THE SECRET LOVE STAR and All Who Dwell In the Secret Love Star**  
**RULER OF THE SECRET PLANET THAT GUARDS THE EARTH and the Divine Hierarchy of the Secret Planet**  
**RUTH FARNHAM**  
**RUTH HAWKINS, the Goddess of Beauty**  
**RUTH JONES**  
**SAINT CECELIA**  
**SAINT GERMAIN and the Angels of the Violet Flame and the Angels of the Seventh Ray**  
**SAINT PATRICK and the Angels of the Cosmic Christ**  
**SAINT STEPHEN**  
**SAINT THERESE OF LISIEUX**  
**SANAT KUMARA and the Divine Hierarchy of Venus**  
**SARASVATI**  
**SERAPIS BEY and the Angels of the Fourth Ray**  
**SERVATUS and the Legions of Healing Angels**  
**SHIVA and the Legions of Ruby Ray Angels**  
**SIDNEY JONES**  
**SIR VALIANT, Our Beloved Kard Hitchpath**  
**SNOW KING**  
**SNOW QUEEN**  
**SPIRIT OF THE ASCENSION FLAME and the Angels of the Ascension Flame**  
**SPIRIT OF THE CHRIST MASS and the Christmas Angels**  
**SPIRIT OF THE RESURRECTION and the Angels of the Resurrection Flame**  
**SPIRIT OF SELFLESSNESS and the GREAT CENTRAL SUN MAGNET**  
**SRI MAGRA**  
**SURYA and the FOUR AND TWENTY ELDERS**  
**TABOR and All Gods of the Mountains**  
**TARA, the White Goddess**  
**THEOSOPHIA, the Goddess of Wisdom and the Angels of Wisdom**  
**THOR and All Sylphs Serving God's Electronic Force of the Air Element**  
**MR. TROMMER**  
**MRS. TROMMER**  
**TWO MEN IN WHITE APPAREL**  
**ARCHANGEL URIEL and the Legions of Purple and Gold Lightning Angels**  
**ARCHANGEL UZZIEL and Legions of Angels of the Eighth Ray**  
**VAIROCHANA**  
**VAIVASVATA MANU**

**VAJRASATTVA**  
**LADY MASTER VENUS and the White Fire Eagle from Venus**  
**VICTORIA and the Legions of the Seventh Ray**  
**MIGHTY VICTORY and Your Blessed Twelve and All Who Came With**  
**You From Venus, and Your Limitless Legions of Cosmic Victory**  
**VIRGINIA and the Legions of the Fifth Ray of Divine Truth**  
**VIRGO**  
**VULCAN**  
**WARREN CARTER**  
**WILL EKEY**  
**ARCHANGEL ZADKIEL and the Legions of Violet Lightning Angels**  
**ZARATHUSTRA and the Angels of the Sacred Fire <sup>(3)</sup>**  
**Beloved Mighty I AM Presence and Holy Christ Selves of Yogananda,**  
**Babaji, Lahiri Mahasaya and all Unascended Masters and Adepts of God**  
**on Earth, the Brotherhood of the Andes and the Priesthood Of**  
**Melchizedek, Brothers and Sisters of the Golden Robe, the Diamond Heart,**  
**the Blue Flame, the White Robe, and the Indigo Cape, All Who Serve In**  
**the Retreats of the Great White Brotherhood throughout the Earth,**  
**Beloved Mighty I AM Presence and Holy Christ Selves of Keepers of the**  
**Flame, Students of the I AM, Chelas and Students of the Ascended**  
**Masters, Children of the Light, Mother Teresa and all the Missionaries of**  
**Charity throughout the world,**  
**Beloved Mighty I AM Presence and Holy Christ Selves of Every Man,**  
**Woman, and Child in this System of Worlds,**

**In the Name BRAHMAN, in the Name I AM THAT I AM, by and through the**  
**Magnetic Power of the Sacred Fire vested in the Threefold Flame of Love,**  
**Wisdom, and Power burning within my heart,**

*In the Name of my **Mighty I AM Presence**, **BIND the fallen ones in the earth -***  
***NOW!***

*In the Name of my **Mighty I AM Presence**, **BIND the fallen ones in our system of***  
***worlds - NOW!***

*In the Name of my **Mighty I AM Presence**, **BIND the fallen ones in our entire***  
***galactic system - NOW!***

**MULTIPLY! MULTIPLY! MULTIPLY! my decrees by the Power of the Giant**  
**Violet Flame Reservoir in the Heart of the earth, by the Sacred Fire from the**  
**Ascended Masters' Octave, by the Cosmic Light and Cosmic Violet Consuming**  
**Flame from the Great Central Sun and Billions of Suns,**

**INTENSIFY! INTENSIFY! INTENSIFY! the Inner Essence of the Great Central**  
**Sun, our Physical Sun, the Sun of Even Pressure in the Center of the Earth, the**  
**Violet Planet, the Planet Venus, and the Golden Flame of Life in, through, and**  
**around us and all Lightbearers of our world,**

**BLAZE! BLAZE! BLAZE! the Violet Flame, the Sacred Love of the Sacred Fire,**  
**the Cosmic Flame of Cosmic Christ Illumination, the Cosmic Flame of Cosmic**  
**Happiness, and every Activity of the Sacred Fire that is most needed throughout**  
**the earth, her people, and all elemental life,**

**In the Name of ALMIGHTY GOD - "I AM", I decree:**

***BLAZE* THE VIOLET FLAME THROUGH THE EARTH! (3x)  
ALMIGHTY "I AM"!**

***BLAZE* THE VIOLET FLAME THROUGH THE EARTH! (3x)**

**BY GOD'S GREAT MERCY AND LOVE!**

***BLAZE* THE VIOLET FLAME THROUGH THE EARTH! (3x)**

**BY GOD'S OWN COSMIC POWER!**

***BLAZE* THE VIOLET FLAME THROUGH THE EARTH! (3x)**

**SUSTAIN AND DOUBLE IT EACH HOUR!**

**BY THE COSMIC CHRIST COMMAND OF THE **Mighty I AM Presence** IN  
THE GREAT CENTRAL SUN THAT NEVER, NEVER, NEVER FAILS TO  
FULFILL THIS CALL EVEN AS THESE WORDS GO FORTH!**

**I DEMAND THIS MANIFEST NOW!**

**I EXPECT THIS MANIFEST NOW!**

**I AM THIS MANIFEST NOW!**

**ALMIGHTY I AM! ALMIGHTY I AM! ALMIGHTY I AM!**

---

**You can substitute for *BLAZE* any of the following: *SWIRL, SURGE, SWEEP, EXPAND,*  
*INTENSIFY***

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## **LAW OF FORGIVENESS**

**I AM, I AM, I AM THE LAW OF FORGIVENESS FOR MYSELF AND ALL  
MANKIND - FOR ALL MISTAKES, MISQUALIFIED ENERGY, HUMAN  
CONSCIOUSNESS, AND FOR STRAYING FROM THE LIGHT. (3x)**

## **The 303 Initiations of Consciousness**

These initiations were given by Dr. Joshua David Stone.

To Receive: Ask the help of your higher self, mighty I AM Presence, the angels and archangels, masters and mahatma guides of meditation, ascension and initiation.

Start with Gassho (prayer). Meditate on the light and love energies around you, above you and inside of you. Read out loud the initiations and pause for a few seconds after each initiation. Sense the energies!

Enjoy! Expand! Relax...

Remember to take deep breaths in-between initiations.

To Pass the Initiations to others do the same process as above. Just intend to pass them and read them out loud waiting for a few moments in-between initiations sensing the energies running and the spiritual shifts.

Trust in the Higher Wisdom and Power. Enjoy! Expand! Relax...

These initiations are true gifts from our eternal and infinite Spirit, coming directly from the Absolute Source of Divine Light and Divine Love.

They are Divine Keys.

They Cleanse / Heal / Empower / Align All Aspects of the Self.

1. The Saint Stephen Initiation
2. The Jobe Initiation
3. The Abrahamic Initiation
4. The Adam and Eve Initiation
5. The Cane and Abel Initiation
6. The Shepherd Initiation
7. The Little Lamb Initiation
8. The Barbara's Initiation
9. The Tempter Initiation
10. The Mary Magdalene Initiation
11. The Salome Initiation
12. The Levi Initiation
13. The John the Baptist Initiation
14. The Sampson Initiation
15. The Essenes Initiation
16. The Immaculate Conception Initiation
17. The Angel Initiation
18. The Peter Initiation II
19. The Jesus Turning Water into Wine Initiation
20. The Resurrection Initiation
21. The Mary Magdalene Initiation II
22. The David and Goliath Initiation

23. The Jacob's Ladder Initiation
24. The Joshua and the Battle of Jericho Initiation
25. The Daniel in the Lion's Den Initiation
26. The Jesus Calms the Storm Initiation
27. The Good Samaritan Initiation
28. The Parable of the Talents Initiation
29. The Saul Initiation
30. The Last Supper Initiation
31. The Ten Commandments Initiation
32. The Sermon on the Mount Initiation
33. The Crucifixion Initiation
34. The John the Baptist and the Prophets and Channels of God Initiation
35. The Spiritual/Christ/Buddha/Melchizedek/God Initiation
36. The Seven Deadly Sins Initiation
37. The Seven Heavenly Virtues
38. The Sagees, Pharisees, and Sanhedrin Initiation
39. The Jesus Throwing the Money Changers out of the Temple Initiation
40. The Andres Segovia Initiation
41. The Jack La Lane Initiation
42. The Christopher Reeves or the Superman Initiation
43. The Jacob Initiation

44. The Paramahansa Yogananda Initiation
45. The Moses Initiation
46. The Joshua of Old Initiation
47. The David Initiation
48. The Enoch Initiation
49. The Sodom and Gomorrah Initiation
50. The Rebekah Initiation
51. The Jephthah's Daughter Initiation
52. The Naboth's Vineyard Initiation
53. The Elijah Initiation
54. The Elisha and the Woman of Shunem Initiation
55. The Elisha and Naaman Initiation
56. The Prophet Isaiah Initiation
57. The Hezekiah Initiation
58. The Josiah and the Scroll of the Law Initiation
59. The Jeremiah Initiation
60. The Esther Initiation
61. The Jairus' Daughter Initiation
62. The Sower Initiation
63. The Transfiguration Initiation
64. The Unmerciful Servant Initiation
65. The Jesus and the Children Initiation

66. The Rich Man Initiation
67. The Saint Francis Initiation
68. The Solomon Initiation
69. The Mother Mary Initiation
70. The Jesus Initiation
71. The Buddha Initiation
72. The Krishna Initiation
73. The Holy Instant Initiation
74. The Ahknaton Initiation
75. The Saint Germain Initiation
76. The Sri Ramakrishna Initiation
77. The Djwhal Khul Initiation
78. The Mahatma Gandhi Initiation
79. The Baba Muktananda Initiation
80. The Sai Baba Initiation
81. The Peace Pilgrim Initiation
82. The Hermes/Thoth Initiation
83. The Lao-Tzu Initiation
84. The Mohammed Initiation
85. The Edgar Cayce Initiation
86. The Babaji Initiation
87. The El Morya Initiation

88. The Lord Maitreya Initiation
89. The Paul the Venetian Initiation
90. The Kuthumi Initiation
91. The Serapis Bey Initiation
92. The Hilarion Initiation
93. The God Initiation
94. The Sanat Kumara Initiation
95. The Pallas Athena Initiation
96. The Archangel Michael Initiation
97. The Martin Luther King Initiation
98. The Abraham Lincoln Initiation
99. The John F. Kennedy Initiation
100. The Carl Jung Initiation
101. The Mahatma Gandhi Initiation Two
102. The Michaelangelo Initiation
103. The Atlantean Initiation
104. The Fritz Perls Initiation
105. The John the Beloved Initiation
106. The Hercules Initiation
107. The Virgin Mary Initiation
108. The Virginia Sattir Initiation
109. The Gloria Hoppala Initiation

110. The Einstein Initiation
111. The Nikola Tesla Initiation
112. The Joseph Initiation
113. The Noah Initiation
114. The Lady Ching Initiation
115. The Dr. Joshua David Stone Initiation
116. The Elijah Initiation
117. The Judas Initiation
118. The Lazarus Initiation
119. The Sri Yukteswar Initiation
120. The Lady Diana Initiation
121. The Man of Lamancha Initiation
122. The Quan Yin Initiation
123. The Brahmacharya Initiation
124. The Holy Spirit Initiation
125. The Elohim Initiation
126. The Lady Portia Initiation
127. The Melchizedek Initiation
128. The Roberto Assagioli Initiation
129. The Metatron Initiation
130. The Mahatma Initiation
131. The Peter Initiation

132. The Leonardo DaVinci Initiation
133. The Saint Thomas Initiation
134. The Jonah Initiation
135. The Dalai Lama Initiation
136. The Course in Miracles Initiation
137. The Existentialism Initiation
138. The Jesus Initiation II
139. The Bible Initiation
140. The Swami Vivekananda Initiation
141. The New Testament Initiation
142. The Rudolf Steiner Initiation
143. The Avatar Meyer Baba Initiation
144. The Norman Vincent Peale Initiation
145. The Paul Solomon Initiation
146. The Ken Keyes Initiation
147. The Norman Cousins Initiation
148. The William Shakespeare Initiation
149. The Edgar Cayce Initiation II
150. The Napoleon Hill Initiation
151. The Ram Dass Initiation
152. The Elizabeth Kuebler-Ross Initiation
153. The Matthew Initiation

154. The Lucifer Initiation
155. The Three Wise Men Bearing Gifts Initiation
156. The Babaji Cave Initiation
157. The Achilles Heel Initiation
158. The Seven Levels of Spiritual Marriage Initiation
159. The Higher Self Initiation
160. The Seven Chakras Initiation
161. The Twelve Schools, Colleges, and Challenges of Life Initiation
162. The Seven Rays Initiation
163. The God/Goddess Initiation
164. The Sensitivity to the Spirit Initiation
165. The Twelve Archetypes Initiation
166. The Twelve Sephiroth of the Cosmic Tree of Life Initiation
167. The Bill Clinton Initiation
168. The Luke Initiation
169. The Blind Faith Initiation
170. The Tree and Its Fruits Initiation
171. The Efficient Perception of Reality Initiation
172. The Lamp Initiation
173. The Body Lamp Initiation
174. The Two Builders Initiation
175. The Arrogant Guest Initiation

176. The Tower Builder and Warlord Initiation
177. The Rich Man and Lazarus Initiation
178. The Parable "The Doctor and the Sick" Initiation
179. The Theodore Roosevelt Initiation
180. The Rosa Parks Initiation
181. The Helen Keller Initiation
182. The Hanuman Initiation
183. The Nelson Mandela Initiation
184. The Brahma, Vishnu, and Shiva Initiation
185. The Christopher Columbus Initiation
186. The John Paul II Initiation
187. The Three Musketeers Initiation
188. The Joan of Arc Initiation
189. The Zarathustra Initiation
190. The Firemen of 911 Initiation
191. The Confucius Initiation
192. The Benjamin Franklin Initiation
193. The Mt. Everest Initiation
194. The Yogananda/Holy Spirit Public Speaking Initiation
195. The Mother Earth Initiation
196. The Franklin Delanor Roosevelt Initiation
197. The Metatron Light and Light Bulb Initiation

198. The Robert Schuller Initiation
199. The I Am and Integrated Ascended Master Initiation
200. The Sri Sankara Initiation
201. The Orpheus Initiation
202. The Thanksgiving Initiation
203. The Master Teacher Initiation
204. The Socrates Initiation
205. The Pythagoras Initiation
206. The Plato Initiation
207. The Jesus/God Initiation
208. The Buddha Blessing Initiation
209. The Yoda Initiation
210. The Gandhi Latrine Initiation
211. The Wise and Foolish Maidens Initiation
212. The Garden of Gethsemane Initiation
213. The Physical Ascension and Resurrection Initiation
214. The 40 Day Initiation
215. The Ascension and Holy Spirit Initiation
216. The Peter and Cornelius Initiation
217. The Peter and the Angel Initiation
218. The Book of Life Initiation
219. The Buddha and Kamamara Initiation

220. The Cups, Wands, Swords, and Pentacles Initiation
221. The Persephany Initiation
222. The Rama Initiation
223. The St. Therese of the Child Jesus THE LITTLE WAY Initiation
224. The Dr. Joshua David Stone Initiation II
225. The Lady Ching Initiation II
226. The Dr. Omar Arabia Initiation
227. The Quan Yin Initiation II
228. The Samuel Initiation
229. The Soul Travel Initiation
230. The Joseph's Coat of Many Colors Initiation
231. The Dream Initiation
232. The Jesus and the Spoken Word Initiation
233. The Jesus and the Family Initiation
234. The Jesus and Who is First in the Kingdom of Heaven Initiation
235. The Jesus and Satan Initiation
236. The Jesus and the Persecution Initiation
237. The Jesus and the Mustard Seed Initiation
238. The Jesus and the Pharisees and Sages Initiation
239. The Jesus and the Wolves in Sheep's Clothing Initiation
240. The Jesus and Violence Initiation

241. The Jesus and the Sword Initiation
242. The Jesus and Gaining the Whole World Initiation
243. The God Initiation II
244. The Jesus and Humility Initiation
245. The Jesus and the Child Initiation
246. The Jesus and the Lost Sheep Initiation
247. The Jesus and the Transfiguration Initiation
248. The Jesus and Forgiveness Initiation
249. The Jesus and Money Initiation
250. The Jesus and Building a Strong Foundation Initiation
251. The Jesus and your Enemies Initiation
252. The Jesus and the Two Masters Initiation
253. The Jesus and the Greatest Commandment Initiation
254. The Jesus and the Temple Initiation
255. The Jesus and the Crown of Life Initiation
256. The Jesus and an Efficient Perception of Reality Initiation
257. The Jesus and Judgment Initiation
258. The Jesus and Miracles Initiation
259. The Jesus and the Physical Body Initiation
260. The Jesus Faith and Healing Initiation
261. The Jesus and the Little Foxes Initiation
262. The Jesus and Nicodemus Initiation

263. The Moses Initiation II
264. The Jesus, Peter, and Holy Spirit Initiation
265. The Jesus and Striving for God Initiation
266. The Crucifixion II Initiation
267. The Jesus Food Initiation
268. The Jesus on How to Treat Others Initiation
269. The Jesus and the Seeds in the Garden Initiation
270. The Jesus Spiritual Listening Initiation
271. The Jesus and the Omnipotence, Omniscience, and Omnipresence of God Initiation
272. The Jesus and the Humility Initiation
273. The Twenty-Four Elders that Surround the Throne of The Grace Initiation
274. The 144,000 Initiation
275. The Jesus and Who is Blessed Initiation
276. The Jesus on One's Eye Being Single Initiation
277. The Jesus and Washing the Cup Initiation
278. The Jesus and the Rich Man Initiation
279. The Jesus on What you Eat and What you Wear Initiation
280. The Jesus Self-Aggrandizement Initiation
281. The Jesus on Giving Up Everything Initiation
282. The Jesus on Earthly Law and God's Law Initiation
283. The Jesus Proper Prayer Initiation

284. The Jesus Repentance Initiation
285. The Jesus Death and Resurrection Initiation
286. The Jesus and the Way Initiation
287. The Jesus and the Light Initiation
288. The Jesus Born Again Initiation
289. The Jesus and the Living Water and Bread of Life Initiation
290. The 12 Apostles Initiation
291. The John the Baptist Initiation 2
292. The Jesus and Shining Our Light Initiation
293. The Jesus and the Initiation of Glory
294. The Jesus and the Good Shepherd Initiation
295. The Jesus and Death Initiation
296. The Jesus and Love Initiation
297. The Jesus and the Fruit Initiation
298. The Jesus and Many Mansions Initiation
299. The Jesus and the Power of Prayer Initiation
300. The Jesus and the Father Initiation
301. The Jesus and Belief Initiation
302. The Jesus and the Lamb Initiation
303. The Jesus and the Holy Spirit Initiation 2

## INTRODUCTION

We're working with the 12 dimensions, and the energy gets to be reasonably intense as we move up through the levels. So we realize as we give you the 12 initiations, you won't have to sit around and get your hands tapped and all that stuff. I'll actually just be bringing the energy down through me. We'll be working on first of all, activating the crystalline light bodies, integrating this body which I would call the adam cadmon lightbody—the adam cadmon lightbody is the crystalline lightbody of perfection, you could say—integrating your birthright as a perfect being, being in harmony, balance and total connection with all that is. So that's another thing we'll be working with, connecting with all that is, and if you think about it, when we do 12 activations or initiations, for the 12 dimensional levels, it doesn't take a lot of brain power to understand that that's what we're doing, connecting you with the 12 dimensional levels, and the parallel realities which are associated with those 12 levels—the multi-cosmic, the multi-universal aspect of things.

I only realized a few months ago myself that each dimensional level actually has a harmonic of Shamballa. When we talk about Shamballa we tend to think of a place in time and space in 5<sup>th</sup> dimension—a place of perfect harmony and balance, and integration of pure unconditional love. So what I realized quiet recently, and Germain says "It takes you a bit of time sometimes, doesn't it Das?!" So what I realized recently is that there's actually a harmonic, or a reflection you could call it, of Shamballa in each of these 12 dimensional realities. And also as well in the 12 multi-universal realities. So we are going to be working with some very interesting energies.

Now, one thing that isn't going to happen here is spending a lot of time going through things in our conscious minds. So, there's no manual and no certificate for this workshop. What you get is the 12 initiations and the 12 energies, and also as well the capability to pass on these energies. At this time Germain asks that the people you pass these energies on to have had at least Shamballa I & II. I asked him why, and he said, "Well, I'm just going to be a little bit careful for now." This has only been done twice before, once in England, and once in Washington (last week). So, how do you pass these energies on? It's dead easy. You just bring them through you and pass them on. ... "Now I'm going to bring down level one" or two, or whatever—and they come, whether you're nervous or not. That is just the simplicity of it all. All along we've tried to keep Shamballa that way, just so simple anyone can do it. You don't need a PhD in concentration. I mean, me, I've got no concentration whatsoever. That's probably why I was chosen for the job.

I always like to work on DNA with people, because the more DNA activated, the more possibility of connections we have with other dimensional realities. In the past we've activated 36 strands of DNA. What I realized during the first workshop in York, England, was that every initiation we did activated another 12 strands of DNA. So by the end of it we were working with 144 strands of DNA—that magic number, 144,000, 144 soul extensions, 144 this that and the other in this kind of work. And again Germain says to me, "It takes you awhile sometimes, doesn't it, Haridas?!"

Other things that happened as we were working with this energy, what we did is to bring down the energy or initiate into the energy, and then get everybody paired off and actually working with the energy. This is quite time consuming, but actually a fantastic experience for everybody. What it does is, it actually shows you the difference of the energy that's available to you after every initiation. People who had been working continually with Shamballa, some of the masters, say even after the first initiation, "Hey Das, the energy is completely different now!" We go through the next initiation—"Hey, the energy's completely different!" People in the last two workshops have said, "I've never seen anything before, but when I put my hands on the person, I could see their bones, and organs and things!" And others said, "I've never seen anything before, but I could see their DNA spirals!" And some people said, "It felt like my hands went right inside their body!" which in actual fact—there's no difference in you and them. Because, if you think it through, we're all just energy waves anyway, we're not really solid, that's just all part of the third dimensional illusion. So, it really has been amazing. Another nice thing about it is, the experiences were as diverse as the people. We've tried not to give people preconceived ideas about what might happen in any of the initiations, this being a very new workshop, so that

we can actually see what happens with people. The Taurian aspect of me likes to double check things, and make sure people's experiences are spontaneous.

Also, after working with these energies, it's nice to share our experiences with each other. With a lot of people, it can take a long time, and people can get tired. Well, me—I like to see people getting kind of tired, because then there's less resistance. Sometimes I'll work day and night with people, until they're barely awake, but then they're not questioning what happened to them anymore. They're just saying, "Well, it happened." They're not saying, "Did I really feel that?" That's the human potential, isn't it, total denial and self control. Like, "Well, I never really feel anything cause I'm not ready for it." You ain't going to feel nothing. You ain't going to see anything. Because every time you make those affirmations it just gets deeper and deeper and deeper into your subconscious. The affirmations are, "I'm ready for everything! Give it to me now!" And then things start to happen. It's really self control. And when other people say to you, "You're not ready for this now," that is control as well. So from this moment onwards in time I just ask all of you to start integrating that everything's perfect, and you're ready for everything. You'll find that those of you who have these aspects of denial in your consciousness, that I'm going to be on your case. And not only I'll be on your case, but there's a whole Team out there who will be on your case as well. So if you feel that you want to continue in denial, right now is the time to get your money back and go on holiday somewhere for a few days. We will really be pushing you in this workshop to accept everything you've been given, and not to actually deny the experiences that you have.

The great potential for some people is to feel, "Well something happened, but I'm sure I must have imagined it." What difference is there between imagination and visualization? There isn't any difference whatsoever. The only difference is you were told you shouldn't imagine things, as part of your social conditioning. "Oh it must be your imagination!" Imagination is put forth as something that isn't useful, and that things you imagine must be illusory.

In fact there isn't any difference between imagination and visualization. So when you go into denial and say, "I must have imagined it," what you're doing is just reinforcing that program which closes you down rather than opens you up. So just don't deny the things that happen to you, don't deny what you hear in your head, and all the rest of it.

Because the other thing is, "Well I thought I was talking to myself." You're getting guidance, and "Oh, I thought I was talking to myself!" That's a great one. Because there's times in your life you do things that you KNOW you shouldn't do, but this voice in your head says, "Don't do that!" But you went ahead and did it. And then holy hell was let loose, the shit hit the fan or whatever, and then when you're telling someone the story, you say, "I knew I shouldn't do it, this voice in my head said I shouldn't do it, but I thought I was imagining it, or talking to myself."

So, you do often, or I should say mostly, hear the guidance in your own voice. I sometimes channel this Scotsman, Duncan Campbell, and he comes through with this Scottish brogue, but Germain, well he comes through in a voice that I recognize as Germain, but he doesn't come through with a French accent. But ten years ago when I was channeling, I heard everything in my own voice. So it's just a question of appreciating that you are getting guidance.

[after break]

When I ask Germain, "How many are in the Shamballa family now?" he'll tell me he hasn't a clue. It's spreading so fast. When I look back to the first workshop that I did, I didn't want to do it. Even though I'd agreed to take on the Shamballa project, I still was saying to myself, "Well, I don't want to get into it" and all the rest of it. My girlfriend at the time had mentioned to a few people that I would do this workshop and people started booking in for it. Then I was politely informed that I would be workshoping on that particular weekend. The only reason I was hanging around was it was my birthday, so I'd decided to take a few weeks and hang around on the island. So it's really amazing it all started off like that, and now to just sit here with you, and to just look around at all your faces, it's ...humbling. Do you know what we're doing with Shamballa? Ultimately? I only found this out recently myself. I've looked at it in so many different ways, as time's gone on. But recently when I asked Germain what really we were

doing with Shamballa, because, they don't tell me everything that's going on, all at once, because, well, if four years ago they'd told me everything all at once, I definitely wouldn't have done it. I mean, I was resistant to it anyway. So they give me information on a "need-to-know" basis. So, recently when I said to Germain, "What really are we doing with Shamballa?", he said, "We're gathering the Violet Tribe." What he meant is that the Shamballa family is composed of beings who were working with the Violet Ray. So that's the planetary Violet Tribe. And he said, "Well if you can see now, how it's spreading to every corner of the world, you can see that the Violet Tribe has been gathered up, and it really starts to anchor the Violet Ray very powerfully on the planet." So what that means in actual reality, I don't know yet. But what I do know is that the Shamballa family are definitely making a difference—in all kinds of ways. I don't mean that in a major fantastic way, like without us nothing would have happened on the planet, or anything—but I see that collectively, all of us, in grounding this Violet Ray, are rediscovering ourselves, and that we are working on the Violet Ray. The Violet Ray is about transformation and transmutation. Transmutation of what? Well transmutation of consciousness—both Mother Earth, and for ourselves, and for anybody really who wants to join us.

## **MEDITATION TO ACTIVATE LIGHTBODIES**

So let's activate our lightbodies. I'm sure most of you know now that the first rule of Shamballa is that there's no rules, so if you want to lay down, feel free. So, this is not a competition on who can visualize the best or whatever. Don't really force yourself to visualize anything. That just takes you away from the meditation. Some people can visualize things very easily, while some people find it more difficult. Just don't worry about it. The energy's working with you, whether you can visualize it or not. After this meditation we're going to go straight into the first initiation. You can have the initiations lying down as well.

Good Morning, brothers and sisters of America. It is I, Germain, that speak with you. Well this one has spoken some of my words already this morning. But I will take this opportunity now that you're all settled, to pass on my greetings to you, to pass on my love to you. It will be with me that you will do this meditation. So now my friends, I would just like you to take some deep breaths, and as you take in these deep breaths, just feel the energy of love, the energy of light flowing into you with these breaths. When you feel that your lungs are full, push out your diaphragms and take in more air. And as you breathe out, just allow the stresses and strains of life so far, just to flow away from you, to be transmuted into this love, into this light. Now as you are working with your breath, I Germain am going to open up an energy vortex in this place, which will encompass the building. After we have finished this workshop it can be taken down or left depending on the wishes of the keeper of the land. In a moment we are going to open up this vortex, which will help us to ground these energies of love, these energies of light, and the multi-cosmic and multi-universal aspects of the 12 dimensions. So I Germain just focus my attention into the middle of this building—just keep working with your breath, you may or may not feel anything—I focus my attention into the middle of this building, and form the intention in the mind of this channel that I will open up an energy vortex here, I open up the energy vortex NOW [Poof]! Now we increase the energies of it, and now we connect this energy vortex with the heart crystal of Mother Earth—we very simply do that with visualizations. We do this NOW [Poof]! And we connect it onwards and upwards to the Source of this aspect of creation, I AM Presence, and the Mahatma energy, and we do that NOW [Poof]! Now we shall set up the counter-rotational fields of the energy of this vortex in a harmonious and balanced way.... Now continue to work with your breath—just allow this energy of love and this energy of light to come flowing through you—trigger the LIGHT the LIGHT the LIGHT, trigger the LOVE the LOVE the LOVE.... Now I'd like each and every one of you to see, feel, allow, imagine a root, like a root of a tree, growing from the base of your spine, and going downwards into the body of Mother Earth, the Goddess Gaia. Just see, feel, allow, and imagine this root going down down down into the Earth, growing strong like the root of a big, fine tree. This root goes down down down down down until this root connects with the heart of the Earth Mother. This root is grounding your energy, grounding you right into the very heart of the Goddess Gaia. With your inbreaths, just see, feel, allow, and imagine this root growing, becoming stronger and stronger... You need a strong root, to be grounded in this work. We don't want people floating away.

So now, I'd just like you to see, feel, imagine, allow yourselves as a double-terminated crystal, a crystal with a point on each end... See the top point of the crystal just above your head, and the bottom point of the crystal just below your feet. Now as you see, feel, allow, imagine this crystal build around you, start to integrate and understand that this is your crystalline light body, your adam cadmon body of perfection. Remember, when your Bible says God created Adam & Eve as the first beings on the planet, at the same time your adam cadmon body of perfection was created. Many have become disassociated from that adam cadmon body of perfection. Now is the time that we're going to reintegrate it, and reactivate it. So as you see this double-terminated crystal, with your in-breaths just see, feel, allow, imagine this crystal starting to pulsate with the energy of love... with the energy of light... With each of your in-breaths see, feel, allow, and imagine the vibrations becoming stronger and stronger, faster and faster...

And as you start to integrate this living lightbody, just see, feel, allow, imagine again the energy of this living lightbody, the vibrations of this living lightbody, integrating with our body physical, integrating with the crystalline nature of our physical bodies, our bones, our blood, our hair... vitamins, minerals... heavy metals, trace metals. Start to see, feel, allow, imagine your physical body heightening in vibration... holding more light. This light is flowing, not only into your cellular structure, your sub-atomic particles, your molecular structure, but also the electrons and microtrons and super-electrons of your body physical. Your light quotient rises with each in-breath.....

As your light quotient is increasing with each of your in-breaths, let us heighten this upward connection through to your I AM Presence, that spark of consciousness that is you, the real you. And from your I AM Presence through the gates of Orion to the throne of Yaweh, and Methuselah... and from there onwards and upwards to the Source... to connection with the I AM of Source... that love, that unconditional love, the silver-golden-violet that we know as the Mahatma. again I remind you that you are connected to the heart of Mother Earth, through your own I AM Presence, through the heart of your creator, and onwards and upwards to the Source.....

Now we'd like your attention to focus on your thymus gland, your higher heart chakra... and as you focus your attention there, on your higher heart chakra, I'd like you to see, feel, allow, imagine this higher heart chakra just opening... in any way that you would choose to see it.... You could see it as a crystalline palace of light... You could see it as a lotus blossom, opening to greet the morning sun.... You could see it as a huge crystal in the shape of a heart.... You could see it pulsating, vibrating with this energy of love. You could see it as a crystal room, that you could walk into. Feel this love, be this love. You could go to the crystalline palace of love, composed of all stones and crystals, semi-precious and precious, vibrating with this Mahatma love.... And as you start to feel this love manifesting in your hearts, your creator, Yaweh, opens up his heart, and the heart of his feminine aspect. Feel the love flowing from Yaweh into your heart, slowly flowing down into the heart of Mother Earth, and then returning, onwards and upwards through your heart to the heart of Yaweh, through your I AM Presence to Source... And as the love of Source flows into you, again see, feel, allow, imagine it flowing downwards through the whole of your being... into the heart of the Earth Mother. Now we have a two-way connection. We'll give you a little time now to feel this love, to understand that each and everyone of you are this love NOW, and to integrate that you are this love now.

While you're integrating this, I German call to the microtron activating team, the super-electron activation team, so that they may work, in accordance with the will of each individual I AM Presence here, to activate these energies within the bodies physical of all..... again at this time relax..... just allow these energies, these beings to do their work, in accordance with the will of your I AM..... For understand that within this work nothing will happen that is not the will of your I AM Presence, and totally for the highest good of all creation.....

Now is the time to allow this affirmation to flow through your minds: "I affirm I am now ready to step further into my mastery today. I AM that I AM. ....

Now we're going to work a little more on this crystalline light body.....Now we're going to bring some more activation energies into this light body, to help you to integrate it more, into your body physical. I Germain just take up the vibrational frequencies....I just lift, lift, lift..... activate, activate.....

## **FIRST INITIATION**

Ok, now what we're going to do is, we're going to bring the energy of the first initiation to you. ....[calls in the Masters, Angels & Archangels, Lords & Ladies of Shamballa etc.—exact words undecipherable as Das was walking around the room away from the microphone] I now start to bring the energy of the first initiation through me, bring it down.....[Poof]....[5-7min. integration time followed by working on each other in pairs, to get the energy moving through us]

## **DAS on "My Guru in India"**

Come on, pay attention! That's what my Guru always used to say in India. That was where I got that one from. When I was young I was in India for 3 ½ years, I'd taken renounced orders, and my guru always used to start classes at 1:30 in the morning. Of course I'd always be falling asleep, sliding down the wall or whatever, while everyone else sat here like this .... But me I'd be sliding down the wall, so he used to poke me with a stick. "Pay attention. Pay attention!" So then I'd start up, and then start falling asleep again..."Sit properly!" So then, after awhile, invariably every morning he would get fed up with me falling asleep, so—he's a very loving person, but also he had great ways of getting you to pay attention. My pigtail in those days was up there, because I had more hair, and he used to tie my pigtail to a hook in the ceiling with a piece of string. So then when I'd nod off....."Ah Haridas, got immediate focus on his crown chakra!" I mean, I'm not sure if he had it in for me or not, he always used to find really off-the-wall ways of getting me to understand things. Like one time I very humbly asked him, "Baba, could you teach me to meditate, please, in a more focused way than I already do?" and he said, "Ah yes, Haridas, go sit in the corner." About four hours later he just happened to be walking by me, so I touched his foot. He looked down, "Yes?" "You were going to teach me to meditate Baba." "Just sit in the corner! Be quiet!" So I sat in the corner. After 24 hours had gone by, I'm still sitting in the corner, so I said to him very humbly, "Hey Baba, you were going to teach me to meditate." "What do you think I'm doing! You've been sat in the corner now for 24 hours. You must be learning something!" So he was really just a really great character like that. ...I often didn't think that then, though. You know, especially when he told me that the ashram I was staying in at the time, well he told me that I was HIS guru in the last lifetime, and it was my temple! So I'd think "Whose temple is this, anyway?!"

[Babaji story] [Das & Gary being sued story] [Machaelle Small Wright & MAP team stuff—suing]

I find it all highly amusing, actually. I wrote to her to say, "I'm sorry to hear about this perceived split in the ascended masters' energies." She didn't appreciate that either. ...And of course all the time the Ascended Masters are laughing their heads off up there. "Humans—hahahaha". They just found it all so funny. I mean, I asked them at a Galactic Council meeting what I should do about it, I mean, they were kicking their feet in the air, and they said, "we don't know anything about this stuff Das—they seem to have funny habits on Earth, some people—hahaha! You know, we don't know what to do about it!"

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***I had a lawyer in one of my workshops, and he told me that in the United States of America you can't copyright anything that's purported to be spiritual. The founding fathers made it so that no one could copyright the Bible.***

## **Haridas Workshop II**

## MEDITATION BEFORE SECOND INITIATION

Vywamus is a being who has a great interest in the lightening up of the people on planet Earth, and also in connecting them with the Mahatma energy. Another thing I found out about him this year is that he's very much concerned in the activation of the channeling process in human beings. [stories of channeling workshops with translators—Iceland and Belgium]

If you want to channel any energy, it's very easy. You make the affirmation "I AM" and then the name of who you're going to work with. The next rule of channeling of course is to open your mouth.

I AM Vywamus. Well, my friends. It is a great pleasure to be in such a situation, with so many shining beings in one place. If you could see the splendor of the energy that you all are, the splendor of the love that you all are, I would say that many of you would be overwhelmed. Because in this situation, when I look at your energies, of this group and as individuals, I feel in some ways myself overwhelmed. Your pulsating shining light, your pulsating shining love, and as each and every one of you know, and as I know, over the coming days you will become brighter, you will become more love, you will become more light. It is my place in this process, or the place that I have been given in this situation, to aid you in the absorption or the integration of more love. But let us look at the word "absorption". Many tend to think that becoming more light is just a process of getting yourself to shine more. But for you to become more light, for you to integrate this light into your physical body, you need to absorb this light, you need to absorb this love. You need to absorb it into the crystalline nature of the human body, the crystalline nature of your spiritual bodies, or your multidimensional bodies, as some of you would know them. You need to absorb this love and this light into every aspect of your physical structure, and as I said, your multidimensional structure.

Now many don't understand that the whole of creation is crystalline. The WHOLE of creation is crystalline. And these energies, which you may term higher dimensional energies, that you have access to with your spiritual bodies or higher dimensional bodies are also crystalline in nature. And the bodies that you use to live, have your being, or experience in these other dimensional realities are also crystalline. The Christ Consciousness grids are crystalline. The energy grids within the body of Mother Earth are crystalline. Shamballa, the city of harmony, perfection, love, balance is crystalline. And every harmonic, or every higher level of that through the dimensional realities is crystalline also.

So let us now do a little bit of work on activating more of our crystalline light body, this adam cadmon body of perfection. Germain spoke with you about some of this, earlier this morning, but I will attempt to give you more clarity on what this adam cadmon body is, and how each and every one of you were created. All of you starry beings, starry brothers and sisters, you all came here from other places. You came here at a certain time, of the seeding of the races upon the planet. Before Mother Earth had a solidity about her body, she was fluid, glass, particles... before that she was a finer, or higher vibrational energy. As the body of Mother Earth became more solid, you needed different bodies through which to experience this reality. Previously, in the times which you may relate to as Lemurian times, you had bodies of light. You communicated through your thoughts, you manifested everything through thought. You meditated the trees into being. You meditated the crystals into being, the seas and the rivers, everything. And then, as the solidification took place more and more and more, your light bodies weren't the vehicles that you needed to experience in this reality, because of the incompatibility of the vibrations. So human bodies were created. Many would think that the creator of the human bodies, that the creator of all things—in fact religious philosophies, both Christian and the others, believe that Yaweh is absolute God. That is not true. Yaweh is the creator of your human bodies. Where does Yaweh live? Even today Yaweh lives in the constellation of Orion. Yaweh was charged by the creators of Mother/Father God to create bodies of perfection and harmony, bodies through which people, or beings, could realize in this dimensional reality that they are harmony, balance, love, and the other things that go along with it. So the human bodies were created, and you were also given a body of light, a body of perfection, a body of harmony, love. Through the integration into your body physical of this light body, this adam cadmon body, you become light. Remember the word, "enlighten"—you become light! So I

Vywamus have very simple ways of aiding you to activate this adam cadmon body, this space of pure light and pure love, and integrating it into your body physical.

So breathe, take nice deep breaths. And as you breathe, I'm going to holographically imprint around the energy vortex within which you now work, a twelve-pointed star.....So I'm now just forming the 12-pointed star in my mind holographically, I'm forming the crystals that we're going to use for the points in my mind. Now I'm programming the crystals to bring light, to bring love, to bring unconditional love .....Also I'm programming the crystals to interact with your crystalline light bodies. I'm also going to program these crystals so that no one can change the programming except I, Vywamus. And now, as I form the star in the mind of this channel, I will leave it to him to lay the hologram.....so he's now laying the crystals out around. And in this moment we will activate them. And as we activate the hologram, we will just make a sound. Now I activate it [Poof]!.....

And as this hologram activates, it connects with Mother/Father Source, through the heart of the Creator. Now the energy that is now flowing down this pillar of light will help to further activate the crystalline nature of your adam cadmon bodies. So let us just spend a short time allowing this energy to affect the molecular structure, the sub-atomic particles, the microtrons and super-electrons that do compose this crystalline body of light. And as you are spending a few moments integrating, we will raise the vibrational frequency of the holograms slightly, in very gentle, easy steps.....

As you start to vibrate at a faster rate, I'd like you all to make the affirmation in your minds, "I affirm I am now ready to connect with my I AM Presence—I AM that I AM."....."I affirm that I am ready to connect with my Godself—I AM that I AM." ..... "I affirm that I am an open vessel, to channel the energies of love, the energies of light—I AM that I AM." .....

Now see, feel, allow, imagine yourselves becoming light...now you can see the light building around you, through your closed eyelids.....And now at this time we're going to give you an opportunity to dispose of self-imposed blockages. Blockages that may have been imposed by others. And at this time, all you need to do is to affirm that you are ready and willing to allow these blockages to dissolve—that you are now ready and willing to throw these blockages into the cosmic recycling bin.....And as you allow these blockages to flow from you, at this time you may work with out-breaths. And every time that you feel there is a blockage moving, you can help to get it out by doing a rapid out-breath [Poof...Poof]. As you blow them out we recycle into love, harmony, light and balance. And in the same moment we fill the spaces left with light and love, in accordance with Divine Will, in accordance with the will of your I AM Presence. ....

So now at this time also, many of you, whether you know it or not, have parts of yourselves missing, fragments, fragments of your soul essences—fragments that have split from you at different times, maybe in different incarnations. Fragments of yourselves that you've denied, that you've forgotten about. But this fragmentation makes you not whole. Often it is through situations that have been engineered by others or by yourselves, things that have affected you very deeply emotionally... There are many other reasons, but this is one of the main ones. So now what we're going to do is we're going to start bringing back to you all those parts of yourselves that are splintered and fragmented. We'd like you to work with your breaths again. Breathe in, and as you breathe in, see, feel, allow, imagine these fragmented parts just coming in to you, merging with your soul essence. See, feel, allow, imagine yourselves becoming whole.....And as you start to integrate this wholeness, more and more of your blockages, your self-imposed limitations just fade away into light.....

And now as you're integrating yourselves according to the will of your I AM Presence, and your God and Goddess selves, I, Vywamus, will bring more Light, more Love, into the cellular structure of each and every one of you...

And as we're bringing in more of this Light, this Love, we're also going to get ready to bring in this next initiation...

I now bring in the energies of the second level. We ask that this vibration activate your light bodies. I call upon Germaine, Wotona, Djwhal Kuhl, Mother Mary, Quan Yin, the Collective Consciousness of the Lords and Ladies of Shamballa, the Angels and ArchAngels, and Our Celestial Brothers and Sisters. I now start to bring the energy of the second dimensional initiation through me...

Bringing it down now...

[Poof....]

Now allow some time to integrate this initiation...

Now it's time to work on each other and ground these energies. Come on now,  
Let's Do It!!!!

[disc ran out—rest of meditation and SECOND INITIATION not recorded]

## Haridas Workshop III

ANSWERS to Questions [Q not picked up by recorder]

So in actual fact, you're not going up. If I use the phrase "going up", it's not like going up in an elevator. We're going up in vibration.

It's obviously something that's deep & underlying that's up for clearing. I'm sure that people will find during the course of the coming days that things will come up for clearing. I mean, we haven't had to get the cosmic tissue boxes out yet, but no doubt somewhere along the line we will. It's the way it goes. It's very gentle, but it's strong and deep, and it will kick things out of your subconscious mind. And when you say, "I don't usually question," well ok, there's an aspect of you lurking around in there somewhere that now needs to come out. This is a strong way of working, and it does shift things.

People have often said that they felt that there was more than one set of hands on them.

For those of you who did fall asleep, don't think you missed anything, because you got everything. Because your mind didn't wander off or whatever, it just went straight into your subconscious.

### SKULLS

The significance of skulls is—well I could spend the rest of the afternoon on it, but I'll try and be brief. There's a few aspects of it that are very easy to speak about. Where the shape of the skull's concerned, the people that carved these skulls don't really know anything about the energy of skulls. These were carved in China. As each skull is carved, the Upstairs Department, or whatever you like to call them, actually assign an energy or group of energies to work through the skulls. So that's why people are attracted to certain skulls, they look at them and say, "Oh I've got to have that one!" Or "I've got to work with this one." Because you on a higher level know that the energy when you're working through that skull is for you. Now there's a lot of crystals around actually that carry skull energy, but that don't get carved into skulls—but you can work with them exactly as you work with the skulls. I only discovered that in the last year or so. The skull shape, itself, does process energies in a very, very specific way, just the same as our human skulls do. Human skulls are crystalline. It's our human skulls that allow us to connect with all these energies—the crystalline nature of it and the shape of it. Another reason for carving skulls is it actually reminds humans of their skully nature. There's just so many different aspects to it. The crystals which carry skull energy but don't get carved into skulls, I mean, I look into them and I see the skulls in there. And when I discovered one about a year ago in my crystal collection, I was holding this crystal and I said, "Well, this feels like a crystal skull!" I had my eyes closed, and I was tuning in to it. Then I opened my eyes and realized "No, I haven't got a skull in my hand, I've got a piece of crystal in my hand, this terminated quartz crystal." So then I started asking the crystal what it was all about, and the crystal told me, "Yeah, some of us carry the skull energy." There's all kinds of stuff written around skulls, you know these stories about "the 12 crystal skulls"—when 12 ancient skulls come together...you know there's all kinds of stories about this. When I was down in California last year with a guy who's been digging up ancient crystal skulls for years—when I was visiting Nick, I asked him to get out some of the ancient crystal skulls, and we had I think 60 or 70 crystal skulls at the time that we were working with—one of them 78 lbs. But we were making jokes that we did have 12 or 13 ancient crystal skulls together, and we're all still here, mate! Some of the ancient skulls do seem to have a lot of energy, but some of the newer skulls have a lot of energy, too. The more you work with them and activate them—all these skulls in the middle of the floor have never been activated. OK, now I'm going to activate the skulls—activated! [Poof] Now you might feel a bit of energy change in the room, or in the skulls you may be holding in your hands. So now all these skulls will start bringing through the energy that has been assigned to them.

So, skulls can be very useful in our development. They can help us to bring through information relative to us, or say even planetary relevance. Or, for groups, whatever. And you find that the more that you work with them, the more able you are to work with the energies that are coming through. A friend of mine has a skull made of obsidian—volcanic glass, volcanic dust which has been melted into glass, and it goes into a clear lump, so you can carve it. You see some of it in new age shops carved into other things. It comes out bluey-green. Well he has a crystal skull made out of that. For all intents and purposes a crystal skull made out of that kind of material, which doesn't have its molecular structure intact, it's been changed through heat, etc., not from natural sources of heat. I would have expected that it wouldn't be doing a lot. But in fact, he put his crystal skull in the middle of a room full of people, and it was pulsating. People were saying, "Wow, that's a really powerful skull! What's it made out of?" And well, the devilish part of me thinks, well, it's volcanic glass, no different from the glass that's in the windows, really. So it is the carving into the skull shape that gives that its energy potential.

Another thing I've found is that every crystal skull, whether it's this big or that big, doesn't matter whether it's ancient or modern, always has a team working with it, a team of 12 other skulls, and that one makes the 13<sup>th</sup>. This team is usually in the etheric, often made from different kinds of material than the one that's holding the energy. More and more the carvers get more adventurous, using different materials. Like these blue agate, or these ametrine (citrine and amethyst). Or hematite. I had a large hematite one, used to cause a big stir every time you whacked it through an x-ray machine. I mean, crystals do anyway, but this one was metallic, they couldn't figure it out.

[story about George & the Hopi]

Skulls aren't involved in time, anyway. I get fed up with people asking, "Is this an ANCIENT crystal skull?" or "Is that a real one?" [Festival story] [Anna's skull story—with a molecular structure unlike anything on planet Earth—Das's vision of being inside the skull, bones and blood turned to crystal skulls] [Natural History Museum skull activation]

### **MEDITATION before Third Initiation**

Just start tapping your thymus gland, higher heart chakra. So as we breathe in again as usual, breathe in this love, breathe in this light. And because these are 3<sup>rd</sup> dimensional energies we're going to attune you to, we're also going to make some more strong and powerful connections with Mother Earth, Goddess Gaia. So let's just see, feel, allow, imagine a powerful root going down into the heart crystal of Mother Earth...just growing growing growing, you can see the root getting fatter and fatter, shooting straight on down. This of course is grounding you out, and at the same time we're going to activate your Earth Star chakras—we're going to activate your Earth Star Chakras NOW! [click] This will further help to keep you grounded in this situation... ..And now we'd just like you to see, feel, allow, imagine your channel opening up. Your channel is like a tube of light, as big around as your shoulders, maybe a bit bigger if you like. See that channel opening up, going onwards and upwards, onwards and upwards through your I AM Presence.....And now at this time I'd like you to pause, where your I AM Presence lives and has its being, and ask your I AM Presence to speak with you. I'd like each and every one of you to ask your I AM Presence whether you have permission to go through this next initiation... ..At this point you ask how do I differentiate who is speaking to me—the first answer you get is the correct one.....And at this time this is an ideal opportunity to give notice to your I AM Presence that you are willing to channel the energy of the I AM, that you are willing to be in close communication with your I AM.....And that you are now at this moment willing to activate the seed blueprint for your lifetime, in other words willing to take on the things that you decided to come here and do.....Also at this moment you can ask your I AM, if you're not sure what they are, and we'll give you a little time to communicate on that subject.....

Now as you're communicating with your I AM, we're going to move onwards and upwards in vibration.....moving upwards through your Godselves.....through the throne of Yaweh ..onwards and upwards to the Source of Mahatma.....at this time you may affirm "I AM the Mahatma, I AM that I AM.....So now again we have this connection with Source, connection with heart of Mother Earth.

So now we're going to descend into the body of the Earth Mother. We're going to go through the crust, the skin of her body, the earthian rocky part. Just underneath the earthian rocky part there's the crystalline templates. These templates hold codings, hold energies which at this time may be released by us, as individuals....these codings. This information is useful, not only to us, but to Mother Earth herself, and to many many other human beings upon the Earth..... So now let us move into these crystalline templates. In just a moment we're going to activate the codes ...we activate them NOW! [Poof!] Now just see, feel, allow, imagine this information, these codes, flowing into your body physical.....flowing into the crystalline nature of your body physical.....You may at this time see, feel, allow, imagine the expansion into your physical energy field, your etheric matrix, into your aura.....feel these codes acting on your crystalline light body.....

So now let us move down to the next level. This next level is gaseous. So again here there's information and codings useful to you, to the rest of humanity, and the Earth Mother. So again now let's release these codings into your crystalline light bodies, your body physical [Poof!].....

Now down into the fire, the molten rock. Again, these fires hold codes for you. Let's transfer these codes again into your living crystalline light body, body physical, crystalline nature of the body physical.....Take these codes now [Poof!].....

Now let's move into the heart crystal. This heart crystal is an iron crystal, it's hollow inside.....  
....

Inside the heart crystal is a golden chamber....There's a place for each and every one of you to sit or lay.....Here in the heart crystal of Mother Earth, the central chamber, there's other codings, the Melchizedek codings. So now let us release those codings which are useful to us, in accordance with Divine Will and the will of your I AM Presence.....Again I release these codes [Poof!].....

So now we're going to start linking with the multi-universal and multi-cosmic aspects of these codings, these third dimensional codes.....So right at this moment I just bring in this Activation Team, a few beings for each and every one of you, you may feel them working on your body, you may not—don't worry either way. The work is being done.....  
.....

### **THIRD INITIATION**

So now we're going to start bringing in the energies of the third initiation.....

[Calling in the Masters, etc.—recording too faint]

[Working on each other to move the energies]

## Haridas IV

### BOOST SYSTEM 11

Here's a little trick for boosting energies that I'll share with you. Boost system 11. I've taken it to extremes, actually, I've gone to "Boost System 99", but "Boost System 11", when you make this affirmation it opens up the receptors in your body to the 11 pranic energies; the receptors that receive pranic energy. Don't try it at 8pm if you want to go to sleep at 10 or 11. It really does boost your energies. And if you say it in a group situation it makes it much much stronger. ["Boost System 11" x 3] It's great if you're feeling a bit tired. It's like other things, don't keep doing it forever, because you'll eventually come down with a bump. It actually came from Germain. Germain works with people on living without food, and it's actually part of the bretharians stuff. So when you first start living without food, you're crystallizing your endocrine system; cause that's what you have to do if you want to live without food. I mean, the only reason why you eat is because you need prana, and prana's already there. If you're eating vegetables, well vegetables are taking the prana from the earth and from the sun and everything else, so when you eat it you're eating concentrated prana. If you're eating animals, or birds, they've taken it from the plants and converted it, stored it, and you eat them, you convert it into a useful energy. You see, without prana there's no life. There's probably not very many people keen on it in America, I mean everybody eats so much, but you can actually live without eating. All you need to do is drink water. I actually know people who haven't eaten for 5 years or more. I don't actually recommend it for everybody. I have actually heard of 3 or 4 people dying. But there's probably 4,000-5,000 people on earth living like that. ....[story of Ann Hughes who dropped dead in Paris, and came back] [More stories of Ann Hughes—Francis, Kuthumi, Sananda and Das]

### EARLY DAYS OF SHAMBALLA

In the early days of Shamballa when I was getting everything short of death threats from the Reiki Alliance and all those kind of people in Europe and Britain, and I was really fed up, and I was thinking, "Well I won't bother to do it." As they say in English slang, I was really "on one". One day I'm driving along the freeway in Germany—no speed limits in Germany, so I'm doing about 120, got my stereo banging away, and my phone goes. "Hello Yogi, this is Kuthumi." "What the fuck do you want!" was my reply. "My friend, there's certain things that you're not listening to, aren't there?" "Well, what are you doing calling me up on my cell phone!" After a bit of snappy bad-temperedness, I said, "Well, ok, what have you got to tell me?" And Kuthumi said, "You didn't come to earth to be the most popular person, remember that." When you start doing things that people aren't used to, sometimes people get mad with you. There's no problem."

She [Ann Hughes] was one of the people who helped to keep Shamballa moving along. Another time I was with her, taking a walk, and I asked Kuthumi, "What's Shamballa all about?" I was still on about the Reiki thing, and he said, "You haven't realized, have you, that at this stage, what Shamballa's about is connecting people with their I AM Presence—getting people to find out who and what they really are, allowing people to connect with their guidance." And I said, "Yeah, yeah, ok, we'll keep going with that then." Whereas if he'd said, "It's all to do with Reiki, Das," I would have said, "Ok, then, that's it! I'm out of here!" So, Ann Hughes has had a lot of input in keeping me on the Shamballa path. [more Shamballa ups & downs & Das ups & downs]

### SUNDAY AM

You're lightbodies have all changed, actually, since yesterday. I just look around at everybody and I can see the difference in the brightness of everybody. ...

### GERMAIN ON MASTERY

I AM Germain. Good morning to each and every one of you. Namaste. The Divine within me salutes and recognizes the Divine within each and every one of you. So what is my agenda this morning? My agenda is Mastery. As soon as I use this word Mastery, as I look around I see some start to develop stress in their energy fields. "Well, I'm supposed to be a Master, but I don't see that I've achieved mastery." So I'm going to give you some, help, encouragement, bits of information that will aid you to step into this mastery.

Many of you know, and the rest are starting to realize, that mastery is not having a bit of paper that says you're a master. All a piece of paper does, that says you're a master, is to remind you to work on your mastery. Another thing it does is to make other people, that maybe come to you for teaching, advice, or healing, feel that this person knows what they're doing, because they have a piece of paper here that says they're a master. Mastery has nothing to do with a piece of paper. Mastery has to do with life. Mastery is to do with sovereignty—sovereignty over your life, sovereignty over your energy, sovereignty over your creations. For by now you should all know that you are, each and every one of you, creators and co-creators. Let's look at creatorship. Now each and every one of you has the potential to create worlds, create universes, create ecosystems....think about that. Let that information pass through your conscious mind. Let that information start to sit, as a memory, in your cellular structure.

By now you could be thinking, "How could I do this?" For many at this moment it is not a viable project or proposition. That isn't a judgement, it's a reminder that you're not accepting who and what you are, each and every one of you in this moment. Each and every one of you is god and goddess now. Every one of you, every sub-atomic particle, every microtron and superelectron, is a carbon copy of the whole of creation. As above, so below, Sananda said in his Palestinian ministry. He was trying to remind you of who and what you are. So as of this moment, if you haven't integrated your god and goddessness, how can we help you to do that? Well we can push you, pull you, cajole you into stepping out of the constraints of your present consciousness, out of the self-imposed constraints of doubt and fear, into a place of mastership, beauty, harmony, and abundance. For as I said, mastership is not about a piece of paper, it is about life, about love, about understanding that you are the creator of your life in this moment, and the co-creator of what is happening in all of creation at this moment. When you look outside yourselves, and you see something which sparks your inner fire, which sparks this thing which many would know as temper, anger, those kinds of reactions, understand that that thing which you say that you don't like, and you judge, on one level you helped to create it. When you look at what is going on upon this earth.....[changing tape here]

...to unfold magically in front of you. And as it unfolds magically in front of you, to accept the magic, allowing the magic to be your life, to be in your hearts, to be in your minds. I'll give you a few moments to think upon my words. Each and every one of you here have pieces of paper to say that you are masters. I would like each and every one of you to think now how you are using this mastery in your lives. We will give you a few moments.....

At this moment I would like you to see, feel, allow, imagine yourself standing in front of you, in front of your body as you sit or lay in this room, I would like you to see yourself as a shining being of light, and a shining being of love. This pulsation of pure light, this pulsation that emanates from a crystalline lightbody—this can be a carbon copy of your body physical, or you may manifest yourself in any way that you feel appropriate, or would desire to. So see this lightbody now manifesting in front of you. And as this lightbody manifests, see also a banner, a sign, a hanging above your head, with the word "master" emblazoned upon it. This lightbody that you see is the body of mastery, for understand that your adam cadmon body is the body of perfection, the body of wholeness. And when I say it is the body of perfection and the body of wholeness, it is the perfection and wholeness of mother/father God, the perfection and wholeness of God and Goddess in this moment. That is the potential of your crystalline lightbody. That is why your lightbodies were given to you at the time of creation, so that you could realize your god/goddessness.

Now I would ask you to start thinking about "What would happen if I stepped truly into my mastery today? What would it mean to me as a person? Shall I be free from fear?" For understand that fear is the opposite of love. Fear stems from not knowing that you're god and

goddess. Fear stems from not knowing god/goddess's place within your life. Understand that god/goddess is in your life at all times. There is no need to fear anything. The by-products of this fear are anger, jealousy, misery, a lack, a sense of lack, a lack of self-love, lack of abundance, lack of love from others, dependence on drama, dependence on performing upon the stage of life with discordant energies. Brothers and sisters of Shamballa, brothers and sisters of I AM America, you weren't created for that. You weren't created so that you could be separated from the whole which is god/goddessness. You weren't created so your life could be full of discordance and fear. You were created to be beauty, truth, harmony, abundance, love without conditions, light. I again give you a few moments to think about my words.

And as you think about these words, and see this lightbody manifesting, more strongly and more powerfully in front of you, and start to see your banner, which proclaims mastery, light up with the energy that is god/goddess—the pulsation of pure life flowing from it.

And now in this moment, let us step into our mastery. Just make this affirmation in your minds, "I affirm I am willing to accept my mastery in this moment! I AM that I AM!.....I affirm I am willing to accept my mastery in this moment! I AM that I AM!" I recognize the master within each and every one of you. Now is the time to wake up and recognize the master within yourselves. And in this moment, I ask each and every one of you to now just allow yourselves to step into this body of mastery that is standing in front of you. You may do this in any way you wish. You may visualize yourself standing up and just stepping into this body of mastery, or the body of the master that you already are. Do it now!.....

And now as you step into this body of mastery, I connect the vortex in this place to the 5<sup>th</sup> dimensional level of Sham-Ba-La. As I say the word Sham-Ba-La, do you recognize that this word is a mantra, this word is a prayer! It has a vibration—Sham-Ba-La! Sham-Ba-La! Sham-Ba-La! Sham-Ba-La! And as I intone the mantra, the connections with the 5<sup>th</sup> dimensional Shamballa builds, the energy of Shamballa starts to flow into the vortex, and as it flows into the vortex, it flows into our activated lightbodies—our master lightbodies. Sham-Ba-La! Sham-Ba-La! Sham-Ba-La! And as the energy of the perfection of Shamballa flows into you, we will again spend a few moments integrating this energy of perfection, harmony, wholeness, and love. You may at this time see, feel, allow, imagine the manifestation of the city of Shamballa, the land of Shamballa, the crystalline mountains and peaks, the crystalline city, the crystalline beings. And above this manifestation of Shamballa, the diamond that is the collective consciousness of the Lords and Ladies of Shamballa, the ascended ones. This diamond in the sky reflects the light of God and Goddess. Each facet of the diamond reflects an individual energy, an individual master, male, female, terrestrial, extra-terrestrial.....androgynous....I Germain now further activate this diamond of consciousness...so that you may all link with this diamond of consciousness....And as you're linking with this diamond of consciousness, I bring this diamond into the hearts and physical bodies, the hearts of every one of you. Sham-Ba-La! Sham-Ba-La! Sham-Ba-La!

...Understand, brothers and sisters of Shamballa, brothers and sisters of I AM America, that you also are the Lords and Ladies of Shamballa! Who are the Ascended Masters? Who are the Galactic Masters? Nothing but aspects of yourselves! They are not something that is separate from you. They're not somebody that is separate from you. Understand that the whole of creation is linked with the thread of love from the heart of Mother/Father Source. And as this thread of Love links the whole of creation, you are linked with it. Even if you have spent lifetimes trying to separate yourself, and hold yourself in the darkness of non-love. Make the decision in this moment that you will allow this energy of Shamballa, the collective consciousness of the diamond and the love of Mother/Father Source, into every sub-atomic particle of your crystalline light body, your body of mastership, and your body physical. Such a wondrous sight! If you could see what is happening from my perspective here you would marvel at the glory that each and every one of you are in this second.....Sham-Ba-La! Sham-Ba-La! Sham-Ba-La!

Now let us take the final step into mastery. See, feel, allow, imagine yourself now, if you are laying down or sitting, standing up. There is no need to physically stand, just see, feel, allow, imagine yourself standing up. Standing as this pulsating hologram of light and love. See your

adam cadmon body manifesting in front of you in all of its glory and perfection—again, pulsating with the glory of Mother/Father Source. And now in this split second, put one foot forward, one foot in front of the other, and step into this body of light, this body of mastery. Do it now, just like stepping into a shower cabinet, stepping into a crystal, stepping into a pillar of light flowing directly from Source through your God and Goddess Selves, through your I AM Presence and into your body physical. Take the steps now—integrate! Integrate! Integrate in this moment your mastery.....

You are the glory of God/Goddess in this moment! And not only in this moment, but in every moment that is left in this round of creation. The day for denial is behind you. The days of denial, let them forever be lost in the mists of time. For understand that the past doesn't exist, it's gone. The future doesn't manifest yet, for you haven't dreamed it. The only place you have to live is the perfection of the moment. Get used to living in that moment of perfection, that moment of spontaneous love, harmony, balance, happiness.....Happiness is a gift to you from Source. Many are inviting God and Goddess into their lives, and then on another level refusing the gifts that are freely given. Many would sooner live within the constraints of their emotional bodies, than to step outside those constraints into a new life. Many prefer the constraints because they are familiar. They may not be too pleasant, but you don't have to change. But change is the nature of creation! Energy flows, energy moves! Creation is constant change. Become part of that change. Allow that change to be you....So we will give you some moments now to reflect upon my words, to reflect upon the things that we've done, to bask in this energy of love, this energy of light. And during this time that we give you to integrate, I Germain will just move around you, using the body of this channel.....[words too faint to register]

**FOURTH LEVEL INITIATION** [words too faint to register]

...I Germain welcome you to the fourth level energies. Just spend some time integrating

(Das) HANDS ON! SHAMBALLA ON!

## Haridas V Workshop

### THE MAHATMA MUSIC

That's a track I made about 5 years ago. We actually had number 1 hits with that track in Europe, and it got massive air time play on radio stations, and through the whole—you don't have the same kind of dance music scene here in America as we do in Europe and Britain. I've actually seen this track working with over 5,000 people grooving to it. And at the same time we were projecting dancing laser star tetrahedrons—a laser light show—and also skull projections. We had all the walls covered with flower of life symbols, and sacred geometry, in UV, and then we used black light on it. What you do is, you actually turn the place into a 21<sup>st</sup> century space temple, and go for it. We actually had a lot of fun with it. We had mainstream TV and all the rest of it. It's actually off release now. It's like all tracks, in the end, they come to an end. I was quite glad, actually when it came to an end, because I got the copyright back off the record company then. Contract release. Originally after we made the track—its amazing what you can do with an electronic computer and half a million pounds worth of electronic equipment.

So we actually made this track in seven days. In seven days the Lord did create... We did it in 5 days and nights, and two days it took to make the track. I was very lucky to have the most up-to-date recording studio in Europe, free of charge. Than kind of studio equipment, you have to do some serious manifesting to come up with the cash to get into a studio like that for a week. People like Jean Michel Girard, and bands like Genesis use this studio.

It all started off when I was invited out to dinner with these people. I didn't actually want to go, I was sort of bamboozled into it. So I'm sitting at the table, kind of tired, and I said, "It'd be really nice to make a Mahatma track." Somebody was talking about other music stuff. So I said, "It'd be kind of nice to make a Mahatma track." About half past twelve that same night, the phone rang at the place where I was staying. The people said, "Remember at dinner there was that guy Mark." And I said, "Yeah, I remember." He said, "What you don't know Das is that he's got the most modern recording studio in Europe. It's actually on this island [the island of Jersey]. He's just called up to offer you a week in the studio and the services of a sound engineer." So I said, "Wow." The island of Jersey's only 9 miles long, so the invitation was, "do you want to get your asses over here now and make a start?!" So we said, "Yea, ok, who's going to come?" So the two people were staying with me came, and my girlfriend at the time, Caroline. We got over there, and there's Mark and his girlfriend Karen. So we went down into the basement studio, and we sat there drinking bottles of coke and eating pizza. It's interesting, when we were grooving, somebody'd put out this picture of Djwhal Khul, well he was one of the ones on the Upstairs Team on this track. We christened him at the time "Daddy Kool". Hilarion had a bit to do with it, so he was christened Harry Hilarion". And Ashtar. How we actually made the track was, with computers you can see sound representations on the computer screen—generate the sound and you can see the sound pictures on the screen. So then it was dead easy. "Ok Das, just click the mouse and pull the sound here, pull it there, pull it there, pull it there." So that'd be just one sound, so I'd say to the sound engineer, "that's the basis"—the basis is the drumbeat. That's what you lay first, you decide what drumbeat you're going to have. And of course, all the time you're sampling off of CD's—there's actually 76 instruments and two choirs, and one didgeridoo, and Dr. Das on that CD. And the only thing that's actually completely live is my voice. Even the didgeridoo, I only went "Wruff, wruff!" onto tape, and then we just sampled that, and laid it over as we go. We'd decide what we wanted to do next, and the sound engineer would lay it over the drum beat and run it past me, and I'd get "No, no, that's not quite right." Ok, click click here, load it in, it's only a question of clicking in the right places. And in the end of 5 days, we actually had the track, complete as it is. We put all kinds of little nice twisty bits into it—there was one place where I said, "we ought to do a little Merkaba activation in here." And what about the voice-over, well Ashtar said, "I'm going to give you the voice over. So what I'd like you to do is just sit down in front of the mixing desk with the microphone, and the cans on your head, and tune in>" So I did an hour and a half, actually, of channeling. So I said to Ashtar, "we've got a 15 minute track, and an hour and a half of channeling, what're we going to do?" and he said, "Get someone to transcribe it." So somebody transcribed it, there at the studio, and then he said, "Give it to the sound engineer, he'll know where it'll fit." So the sound

engineer then took clips out of it, overlaid it into it, and on the 7<sup>th</sup> day we had it. We were sat back and said, "Yea, this is it, this is cool."

What the track actually does is it activates your chakras—it goes from your Earth Star to your Soul Star, as you groove. It was quite interesting, really, what happened after that, because as soon as we had a promo CD made, people started calling me up and saying "Wow, Das, so you've appeared back in the music scene again. This is really cool. Do you want to do some stuff with us?" And people started asking for exclusives for their radio show, and all this kind of thing. So actually the Upstairs Department took care of everything. A friend of mine who does a radio show, a dance radio show three times a week on Britain's main nationwide radio station called me up and said, "Can I have an exclusive on the track for 6 weeks, and I'll really hammer it for you." So I said, "Ok, we won't give anybody else the track." And he played it three or four times on every show. And then, all the dance club DJ's were saying, "We want it! We want it!" So then we did pyramid promo from there. And then Virgin Records called me up—we'd done what we call "white labels", vinyl's for the DJ's, just pressed with white labels, you just write on the labels what's on there. So Virgin Records calls me up and says, "Fantastic track, Das. We'd like to buy it." So I said, "Ok, what do you want to give us?" and they said, "Thirty-five thousand. Where shall we fax the contract?" The guidance I got was, "Don't sell it to them. Because if you sell it to them, they'll try clipping it." But in fact we made the track so there's nowhere where you can actually get into the track and re-mix it. No place can you get into it. So I said to Virgin Records, "Well, you can't re-mix this track. Part of the contract will be that you take the track as it is." And well, because they think they're powerful people, they said, "Well, we don't want that. You either sell us the track, or whatever." So we said, "We don't want to sell it." So we went on to independently promote it, and in fact I have a quarter share in a record company, which has never made a profit since its formation. In fact the company accountant usually pays the company registration fees. Because he likes us. He's never actually made any money. It's called Sidetrack Records. So we decided that Sidetrack could handle it, and we'd promote it. And in the end, as I said, it made No. 1, got played all over Europe. It was a real great success. And then two years ago a company in Britain who'd handled the distribution for us called me up and asked me to make a 12-15 track CD. With the same sound engineer, 2 weeks of studio time. Starting on such-and-such a day." But in fact we never made it to the studio. It's really funny, they called me up, and I was somewhere in Europe, and they said, "Hey Dr. Das, you're supposed to be at the studio, did you know that? There's nobody here." And I said, "Oh, yeah, we can't get the crew together. Two of them are gigging in Holland, and they don't want to stop the gig. I'm workshopping. And Mark's decided to take on a contract with Jean Michel Girard, a re-mix contract. So we won't be coming." Well the record company freaked out. "What? There's people who'd give their right hands for an opportunity like this!" But we said, well maybe another day another way. It's cool.

It's now off release. I signed a contract with a distribution company that gave them the rights for five years in Britain and Europe, but we excluded Australia and North America, just in case. So it's five years or the life of the track. So a couple years ago I called and asked, "What's happening with the Mahatma?" And he said, "Oh not a lot." "Would you say the track's dead?" "Yea, the track's dead." "Then send me a contract release." So we got the copyright back. I haven't really gotten around to doing anything about it. I have around 200 CD's, and 2 ½ thousand white labels—those are collector's items, now. But I'm just sitting on them. I'm willing to re-release it if somebody knows of a distribution company that might be interested.

I was involved in this setup called Electric Groove Temple. As part of it there was a company called Temple Dycor. We had what we called the Mahatma centerpiece—it took 6 people 9 months to paint on the floor of an aircraft hangar. It was huge. You could take it into a very big warehouse, and it would cover the whole ceiling. I've got photos at home of different stages of the painting and design of this Mahatma centerpiece. In some of the photos you can see the energy curling around the legs of the people—they were standing on it and painting. A really cool piece of work, it was. Really good fun. But it's like everything. You don't have the time to keep going with it. Do you want to workshop, or do you want to go back into the music business? And with this CD, the next release I'll do it differently. Now it says "copyright: the Lords and Ladies of Shamballa". It says, "mixed by I AM Studio, Channel Islands, Jersey". "Sound Engineer: I AM". So actually there's nobody's name on there at all, who was involved in it. And the reason I did that was, at the time, the Upstairs Department told me it was going to be

big. So when we designed the CD label I said, "Well, I don't want my name on any of it." Dhwhal Khul was saying to me, "Be careful with this one, Das, because you could get totally sidetracked." It's interesting that our record company is called Sidetrack Records. "You could be out of the workshopping scene forever, and back into the music business. You're going to be big, but it's not the same." So I think the energies are right for a re-release now. I might do that. It got released in Italy. This is a funny story. I was sat at my desk one-day, in SW England, and the phone rings. An American voice on the other end. "Hey, is that Dr. Das? I'm contracts manager for a record company in Rome, Italy. We're interested in a distribution for the Mahatma CD. We'd like the Digital Analog tapes, then we'll make CD's from that." I told him there weren't any of the originals, we wiped them after the first CD's were made. He said, "Well, you've got to be totally crazy!" And I said, "Well, it was instructions from the Ascended Masters." He said, "Who? Do you know anything about the Ascended Masters?" And I said, "Yeah, a bit. Do you?" And he said, "Yeah! I do!" So we talked a bit, and he said, "I recognize your voice." And I said, "Yeah, you sound very familiar." It turned out that we knew each other in the late 70's. I was doing crystal workshops in Glastonbury, and also channeling Chang for crystal evenings and things like that, and he was part of the group. So then he said he'd copy from a CD, and wanted to do everything at once. "The Andromedans have invited me to go on ship for 9 months, and I'm trying to get everything sorted out before I go." So, it's just amazing, how all these things happen.

## Haridas VI Workshop

### [Shamballa as a mantra.]

Get more and more comedy into the work. Have everybody laughing at themselves. And challenge the established control systems. I was invited to speak at this big UFO conference. So what I did was just make jokes. I got this friend of mine to do it with me: the energy of the Goddess skit. ...

Swami Beyondananda—completely off the wall. If you ever get a chance, go see him. Hilarious. He works on the activation of the clown chakra. Germain just said, "You're babbling Das!"

Yes, there were a whole lot of beings that came through this time. So many of them. I was going to say "unbelievable," but they say, "You'd better believe it!"

### **BRINGING IN THE MAHATMA (and CHAKRA CLEANSINGS)—Germain/Mywamus**

We have teams for opening up crown chakras, even. Chakra balancing teams. So, Germain called in the team. I could feel the energy arriving. When the energy spread itself out around the group, I could also see that the team was composed of individuals. So now we work on gently opening and clearing the crown, and simultaneously activating the earth stars. And I want this work done in accordance with the I AM Presences of each and everyone here.

What I personally perceive now, tingling around my head, and I feel the energy coming into my body, down, and my butt is definitely grounded into the earth. Now we shall search for any blockages in the crown chakra, self-imposed or imposed by others. Now in accordance with the I am Presences of all, we remove these blockages.

Now we move up to the 8<sup>th</sup> chakra. It's above your head. In accordance with the will of each I AM present, (snap).

Now, 9<sup>th</sup> chakra, a little further above your head. You don't have to know where, just focus there.

Now, in accordance with the individual I AM's...[snap!] Let's always keep aware of the earth chakra, to keep grounded.

OK lets go to 10. Again, working in accordance with the will of the I AM's.....[snap!]

Let's go 11. In accordance with the individual I AM's.....[snap!]

Ok, number 12. In accordance with the will of the I AM Presences.....no. 12 clear! [snap!]

Now let's bring this clear energy down through 12, 11, 10, this mahatma energy. 9, 8...Your I AM Presence knows exactly how much of this energy you can take in. We're going to bring it down down down into the 7<sup>th</sup>. We're focusing on the clearance of the 6<sup>th</sup> now. Come on team... [snap!]. Now, 6<sup>th</sup> clear. Bring the Mahatma into 6.

Now 5<sup>th</sup> chakra. According to the will of the individual I AM's....again, bring in this Mahatma energy into 5. [snap!]

Now into 4, the higher heart chakra. We'll spend a little more time here. So now let's just clear 4, with the will of the individual I AM Presences. All this work must be done according to the will of the individual I AM presence. What your ego requires has nothing to do with anything here. Ok, we'll clear 4...[snap!] Bring in the Mahatma to 4. I am that I am, the Mahatma in love.

3, into the solar plexus. Well we all know a lot of people have a lot of stuff here, emotional things. Again just ask the team....according to the will of your I AM Presences, we'll take out everything we're allowed to. Now bringing in the Mahatma energy in here, clear again [snap!]

Now 2. What have we got in 2? Anger, repression. Being repressed, and repressing others. Bring the Mahatma energy in again. According to the will of the I AM Presence let's do this one...come on team, let's get down there.....[snap!] Bring in the Mahatma.

Down to 1. Clearing out this 1. Bringing the Mahatma in. [snap!] Great.

Now let's bring in the Mahatma energy, down through your chakra column into your Earth Star....I AM that I AM, the Mahatma in love, silver gold and violet....We'll bring this Mahatma energy down, in accordance with the will of your individual I AM...I'd like you to run an affirmation through your minds: "I affirm I am now ready to receive the Mahatma in accordance with the will of my I AM Presence. I AM that I AM. Do this out loud or run it through your minds.

### **I Germain leave now this work to Vywamus.**

I Vywamus call upon the I AM Presence of Mother/Father Source, and your individual I AM Presences....call upon your subconscious minds, and your conscious minds, call upon your ego...Don't notice, the Mahatma energy is coming your way....I AM that I AM Mahatma in Love.

So now, as you breathe in, we're going to infuse this Mahatma into your activated Light Bodies. As you breathe in, see, feel, allow, imagine this gold/silver/violet energy of Mahatma, integrating your crystalline light body, your adam cadmon light body of perfection ..... See the silver/golden/violet pulsating.....and understand, you are love. Allow yourself to feel, allow yourself to love, and to be loved. At this moment you can make the affirmation, "I AM that I AM the Mahatma. I give myself permission to love myself. I AM perfect. I AM that I AM." .....

Now in this moment, I Vywamus, in association with Metatron, offer you the activation of the Light Body of Shaddai....The Light Body of Shaddai, the Metatronic Light Body....in accordance with the will of each individual I AM Presence.... I integrate this Metatronic Light Body into the adam cadmon Light Body.....You may at this time see, feel, allow, imagine a cloak of light, just like the cloak of a magician, the cloak of Sananda....And this cloak of light, it IS the Light Body of Shaddai, the Light Body of Metatron. And now if you visualize, see, feel, allow, imagine, this Light Body, this cloak now surrounding your body physical, your adam cadmon body....Also at this time we bring you, if you wish to receive it, in accordance with the will of your I AM, we bring you the Melchizedek Diamonds and Crystals. These Melchizedek Diamonds and Crystals, packets of information...these light packets could be activated as Divine Light Codes in your adam cadmon and Metatronic Light Bodies. If you wish to receive them, just affirm in your minds that you are willing to receive them. If you don't wish to receive them affirm that you aren't, and you'll not get them. ....Again, it all takes place in association with the will of your I AM. So now we offer these Diamonds and crystal activations, these light packets of information, now [snap!]...

Now we bring you so-called hidden knowledge, Dead Sea Scrolls....Again, these are, I'd say packets of pertinent information .....If you wish to receive them, again all in accordance with the will of your I AM Presence...now we load these codes into your Light Body, as it's appropriate for you to receive.....[snap!].

Now we bring you the sacred cosmic fire letters, the sacred languages.....These letters are encoded with the Mahatma energy, that's flowing through you....As the Mahatma energy flows through you, just bring these cosmic fire letters into the whole of your cellular structure, your molecular structure, sub-atomic particles, microtrons, super electrons.....into your Metatronic Body, into your activated light body.....bringing the Christ Consciousness codings—each and every one of you are Christ, Christ each and everyone of you, if you desire in this moment...

.....We activate these fire letters NOW [snap!]. .....

Now also it will, in accordance with the will of your individual I AM Presences be encoded, these codings, these packets of information, these fire letters into your chakric systems..... We activate the Christ consciousness within each and every one..... We ask the chakric activation teams now to help with this work.....

### **REMOVAL OF THE CRUCIFORM HOLOGRAM—VywamusSananda**

So now, as we activate all of these energies, we call upon your godselfs, each and every one..... I call upon my Godself. I also call upon each and every person's multidimensional aspects. Call upon Mother/Father God... now we will proceed according to the will of each individual's I AM Presence..... At this time I will inform you that most of you are holding a hologram within you of (lost?) love..... Those of you who have predominantly Christian lifetimes in the last 2000 years especially hold this hologram. We will call it "cruciform hologram"—"remember, Christ died for you"—he didn't! That's what you have been told, many have believed. You believe you should suffer now, for your sins. There is no "sin." Mother/Father God forgave you before you did it. Forgive yourselves, my friends, it will make you free. So now we're going to remove—again in accordance with the will of your I AM Presences—this cruciform hologram. We have a team formed for this, so I call in the Team relevant to this work [clap!] At this moment I ask you all to get ready.... for this removal.... recycle into love, recycle into light... and at the same time, fill the space with unconditional love, Christed energy. I hope you understand that each and every one of you know that you are Christed, that you are Christ. So, now, we're going to wait a few moments for you to do this... take a breath and blow out for removal.... ok, let's do it NOW! [whwooooo] So now, open your hearts, to allow the light and the love to flow into your hearts.....

I AM Sananda. Many of you know me as Jesus Christ. But I am not Jesus Christ, I am Jesus the Christed one. Each and every one of you is christed ones. I am here in my Sananda aspect to help you to fill the spaces left with pure love [unintelligible here] And as you forgive yourselves, you become whole. As you forgive yourselves, you step into your mastery, your christedness. Remember, in the records of my healing, in my Palestinian ministry, I always said, "You're forgiven! There's no need to [make yourselves separate anymore?] You're whole! Forgive yourselves. [unintelligible] Feel this love... this love is mixed with the Mahatma... As the Mother and Father of all things shower their love upon you in the form of the Mahatma energy, I Sananda shower my love upon you. The time for denial, self-sabotage, and resistance is now past. It has no usefulness anymore. I AM that I AM Love—your new affirmation. Have compassion, for yourselves! [unintelligible] The changing of (your whole consciousness?) begins within you now. Love—you are. .... My mother Mary wishes to speak with you.

### **MOTHER MARY**

I AM Mary. Many of you would know me as the mother of Sananda. But I am much more than that. I AM Goddess. I AM Quan Yin, and all the other aspects of Goddess. I'm here to speak with you about compassion. I've come to speak with you about nurturance, forgiveness and love. Forgiveness brings freedom from all constricting energies.... I am the champion of women's freedom. For Unconditional Love is the energy of freedom. Freedom is nothing else, but Unconditional Love. And now, my brothers and sisters, is the time—it is the time to love. And as my son Sananda said, it is the time for compassion—compassion for self. In this time I would like you to just imagine yourselves, to put your arms around yourself. Or you may physically do this, hold yourself, and say to yourself, "I love you unconditionally. You are such a beautiful being! I love you as much as Goddess loves you." Because you are beauty, you are that energy that God and Goddess is. As you love yourselves, you find yourselves becoming free of constricting ideas, constricting philosophies. And the freedom that you can experience in love. Remember the times when you experienced a small fraction of love—we can conjure up a picture of you running through a field full of flowers, feeling joyful—running through a field of flowers, feeling that openness in your heart—"I'm in love, I'm in love!" Remember the feeling? That's only a small aspect of the love that's available to you. As you love yourselves, just catch a glimpse of the freedom that you've experienced in these glimpses of love, that you have experienced in this life. And hold the concept within your hearts that that was only a small aspect of what is available to you. "Freedom that I never ever checked on. Empowerment which

I had no concept of!" Allow the love into your hearts now. Allow the freedom through this love to manifest in your minds. We love you. Our vision for you is only love. I leave you with it, and I leave you with my blessing. Bless you.

## HARIDAS VII WORKSHOP

### CHANNELING

Most people are too busy trying to get it to happen, to allow it to happen. That is the secret, to allow it to happen. I believe everyone on earth is a channeler, you're all doing it all the time. You've just created extreme blockages against it. And you argue with your selves all the time. "Did I hear it? Ah no." Germain says it's the pitiful human condition. We actually laugh our heads off, the way people perform, the way they get into denial. "Did I hear it? Who said that?" The first rule of channeling is "open mouth." Unless you open your mouth, you won't channel, you won't speak. We're here to empower you. What we don't want you to do is turn your bodies over to us. Sovereignty over your own bodies. We ask you to speak our words. And as you learn to ground the energy, through speaking our words, you become familiar with it. You ground our energy through your body. If you don't want to pass on something we are saying, you can refuse.

So when you open your mouth, say who you want to channel. "I AM Sananda [or whoever]" That opens up the gateways for that energy to come through you.

I AM Sananda. Through his affirmation this channeler has allowed me to use his brain, use his words. If you don't know what to say after that, just say "Good Morning" or whatever, and give the energy more time to ground into you. It's brilliant to practice using a tape machine. Take deep breaths to integrate the energy. Just practice with it. You'll find when you play it back that you're using different sentence construction than you normally do. You may hear more deep breaths than words. That's ok. Just practice.

### DAS ON TV

The last TV show I was asked to go on was called "The Inquisition." Kathleen put me up for it. They said, "We're going to get some of the church elders from Aberdeen, with a studio audience full of new agers, to cross examine them." Kathleen convinced them to switch the whole thing around, have a New Ager in the chair and church elders in the audience. Then she volunteered me.

So I arrive at the studio on Thursday evening wearing a nice silk suit and my intellectual glasses. There were lots of church guys there. We were all milling around, chatting, not knowing who was who. They didn't know I was the guy who was going to be on stage. ...

So I walk up on stage, sit down, and the guy says, "Here we have John Armitage, a representative of the new age. John, you've got three minutes to say your piece." Well, I didn't have a clue what I was going to say. So I sat there a couple of seconds. Then Vywamus said to me, "You're wasting time, you only have three minutes." So I said, "What'm I going to say, Vywamus?" So I just opened my mouth and said, "There's nothing wrong with religion, it's just been bastardized, the truth is hidden." (I thought, "Oh shit, you're in trouble now!") "Religion and the church have lost sight of the true teachings of Jesus, which are forgiveness, non-judgment, unconditional love and healing. And the most saddening part of it all is, the church actually turned out to be oppressors of the feminine and goddess energies." (So I thought, "Right. You're definitely in trouble now!")

So then the presenter said, "Well, ok, does anybody want to do this fellow, is anybody going to nail him up?" So a woman on the church side of the audience was the first one to speak and she said, "I totally agree with you, about the feminine aspect you speak of, and all this." (And I

thought, "Well this is cool. Everything seems to be working out just fine.") Another woman said something about swapping one religion for another, she said, "I think a lot of you new age people have just moved from Christianity to a new age religion." And I said to the presenter, "This is where you fall over backwards, because now I'm going to tell you that I am NOT a New Ager."

We went on for 45 minutes or so. People kept saying, "I don't want to argue with you..." And I'd say, "Do it! That's what we're here for!" And they'd say, "Excuse me...." No one really went for me big style. And I thought, "Well, that was easy." So they gave me a video of it and sent me away.

The next time the TV company came to our house, they said, "We'd like to do some footage of your house. This is a show called 'The Really Loud Show'". It's for young people, lots of techno-music. Always there's a part called "The Weird and Wonderful" section. So this lovely lady came with a film crew, she's an American, probably of African origin, really tall, 23-4 years old, full of energy, really bubbly. So they came over to our house for the day with a TV crew. They were filming crystal skulls—we've got tons of crystals, everywhere. I'm pulling out big crystals like this and saying, "Put the lights on this, you can see all the stuff in there." More and more they're getting more and more spaced out, more and more spaced out, more and more spaced out. They finished it off with some shots of the stone circle in our garden. She was completely out of it by then—she was standing in the stone circle, in the kiva, and she said, "Wow, these mysterious stones, do they have a secret to release to me?" It was just really really cool. They interviewed me and Kathleen about skulls and everything, and at one point she said, "Don't people think you're weird?" I got instant guidance, and I said, "Weird? You know the real meaning of the word 'weird'? It's 'wired'. And we're wired to the collective consciousness." So they showed it three times.

We did another one with stargates, with this other TV Company, 5-6 years ago. All the guy wanted to do was to nail me up completely. It wasn't live. We go to the studio, build a big stargate, unload half a ton of crystals and all the rest of it—I took a few people with me. The interviewer kept asking me what he considered to be off-the-wall questions. To me they weren't off the wall at all. He started off with, "Well now we have Dr. John Armitage. This really is a weird and wonderful show. He actually believes that people get healed with crystals and stargates, and he also believes that people will be healed watching this show!" And then he went into, "Have you told me you got these down from some extraterrestrials, Dr. Armitage?" "That's correct." "Have you ever heard of the Ashtar Command? Who are they?" "Well, they're a group of extraterrestrials (blah-de-blah)." Well, every third word I said was "Unconditional Love", but they cut all of these out. They left everything in about the Ascended Masters, extraterrestrials, Ashtar command, all the rest of it. He actually finished the program off quite nicely. He had this huge piece of rosy quartz, and he sat in the stargate and he said, "Well, something might have happened for some people today, but nothing happened for me." And then they did some trick photography, he disappeared, and the rosy quartz was left sitting in the stargate. It was cool!

So when they put the program out, they also gave a number to call in for more information. I told the researcher, "Ok, I want to make a deal with you. I put myself on the line here, while you tried to make a fool of me, so if it turns out that any aspect of this is real, we'll do a show—we'll actually do a mass healing through the medium of television." And of course he said, "Yeah, yeah." He wrenched on the deal, when people started calling in and saying, "Hey, can you give me this guy's phone number. I got healed watching TV!" "I made a video of it. 16 people have got healed, watching the video." Really off the wall. But they wouldn't go along with it.

So, THEY are looking for an opportunity of doing a TV show—we've already done it, we know that it works. We did one with the BBC on firewalking. First we had scientists saying it was impossible, then how it might be possible, and then we did it. The gem of the show was, one of the scientists was Russian, wearing an impeccable suit. The scientists were there, measuring the temperature of the fire and everything. After we were done, he took his shoes off, rolled up his trousers, and walked across the fire.

## SANANDA

I'm just going to say a bit about Sananda. .... Someone was asking who he is. We tend to think everybody knows what we consider to be basic. He was Jesus. He was just called Jesus in that lifetime. I mean, he did cause quite a stir during that lifetime, when he was Jesus. People are still talking about it now. It really shows he made an impression on the consciousness of human beings. He was 33 years old when he started doing his stuff. Previous to that he was clearing his stuff. He'd been studying with various kinds of monks, yogis, magicians, including Tibetans and Druids, Indians, many others. He was very very well traveled. His uncle was Joseph of Arimathea, who had all the setup necessary for travelling, because he was a commodity trader. He knew about taking caravans to China, he had boats, knew about navigation. Contrary to popular belief, I mean people sailed around the world long before people nowadays have an inkling that they were. People came to this country long long before Germain came here as Christopher Columbus. There were lots of visitors. In fact there is this story in Iceland, that they were here. Also Scots/Celts, Chinese people....of course me being a jovial character, the Celts coming here and all, sometimes I ask Scottish people what they think Scotsmen are? I think they're just Irishmen who can swim.

But Jesus got around all over the place when he was young. Mother Mary was his guru, as is every woman the guru for their children. Many women seem to have forgotten or lost sight of that fact, not as a judgment but as an observation, that women are the gurus for the future. They are the people who have the most influence on children when they're young. So Mother Mary had taken on the task of being the first guru of Jesus. Then as time went on he did his journeys, and all the rest of it. I was around at that time that's where the jokes about Luke come from. Me and Jesus were actually quite good friends. I went on a lot of the travels. I was 2 years older. When we went to Glastonbury, in the UK, I was 16 and Jesus was 14. [end of tape]

[beginning of next tape]

They say he was the Son of God—well, aren't we all? No argument in that. His mission in that life was twofold. He came to teach us about Unconditional Love, forgiveness, non-judgment and healing. In fact he was a great channeler, which most people don't realize. All the work he'd done previously before he started to be recognized as the great healer he was, he'd been preparing himself for the moment that he could actually integrate the energy of Maitreya. Who's Maitreya? He's the Buddha. So the words that Jesus spoke, during his Palestinian ministry, and the healing energy that he worked with, actually came from Maitreya—all channeled from Maitreya. In fact, when he was on the cross, a couple of things went wrong. We didn't actually plan it exactly the way that it went, but that's life in 3-D. Other people co-create with you, that you haven't allowed for in the equation. Jesus actually took his 5<sup>th</sup> initiation on the cross, that was the plan. Any of you that have done any Bible studies—one of the disciples actually recorded that Jesus said to Judas, "Go and tell them where we are." Because if Judas hadn't told them where we were, the plan wouldn't have gone ahead. The Romans needed to know exactly where we were.

In fact, at the last supper, there was no food, and nobody had any money, and Jesus said, "well, where's Judas? He's the only one with money, send him out for a pizza!" --That's a joke, it's permissible to laugh. Sananda likes these kinds of jokes. It helps get people over their holiness where Jesus is concerned. It's like, when they put him on the cross, they said, "mind crossing your feet? We've only got one nail left." He's going to tell another one, he's on a Jesus roll now....[more of the same]

So, the crucifixion was all planned, so Jesus/Sananda could take his 5<sup>th</sup> initiation on the cross. He didn't die for the sins of humankind, or anything like that. He didn't die on the cross, even. Mind you, it was close. Well actually he did die, but we managed to resurrect him again. You see, the crucifixion was planned for Friday afternoon. If there's any Jewish people amongst us, you know that sundown on Friday is when the Shabbat starts. It was illegal under Jewish law to have people nailed on crosses during Shabbat. So the plan was, he's not going to be up there very long. In fact, many people were crucified in those days, and a lot of them survived. They

may have had serious damage to their bodies, but not everyone died from being crucified. You were tied up as well as nailed.

So that was the plan. One thing went wrong, though. Because there was so much excitement, so much emotion in the whole thing, one Roman soldier got carried away, and he stuck a spear under Sananda's chest here. It was that that almost killed him. During that time—of course he was a yogi, and had control over all of his bodily functions, so he'd actually shut down his bodily functions. When he said, "Father, why hast thou forsaken me?" He'd actually lost contact with Maitreya. The translation came out like that, when it was translated from the original Aramaic. Then they took him down, because Shabbat was coming. He was for all intents and purposes dead. So we took him away to the cave, which Joseph had already bought, it was all part of the plan. There was me and Luke and some others, Luke was a healer and worked with herbs and such—there was a whole crew of Ascended Masters standing by. It was very interesting, when I asked him a few years ago what it actually felt like—when we were all saying to him, "Hey man, don't split out now, because if you do, the whole plan's going to go down the drain." He was saying "Yeah yeah, but my body's going cold, and I don't want to go back." When he started to integrate his energy back into his physical body, it was like putting on a wet coat, a soaking wet freezing cold coat. At that stage he was very willing to blow the whole plan, not to do it, but in fact Maitreya and some of the others in the Upstairs Dept. did persuade him. He became famous for all that, but then of course the church took it and contorted everything and said Jesus died for you—to make you feel guilty. Because if you can keep people feeling guilty they're not empowered. So it's just part of this experiment of religion. Really there's nothing wrong with religion except that it's a bit like the statement I made on the TV show. All religion is actually a bastardization of the truth. Contained in every religious philosophy is the absolute truth—but the way it's put over, and especially translated from other languages, the truth starts to become very well hidden. So that's who Sananda was. It wasn't his last life on earth. He didn't ascend when people say the transfiguration happened on Mt. Tabor, he didn't ascend. What the plan was was to activate his lightbody and get him out of there—activate his merkaba. Elijah and Melchizedek were there activating his lightbody, and poof! He disappeared in a pillar of light. Everybody said that he'd ascended. That actually started an ascension rumor on planet earth, which is still going around now, and actually brought about a big imbalance energetically in the collective consciousness of humans and also in the consciousness of Lady Gaia. Previous to that time, when it was said that Sananda ascended, people used to when they put their bodies off, to migrate into the earth. But after that everybody wanted to ascend. Well it's alright if some want to ascend and some want to go into the earth, but if everybody wants to ascend, and there's predominant focus on ascension, obviously it brings about an energetic imbalance.

So Sananda had this potential for martyrdom. Remember he'd put himself for his 5<sup>th</sup> initiation in the form of crucifixion. It's very very good news now for everybody that you don't have to be crucified to do your 5<sup>th</sup> initiation! That's in the past and all over. Sananda did that, and now we know that you don't have to do that. So there's not going to be an upsurge in the carpenter trades as we expand our consciousness.

But he had the potential for martyrdom, because he'd also martyred himself in another lifetime, when he was an Atlantean king. In fact then as well Judas was a kingpin in that one. So then he came back as Appolonius of Tyanna, which is in Lebanon. He was a Lebanese prophet. Most of his work, his teachings were very similar to his teachings as Jesus. But his works were destroyed in the great fire at Alexandria library. So that's a bit of Sananda's background. Sananda's surname is Kumara. You might have heard of the Kumaras, any of those of you who have studied Hinduism, you might have heard that the Kumaras are the first created sons of Brahma, the creator. There's Sanat Kumara, the planetary Logos, and the others, whose names escape me now.

Before he came here, in his Palestinian ministry, he incarnated on Venus. He's not Venusian, but he did incarnate there. And of course, the beings of Venus are very much concerned with Unconditional Love. We know that even in our very basic 3-D philosophy it's often said that Venus is the god of love. So that's just a bit of the background of Sananda. And what a great being he is. He's just a being full of love, full of compassion for all, for everything and everybody

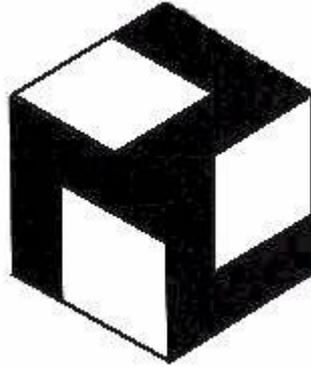
—and is available for everybody to work with. I used to have a campaign—"Jesus save me from your followers!" I got that one in Bolder, CO. What can I say, he's starting to ground his energy in me, and I'm becoming overwhelmed by the magnitude of the love that he brings with him. He's a really great being.

## **ASCENSION**

When I took my ascension in 1994—I think it was 1994 anyway—I was sat there one day, like this, and then there was this big pillar of light. I said, wait a minute, I didn't tell anyone I needed beaming out. Because sometimes I do visit spaceships. I looked down this pillar of light, and my body wasn't there. And I thought, that's interesting. I was sat cross-legged on the bed awhile ago. I'd been going through a terrific amount of emotional processing in my heart. I actually felt at the time that I was going through my 5<sup>th</sup> initiation, I mean I really felt that, felt I was crucified. Then all of a sudden I find myself in the 5<sup>th</sup> dimension, and this whole crew of the beings that I work with were there, "hey Das, what's it feel like to be an ascended being?!" "What?!" "Well, you just ascended man!" "Nah—I felt I was just taking my 5<sup>th</sup> initiation, felt like I'd been crucified for the last month or so. I'm emotionally shot. How can I ascend?" and all this. They said to me, "ok who are you going to believe?" and I said, "Oh Kuthumi, Dwjhal Khul, Sananda, rustle up any of them, I want to hear what they've got to say." Sananda was one of the ones that actually came and said to me, "It's true, Das, you've ascended. Look at you, you're here." It was a quite interesting experience. Then I had the opportunity to remanifest, and that's what I did. So when we talk about these initiations, and we talk about ascension, there isn't a person in this room that hasn't taken at least one or two levels of ascension. Integrating your light body and disappearing in a puff of light is the LAST part of the ascension process. More or less everybody on planet earth, even if they don't know anything about what's going on, or they consciously don't know nothing about what's going on, have probably taken at least two levels of ascension. There are seven levels of it.

Mother Earth has also gone through a few levels of ascension also. So if she's gone through a few levels and she has this activated light body, well then, everybody else that's living here has to have the same thing. Otherwise they'd be incompatible vibrations, they'd never manifest here.

## ANTAHKARANA - ANCIENT SYMBOL OF HEALING



Alice Bailey and several other authors of Tibetan philosophy have some knowledge of Antahkarana which you can find in a number of books. They describe the Antahkarana as a part of spiritual anatomy. It is the connection between the physical brain and the Higher Self. It is this connection that must heal and develop if we are to grow spiritually. The Antahkarana symbol here depicted and described represents this connection and activates it whenever you are in its presence.

The science of Radionics indicates that lines drawn on paper create a psychic effect on the space surrounding the drawing and will influence the human aura and chakras in various ways depending on the pattern created. This validates the age old practice of yantra meditation which makes use of visual images to purify and evolve the consciousness.

The Antahkarana is an ancient healing and meditation symbol that has been used in Tibet and China for thousands of years. It is a powerful symbol and simply by having it in your presence, it will create a positive effect on the chakras and aura. When doing healing work, it focuses and deepens the actions of the healing energies involved. When meditating with the symbol on your person or close by, it automatically creates what the Taoists call the great microcosmic orbit wherein the psychic energies that would normally enter the crown chakra enter the feet and travel up the back of the body to the top of the head and then down the front to the feet again, thus grounding the person to the earth and creating a continuous flow of energy through the chakras. It will also neutralise negative energy that has collected in objects such as jewellery or crystals simply by placing the object between two symbols. In addition, it will enhance all healing work including Reiki, Polarity Therapy, Chiropractic, Hypnotherapy, Past Life Regression etc. These positive effects have been confirmed over and over by the improved results noted by those using the symbol and by clairvoyant observation by those trained in sensing changes in the aura and chakras.

This symbol is multi-dimensional. From one perspective, it appears to be two dimensional, being made-up of three sevens on a flat surface. The three sevens represent the seven chakras, the seven colours and the seven tones of the musical scale. These three sevens are mentioned in the book of Revelations as the seven candle sticks, the seven trumpets and the seven seals.

From another perspective, this symbol appears as a three dimensional cube. Its energy moves up from two to three dimensions that can be seen and also continues up through unseen dimensions all the way to the highest dimension - the dimension of the Higher Self.

Historically, the use of this symbol can be traced back through a number of Reiki Masters to an ancient Tibetan meditation technique. The few Tibetan meditation masters who knew of the

symbol tended to keep it to themselves so that the increased value it created for their work would add to their status. For this reason, its use has not been widely known.

The Tibetan meditation practice that used the Antahkarana took place in a room lit with candles. In the middle of the room was a large earthenware vessel shaped in an oval which symbolised the cosmic egg of the universe. The vessel was filled with several inches of water and in the middle was a stool. On the seat of the stool, inlaid in silver was the Antahkarana symbol. One wall was covered with copper, polished to a mirror finish. Tapestries were hung on the opposite wall which displayed Reiki symbols. A Tibetan Lama mediator would sit on the stool and gaze steadily at the image of the Reiki symbol reflected in the polished copper mirror. This yantra meditation would create one pointedness in the mind of the meditator, uniting the consciousness with the transcendental energies of the Reiki symbol while the Antahkarana symbol on the stool would focus the energies generated and cause them to evenly flow through all the chakras and to connect with the earth.

It is clear that the Tibetans did not originate the symbol, and there is no written record as to its true origin.

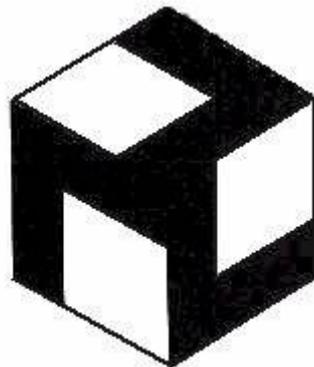
However, through clairvoyant perception, Michelle Griffith, a talented clairvoyant healer has been able to tune into the symbol and read its psychic history. According to Michelle, the symbol was first given to the people of earth during Lemurian times over 100,000 year ago. The Antahkarana was created by a counsel of Ascended Masters who are watching over the evolution of the Galaxy. They saw that the people of the earth were in trouble and needed help in re-establishing their connection with the Higher Self. They created the symbol and using a decree, imbued it with its own consciousness. Now, anyone who uses it will have the connection between the physical brain and the Higher Self

They created the symbol and using a degree, imbued it with its own consciousness. now, anyone using it will have the connection between the physical brain and the higher self strengthened. It is the Higher Self that creates and guides the benefits of the symbol and that is why it can never be used for harm.

This sacred symbol has been kept a secret for thousand of years, being known and used by only a few. Now it is time for all to have access to this ancient and sacred symbol of healing.

### **DIRECTIONS FOR USE**

The Antahkarana is a special symbol that has its own consciousness. It works directly with your aura and chakras and varies its healing effect depending on what you need at the time of use. Since it is directed by the Higher Self, it always has a beneficial effect and can never be misused or used to cause harm. The symbols can be placed under a massage table, or under the bottom of a chair. They can also be placed on the wall or they can be held against your body with the print facing the area needing healing.



## **The Ascended And Galactic Masters Healing Teams**

This is a very interesting subject, there was a time when we called them the Masters medical assistance crew, or the \*\*\*p team but, somebody has got a copyright on that, we would not want to send them into processing again would we?

So down to what and who they are also what they can do for us here on earth, how to work with them etc. First thing to understand is that we are not alone on our journey to wholeness, there are many beings that are very willing to help us.

Who are these beings? Some are people that have ascended from this earth, they are known as the Ascended Masters, other are not from here, but from other planets and star systems, they are known as the Galactic Masters, and others are from the Angelic realms. There are many others that are involved with us, but for this form of healing help these are the ones we can easily work with.

Many find the term Master confusing, some think that it implies a hierarchical system, while others think it is male dominated, or that they are in charge of something, in fact none of them is right, they only thing they are in charge of is themselves, they have achieved self Mastery. This means that it's possible to move through all dimensions and be conscious at the same time, the term Master is used for both male and female beings, of course some of the starry Masters are neither male or female but androgynous.

The Ascended Masters as individuals no longer exist. They are now a collective consciousness of light. The place that this collective consciousness exist, is known as Shamballa. That is where they get the name from the Lords and Ladies of Shamballa. The collective consciousness is in the form a of a diamond, this diamond reflects the light and LOVE of God and Goddess, the Source. The top point of the diamond is firmly connected to the Source, the bottom point of the diamond is anchored in the etheric realms. This gives them access to all 352 levels of this aspect of creation.

Each facet of this diamond reflects the energy of an individual Master. These beings have a wide range of skills, but the one they all have in common, the transmission of unconditional love and compassion. They can help you to bring compassion and LOVE into your life and the lives of others to. There is a lot more to know about them. I hope you will embark on a journey of discovery and get to know them, that will save me a lot of writing!!

I have my own favorites amongst them, because I had the pleasure to have had lives on this earth with them. The Master I know as Germain was the inventor of the reiki system in early Atlantean times, he was Merlin as well as Francis Bacon, the man that many think wrote the Shakespeare plays.

Another is Khuthumi, in his last life he was a holy man in Kashmir, as well as the builder of the Taj Mahal, he was known as Sha Jehan in that life, he was Francis of Assisi as well. Many are traceable in history in the last 100 years.

Others are Vywamus, Mother Mary, Wotanna, Merlin, Kwan Yin, ArchAngel Michael and others.

So this brings us to the healing teams. How do they work? How do you get in contact with them? This works in lots of ways but the easiest ways ARE really easy.

There are two kinds of team available to you, one for personal healing and one to work with you on a professional basis. In other words if you are a healing facilitator you can have a team put together to help you in your work. Because they have such a wide range of skills available you can get a team together that help in all your healing session with others. On these teams are also beings known as healing Angels and devious.

The deva's are responsible for the manifestation of all things on this planet, there are deva's for the trees of different kinds, plants, group soul animals, birds, and fish.

There are even deva's that relate to places.

If you want to set up a personal healing team it's very easy. The being in charge of the personal and professional teams is known to me as **Q**, he wants you to know him as, **Q** as well, he is willing to work with anybody that wants his help, THIS MEANS YOU IF YOU LIKE!!

How to work with him? Easy just ask him to come to you, he will, he has made a promise to the people of the earth to assist in all forms of healing. To set up a personal healing team, lay down or sit comfortable and affirm you like to form a personal healing team. He will come to you, you may of course try to deny that he has, but he will. Call upon the healing deva's and healing Angels and any of the Masters you feel attracted to and of course you're own Higher self or I AM presence as your true self is often known as. The MAHATMA energy. And any of the starry brothers and sisters you are familiar with.

During this first session tell the team your health concerns, and the way you feel, they won't sort out your stuff, but will help you to resolve it, ask them to scan you for other things you are not aware of.

How do you tell them I hear you ask? Easy, talk out loud, or in your head, they will hear you, and respond whichever way you choose to do it.

During the session you may feel energies moving, and see things like colors and shapes. If you don't feel or see anything don't worry, you are still getting the healing and LOVE, you can always ask your higher self to show you what is happening, go with what you feel. Allow you're self-time to work with this and just be. If you feel you need a name to be familiar with ask to be given one as a password, when you start a session ask for the password and the wave of LOVE. This should help you to get used their energies in an easy and safe way. To get a working team together, just ask to have one formed, you can use the name that you choose or are given as the password. If you are used to working with this kind of energy feel free to go with your own guidance with all this. We live in such exiting times, with the ever rising energies, this is now a time to really realize you are a Cosmic Being, let go, let God. Who is God? You are! Wake up the time is now, every day is the perfect day to LOVE your self, why wait. With this LOVE all will become Whole.

its important to understand that this is the age of empowerment and working with these healing teams is not a substitute for working on yourself. don't try and give your power away to them for they will withdraw all services.

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## MAHATMA MEDITATION

Let's start with a few deep breaths, centre ourselves and quieten ourselves. With each in-breath feel yourselves being energised with the energies of Light and Love, and with each out-breath breathe out the stresses and strains of the day, the week, the life.

Centre yourself with your breaths, so now as you are breathing in just ask for permission from your Soul and your I Am Presence to carry on with this work, this grounding of the Mahatma energy. I am sure you will all find that you have a stamp and seal of approval from your I Am Presence and from your Soul to carry on this work. Feel the energy of Love flow into you through your higher chakras, through your Soul Star, which is located six to nine inches above your head. And now, just allow to flow into your body an energy which is electrical aqua-blue in colour. You may like to visualise this energy. We would ask you not to concentrate too hard on the visualisation because this will take your mind away from allowing the energy to flow through you. This is the most important part, just allowing this aqua-blue energy to flow through you. Just allow this energy to flow completely through your cellular structure, completely through your molecular structure, because this electric aqua-blue is a colour which is a great conductor of energies. It allows other energies to flow. So feel the electric aqua-blue flowing through you.

Now, through visualisation, open up this channel of energy from your Soul Star to your Earth Star. between your feet. This channel of energy goes through all your physical body chakras. Just feel the energy opening, opening this channel, and as the energy flows through the channel becomes wider and clearer. This electrical aqua-blue clears out all the debris, and all your physical body chakras come into harmony and balance.

So now invite the Mahatma energy, simply by repeating the name "Mahatma" and allow its gold aspect to flow through you, and through your channel into the Earth. Just allow the word "Mahatma" to flow through your mind. This will link you in with the I Am Presence of the Source. Now bring this energy through your central channel. Allow it to radiate into all your body and into your auric field. Allow this silver and gold energy to start permeating your cellular structure and your aura, expanding your aura with the energy of the Mahatma. And as you fill your aura and your cellular structure with the Mahatma, allow it to flow through your feet and your Earth Star into the Earth. If you are having difficulty with grounding, ask the Archangel Sandalphon to help you in this grounding process. He always appreciates being called on.

Now move your attention to the area of your back, between your shoulder blades, where your thymus gland is. This is your true heart chakra. Many ones would know it as the higher heart. Allow this energy of Mahatma to flow in through your heart chakra, to energise your heart chakra, and to open you up to these feelings of love, these feelings of light. Feel your heart chakra opening up like a satellite dish, drawing in the silver and gold energy of love. And now as this energy of love is flowing through you, I'd like you to just say in your minds: "Trigger the Light, the Light, the Light. Trigger the Light, the Light, the Light."

Now I would ask you to see this Light flowing more and more into your cellular structure. See in your mind's eye, your third eye, or using your clairvoyance, see yourself becoming more Light. See this Light permeating the totality of your physical body. You will find that there is no resistance from the past holding you back. No resistance stopping your cellular structure from becoming Light. This energy of Mahatma has never been misused, so therefore you don't have cellular memory about being harmed by this energy. Feel this Light expanding into your aura, and again repeat in your minds; "Trigger the Light, Light, Light." And as you repeat this word "Light. Light, Light", feel the Light expanding further within you. Feel yourself becoming Light.

Now at this stage it is as well to know that your subconscious mind does not know, because of its subconscious's, that you are a fourth/fifth dimensional being.

So now make the affirmation within your mind: "I am a fourth/fifth dimensional being. I am Light." And now repeat in your minds; "Now you know, now you understand, that what you have

just witnessed on a cellular Level has nothing to do with the third dimension." And now repeat: "I affirm my four body system is now fourth dimensional. I Am That I Am."

And now I would ask you to visualise your four body system.. First of all be aware of your physical body, to which your etheric body is attached. Then your emotional body, which is nine inches beyond your physical body. Then your mental body, which is about sixteen inches beyond your emotional body. And beyond your mental body is your spiritual body, which is omniscient, omnipotent and omnipresent.

I would also ask you to think of the reason why you are in your physical body. It's because of your emotional body. Now by breathing out, see those things which are no longer needed being released from those areas of your cellular body that are not in harmony. As you breath out, breath out the fear from your cellular structure. As you breath in, breath in the energy of Mahatma, this silver and gold energy. After each in breath affirm, "I am the Mahatma." And as you breath out affirm, " I am free from fear. I am Love."

Now we will just take a brief moment to again allow that gold and silver energy to flow through us to our Solar Stars into our cellular structure, through our Earth Stars into Mother Earth, through yourselves, and see yourselves becoming enlightened, becoming beings of Light. And now concentrate again on your out-breaths, breathing out to release that crystallised third dimensional consciousness. On the out breaths see it leaving your physical body, passing through your emotional body, through your mental body and into your spiritual body, (this spiritual body of course is your Lightbody ). See this crystallisation of fear. See these crystallisation's of misdirected energies being transformed into Light.

Now let us concentrate on the opening of our physical body chakras, starting with the base chakra. Breath deeply, and breath through your base chakra. And as you breath out of your base chakra, see all these energies that have disassociated themselves from the Light, moving out through the emotional and mental body, into the Light. Saadaphon will help us with the grounding into the Earth. Again feel the energy of Mahatma enlightening your cellular structure, and see that your entire four body system is becoming Light. Your entire four body system is becoming Love.

Now see and feel the energy of Mahatma permeating your entire body and energy body and energy field. And again, release into the Earth all these accumulated energies that are not of the Light, and allow the Mahatma to flow into your base chakra. Again, concentrating on your base chakra, repeat : "Trigger the Light, the Light, the Light.

Expand, expand, expand into the Light. Expand into the Light."

Now we move to our second chakra. This is the polarity chakra, and it is important to integrate the two polarities, male and female, the right and left side of this chakra. See your second chakra spinning as one energy, the yin/yang symbol in the middle of it. See this yin/yang turning to white.

Now let us move to the third chakra. Again see this third chakra becoming empowered with the Mahatma, with this energy that is clearing out all the accumulated energies, and again trigger this chakra with the Light. Repeat again:

"Trigger the Light, the Light, the Light. I affirm I am Light."

Now let us go to our fourth chakra. And again see this chakra spinning in a balanced way, energised with this gold and silver energy, and again make the affirmation: "Trigger the Light,

trigger the Light, trigger the Light. I affirm I am Light." Allow your heart to open even more, and feel this expansion of the Light, this expansion of the Love within your hearts.

So now let us bring this Light into our throat chakras, activating our throat chakras with this energy of Mahatma, this energy of Love, so that we may speak about Love. so that we may convey the idea and the energy of Love with our voices to others, that we may verbally channel this energy of Love. And again, as you see your throat becoming Light, repeat the affirmation: "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Love, I affirm that I am Light."

Now let us move to our Third Eye. and again for this energy flowing through our Third Eye, activating our clairvoyant and channelling abilities, that we may use them in association with the Light, so that we may channel words, channel pictures which will help the rest of humanity to realise the Love. So again for this energy of Mahatma, this energy, of Love, cleaning out the accumulated energies that are not working in accordance with Divine Will, and again: "Trigger the Light, trigger the Light, trigger the Light." Affirm that your sixth chakra is Mahatma.

And now let us move to our crown chakras. This chakra is like a thousand petalled lotus, a lotus with a thousand petals. See it becoming an open flower, and cascading into it this energy of Light and Love, this gold and silver energy of Mahatma flowing through your thousand petalled lotus, through your open channel, through all your other balances chakras, and through your Earth Star into the Earth. Again trigger this chakra with the Light. "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Light."

And then if you visualise two meters, or five to seven feet above your crown chakra a star. We will call this your Source Star. This, my brothers and sisters, is your twelfth chakra, your twelfth chakra. Visualise a golden thread between your twelfth chakra and your crown chakra. Just visualise this golden thread connecting this star with your thousand petalled lotus in the top of your head. See and feel this gold thread becoming stronger, firmly connecting you between your twelfth chakra and your crown chakra. As you build this golden thread it will expand into a channel, and through this channel you will be able to bring your creative abilities through, which are inherent in you. Once you have built this channel connect this with your developing channel from the crown chakra to the Earth, and expand and expand, constantly taking the Mahatma energy, from Earth to Source and Source to Earth, over and over again, and as you do this, expand this tube, expand this channel. So just bring the energy, from your twelfth chakra, this Source Star, through your crown, through your body, back through to your Earth Star, and then bring the energy upwards again to your Soul Star.

Now expand and expand, until there is nothing but Light.

These exercises are the beginnings of your journey through the three hundred and fifty-two levels from Source to Earth, and from Earth to Source. With this activation of your twelfth chakra is possible for you to go onwards and upwards, through all the levels, to the Source of Mahatma. Now feel yourselves becoming connected though all the three hundred and fifty-two Levels, right down to the Earth, and allow that energy of Mahatma to flow.

## ASCENSION MEDITATION

I ask at this time that I be prepared for a higher level of Consciousness.

I ask at this time that I be prepared for initiation into the Higher Christ Consciousness.

I ask at this time that I be prepared to receive my full quotient of Mahatma Energy.

I ask that I be prepared to receive my maximum light quotient in every cell of my being.

I wish to lay myself at the feet of the Buddha, to open my heart and receive all that there is.

Please grant my wishes as I am now ready to receive the Mahatma Energy and my personal Ascension.

I AM THAT I AM

OM

I affirm that I would like help from Father/Mother God,

The Mahatma Energy, the I AM presence of Father/Mother God, Christ, my I AM Presence, I AM THAT I AM, the seven Elohim, the Galactic Logos, the Ashtar Command, the Archangels, Wotanna, Djwhal Khul, Vywamus, Sanat Kumar, Kuthumi, Merlin, St Germain, Mother Mary, Kwan Yin, Serapis Bey, Pan, the MMAP

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Healing team.

I AM the Monad

I AM the Light Divine

I AM Love

I AM the Will

I AM the Mahatma

I AM the Father's fixed design

I now call for a tube of cosmic light to protect me throughout this meditation, and in my life in general.

This tube will protect me from all that is not of God, and the Christ Light.

(Now silently visualise the following)

Within this tube visualise a smaller tube of light, about as big around as your head. Now it is moving up

through your Crown Chakra, onwards and upwards to your Soul, through your I AM presence,

and on up through all the levels to God Him/Herself. This tube is your rainbow bridge.

## KEYS OF ENOCH ACTIVATION MEDITATION

Beloved Presence of God, Mahatma and the Council of Elohim, Metatron and the twelve Archangels, the Cosmic Council of Twelve and the twenty-four Elders, Melchizedek, Lords of Sirius and Arcturus, Sai Baba and Vywamus, Lord Maitreya and Sanat Kumara, Djwhal Khul and Babaji, El Morya and Kuthumi, Serapis Bey and Paul the Venetian, Hilarion and Sananda, Germain and the Ashtar Command - with all my heart and soul I now call forth from the Throne of God, the Golden Chamber of Melchizedek, and Sanat Kumara, the two to five year ascension activation programme for my personal and cosmic ascension. I also request ascension activation for my core ascension group and all sincere ascension seekers on the entire planet. I also request ascension activation for the Earth Mother if she would like to receive this blessing.

As I go through this prayer, I ask that these activation's be given and that they be programmed into the ascension seats, and the Light quotient building program with which I am involved, and am officially invoking now.

I request that this program, once invoked, continues twenty-four hours a day, seven days a week, three hundred and sixty-five days a year until I achieve a 99% Light quotient, the anchoring of my fifty chakras, completion of my seven levels of initiation, the anchoring of my thirty six strands of DNA, and the anchoring and the activation of my twelve bodies. and full God-realisation on all levels. I request that this takes place at night while I sleep. It is also now time for all humanity and the Earth to fully complete their ascension. I affirm I invoke this now. Metatron and Melchizedek, completely anchor and activate this day, and over the next two years until fully complete, the following seventy-six keys as stated in the Keys of Enoch and in the inner-plane Book of Knowledge.

Anchor and fully activate the sixty four keys on a solar, galactic, universal, multi-universal and cosmic levels in all five sacred languages.

Anchor the Deca Delta Light emanations from the ten Light Subscripts.

Anchor the fifty chakras, the twelve bodies, and the Melchizedek diamords and crystals.

I affirm this is anchored now.

---

Anchor the Nogan shells of Yahweh on a permanent basis.

I affirm these are anchored now.

---

Anchor the divine template and the Light grid of the Elohim permanently.

I affirm these are anchored now.

---

Anchor Yahweh's Tablets of Creation.

I affirm these are anchored now.

---

Anchor the cosmic Torah.

I affirm the Torah is anchored now.

---

Anchor the scriptures of Melchizedek.

I affirm these scriptures are anchored now.

---

Anchor the scriptures of Metatron.

I affirm these scriptures are anchored now.

---

Anchor the Elohim scriptures.

I affirm these scriptures are anchored now.

---

Anchor the cosmic Tree of Life permanently, and open all its branches.

I affirm this is done.

---

Anchor the seventy-six sacred names of Metatron and Yahweh.

I affirm these names are fully anchored.

---

Anchor Yahweh's living energy codes.

I affirm these codes are fully anchored.

---

Anchor Yahweh's Book of Knowledge.

I affirm this knowledge is firmly in my consciousness.

---

Anchor the gifts of the Holy Spirit as described in the [Keys of Enoch](#).

I affirm these gifts are firmly anchored.

---

Anchor the scrolls of weights and measures.

I affirm this is done.

---

Anchor the keys of the Alpha and Omega Melchizedek priesthood.

I affirm the keys of the Alpha and Omega Melchizedek priesthood are firmly anchored.

---

Anchor the highest triad of the Tree of Knowledge.

I affirm this is firmly anchored.

---

Anchor the divine seed of the Elohim.

I affirm these seeds are anchored.

---

Anchor the keys to the Father, Son and Shekinah universes.

These universes are firmly anchored in my consciousness.

---

Anchor the biological codes for the Christ race.

I affirm I am Christed now.

# Mahatma

## Merkabah Meditation

Larkhall workshop 6 September 1997

Okay, so we're going to work with our merkabahs and we're going to work with the Flower of Life. You might wonder what this has got to do with Mahatma. It's got everything to do with Mahatma. We've done a little bit of this star tetrahedron work before. What we're going to do is power up our star tetrahedrons and then hook our star tetrahedrons into the source of the Mahatma. Then, when we're bringing down the source of the Mahatma - well, this is the way I think it'll go, I'm not altogether sure of it, this is I think what they've been telling me - we're going to visualize what we need in our lives. Be careful what you visualize here because you're going to get it. Be focused with what you need and don't put too many provisos in how you're going to get it. Then we're going to overlay this desire that we need to manifest within our lives onto a holographic sphere. It doesn't matter if you can't visualize it, don't worry about it, don't try too much to visualize. What we're going to do is overlay the Flower of Life symbol over a globe and we're then going to overlay this Flower of Life symbol that's around the globe with what we actually need to manifest. Then we're going to plant that into our star tetrahedron system. And it doesn't take a lot of thinking through, does it, as to what the results might be. Manifestation of what you've implanted. That's why I say just be sure of your intentions. If you're not sure of your intentions then maybe it's better not to think about anything during that period of the meditation.

Okay. So let's start in our usual way, take some deep breaths and release the breaths. See the light, see the love, trigger the light. Just feel the whole of your body expanding. Feel your subatomic particles, your molecular structure, becoming activated with light, becoming activated with love. Now we're going to work with our star tetrahedrons, our static and counter-rotating star tetrahedron fields, so what I'd like you to do as you're breathing deeply, as you're breathing in, to just see, if you can, and feel, if you can, your counter-rotating star tetrahedrons and your static star tetrahedron becoming activated with this energy of love, this energy of light, the Mahatma energy.

Now take these counter-rotating fields up in speed. Maybe your counter-rotating fields are counter-rotating faster than the speed we're going to give you to start with but don't worry about that, don't slow them down, just wait for all the others to catch up, just wait for us to catch up with you. We're going to start off with three tenths the speed of light; I affirm my counter-rotating star tetrahedron fields are counter-rotating in a balanced way at three tenths the speed of light now.

Now affirm; I affirm my counter-rotating star tetrahedron fields are counter-rotating in a balanced way at five tenths, or half, the speed of light now. [Pause] Now affirm; I affirm my counter-rotating star tetrahedron fields are now counter-rotating in a balanced way at seven tenths the speed of light now.

Now affirm; I affirm my counter-rotating star tetrahedron fields are counter-rotating in a balanced way at nine tenths the speed of light now. [Pause] Now affirm; I affirm my counter-rotating star tetrahedron fields are counter-rotating in a balanced way at 9.99 the speed of light now.

Now I'd like you to focus on expanding the top part of your star tetrahedrons, which is a three sided pyramidal structure coming to a point, I'd like you to see, feel, visualize, this top part of your star tetrahedrons stretching onwards above your head, onwards and upwards multi-dimensionally, first of all connecting with the fifth dimensional Christ consciousness grid about 75 miles above the surface of your planet Earth.

This connection with the Christ consciousness grid, feel the love, feel these Christed loving energies flowing into your energy field and empowering you with the energy of love. Now see and feel the bottom point of this star tetrahedron connecting with the central crystal of Mother Earth. Now let us connect onwards and upwards to the Source through the multi-dimensional Christ consciousness gridworks.

These gridworks are crystalline and pulsating with the light and the love of these Christed energies and the Mahatma energies. Allow this Christed energy to flow into your energy system and remind you that you, each and every one of you, are Christed beings. Feel this Christed love, be this Christed love. Now build up your connection with the Source with the top points of your star tetrahedron. Just build that connection with the source of the Mahatma energy, Mother/Father/God. Allow that Mahatma energy to flow through your star tetrahedrons so as to immerse your subtle bodies and your body physical in these Christed loving energies and the energy of Mahatma. Unconditional love. Trigger the love, trigger the love, trigger the light, the light, the light, the love. Now I'd like you to see, beginning at the Source, this spherical Flower of Life symbol overlaid on a sphere or ball, a crystalline ball of love, a crystalline ball of light. Trigger the light. Trigger the light, the light, the light. Trigger the love. Trigger the love, the love, the love.

Now think of what you need to manifest in your life. Do you need to manifest love? Do you need to manifest abundance? Do you need to manifest truth, beauty, harmony? Do you need to manifest a combination of these? We will give you some moments to think about what you truly need, not what you think you need, to help you to become light and become an overflowing chalice of unconditional love. So now hopefully you've formulated your requirements rather than your desires, now overlay on top of this Flower of Life spherical symbol, and interweave with this Flower of Life symbol, your request. You can make this request by affirmation and then project this affirmation to the sphere. It is very simple, just affirm the intention. I AM that I AM. So, now that your intention is interlaced with your Flower of Life symbol, with each in breath see this Flower of Life symbol and the affirmations you have made growing and becoming bigger, becoming bigger, becoming bigger, and integrating with the whole of your star tetrahedron energy system. Remember that the top of your star tetrahedron is linked with the Source Him/Her/Self, and the bottom of it is linked with the central crystal of the Earth Mother. See this hologram growing with each breath, feel the energy of this hologram growing with each breath, through the love, the truth, the beauty, the harmony, the light, the abundance, whatever you have asked for; becoming bigger in your energy system, becoming stronger. This Flower of Life symbol is the seed blueprint for the whole of creation. Understand that through this seed blueprint flows the energy of everything. Through this method it is possible to create energy modulation through your desire and affirmation. Whatever you ask for now, you will get. Whatever you have asked for, you will get. So with each in breath, see this Flower of Life sphere, this holographic sphere, growing and growing and growing, filling your star tetrahedron energy fields. Don't worry if you don't know what star tetrahedrons look like, just see this sphere growing, see the hologram growing, feel the programming entering your energy system. Allow this affirmation to flow through your minds; I am now willing to allow... and then your personal affirmation... to manifest in my life now, in accordance with Divine Will. I AM that I AM. I affirm that I'm willing to allow the universe to manifest my needs without feeling a need to control them. I AM that I AM. I affirm I renounce all previous vows of poverty and strife. The AM that I AM. I affirm that I am truth, beauty, harmony, love and abundance now. I AM that I AM.

So now let us focus our attention on our physical bodies, and allow this energy that we have created and manifested to flow into our bodies physical and to program our cellular structure to openly receive those things for which we have asked. Feel safe in the knowledge that you will get what you asked. And now just allow it to happen. So you can move your bodies around and focus again into the room, open your eyes, move your hands and your arms around, wiggle your feet and your fingers and your toes. So, we can have a sharing now, if you'd like.

# Mahatma and Merkabah.

By Vywamus. Channelled by John Armitage at The Big Green Gathering, Wiltshire, England, July 1997.

Today is quite an important day and so is tomorrow. And when I say an important day a lot of people don't, ummm, a lot of people here probably don't remember the Harmonic Convergence in 1987. That was something that happened. People took part in it all over the world. It was very interesting at the time because most people didn't know what it was all about, but people gathered all over the place, in halls, in homes, in holy places. I remember I was in Glastonbury, up on Glastonbury Tor, and we were like penguins on an ice floe up on top of the Tor there were so many people, and I kept saying to people, "What's happening?" And people were saying, "Hey, it's Harmonic Convergence man." And when I said "What's that?", people said "Oh, I don't know man, something about harmonics converging, you know." And most people really just gave you that answer. Not many people knew what was happening. But in fact what was happening; this being that we know as Sanat Kumara was integrating his energy body, or his etheric body or his light body, with our planet, and Sanat Kumara, this being, is known as our planetary Logos. All planets have an energy which is known as the Logos, all universes, all galaxies. But anyway, Sanat Kumara is the the energy associated with planet Earth. It's very interesting, these Kumaras are actually traceable through history. In Hinduism there's a great philosophical work known as the Mahabarat and it's got numerous volumes, about a hundred volumes or so, I'm not sure I can't remember, but in there it talks about the Kumaras being the original sons of Brahma. In Hinduism Brahma is the Creator. It might interest you to know that Jesus, or this being that many people know as Jesus - he got that name in that part of his career known as his Palestinian ministry - some people seized on it and built up a whole control system around it, and of course that is Catholicism and the Church of England but we won't into that. And Sananda - this being Jesus, his real name is Sananda - we work with him quite a lot, but anyway we're diversifying.

The Harmonic Convergence went on in 1987. Also what happened at that time was, through this energy vortex, we actually brought new energy to this planet, an energy which we'd never worked with since Atlantean times. In Atlantean times we'd managed to bring this energy to planet Earth and the people of the planet, but the emotional bodies of the humans weren't actually developed enough to be able to really move into the focus of total unconditional love so we had to withdraw the energy. It had actually been withdrawn then from planet Earth until 1987. So then, in 1987, a vortex was created through the Harmonic Convergence at the same time as Sanat Kumara was doing his part of it. And this energy, we really didn't have a name for it at the time because we really didn't know if we'd be able to get it here and anchor it through this Harmonic Convergence. So after a lot of deliberation by these beings known as the Galactic and Ascended Masters, and we'll tell you a little bit about them in a minute, after a lot of deliberation between those guys and girls and the other people that were involved on planet Earth, we decided that we'd call this energy Mahatma. And I'm sure that most of you have heard this word Mahatma - you know, Mahatma Ghandi - and it's very commonly used in India. It means grace. So we decided to call this energy Mahatma because it's a very easy word to remember.

The science of working with energy is that the name is no different from the energy, which is why people chant mantras and that's why people chant prayers. They do it in Hinduism and in Christianity and all the rest of it, so actually when you chant on your rosary Mercy Mary, the energy of Mary is with you, and when you chant Hare Krishna, the energy of Krishna is with you, and when you chant Om Nama Shiva, the energy of Shiva is with you. And if you're doing healing work and you say sulphur 200c, well that's what you get in the energy. So you can see, the science of the word is no different from the energy. This is the theory behind it.

So we decided that this energy would be called Mahatma, as I said the reason being that it's a very easy word to say and it's a very easy word to remember. So the whole thing is to uncomplicated things. There've been many many complicated things put out in conjunction with

so-called spiritual life, and this thing we call en-lightenment, en-hyphen-lightenment, and it's caused a lot of confusion. But in fact the Mahatma energy is a very beautiful energy and the reason for that is that everybody knows there is a Creator Source. Some people just call Mother/ Father God, God, or they call God Krishna, or they call God Buddha or whatever, and that energy has always been present because that is the creative energy. But this Mahatma energy is the personal energy of the aspect of Mother/Father God which we call the I AM presence. All beings present also have an I AM presence, by the way. The I AM presence is often confused with the higher self, the overself or the oversoul or whatever but we're not going to go into that either right now. So this energy of the I AM presence of Mother/Father God is just pure unconditional love. And this energy, like all energy, has colour with it and the easiest way to perceive this energy is gold/silver with a hint of violet in it.

Well, today was the start of the 10th anniversary of the Harmonic Convergence, and people have been, since twelve o'clock midday in the United Kingdom or twelve o'clock midday wherever you are on the planet, groups of people have been gathering together and they've been meditating and they've been grounding energy. And on top of that there's also been the world-wide grounding of the Mahatma energy, and that's the first time it's ever happened on this planet in such a big way. Now when you ground Mahatma energy in a group, what we have is a multiplication by ten. Don't ask me how it works but this is the information that I get from the upstairs department. I know once, two years ago, when I worked with fifty people on the island of Jersey in a dolmen, that there was very definitely to me the energy of five hundred people. It was incredible. Afterwards people gave me feedback from all around the world that they felt it coming through the gridwork. Of course, we were working on a dolmen which is a very powerful energy line. So today we've actually had millions of people grounding the Mahatma energy, and I don't know what other people have actually felt today in themselves, but I know what I've been feeling is just this real big wave of unconditional love, and this real big wave of nice, what could you say, nice sort of chilling, laid back energy.

So we've told you a bit about the Mahatma. And also as well another thing to know about the Mahatma energy is that it's never ever been misused in any way, shape or form. All the other energies we have to work with on planet Earth have at some time or another been used to control people or to hold them in fear or to disempower them or whatever, all kinds of things like that. So most people, or a lot of people, have blocks in their cellular memory against energies and they can't work with it. But the Mahatma energy has never been subjected to that so people don't have a block against it either and that's what makes it so easy to work with. Well, what we're going to do to start off with before we start working with Sam and George, we're going to give you an experience of the Mahatma energy. We've said that it's very easy to work with but we're going to, instead of just doing a five minute meditation and affirm that we'll allow the Mahatma energy to flow through our hearts, what! we'll do is a whole meditation. We're going to work with our twelve chakra system. Most people don't understand or don't realise, a lot of people still think that we're only working with seven chakras or seven energy centres in our bodies. Other people have discovered we're working with twelve. Other people have discovered we're working with fifty, but what we really know now is that we're working with at least three hundred and fifty two chakras in various aspects of multidimensional time and space. But during this meditation we're going to work with our twelve chakras and this meditation will either make you stay until morning or you'll just disappear very shortly after we start. So it will be interesting to see what happens.

Well, what we're going to do when we do this meditation, we're also going to make sounds, and what we want you to do is, we want everybody to make sounds. When we make sounds through this one, we want you to make sounds, and we want you to make sounds of your own. We don't want you to make sounds in exactly the same tone as we're going to make through this channel. What we would like you to do is just go for your own note. Everybody has a vibration which will activate them and the idea of this meditation is to integrate the Mahatma energy into all the chakras and clean out all the rubbish and accumulated debris of centuries on planet Earth, and also as well to open up or activate this gland which is here in the chest called the thymus gland. Now the thymus gland is actually the true heart chakra in human beings. It's part of the misinformation campaign that the heart chakra is where the physical heart is. In most people, when you get to about twenty five, this thymus gland starts to close down and when it starts to close down it starts to produce, you could say very simply, death hormones instead of

life hormones. So also you start to lose the capability to be spontaneous and you start to lose the capability to integrate unconditional love because you don't have the equipment to integrate it through. Unconditional love is integrated through the thymus gland.

# MERKABA 3

**THE SCIENCE OF MERKABA Washataka Rhynie 25Th May 1997**

**Channelled by John Armitage**

We will speak briefly on the Science of Merkaba.

The Science of Merkaba is becoming well know on your planet. There has been building, or ones have been building control systems around this science of merkabah. This control system has been built in a way that has caused many ones to believe that they cannot activate their star tetrahedrons to produce this merkabah without complicated meditations and breathings.

These complicated meditations and breathings are very useful for ones who feel they need to be controlled in their spiritual work, in their expansion of consciousness. And these ones usually need some kind of format, or some kind of system to follow, otherwise they may feel that they cannot make any progress through their feelings of unworthiness, and also through their feelings of fear.

Now we would say to you it is time to lift this control and give you a very easy, simple way of working with your star tetrahedrons. We encourage you to sit and meditate upon your star tetrahedrons. To set up the counter rotational fields, to set up the counter rotation of your star tetrahedrons in a balanced and orderly way in conjunction with the energies of Love and the energies of Light; and to start working with this all you need to do is sit and affirm 3 times, 9 times 33 times, 108 times, however many times you wish in combinations of threes. That your counter rotating star tetrahedrons are counter rotating in a balanced way.

A useful piece of information for you is that you will never get these counter rotating star tetrahedrons counter rotating at exactly the same speed. This is because these counter rotations like everything else upon the earth is governed by the Fibanacci spiral. And the fractions that relate to the Fibanacci spirals. This is why you must affirm that your counter rotating star tetrahedrons are counter rotating in a balanced way.

For those of you who don't know anything what so ever about star tetrahedrons and merkabah, we would say to you that all things manifest have these star tetrahedrons around them; planets, humans, plants, crystals, houses everything that is manifest. Stones, rocks galaxies everything in creation. These star tetrahedrons hold the energy field in place through which creation takes place. You have three of them around your physical body. One static and two counter rotating. Your static field is out at the edge of your finger tips and the top point of that field is one hand's width above your head and the bottom of that field is one hand's width below your feet.

This is the same for everybody no matter how big or how small, how fat or how thin or whatever combinations there are prevailing in your body physical. Inside that space there is another two counter rotational fields which relate to your emotional and mental bodies. The star tetrahedron which relates to your emotional body relates to the right, and the one that relates to your mental body relates to the left. When you speed up the counter rotation of these counter rotating star tetrahedrons to the speed of light, light is the fastest thing in your dimension, when you speed up the counter rotation of these star tetrahedrons to the speed of light you may move multi-dimensionally. The fact is that you may disappear from 3-d.

If you are going to work with this technology get focussed, get focussed on where you want to go. Get focussed on where you need to go, because if you don't, you may find yourself in someplace in time and space, whether it will be in 3-d or higher dimensional reality you don't have a clue where you are and you don't have a clue how to get back to where you started from. Of course those ones who are adventurous, those ones who have a pioneering spirit in

consciousness will not be interested in where they are going, and also will not have an interest in going back to where they came from.

These beings are the true leaders in the revolution of consciousness, they are in the forefront of this movement into Light and Love. Most humans are fixed in the ideas that they live somewhere and that they always have to go back to this place and that this is the only place that they can be. That this is the only place that they can be happy, that they can only be happy in the third dimension. Those of you who are leaders, those of you who are making these trails into multi-dimensional consciousness will not always feel the need to return into 3-D.

We lay these choices in front of you, we tell you what is possible, we give you ideas with which you can work and what you do with them is completely up to you; because know that free will does operate on planet earth. This free will means that you can do it now, or you can save it for later. Free will brothers and sisters is an illusion. Free will has been given to you so that you may make choice- the choice of now or later. If you make the choice of doing it later, well therefore you will have the free will to have many adventure on the way. You will have the free will to be involved in many things, which you may deem to be pleasant, or you may deem to be unpleasant, the choice is yours. You have free will remember.

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Freedom is your birthright, and this freedom of which we speak is not the freedom of travel. It is not a freedom of going hither and thither, and moving from one place to another. That is the illusory freedom in 3-D. freedom is integrating with your I am presence, freedom is realising your multi-dimensional self. Freedom is utilising your merkabah and becoming a space traveller. With those words, we the collective consciousness of the Galactic and Ascended masters will leave you. We would like to thank this being Washataka for giving us the opportunity to speak with you, for giving us the opportunity to perhaps help to speed you on your journey to freedom. We came in love and now we go. We Love you and we care for you because of that Love. And we are always with you. Bless you.

CHANNELLED BY JOHN ARMITAGE

# THE SCIENCE OF MERKABAH

Washataka Channelled by John Armitage

Rhynie 25th May 1997

**We will speak briefly on the Science of Merkabah.**

The Science of Merkabah is becoming well known on your planet. There has been building, or ones have been building control systems around this science of merkabah. This control system has been built in a way that has caused many ones to believe that they cannot activate their star tetrahedrons to produce this merkabah without complicated meditations and breathings.

These complicated meditations and breathings are very useful for ones who feel they need to control their spiritual work, and their expansion of consciousness, these ones usually need some kind of format, or some kind of system to follow, otherwise they may feel that they cannot make any progress through their feelings of unworthiness, and also through their feelings of fear.

Now we would say to you it is time to lift this control and give you a very easy, simple way of working with your star tetrahedrons. We encourage you to sit and meditate upon your star tetrahedrons. To set up the counter rotation of your star tetrahedrons in a balanced and orderly way in conjunction with the energies of Love and the energies of Light; and to start working with this all you need to do is sit and affirm 3 times, 9 times 33 times, 108 times, however many times you wish in combinations of threes. That your counter rotating star tetrahedrons are counter rotating in a balanced way.

A useful piece of information for you is that you will never get these counter rotating star tetrahedrons counter rotating at exactly the same speed. This is because these counter rotations like everything else upon the earth is governed by the Fibonacci spiral. And the fractions that relate to the Fibonacci spirals. This is why you must affirm that your counter rotating star tetrahedrons are counter rotating in a balanced way.

For those of you who don't know anything whatsoever about star tetrahedrons and merkabah, we would say to you that all things manifest have these star tetrahedrons around them; planets, humans, plants, crystals, houses everything that is manifest. Stones, rocks galaxies everything in creation. These star tetrahedrons hold the energy field in place through which creation takes place. You have three of them around your physical body. One static and two counter rotating. Your static field is out at the edge of your finger tips and the top point of that field is one hand's width above your head and the bottom of that field is one hand's width below your feet.

This is the same for everybody no matter how big or how small, how fat or how thin or whatever combinations there are prevailing in your body physical. Inside that space there is another two counter rotational fields which relate to your emotional and mental bodies. The star tetrahedron which relates to your emotional body relates to the right, and the one that relates to your mental body relates to the left. When you speed up the counter rotation of these counter rotating star tetrahedrons to the speed of light, light is the fastest thing in your dimension, when you speed up the counter rotation of these star tetrahedrons to the speed of light you may move multi-dimensionally. The fact is that you will disappear from 3-d.

If you are going to work with this technology get focussed, get focussed on where you want to go. Get focussed on where you need to go, because if you don't, you may find yourself in someplace in time and space, whether it will be in 3-d or higher dimensional reality you don't have a clue where you are and you don't have a clue how to get back to where you started from. Of course those ones who are adventurous, those ones who have a pioneering spirit in

consciousness will not be interested in where they are going, and also will not have an interest in going back to where they came from.

These beings are the true leaders in the revolution of consciousness, they are in the forefront of this movement into Light and Love. Most humans are fixed in the ideas that they live somewhere and that they always have to go back to this place and that this is the only place that they can be. That this is the only place that they can be happy, that they can only be happy in the third dimension. Those of you who are leaders, those of you who are making these trails into multi-dimensional consciousness will not always feel the need to return into 3-D.

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## SILVER VIOLET FLAME

I AM Germaine, Keeper of the Violet Flame or, the Violet Flame with the added dimension of the Silver Violet Flame. Because, as times change and the vibrations go faster, the vibrations are accelerated, we have to add other colours to assist those that you've already been using.

Higher vibrations mean different times, so different cures and different methods are called for. So, the Silver Violet Flame. There are many things you can do with it. one thing you can do is you can get It to consume all your negative feelings and emotions. Just consign all that aggravates you in that way into the Silver Violet Flame. So, when you find your thoughts moving in directions that you don't want them to move in thoughts that are interrupting that flow of Christ Energy into your physical body. When you work out what these interruptions are and as time goes on, it becomes much easier for ones to do this, just consign them into the Silver Violet Flame.

There are also Mantras you can use. Of course, it only means that you have to add the Silver bit to the Violet Flame Mantras, the most useful or easiest many ones find to use is:

I AM a Being of Silver Violet Fire. I AM the purity God desires. Now, I give this Mantra to you to use in your daily lives for several reasons. One is that this is a Cleansing effect. You could say that the Silver Violet Flame Mantras are Spiritual antiseptics. You can flood your consciousness, your minds, your physical bodies, with this spiritual antiseptic and ALL will become clean. But, if you chant this Mantra in the mornings when in your bath or on the loo, you will find that it brings the Silver Violet Colour, the Silver Violet energy into your space, into your living room and of cause, this heightens the vibration. We're not suggesting you take up this system of chanting on beads or an exact number of these Mantras every day and taking it up as a discipline in that way.

Although if you are going to take up the chanting of Mantra, if you chant this Mantra day after day, this is one Mantra that is very worthwhile thinking about. But just use this Mantra in your daily lives, chant it a few dozen times a day and you will find that every thing starts to become Silver Violet. The vibration gets into the walls of your house, into the metal work of your cars, into the metals of your jewellery, into your energy system, both physical and spiritual. You will actually start shining Silver Violet!

So, we could chant a few repetitions and see the vibrations. I AM a Being of Silver Violet Fire, I AM the Purity God desires, I AM a Being of Silver Violet Fire, I AM the Purity God desires. I AM a Being of Silver Violet Fire, I AM the Purity God desires, This is very good because many are putting the emphasis on ' I AM', because the important part of this Mantra is I AM. The important part of the Ascension process is realising that you ARE the ' I AM' Presence.

So use this Mantra in your daily lives. It need not take up much time. No need to put hours into it. Use it as a matter of course. Allow it to flow into your consciousness.

Allow your voice to speak it. It is better spoken out loud and with intent because, saying it to yourself, although it has an effect on your physical body, your four body system and what can be termed your Spiritual Body, you are not having an effect on everything that surrounds you. So when you think about how much Service you can do for creation just by chanting your Mantras out loud (because the business end of the mantra is the vibration of the Mantra) so you will be affecting everything around you. So when you get into these situations, as well as using the Protection of the Pillar of Light of Archangel Michael. use these Silver Violet Mantras. They will help to bring nice high vibration Energies into your space.

Any questions? A deep heartfelt 'thank you' to all from.... ... There's no need to thank us, that's our job. We accept your thanks with Love but all the time, there is no need to thank us because we are giving you Service from the heart with unconditional Love. It is because we love you, we give you the Service. I do take your acknowledgement and accept your love, thank you.

So again, I say to you that you can use this Mantra out loud but also you can meditate with this Mantra, which will trigger your mind into meditation. Then meditate on this Silver Violet Flame.

I have now with me, some helpers to help put the Vibrations and energy of this Silver Violet Flame into your working space and now you have chanted a couple of rounds of this Mantra, some of you if not all of you, must be seeing this Silver Violet energy that is building up within the space. We are putting it too into this small Stargate and spreading it into the room. So, just take some time to think about this Mantra. Ground it within your bodies and your consciousness and bathe yourselves with the lovely Vibrations of It . . . You must all now be feeling in your physical bodies, this Raising of Vibrations. This is a reasonably Energetic day on many levels so of course on the second day, many are feeling the results of that. Many feeling somewhat disorientated, feeling somewhat tired but you see, there IS a heightening of Vibrations here.

So, use this in your daily lives, use It to transmute situations that are undesirable to you.

You can also as well, leave this Violet Flame behind you wherever you go. You can bring down the Fire and install It in many Places. Install it in the streets of your towns, on the roads of your Island, in the energy Points of your Island. It will be there then for the transmutation of all, not only of the human but the animals, the birds.

Work with these instructions. We love you.

Channelled by :JOHN ARMITAGE

## The Love empowerment

The Love empowerment was founded by Mark Apollo Scot a U.K. spiritualist and reiki master who was until recently co-owner of Expansion reiki but has left to continue on his path. We have much to thank Mark for on here and not least the Love empowerment. This empowerment is the love of God and is a very subtle energy working on the personal levels of you and is excellent for relationships with anyone. The beauty of this empowerment is that it can be sent without consent and can be used for anybody with good results. I was once asked if you could get negative energy from this but the answer to that is, we all want love and would not knowingly refuse it and it is not reasonably possible to send love and add to it 'oh and by the way could you please break your leg also'.

The Love empowerment is normally sent for 1 day, 3 days, 5 days, 7 days, 14 days, and 30 days. Once you have received the complete series it is possible to send the empowerment yourself to others with exceptions. I have been asked the question about the possibility of using this without the full series and in discussion with Mark we agreed that as with many things, it depends on your connection with the energy and faith in yourself.

Mark was very specific with the wording when sending this though as he states this is way he received it. When sending it you should use the words and intention (also the written words for others to read if you are giving them notification) as he requested as follows.

"Dear God, i would like to send the Love empowerment, direct from the source and in it's purest form only to ##### as a glad free gift. This empowerment to last #####days."

Be aware this is not an attunement but an empowerment to another person to receive this energy for their highest good. If sending this to people whose energy/spiritual levels are not high enough, then they will not be able to send this themselves. I use this regularly daily on group and off as every corner you turn seems to find a need for it. For emergencies it is ideal to send for 5 or 7 days. This is excellent for relationships between husband and wife, families, miserable grumpy bosses. The list is endless. I hope this clears up any questions you may have but if not please ask.

L&L, dave

## Other Rays and Energy Streams

The following energy streams and rays are used in PSA (Personal Spiritual Alchemy) and MS-REM (Super-Reiki). We also apply them in Advanced Mahatma Reiki Ascension.

Just intend to connect to each energy stream and ray. Intend to receive healing from them, to receive blessings, attunements and initiations in each one of them and intend to pass these energies to others in every healing session. This is enough. No symbols or complex procedures!

“I ask to be attuned in...(state the energy stream / ray)”

- \* The Sacred Order of Melchizedek
- \* The Paramatman Ray
- \* The Order of Enochian Magic
- \* The Kabbalah
- \* The Divine Transfiguring Love Ray
- \* The Christ Consciousness Server

“I ask to receive healing from... (state the energy stream / ray)”

“I am now sending the energies of ....(state the energy stream / ray) to.... (say the name of the person) to bless him/her and heal him/her for the highest good of all”

## THE SACRED ORDER OF MELCHIZEDEK

This ancient Priesthood, mentioned in the Bible, is a very esteemed lot indeed. Many of them live on Earth today. It is believed that their membership also includes enlightened beings from other star systems in this and other galaxies. In preparation for the work to come, they are in conscious contact with beings who, like our earthly Christ, have attained Christ consciousness. Many are congregating around Earth on the inner planes. They hold keys to the transformation of this planet. Blueprints are given to these beings, as they are the builders and planners for the coming age of peace. Their actions are impeccable.

Many Earth educators and high government officials are part of this exceptional group. They have a high light quotient and an integrity one can trust. They are said to have started their re-education through inner journeying into the great pyramid of Egypt on the etheric plane. Their plan is to bring through the ancient architecture of our energy field that some believe was known and practiced in Atlantis. When we complete the construction of this energy body, we will be able to travel in it anywhere. Another of their projects is to develop energy technologies that will be ecologically sound.

Several levels of changes are required before the ascension portals can open on Earth in 2012 as prophesized. The Melchizedek Priesthood is duly prepared. The insignia of this group is the Phoenix. All advanced members of this priesthood have completed subtle-body spiritual energy circuitry which appears, to the seer, as wings. The universal being known as Melchizedek is the overseer. His universal harmonic is toned "EL-RA". When we chant EL-RA, we are invoking his essence.

El Morya (chohan of the the first ray) is the Master ensuring that all members of this community come together. This Master has lived all phases of earthly life and is a very astute being of light. His demands are many. The rewards he proffers are even greater. All who dare to be in his presence learn respect, humility and self-discipline. Under this foundation many wondrous communities of light are being built

## THE PARAMATMAN RAY

This light enhances and strengthens all the other rays. Unlike the other ray energies, this light is not a healing frequency. It does not come through the hands to heal others. It is purely for one's own healing process and spiritual development. As an aspect of divine intelligence, it will go to the level it needs to work on within you, releasing blocks and dissolving barriers to higher consciousness. How it is experienced is unique to each individual. It increases your capacity to hold the light.

This, one of the highest, purest frequencies available on Mother Earth. At the present time, it is usually only given by an Avatar, Mother Meera for instance. However, even this is now changing. Collective ascension is accelerated beyond the beyond the beyond now! Beyond the collective experience of seeming separation, we are all Avatars and will realise this eventually. When Susie was first awakened in 1992, she was in conscious contact with a team of superluminal beings of light. They told her that she was a 'Director of the Rays' and would be able to channel from 'Source'. She shares this divine inheritance with you now in total humility and divine unconditional love.

## THE ORDER OF ENOCHIAN MAGIC

These are the divine alchemists of the Universe. They are under the direction of our beloved Archangel Metatron who holds the key codes to light synthesis in the human vehicle as well as Mother Earth. All the electronics and chemical components that will be the new building blocks of the New Age come under the close scrutiny of this order. Those who work with alchemy will endure perhaps the strongest testing of all three groups. Those in this order hold the great mystery that is beginning to move into all society. It is time to prepare the magic and the myth, and once again turn it into the reality. As more people are able to handle the pure power of alchemy, the classes of this group will start to rebuild. Instantaneous thoughts are manifest at this level. This will come in with the "fourth electronic body of the Adam/Eve Kadmon". Only when we have become so pure that not even an impure thought can arise in our minds, will we be capable of rightly wielding the powers of instant manifestation.

St. Germain is seeing to the guardianship of the Enochian energy. We who are working with the ascension energies are seeing various examples of rapid or even instantaneous manifestation. This is perhaps the most recognisable example of the new dispensation beginning. This is instant pure thought-form of creation. With it, we can also manifest and create horrid visions of our fears. Therefore, we have to successfully complete all the planetary ascension initiations, be holding a high frequency of light, and "permanently wear the violet robe" before it will be safe to instantly manifest everything we think, feel and say. Initially, one will move in and out of this higher frequency and be more or less able to manifest. But as we evolve, there will be a level when the higher magic truly begins.

## KABALLAH HEALING NOTES

The Kaballah is one of the most ancient forms of mysticism. These teachings form the basis for the Mystery School of Judaism, which is often referred to as the root religion.

Simplified, it teaches how the Universe was formed through ten stages. On a more practical level, it teaches how to access different levels of our own consciousness so that we can tap our personal energies and the energies of the Universe more effectively. This is why I choose to embrace these sacred wisdoms into the PSA energy mastery programme.

The Tree of Life is the focal symbol and image for working with the Kaballah. It is an image with ten levels, each level representing a specific level of the unconscious mind. Each sphere or sephiroth as these levels are called is also connected to different physiological, creative and metaphysical processes, which I will explain with examples later on during this body of work. Each of these levels has come to be associated with many different attributes, including specific colours. This system of attributions is used to reprogramme the unconscious and then the consciousness of the disciple. Used daily it triggers certain responses within the 4-8-12 body energy system which restore harmony and balance the total being in a fast-track manner. Eventually, if embraced as a daily discipline, it will precipitate full Higher Self and then I AM presence merger. This is integrated ascension.

A tree is an ancient symbol that is easily adapted as a metaphor for the human condition of health. The tree represents things that grow and evolve. It is the bridge between Heaven and Earth. Like the roots and trunk of the tree, humans have their health foundation and their 'disease alert system' in the physical body. As we have already learned in PSA I, we must also take into consideration the health of the subtle energy bodies, namely, the etheric, mental, emotional and spiritual energy fields which surround the physical body. We cannot just focus on the physical body or the roots of our tree.

Trees must be pruned to bear fruit. They need good soil, clean air and water. The trunk and the higher branches are just as important to the overall health of the tree as the roots. A tree is vulnerable to disease from bacteria, parasites, toxic substances and other sources. Such toxins eventually work their way down from the upper branches into the root system. All of this affects the tree's ability to bear fruit. The same is true of humans! If we don't keep our spiritual, mental and emotional energies balanced and clear, imbalance will eventually manifest in our physical bodies as disease. We must learn to work with our energies on all levels.

Different levels of the unconscious mind control and mediate different energies of the body. There are ten levels in the Tree of Life and each is a symbol of a level within the unconscious mind. Remember that in the average man in the street, 95% of his overall consciousness is unconscious. Each level or sphere controls and directs certain physiological processes of the body, whilst also simultaneously mediating other more universal energies. These more universal energies, of which the Melchizedek Synthesis ray is one of the most powerful, include the play of planetary forces in our lives, contact

with other dimensions (including the Angelic hierarchies), together with various creative and intuitive functions of the higher mind.

As we use these teachings as a construct or framework and consciously activate and access these levels, we consciously control our health — not just physically, but mentally, emotionally and spiritually too. Practicing to consciously open up these levels of the unconscious will trigger special healing effects. It will not only directly influence various body functions or dysfunctions, but it also awakens understanding of the metaphysical stimuli behind the problem.

## THE DIVINE TRANSFIGURING LOVE RAY

‘We have all heard of the power of love and we are well aware of its influence in our lives. However, the infinite power of this new frequency of the Divine Transfiguring Love Ray is beyond our conscious comprehension right now. This is a frequency of Love that was previously unknown in any system of worlds. It is a Love that has been pulsating in the Great Silence of the Permanent Seed Atom in the very Core of Creation since the beginning of all time...’ -Patti Cota Robles

This love has been patiently waiting for the collective consciousness of Earth to sufficiently raise itself in vibration in order to be able to channel this divine new ray. We are those pioneers of light! As we wake up to this new frequency of love and learn to channel this ray, we will raise our vibration and therefore, the collective vibration. As we are successful, millions of souls on earth will no longer be in danger of missing the ascension onto the next octave of evolution. Every 2,000 years we move up an octave of vibration. We are nearing the end of the sixth vibratory elevation in vibration. When we enter the seventh level, we will ascend to the next octave of evolution. We stand now on the threshold of becoming light in the etheric realms – like the angels. Remember, do not look outside of yourself for the leader!

Every single heartless, depraved, mean, selfish, abusive, corrupt, unethical, destructive, greedy, violent, ignorant, hateful thing the negative ego mind manipulates a person into doing or being is based in the distorted consciousness of separation, fear and the lack of reverence for life. In this ray’s divine energy, we find the extra potential we all need to transform this old patterning once and for all.

All the Ascended Masters, Angelics and Elohim (the three lineages of light in the highest realms of illumined truth) have revealed to us the magnitude of what this transfiguring divine love is capable of accomplishing. Their remarkable revelations are designed to open our hearts. Together with the new holy grail circuitry of MS-REM, to motivate us to help in accomplishing collective ascension. This can be done easily, painlessly and effortlessly if you release all hidden agendas and personal attachments, and choose to surrender to this divine purpose.

This previously unknown, newly activated ray of transfiguring divine love is pulsating with patterns of perfection from the causal body of God. The Earth has never before experienced or even dreamed of this. These patterns are encoded with a divine intelligence (Paramatman light). This intelligence is capable of discerning and revealing to each person the experiences, beliefs, attitudes, fears, erroneous thoughts, words, actions and feelings they are utilising to support their distorted belief system. By comparison with these patterns of perfection, one becomes able to identify the perverted thought processes of the negative ego, the ones that are used to justify the person’s willingness to harm another part of life. The patterns contain codings that reveal how the individual derived the inaccurate belief system of separation, lack and limitation. Through the light of divine intelligence and truth, these codings also expose the fears that propel each person into a desperate survival mode. These fears are what enable one to willingly harm another person, place, condition or thing in order to get what he or she wants.

This new ray of transfiguring divine love identifies and reveals to each person the errors and distortions in their belief systems. It also gently activates the genetic codings of divinity with the person's heart flame. When we thus become aware that we (and all others) are God, our patterns of taking from others, indeed the very foundation of all our behaviour, is called into question and subsequently changed. After all, if I perceive that you and I are one, how can I continue to steal from you and feel good about doing so?

This new ray of transfiguring divine love contains codings that open up and awaken us. This reveals how we derived our inaccurate belief system of separation, lack and limitation. The codings also expose, in the light of divine intelligence and truth, the fears that propel each person into a desperate survival mode. When we see this, we understand how we got off track and why we are willing to harm another person, place, condition or thing in order to get what we want. We do it because we think we are separate from others and threatened by them. And we do it, because we esteem ourselves by the prey (the job, the mate, the money) that we stalk and capture.

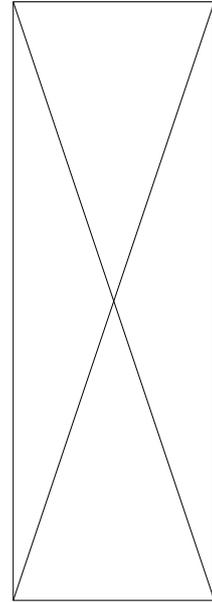
The codings contain the immaculate concept of the person's true God-reality as a beloved son or daughter of God. They contain the divine truth of oneness with all life and our purpose and reason for being here. After working with this ray for even a short period of time, it becomes impossible to quit the higher path. Repeating and reliving all the old patterns of negative ego causes such anguish that one simply must change and evolve new behaviour patterns in harmony with one's new perception of the truth.

## THE CHRIST CONSCIOUSNESS SERVER

Christ consciousness servers are the warriors whom symbolically “take the sword” and lead the pathway. They open up all “houses of spirit”. They have let go of the old and operate now to establish new thought forms and paradigm shifts. Those who work in this realm are often a thorn for the old establishment. Who says you cannot buck the system? These legions of light move with a long-unseen efficiency and strength to break through the old. Imagine the strongest Ascended Masters standing in the front lines. This is the job of a Christ consciousness server. Archangel Michael oversees this group. Once Masters are mature enough to handle the sword of truth, they carry this great power. Their sword of truth cuts through all ignorance. Sananda (Christ), in his role as the Messiah, is the master guiding these groups on Earth. Look to his example and you will see the magnitude of the coming changes.

## Entity Release

Many times, astral entities will intrude on our fields. Whether conscious or unconscious, we make agreements with them when we have moments of fear or need. These entities will attach themselves to us, usually promising some aspect of ourselves comfort in exchange for living vicariously through us. These exchanges are almost never worthit, as the astral entity is just as subject to distortion and the illusion of polarity as are beings of the 3rd Dimension. They often feed onaddictions of various types, be they for substances or people. Some really enjoy anger and violence, and will spur arguments and feed off karmic situations, adding to the intensity of the karma. Sometimes, relationships between people are actually relationships between the entities attached to them! It is always of benefit to release these beings into the Light, so that they can move on to their next stage of development and you can be free of their influence. The Entity Release is a good practice in any "Spiritual Hygiene" program. Some people do the Release on a regular basis, just to be sure no entities have "sneaked" into their fields. *Please be aware, you can only release any agreements that you yourself have with these entities. You cannot release agreements for other people.*



**Entity Release** - From the *Tools for Living Heaven* tape set

Call for assistance: "Archangel Michael please bring down the tunnel of Light. Ariel, Azrael and Aru-Kiri, please assist.

"I break any and all agreements or contracts, both conscious and unconscious, that I have made, anyone in my body has made, or anyone in my genetic lineage has made, with any astral entities, negative thoughtforms or emotions, demons, dark forces or boogies. Please go into the tunnel, we will take you home."

From the moment you begin an entity release, assume that feelings or thoughts may not be your own. Boredom, spaciness, resistance, "this stuff never works", anger, aches and pains, and grief may all be coming from entities. Identify them and send them on i.e. "entity holding resistance: go into the Light!" Toning is very helpful to ease their release. When you feel clear or lighter, ask Michael to take the tunnel back to the Fifth Dimension.

## **The Triple Grid** - From the book *What Is Lightbody?* and *Tools for Living Heaven* tape set

This is for keeping areas like your home, workplace or car energetically clean. In the Triple Grid technique you ask the specific group to set up their level of the grid, designating the geometric shape, size and location. Spherical grids are the most stable and easy to maintain, so we suggest working with this geometry for most everyday applications (such as around your home, car or workplace). You will want to renew the grid weekly or when ever you notice the energy getting funky.

"Legions of Michael: grid level one, spherical, my house. Destroyer Force Angels: grid level two, spherical, my house. Circle Security: grid level three, spherical, my house.

"Destroyer Force Angels: please spin your grid, spinning out astral entities, adverse electromagnetic frequencies, fear, disharmony, anger, adverse astrological influences, expectation, frustration, viruses, fungi, bacteria, worry, astral distortions, miscommunication, sadness, enemy patterning, scarcity, loneliness, karmic monads, and anything that distorts the spiritual signature or clear communication with Spirit. Spin out anything that hasn't been mentioned in this or any other language, but which you know needs to leave the space at this time." (These are just a few suggestions. Fill in whatever is needed according to your situation).

When the clearing feels complete, continue with, "Reverse spin, same stuff." When that feels complete, end with, "Stop spin. Thank you."

"Legions of Michael, please infuse your grid with the energies of Grace, Purity, Faith, Hope, Peace, Liberty, Harmony, Love, Mercy, Alpha/Omega, Rapture and Victory Elohim. Infuse with love, intimacy, the Unified Chakra, being centered, clarity, full connection with Spirit, tolerance, clear communication, health, wealth, following Spirit without hesitation, mastery, sovereignty, living Heaven, and anything else that hasn't been mentioned in this or any other language, but which you know needs to be in the space at this time. Please seal your grid. Thank you." (Again more suggestions. Fill in whatever you need, according to your situation.)

"Circle Security, realign your grid to harmonize with upper-dimensional gridworks. Release all distortions and parasites on the grids. Infuse frequencies for clearer communication with Spirit. Seal grid. Thank you."

The Triple Grid can be done around a location without you being physically there. Try doing it around the mall, the courthouse, the grocery store or the post office, before you get there. Remember that it cannot be used to manipulate others; it just makes particular energies more or less easily available. This is a very versatile technique. We have given you the everyday applications. The spherical geometry is very stable and easy to maintain. Live in it all the time and it will be easier to live Heaven on Earth.

The Triple Grid should NOT be used around your own fields, as the speed with which the Destroyer Forces spin might cause your own fields to fray. (See the Triple/Quad Grid: Individual Field Version for a

technique to grid your own fields.)

## **"Quad Grid" Version**

This is an expansion of the Triple Grid, where you request assistance for dealing with the electromagnetic anomalies and surges that are currently very active on the planet. As the planet approaches Zero Point magnetics, electromagnetic surges are very common. This addition to the Triple Grid will help you keep your fields healthy through the planetary shifts.

The Ze'Or Continuum is a group of beings who originate from another universe. They are pure-energy beings, and they are the sentient embodiment of physical forces, such as gravity, electricity, magnetics, thermals, etc. They have come to assist Earth and her inhabitants through the electromagnetic shifts we are experiencing preparatory to Zero Point. They are always available to assist upon request.

Basically, you request the Triple Grid as normal, adding a line in the beginning: "Legions of Michael: grid level one, spherical, my house. Destroyer Force Angels: grid level two, spherical, my house. Ze'Or Continuum: grid level three, spherical, my house. Circle Security: grid level four, spherical, my house."

Proceed with the grid, requesting the Destroyer Force Angels to spin their grid, the Legions of Michael to infuse it. Then, you request the following:

"Ze'Or Continuum, please set your grid for harmonization and optimization of electrical, magnetic, and gravitational frequencies. Please ensure that my fields remain harmonized with all of the electronic and mechanical devices in my space, and that I and the devices in my space remain harmonized in frequency with any electromagnetic surges, ley-line activity, Schumann Resonance, and any other electro- magneto-gravitational events and conditions occurring in this area. Thank you."

You then request Circle Security to seal the grid as normal.

For a quick EMF adjustment, such as when you are working near computers and other electronic devices (including the chips in your vehicles, pagers, cellular phones, cordless phones, etc.):

"Ze'or Continuum, please assist: please harmonize the frequencies of all electronic devices in my space to my fields."

## **Triple/Quad Grid: Individual Field Version**

"Legions of Michael: grid level one, spherical, my fields. Grace Elohim: grid level two, spherical, my fields. Circle Security: grid level three,

spherical, my fields.

"Grace Elohim: please fill your grid with your energies, releasing astral entities, adverse electromagnetic frequencies, fear, disharmony, anger, adverse astrological influences, expectation, frustration, viruses, fungi, bacteria, worry, astral distortions, miscommunication, sadness, enemy patterning, scarcity, loneliness, karmic monads, and anything that distorts the spiritual signature or clear communication with Spirit. Release anything that hasn't been mentioned in this or any other language, but which you know needs to leave my fields at this time." (These are just a few suggestions. Fill in whatever is needed according to your situation). Then, "Spirit: I ask you to release all energies, entities, thoughtforms, emotions, cellular memory, orientations, pictures of reality, devices, intrusions and effects in my body and fields that are not of my core Divine essence, NOW!"

When the clearing feels complete, "Thank you."

"Legions of Michael, please infuse your grid with the energies of Grace, Purity, Faith, Hope, Peace, Liberty, Harmony, and Victory Elohim. Infuse with love, intimacy, the Unified Chakra, centeredness, clarity, full connection with Spirit, tolerance, clear communication, health, wealth, following Spirit without hesitation, mastery, sovereignty, living Heaven, and anything else that hasn't been mentioned in this or any other language, but which you know needs to be in my fields at this time. Please seal your grid. Thank you." (Again more suggestions. Fill in whatever you need, according to your situation.)

"Circle Security, realign your grid to harmonize with upper-dimensional gridworks. Release all distortions and parasites on the grids. Infuse frequencies for clearer communication with Spirit. Seal grid. Thank you."

The Triple/Quad Grid, Individual Field Version, is a good one to use when you're outside, when you're travelling between gridded spaces, or anytime you feel you need to get clearer. It can be infused into a crystal and worn around your neck or on your person; when you feel like renewing the Grid, just request the deva of the crystal to "Renew Individual Grid." You might need to do a full version once a week- otherwise, renewing it one or more times a day can be done as outlined above and is still effective. You can also add the optional Ze'Or Grid, as outlined in the Quad Grid section of the "Triple Grid: Field Version", above.

## Vow Break

I rescind any and all vows & contracts I have taken, anyone in this body has taken, and anyone within my genetic lineage has taken pertaining to:

I now declare these vows & contracts null and void in this incarnation and all incarnations across space and time, all parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all source systems, all dimensions and the Void.

Spirit, please release all structures, devices, entities, orientations or effects associated with these vows & contracts.

**NOW!**

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**VOWS:** \*Going to sleep and forgetting who I am, \*Participating with limitation, \*Making limitation Real, \*Not following Spirit, \*Not trusting the movement of Spirit, \*Denying karmic interaction, \*Not recognizing karmic monads, \*Using karma for intensity, \*Using polarity to search for oneness, \*Resisting Divinity, Infinity, and Ecstasy, \*Upholding the original Prime Directive of Survival: procreation, territoriality and defense against the enemy, \*Holding childhood imprinting in place, \*Resentment, anger, unforgiveness, pity, martyrdom, manipulation, coercion, collusion, and conditionality, \*Denying the mastery of myself or others, \*Denying the sovereignty of myself or others, \*Not recognizing or using divine law and principle, \*Keeping chakras and lower bodies separated, \*Vows to ignore a given chakra or body, \*Resisting vertical, transpersonal positioning, \*Resisting communion with Spirit, \*Resisting full embodiment of Spirit, \*Parasites, fungi, bacteria, microbes, mycoplasma and/or anything else which feeds upon my bodies or beingness which are not in alignment with my highest good...

## Improving and Learning to use your Psychic ability

There are several techniques to opening your psychic ability. In my opinion the most successful way is based on clearing your chakras and opening up the pathway to allow your life force energy to rise all the way to your upper chakras more completely. The life force energy is your Kundalini energy it is based in your root chakra. This energy is the vital force for everything living it is the Earth energy. I base my techniques on some energy manipulation and chakra cleansing methods. I also use some traditional methods but the unfortunate thing with the traditional methods is that they make it sound as if it is easy to achieve Sylvia Brown status quickly. It is not easy it takes some time the first goal you should have is to work on releasing the blockages you have that are causing this lack of flow to the upper chakras. It takes a lot of healing and time to open your centers you have to be fully dedicated. It all begins in the lower chakras and as you release blocks more energy will continue to rise upwards.

While true you can easily increase your intuitiveness by just meditating and calming your mind if you want to achieve full awakening the only way to do so is by the harder and more time consuming methods I will talk about. Besides having a clean energy pathway the other more important factor is to raise your vibrations. The spiritual realm is at a much faster vibration than most people can perceive on a daily basis in order to connect with the other side, you must raise your vibration. If you are communicating with a spirit they will lower their vibrations it is a way to meet in the middle. Now do keep in mind if it is a spirit you are trying to communicate with they will connect with you if they have a need otherwise they will probably not even be noticed by you.

Many people have natural abilities already which means that their centers are already a bit more opened than others. We all have areas, which we are stronger with more than others. Some may be more intuitive others may be clairvoyant or clairaudient. You can work on your intuitive ability while you work on healing. I recommend you do them both because it is a learned ability to open your senses and to understand the messages you are receiving.

First thing I am going to cover is the chakras and their functions. I will begin with the lower and work up to the psychic centers. I will also talk about the colors known for each chakra. Each chakra has a certain vibration, which emits a certain color. The color has significance when doing psychic healings.

The root chakra or Kundalini chakra is where it all begins. This is the vital life force energy that all living things contain. This is the Earth energy or Mother Goddess energy it is the energy that is based in the center of the Earth. This energy is what gives us our physical roots and anchors us to the physical world. The color is red and it is a very aggressive energy. This is our survival instinct it is where we store all of our issues pertaining to insecurity, shelter, food and financial issues. While this is an important chakra to unblock it is also one to be gentle with because your Kundalini is a very aggressive energy and an awakening is not an easy thing to deal with. When working with the root chakra it should always be known that there are risks involved. While it is not life threatening physically it can be very emotionally threatening if you are not prepared to deal with it. Just go with your instinct on how much to work with this chakra and do take it easy.

The second chakra is your sexual center. This is also one you might want to take it easy when you work on it can cause problems for you if it contains too much energy. This chakra vibrates the color orange.

The Psychic centers are as follows if there is a block in any of these lower centers the energy flow upwards to the upper centers will be limited.

The solar plexus is said to be the seat of the soul. From the solar plexus comes intuition. This chakra is the one responsible for your astral travels. The blocks in this chakra are fear and power based. This is the seat of your inner child also you hold all your childhood trauma in here and it is full of all the fears you ever had.

The Heart chakra is your Empathic center. This is where you feel all emotions and pick up others feelings as well. If there are blockages there they usually pertain to sadness, grief or anger.

The Throat chakra is the clairaudience center where we hear all things spiritual. Blockages there will be mostly from the times you want to speak out but you don't. Many are past suppressed emotions from keeping your words to yourself.

The third eye of course is the clairvoyant center. The third eye chakra is where you do your truth seeking for your real spiritual identity. The problems and blockages occur when your solar plexus and heart are blocked because this is where you become resistant to finding the answers of your identity. It is based on inner child problems or emotional blockages keeping you from fully opening up to all that are around you. This is why so many people have closed off third eye's it is all about, facing up to the truth and as we humans know the truth can be a bit scary.

The crown chakra is the spiritual and all knowing chakra it is where you connect to the divine source. If there are blockages there they pertain to your spirituality and issues you may face regarding this.

I think that the N.E.W energy techniques listed on <http://www.astralpulse.com/guides/new/new.htm> are by far the best techniques to use. <http://www.astralpulse.com/downloads/downloads.htm> if you want the downloadable version go here ☺ these are some very powerful techniques so hopefully they will really help you.

## Connecting

To work on your connection to the spirit, it is always most important to raise your vibrations. I recommend meditation of some form, anything that allows you to clear your mind and relax. To really increase your vibration levels use meditation but also add other methods too it also. Reiki may work for you as the best way by simply stating that you would like to allow the energy to flow. Or you can use the mantra OM it is very powerful at raising your vibrations only say this until you feel comfortable if you over do it it can get you over buzzing. Some people also use prayer to raise vibrations whatever helps you connect the best. It is not a necessity to do this but I find I can connect much better when I do this. If you visualize white light with your

third eye it really increases your vibrations and adds protection also. I have had some beautiful experiences doing this.

## **Once you are connected**

Once you are feeling pretty connected just relax and allow the feelings and any visions to flow. Some people may see colors and patterns, some may feel or hear things. Most people have some level of Clairvoyance, they just are not aware of their abilities. When you are lying in bed at night in the dark you often see patterns of energy or colors or even see visions in general but most instead of exploring them will shrug them off as nothing. These are messages the energy patterns and swirls and colors are among the most common. If you see an item or a person pop in your head that came from nowhere these are also messages explore don't ignore. It is common to see in your mind's eye there are some that can also see externally with eyes open.

Some people will also have feelings when they connect psychically either emotions (feelings of joy and bliss or fear) or they may have a sense of knowing about things. This is common don't pass it off, learn to trust yourself. Eventually you will learn the difference between your higher self and your subconscious but it takes some practice.

Clairaudience may also be a strong point for you. Many people with this ability will start off just having a buzzing or pressure feeling in their ears. Like all the other psychic abilities takes some practice to become efficient at using. Rome was not built in a day and this works very much like psychic abilities. Some may hear in their mind and some may actually hear externally.

You may also notice some clairance this is the sense of smell. Every spiritual body including our own has a scent. While you are meditating or working with energy it isn't that unusual to smell your own spiritual body. Usually all white light beings such as us will have a smell of something very nice such as sweets or floral scents. Not all people can smell these but you may be one that can.

If you don't start out with one of these abilities don't worry the whole point of clearing your pathway is to work on opening and developing these abilities.

If you have ever noticed a sense of de ja vu or thinking of a song right before you change the radio station and finding it playing. These are examples of all the times you have unknowingly used your connection. Empathic ability is a very common way to connect also do you pick things up about people? Do you seem to be able to feel what they are feeling or know what is inside them as far as fears and angers?

There are many different levels of all these abilities practice really does make perfect and it can take years or months depending on your level of natural ability. I do believe that we all can connect it is our God Given Gift to do so but most of us close it off at an early age. Society seems to dictate that the physical here and now is all that matters but there is so much more out there.

## **Astral travel and dreams**

Another common way to connect is through astral travels and dreams. Many of your vivid dreams are actually astral travels out of body. We all do this it is natural but only a small majority of us actually remember them or can do it on intent. In the link I listed above there is a great section on learning to do astral travels on intent. Dreams hold many answers for us from guides or loved ones that cross over so the more you watch and try to remember the more easily it will be to save your memories. If you want to connect with someone try stating the night before that you would like to do so in a dream and many times it will happen and if it doesn't give it time. One thing that I have really had to learn is that when they are ready they will connect. Your spirit guides are also watching out for you they will guide you but never give you too much to handle.

## **Spirit Guides**

Connecting with your spirit guides or your mentors is something that many people try to accomplish first. These are the beings that are here to protect and look out for you they will help you in any way possible but most people do not even know they are there. We can have anywhere between a few to several guides at any given time. Some will change throughout phases of life and others will stay the same. Your spirit guides can help you in any situation if you ask the key is to learn to connect. Don't get frustrated if it is difficult or doesn't seem to be happening they are there but it is very hard to get to this level for many. They may just leave little hints that they are there but to some they may make themselves a bit more known. These spirit guides are chosen by us before we enter this world they are special to us on the other side usually a very close relationship we trust them fully.

## **Angels and Archangels**

You may find yourself connecting to angels or archangels also these are beautiful experiences and you will feel complete bliss often times they will connect at the heart level. You can always call on the archangels or angels at any time but while meditating you may feel their presence better. I often ask them for assistance while doing healings. They really are the most loving wonderful beings 😊

Many of these techniques can be used and applied to psychic healing you may picture a person's aura or chakras. Or you can just ask to see the problems that need to be worked on. If seeing is not a strong point for you try just using the ability that is strongest for you and ask what needs to be worked on. See what happens this also takes a bit of time to develop.

Grounding is very important also it stabilizes your Earth connection with your cosmos connection. I do this several times a day it is also great for your health but I do recommend doing this right before meditation. Imagine you are standing on a crystal in the center of the Earth. Feel your feet tingling as you stand on the bright sun like crystal. When you feel your feet tingling you are connected now check your grounding cord. This is a cord that is connected to your root chakra and provides us with an abundance of Earth energy. Is it frayed and hanging at the end? Or is it firmly planted

deep in the crystal? If it is frayed visualize yourself fixing it and implanting it in the crystal. Once this is accomplished you are fully grounded and can proceed.

## **Protection**

Protection is something I use and am strongly for but not all use it. It is something you can base on your beliefs. There are negative energies out there that we can and should protect ourselves from they cling to fear and anger. When we are in a meditative state are vibrations are already raised and this attracts all entities Good or Bad. Some people may wrap a white light around themselves and some people may say a prayer. There are many techniques you can ask your guides or the angels to protect you and not allow any negative energy in. Whatever works for you and if you do ever encounter a negative energy just don't panic because you are physical they are not, there is no way for them to ever hurt you.

Negative energies are just mischievous and they like to play with you as I said before they are attracted to fear and anger. Just say your prayer or ask your guides to protect you or even use Reiki to cleanse the room. Negative energy can not hold up against love and light. Another important thing to note is that if you tell an energy to go into the white light that they are not needed here they must comply. Just be firm with them, a negative energy can and will lie if you ask them something but they can not lie if you ask them if they walk in the white light. If you are not sure if they are positive or negative just ask them to please go into the white light if they come back they are there to give you a message and are positive. If they are negative they will not come back and you have shown them where they should be. There are some that are a bit stubborn but you can always get rid of them they will not stick around where there is love and light.

I think every psychic should be prepared for this but I will also say that I do a protection and room clearing before I meditate and rarely come in contact with negative energies and have never had a problem getting them to go away. So don't worry about all this be somewhat prepared.

## **Clearing your house or room**

This is very important because negative energy builds up we bring it in from everywhere. Stressful days, bad memories attached to an object, a visitor that carries some bad energies with them (emotional, karmic, etc.). I also recommend doing this before and after any healing because as healers we pick up the healees karma and negative energies when we send our energy and prayers. Our energy moves their karma and negative energy around and it is easy for some to be sent back to us.

You can use Reiki to cleanse or you can use clear light to cleanse and white light to protect. I use clear light and visualizing it falling on the room, person or house like water and cleansing it. If you ever need a really deep cleansing then I recommend using Violet light. Then I surround everything with a band of white light to protect it, I ask that all negative energy be deflected and only love and light may enter the band. This is very quick and easy to use but you can come up with your own techniques if

you like. Use whatever works best for you some might find it easier and more effective to pray.

If you are cleansing a person then before I get to the white light band I also fill the person up with gold or green healing energy to fill in any wholes that make have opened up from dispelling negative energy.

To remove karma simply ask that all karma be sent back to the Earth where it belongs I ask the Earth Goddess to do so and thank her but this is my preference. I recommend that you come up with your own techniques here also. Karma is universally owned so it is only held on to us by attachment Goddess or the Earth will gladly take it back and convert it back to positive energy.

## **Mantras**

Sound is very useful on many levels it is a powerful healer, helping to remove blocks and increasing your Kundalini or life force energy also. Each sound is related to a certain chakra and can be used to stimulate or even move blockages. If you decide to try a mantra they are very powerful so never over do it. Each chakra has a certain vibration that translates to a certain sound and color. Here are the sounds:

Root- Lam  
Second- Vam  
Solar Plexus- Ram  
Heart- Yam  
Throat- Ham  
Third eye- Om  
Crown- Aum

I recommend only doing this five to ten times until you are used to this level of energy. Go with your instincts and don't overdo it.

## **Colors and Mandalas**

Colors and Mandalas are also very powerful in healing and raising your vibrations. They both stimulate chakras and help with blockages. Each Chakra is related to a color due to its vibration level, like sound each vibration translates to a color.

Root- Red  
Second- Orange  
Solar Plexus- Yellow  
Heart- Green  
Throat- Blue  
Third Eye- Indigo  
Crown- Violet

If you stare at a color it will raise the vibration in your chakra and stimulate it. Have you ever felt drawn to a specific color? If you have it is because this chakra or energy center needs the most work at the time. You are needing these certain vibrations.

<http://www.suza.com/medit.cgi?color=green&rp=n&rm=n&rg=n&rt=n> you can learn a

bit more about this and look at the colors that you might be drawn to the most on this site.

# **Mahatma Ascension Symbols Including the Advanced Mahatma Reiki Symbols**

Over the past years I have collected a great number of reiki symbols. Recently these symbols took another quality and worked very well with each other in a unified system, the Mahatma Ascension System. I have not channeled these symbols, they were given to me or I found them over the internet. When used in Advanced Mahatma Reiki they take on a golden quality of Divine Healing Christ Love.

Please use them with Love and Respect.

They are Divine Keys. They are gateways to the Mahatma.

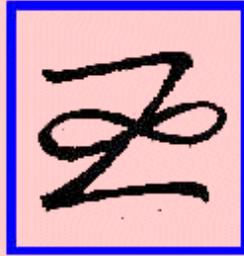
Receive them and apply them as Rays of the I AM Presence,  
as gifts from the Real Self.

- ~Over 100 symbols of Light, Reiki and Love included!~
- Use in the same way as you use the Reiki 2 and Reiki 3 symbols~
- ~Follow your intuition and your higher wisdom~
- Experiment with love and respect-
- Apply them to heal yourself on all levels, support others and expand peace and love around the earth.-
- ~Use them to cleanse your past, your present and your future and reach enlightenment and cosmic happiness ~

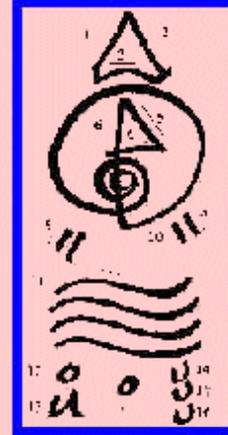
You Are Love



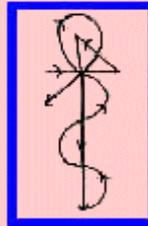
**JOHRE  
WHITE LIGHT**



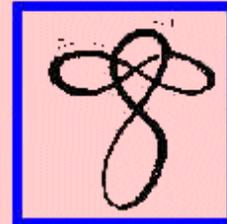
**ZONAR**



**LON SAY  
INFECTION NEGATIMTY**



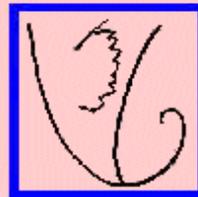
**MER KA FA KA LISH MA  
- MOTHER ENERGY -  
DNA**



**LEN SO MY  
PURE LOVE**



**HALU  
LOVE, TRUTH, BEAUTY  
HARMONY, BALANCE**



**MOTOR - ZANON**



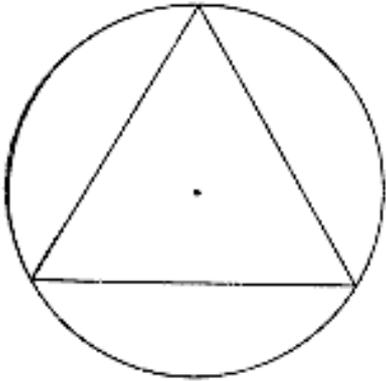
**YOD  
CARETAKERS OF THE HEART**



**HARTH  
LOVE, TRUTH, BEAUTY  
SYMBOL OF HEART**

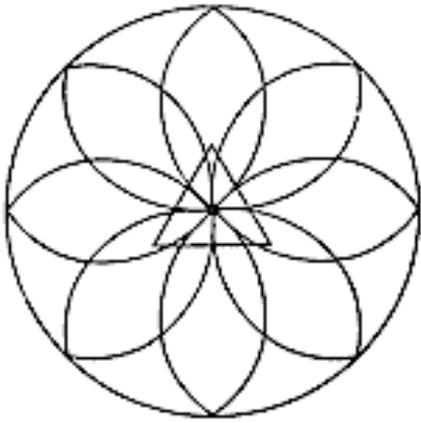
ALL SYMBOLS FROM ESSENTIAL REIKI BY DIANNE STEIN

## TELEPATHY SYMBOLS



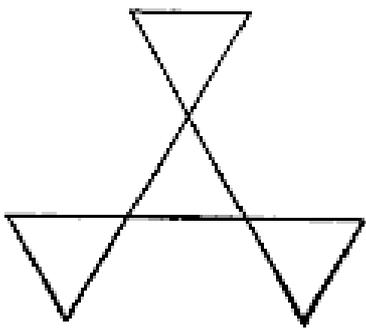
1077

Alice Bailey



1066

same source



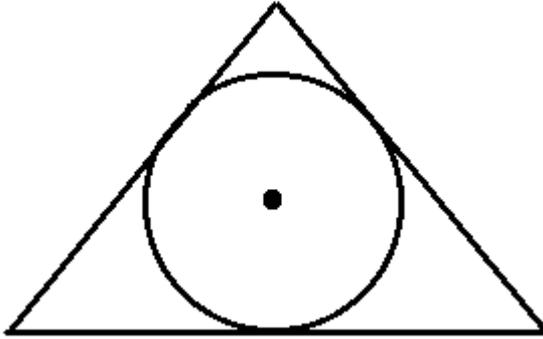
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same source

Alice Bailey & Djwhal Khul  
Telepathy and the Etheric Vehicle

Last updated Monday, July 6, 1998

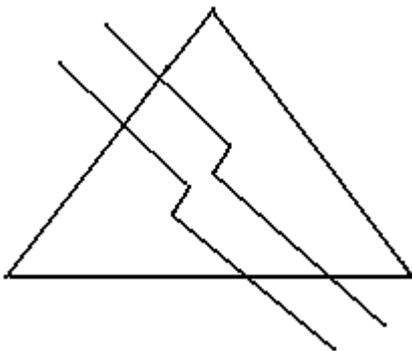
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Jean VanHove's description sounds like this.

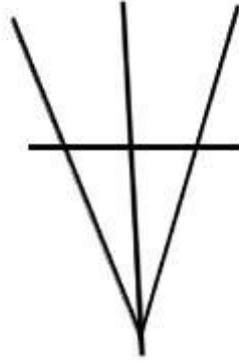
The circle with the centerpoint is NOT a glyph for the earth (that is a circle with an equal legged cross inside) but it is the astrological glyph for the sun. The sun represents our essence, what we have/are potentially but should work out in real life, our core, our divine spark. A triangle is a symbol of divinity too (the holy trinity). So if you get this combination while meditating on the mastery symbol, I think this is a good alternative mastery symbol working with western symbology. (comment by Anja)

*the triangle and the circles with centerpoint are both very known symbols to me the triangle used as violet reiki master symbol but the circles with centerpoint is a symbol of unconditional love used by ancient mystic schools and priests of melchizedek, but why the combination off 2 known symbols into one . Gave my remark to draw the circle inside the triangle, the way I received it and for me the symbol is free to use in violet flame reiki if Ivy agrees. I give this to everyone who feel the need to use it. (reply from Jean to Anja)*

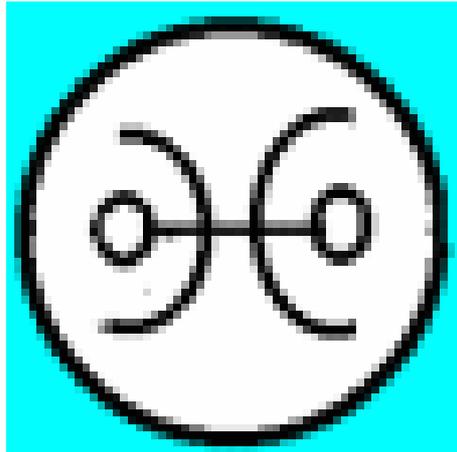


My symbol. My symbol was given when I asked to be separated from my feelings for an hour or two, to help me get a handle on a difficult situation, in which my emotions were overwhelming. I think this is what this does. It doesn't remove the emotions or the situation, but allows one to sit back and get an emotional rest, before getting back into a situation. I call it Time Out. Gina Worthy

Symbols copyright by the owners January 24, 2002



**Christ Light – Christ Healing**



## Crystal Symbol

Hello Friends  
Namaste

The comment to a symbol...

I apologize for my English

The comment to drawing and use:

<http://www.geocities.com/reikiflow/crystalsymbol.html>

11/11/2001 symbols was repeatedly accepted, that speaks about his(its) large importance and unfair silence.

Possible(probable) variants of a spelling:

1. In a circle (external)
2. Without a circle (external).

Corrected of drawing:

1. A horizontal line
2. A small left sphere
3. A small right sphere
4. the left arch downwards
5. the right arch upwards
6. An external circle - clockwise

Use: cleaning of vessels

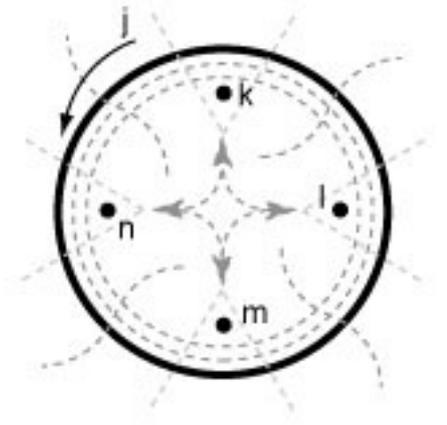
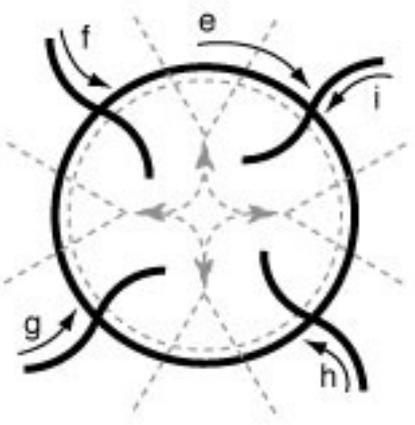
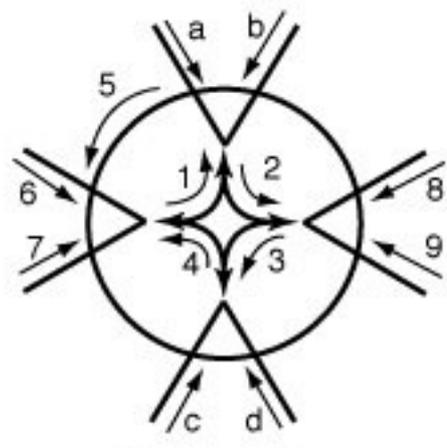
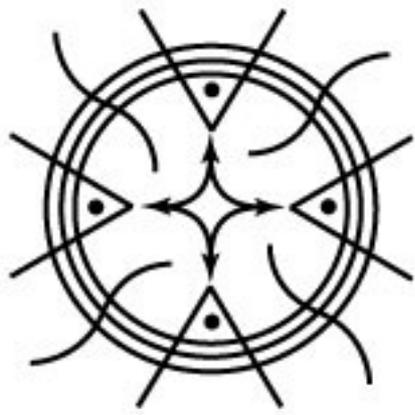
Distribution of energy in periphery systems (blood vessels, periphery nervous system)

I draw this symbol in end of a session.

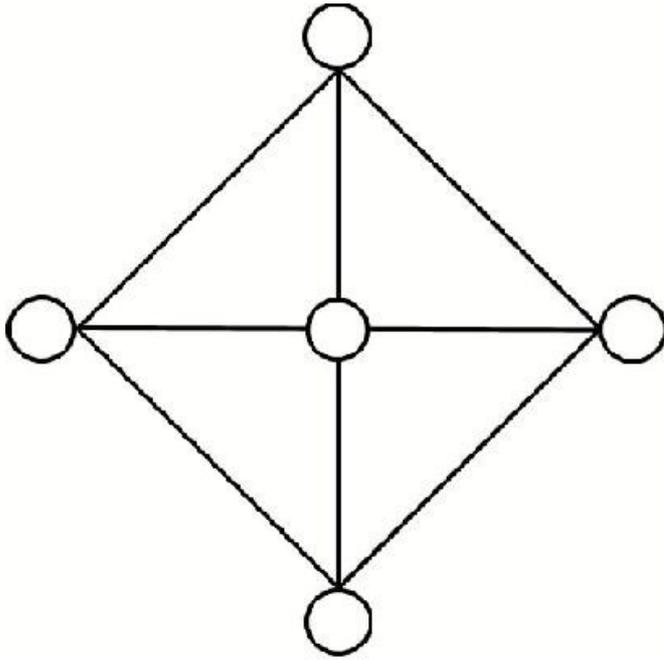
WBR  
from Russia  
Basilie A. Starodubtsev  
Reiki Ross

A handwritten signature in black ink, consisting of a series of fluid, connected strokes. The top part features a large, sweeping curve that loops back down, followed by a smaller, tighter loop. Below these, there are several more fluid, connected strokes that form a long, sweeping tail.

**HON-SHA**



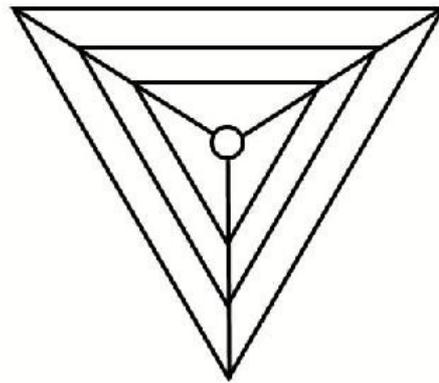
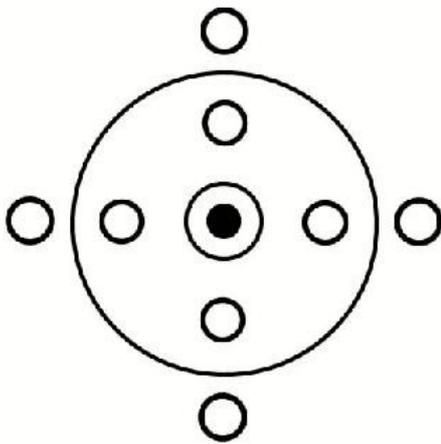
**HYO-O-KI**



Unknown symbol seen during my VFR II attunement  
John (Sylverdragon)

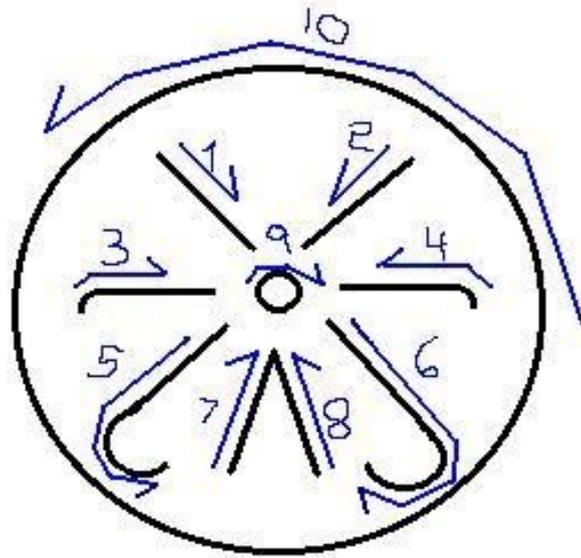


Unknown symbol seen during my VFR II attunement  
This symbol is related to symbols for the Water of Life  
I received at Chalice Well Glastonbury, in 2002/3  
John (Sylverdragon)

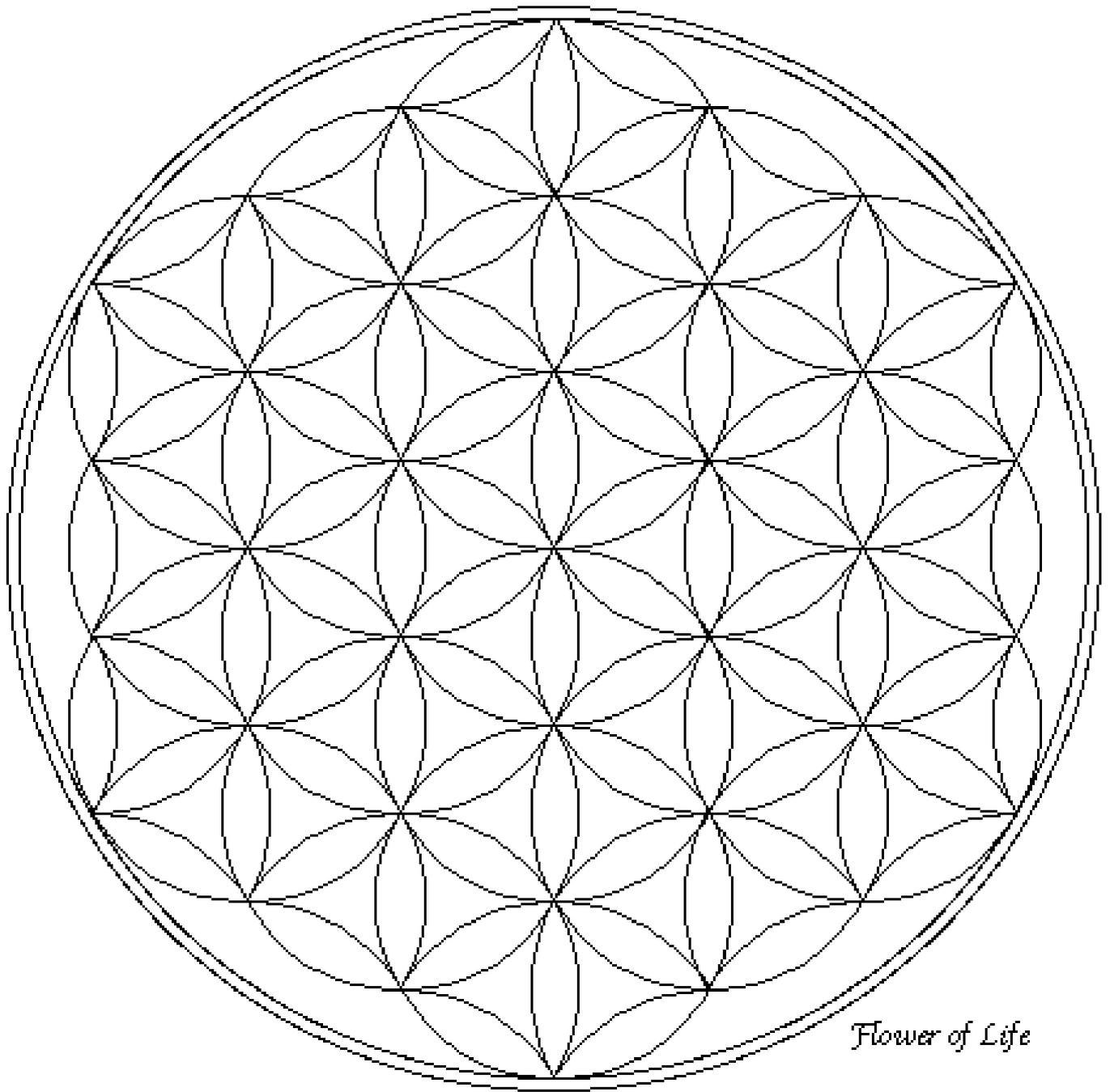


Unknown symbols. Left hand symbol seen during VFR III/IV attunement.  
Right hand symbol seen during meditation shortly after VFR III/IV attunement.

John (Sylverdragon)



**KE-MAI-EL**



*Flower of Life*

## **Flower of Life**

represents the  
unity of all consciousness  
and life within the universe

# Star Helix



Channeled by Wendy Chapman  
[www.metagifted.org](http://www.metagifted.org)

Shamballa Multidimensional Energy Healing Master Teacher

## Meaning

This symbol is the activation of light body DNA. It helps activate the 12 strands. It may be useful in fighting infection and viruses including HIV.

## How I got it

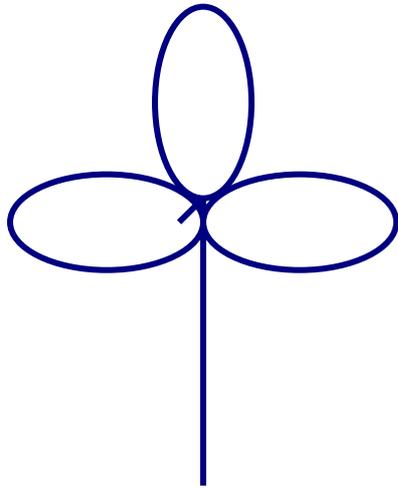
Wendy Chapman of [www.metagifted.org](http://www.metagifted.org) channeled this symbol. She received it while meditating and listening to a friend's channeled music. This symbol was VERY strong and very clear.

## Method of Use

Start drawing it at the top left, do the full zigzag- down to the right, down to the left twice as far, down to the right. Then start at the top right and do the carrots or arrow points - to the left and then right (pointing right). Then the next one right below it to the right and the left (pointing left). Note that the lines are all parallels. Draw it over the whole body in conjunction with the MerkaFalishma. Putting it over the third eye would also be useful. As I wrote this I got the message to use it on the spine. Worth a try!

copyright 2002, Metagifted.Org

# Shakooru

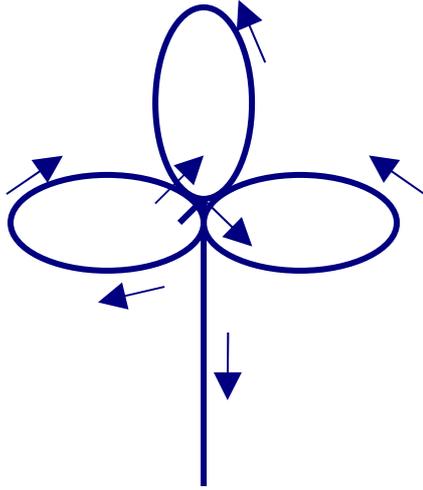


**The three ovals signify the trinity and the vertical line signifies Mary binding them all together**

**Opens 3rd Eye**

Draw starting with the short line in the left oval moving up, complete the top oval and moving to your lower right, draw the right loop, moving down and then up finishing with the vertical line straight down.

For two days before I received this symbol, I kept smelling this very strong, pleasant fragrance of roses in my *Master* bathroom 😊.



Channeled by Jeana Albert on 3/8/02 – right after her Shamballa attunement  
Email [JeanaAlbert22@Juno.com](mailto:JeanaAlbert22@Juno.com)  
Feedback about this symbol is welcome if anyone discovers more about it.

## Anti-Cancer Symbol

[reikisymbolnews] Cancer symbol 10 Aug 2000 From: [shastashamballa@webtv.net](mailto:shastashamballa@webtv.net)

Reply-To: [reikisymbolnews@egroups.com](mailto:reikisymbolnews@egroups.com)

Hi everyone, This symbol was shared with the Shamballa newsgroup by a person who used it to cure a tumor in her pet rabbit. I have used it on a cancer patient and found it very powerful. I can't send a picture, but it is easy to describe.

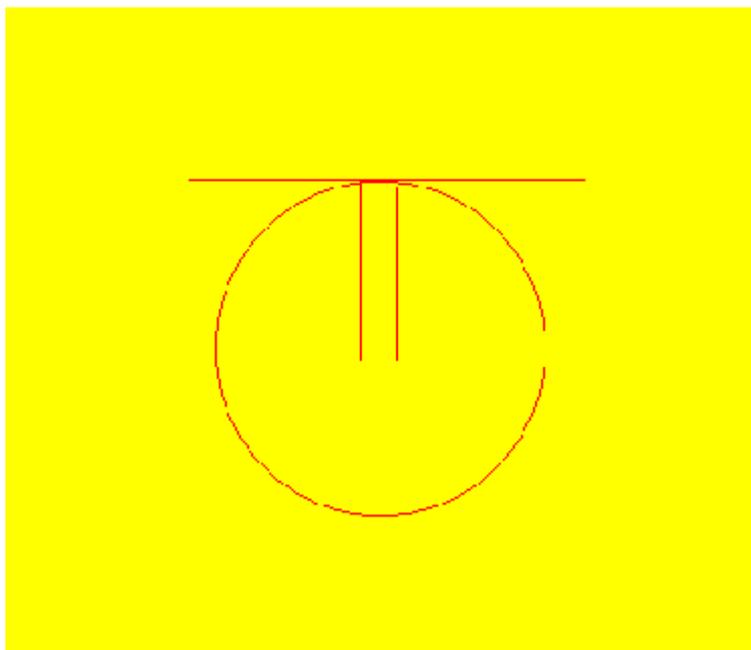
Draw a circle...left to right, then draw a line (lid) across the top of the circle, again left to right. Now draw two "prongs" attached to the lid and extend them about half way down into the circle. The "prongs" are the two vertical lines that emanate from the horizontal line drawn across the top of the circle and which end about half way through it. Their function is to pierce the cancer cell and disable it.

How to use: First, ask your **spirit** guides to surround the tumor with some kind of containing material. Next, hold the symbol cupped between your hands and activate it. As the circle is activated it will fill with tiny miniatures of itself. Now, press the symbol into the body using both hands and visualize, see, feel, or imagine the lid with the prongs attached opening and letting loose all the miniature cancer symbols. They will then run around catching and disabling the cancer cells and bring them back to be contained within the mother symbol. What I do next is ask that the mother symbol be removed and sent into a violet flame for transmutation into Light.

I don't think it can be repeated too many times **as** it is not the responsibility of the healing facilitator to heal. We can only provide the opportunity for the client and their higher selves to take advantage of the energy offered. If they choose not to, so be it. Everything is in Divine order...always!

Love to all on this glorious day! Cynthia

Cancer.bmp (drawn by Susan Penner)







**Johre**  
White Light

## *Non-Reiki Symbols*

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In studying and working with Reiki, I have come across several additional symbols. I call these non-Reiki symbols because they are not among those that a person is attuned with when they are given the different degrees of Reiki.

While I haven't really worked with any of these personally, I can see the potential of the symbols, and the possible benefits of doing so. I am also led to comment that any study of symbols might lead to the topic of sacred geometry. An area that intrigues me, but one which I haven't had the chance to look into.

I might also comment that I know of at least four or five people who have founded new types of Reiki or additional levels of the traditional Reiki. Complete with added symbols. Some are claiming to have been given the added symbols in meditation or through similar methods. Most go on to assert that you must be initiated and attuned to these "new" energies and symbols.

Personally, I feel we are all Healers and only use the various modalities and attunements to more closely align ourselves with the Universal Energies. But I bless each of you in your walk along your own path and in your own truth. Most definitely, symbols in all forms (including mandelas) are powerful tools.

Following are a few that I have accumulated so far. I have several others which I will put on a "page 2" as soon as I can. In the meantime, Enjoy!

---

### **Johre**

Speaking of symbols in general, Iris Ishikuro (who was initiated in 1973 by Hawayo Takata) said that "this science of energy, based on the language of symbols, comes to us from ancient Tibet, having been rediscovered in the Indian Sutras in the mid-nineteenth century. . . . This science is not Japanese, but is related to a number of similar kinds of universal energy sciences from India/Tibet such as the science of Mandala, and Yantras, and any science based on Mantras."

She went on to say that "symbols play a crucial role in the influencing of one's own body for one's own benefit or for the well being of another individual who is experiencing negative conditions." This relates, of course, directly to Reiki and the symbols used in Reiki II and Reiki III. At this point, however, my mind did a 'giant leap' and 'clicked' onto the idea of 'Sacred Geometry' and its relationship to our lives. I've to date not studied any of the principles of sacred geometry, but I begin to see the potentials of it. . . and all symbols. Including Mandalas.

Ishikuro continues: "Realizing that psychological problems have direct influence upon one's body Temple, Tibetan Holy men began correcting the state of mind, and made Sanscrit Symbols to remind the people of the divine power in their daily lives. Other uses for the Symbols include: improving health, increasing happiness,

## The Antahkarana



aiding in meditation, sending prayers, healing, and helping one's evolution. The Johre Symbol is a perfect example. It can be made in any size, and hung in any place. It is hung to provide peace, protection, balance, success, power, and righteousness."

Kathleen Milner in *Reiki & Other Rays of Touch Healing* calls this symbol Japanese calligraphy which means White Light, and dates it back about 100 years ago. She says that "Johre connects us to the Earth's guardians, and works well on releasing blockages."

Diane Stein in *Essential Reiki* also includes Johre in her section of Non-Reiki Symbols and again calls it White Light, but makes no further comments about it.

My own personal observation of this symbol finds it interesting to note that the first two segments of it are a 'disconnected' Power Symbol from the traditional Reiki symbols, of sorts. (Not exactly, but sort of.) The last segment, on the other hand, is a complete, clockwise Power Symbol. Interesting that the middle segments are therefore basically sandwiched between two Power Symbols similar to the way we use the Reiki symbols in healing.

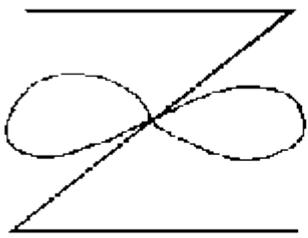
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## The Antahkarana

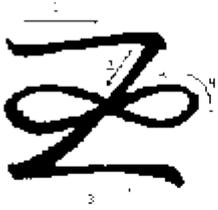
This is referred to in some papers I have a partial copy of as "The Master Frequency Symbol." It then goes on to call it "The Bridge Between Two Worlds" and says that it works to remiss toxicity from the system and restore cellular vibrancy on three levels of being. The inference from these papers is that some Masters may include this symbol in their attunements.

Diane Stein in *Essential Reiki* says of this: "Another form being used as an additional Reiki symbol is called the Antahkarana. It is a meditation and healing symbol from Tibet, mentioned by Alice Bailey and other authors as having been used in ritual for thousands of years. Placed under the massage table during healing, it focuses and amplifies Reiki or other healing energies. It is also said to connect the physical brain with the Crown chakra, and to have positive effects on all the chakras and the aura. Meditation on the symbol automatically starts the Microcosmic Orbit, sending Ki through the central energy channels and the body. During meditation, the symbol seems to shift and change, evolving into other images. The Antahkarana can be used to release negative energy from people or objects and can be used to clear crystals."

She goes on to say that she has seen "holographic representations of the Antahkarana imbedded into square wooden plates. It seems to be used mostly in the Midwest, as the several people who have shown me the symbol are all from that part of the country. The form feels positive and sacred. It is not one of the lost Reiki symbols, but it is positive in its own use. It is said to be a symbol that cannot



be used in negative ways; its energy has been proven by many healers for many years beyond its ancient history."



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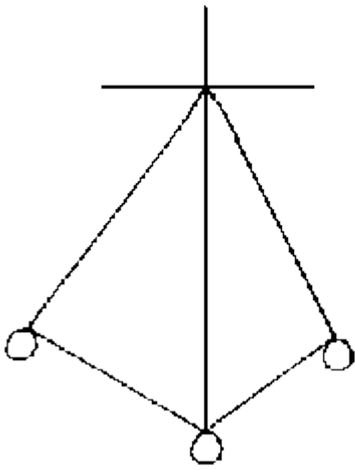
### Zonar, Harth, Halu & Mara

With the first three of these symbols there is an interesting conflict of opinion which I've run across. One source claims to have been given these symbols on the inner plains, and gives initiations in/with them as part of the Reiki attunements which she performs. A second source (Diane Stein in *Essential Reiki*) says she was shown these symbols by someone else, and that they are not Reiki symbols. She goes on to recount what she considers a 'negative' experience with one of these symbols. The fourth symbol is also given in the first source, but the origin of it is unclear.

Right here I feel to add that true Reiki symbols are 'protected' and cannot be used for negativity of any kind. So, this might tend to support the viewpoint of the second person. However, there is also the unspoken possibility that the actual symbol was not used, but a variation or addition or something. Without all the 'facts' from all persons involved, I believe a definite conclusion cannot be drawn. Having said that, I'll now share the one version of how these symbols were supposedly received, and let you make up your own mind.

Kathleen Milner in *Reiki & Other Rays of Touch Healing* tells this personal story. Through a friend of hers, she allegedly was able to work with "Sai Baba and other higher beings. . . on the inner planes." And over a period of time she and her friend were given each of these four symbols, and then told to initiate each other with them. She goes on to say that "there are symbols that either do not work or will not work as well unless you are initiated into them."

According to Milner, "Zonar was the first of the symbols Sai Baba gave to me. I draw the "Z" first and then come up and draw infinity three *complete* times. Zonar works well with past life and karmic issues. Valerie Weaver was given that infinity is a Reiki symbol which works on emotional issues. Our cells carry the memory of trauma, both the shock of our own individual experiences and those of the mass consciousness."



She goes on to suggest that even if you do not believe in reincarnation, or weren't one of the "11 million people burned as witches," we all have connections to this or "own a share of the trauma within the mass consciousness." This would hold true, of course, for all horrific episodes including the holocausts, natural and man-made disasters, and individual crimes. "What we do to another, we do to ourselves."

Milner concludes that "interestingly, Zonar is also the symbol used by a secret metaphysical society called the "Z's" at the University of Virginia. Benjamin Franklin, who wrote *The Farmer's Almanac*, which is based on astrology, and Thomas Jefferson were both deeply interested and involved in metaphysics. Thomas Jefferson designed the architecture for the University of Virginia.

Stein describes Zonar as "Infinity, timeless, eternity. Works well with past-life, karmic and interdimensional issues."

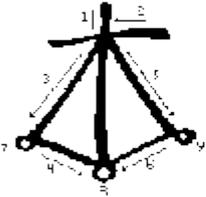
Harth is the second symbol which was supposedly given to Milner by Sai Baba. She says that "for many people, this is their favorite symbol. It stands for love, truth, beauty, harmony and balance. It is a powerful symbol for the heart as well as from the heart, from which healing and love flow. After drawing the symbol and energizing it with Cho Ku Rays, close your eyes and you may see a 3-dimensional pyramid constructed to scale rotating in front of you. Envisioning ourselves going into the pyramid in meditation can be a powerful experience. . . ."

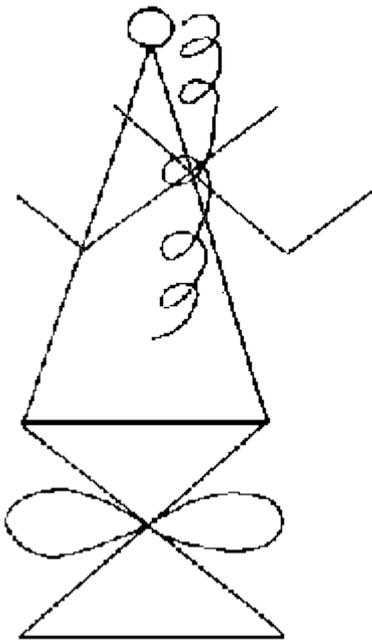
I think it should be noted at this point, that this is the symbol which Diane Stein claims to have a bad experience with. I won't perpetuate the negativity of that by reiterating it here, but anyone interested can find the entire story in her book *Essential Reiki*. Again, my own personal feelings are that with care, respect, and positive intents, much can be accomplished with any symbols or healing energies. Following your own intuitions and listen to your guides and the Reiki guides in all things!

Stein does list Harth as dealing with "love, truth, beauty, harmony, balance. This is the symbol for the heart from which healing and love flow. It is a three-dimensional pyramid."

Milner goes on to tell an anecdote relating to the Harth symbol: "One of my students in New Jersey, Aaron Sapiro, met a Japanese American, who as a young boy left Japan with his family just prior to World War II. Before leaving, his family had worked with some of the men Mikao Usui had trained as teachers. The family had been given the symbol of a cross with a pyramid in the middle of it by these healing teachers."

Milner also says that many of the people whom she reinitiated with this symbol "had an instant past-life recall and experienced working with Harth in Egypt or

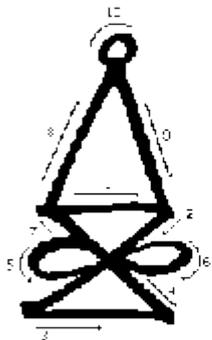




Atlantis. Each one of these people told me the same thing; that is, that Harth had been altered slightly. When I asked, I was told by the Higher Beings that they had done this intentionally when they cleared the symbol, and the adjustment was also to insure that the energy would not be misused."

In Milner's book she says that "Halu is the third and last Reiki symbol that Sai Baba gave me. I give it out in my Reiki III classes, but have decided to include it within this text because I believe that it was never Sai Baba's intention that these symbols be sold alone for large sums of money."

Interestingly, however, she later states that "we must be initiated into this symbol by someone who has been initiated into this symbol in order for it to work." Again, you decide.



Her directions for drawing this symbol differ slightly from the order shown in the second, numbered version, which was taken from *Essential Reiki*. Milner says she starts "drawing Zonar, saying Zonar 3 times while drawing the infinity symbol. I lift my finger and close the "z" from top to middle. Then I lift my finger again and close the "z" from bottom to middle. I draw the tall pyramid and say Halu 3 times. I draw the circle at the top, which represents the cap stone of the pyramid, counterclockwise."

She says that this symbol is "Zonar intensified. The tall pyramid is for mental healing. The so called tall, pointed dunce caps that they used to put on mentally slow children actually worked. However, by referring to them as dunce caps, much of the beneficial energy was negated. The infinity in the middle of Halu is for emotional healing. By closing the "Z" the energy is enhanced."

Stein says of this symbol that it is "love, truth, beauty, harmony, balance and a deeper Ray of Healing. Halu is Zonar amplified in power. The tall pyramid on the top is symbolic of high mental energy."

The origin of the symbol Mara is unclear, but Milner says it is "a Reiki symbol which connects and grounds us to the Earth. Originally it was given to me in a different form and called Rama. The 5 spirals represent the 4 directions and 4 elements. The spiral in the center of Mara represents our heart. Our hearts are the center of the medicine wheel, the center of the circle. The 2 "v's" coming together within the center represent the feminine and masculine aspects of God Him/Herself. When this symbol is intoned Mara, the straight lines shift and begin looking like ley lines on the earth's surface; while the spirals form a vertical energy line between heaven and earth, with the central spiral intersecting the point where the 2 lines converge."

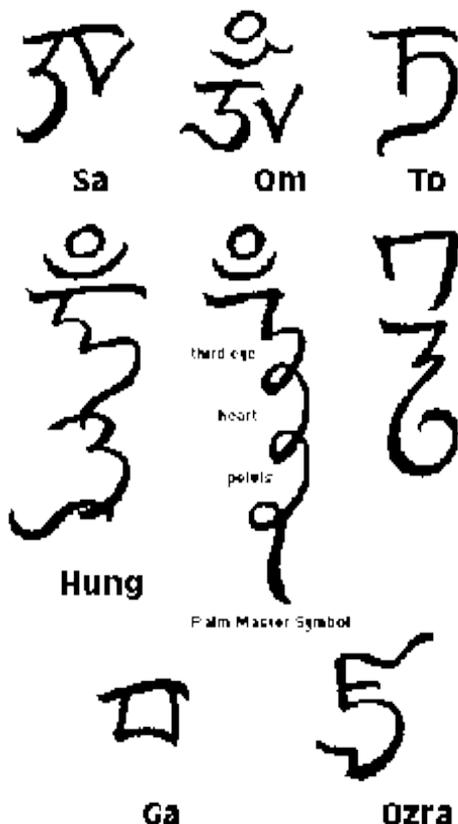
She suggests that this symbol would be very good for people who are lacking or who have no earth in their astrological charts. It would serve as a good grounding device for them. She says that "in the second Reiki initiation, this symbol opens the chakra that is in the sole of the foot, which further opens the initiate to the cobalt blue healing energy of Mother Earth and the blue-green energy of the sea. As it is of the earth, it is also a symbol for prosperity.

On a personal note, I have not been initiated with this symbol. However, after my Second Degree attunements, I suddenly noticed that the bottom of my feet were getting quite warm for no apparent reason. Now, in the past, my feet have been normally quite cool, and in the winter, I'd have problems with getting them warm after going to bed. Now, suddenly, the opposite was true. Very quickly, it dawned on me, that what I was experiencing was Reiki energy being channeled through, and out the bottoms of my feet!

I mention this to illustrate that while additional initiations may be sought, and may enhance the energy flow, they are not essential. All healing can be done in other ways and/or with the current body of Traditional Reiki Symbols and initiations. In a very real way, it does all come down to the personal level!

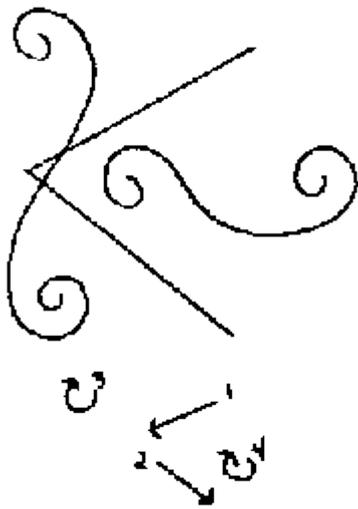
### Non-Reiki Symbols

#### Non-Reiki Symbols



This batch of symbols I've taken from Diane Stein's *Essential Reiki*. She says that "while I do not consider these to be Reiki symbols, some of them bear discussion. Om is a Sanskrit symbol, representing the sound that created the Universe. Several other Sanskrit symbols are pictured, all with healing energy. The Palm Master symbol represents the passage of energy through the chakras and Sushumna, and may be an initiation form. Tantric Buddhist statuary shows many similar symbols carved into the palms of the hands of the Buddhas. . . ." She also goes into a further discussion of some symbols called Bijas and their uses, meanings, and areas in which you find them drawn. She sights as her source for much of this information Pierre Rambach's *The Secret Message of Tantric Buddhism*

(Rizzoli International Publications, 1979).



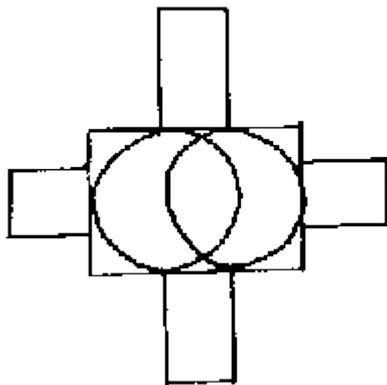
It should also be noted that the three spirals of the Palm Master Symbol are identified as (top to bottom): third eye, heart, pelvis.

I offer these symbols and information here as something interesting to note. And for 'further reference' of additional symbols and their usage. Enjoy!

### Other symbols

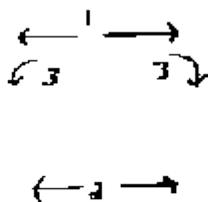
Kathleen Milner in her book *Reiki & Other Rays of Touch Healing* lists several other symbols. In each case, the symbol was apparently given to an individual person who has in turn shared it with her. She actually lists 13 such symbols; some of which are quite interesting and seem to have potential. If you are interested in this sort of thing, then I would encourage you to locate a copy of her book, and peruse it in depth.

I have chosen to include two of these symbols here as an example. They are the first two which Milner gives.



She calls this symbol Shanti and 'subtitles' it Peace. She says this "is a symbol channeled in by Pat Courtney of Milwaukee, Wisconsin. It heals the past, which allows us to live harmoniously in the present, thus releasing the future. Shanti can be used for manifesting the best possible."

As an example of one person's use of this symbol she says that "to heal and open closed chakras, Maria Rawlins of Ireland energizes and puts Johre into the closed chakras. The next time her client comes to see her, Maria energizes and puts Shanti into the chakras."



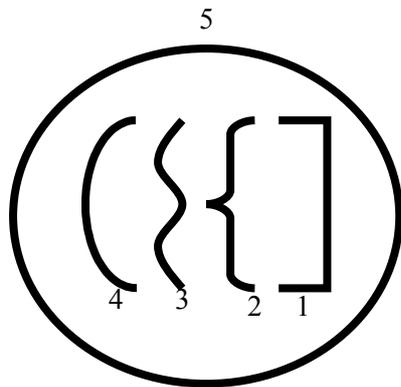
This second symbol is called Sati and, according to Milner, "was given to me by Lawson Bracewell of Punskaiki, New Zealand. The equal arm cross represents the equal quality of Spirit (mother-father, male-female, etc.). It represents the four directions and four elements, and it is the same cross that Jesus worked with. The Romans were the ones who elongated the lower arm and turned it into the object of his crucifixion. Jesus never meant for us to venerate the implement of his torture and death; instead we are supposed to honor the elements and forces of creation. The 2 interpenetrating masculine

(clock-wise) and feminine (counterclockwise) circles represent the dynamic relationship of the 2. Out of this union the manifestation of Mother-Father-God, as well as the soul on earth, will be greater as we come out of the age of darkness and into the Age of Aquarius."

"To draw Sati, I start at the top of the equal-arm cross and draw a mirror image of the cross only. I lift my fingers and place them on the center of the bottom line of the rectangle, and again draw mirror images. Then I simultaneously draw the 2 interpenetrating circles, right clockwise and the left counterclockwise." This set of directions comes clearer when you realize that Milner draws all of her symbols with both hands simultaneously. So, apparently, she is drawing half of this symbol with her left hand while she draws the other half with her right hand.

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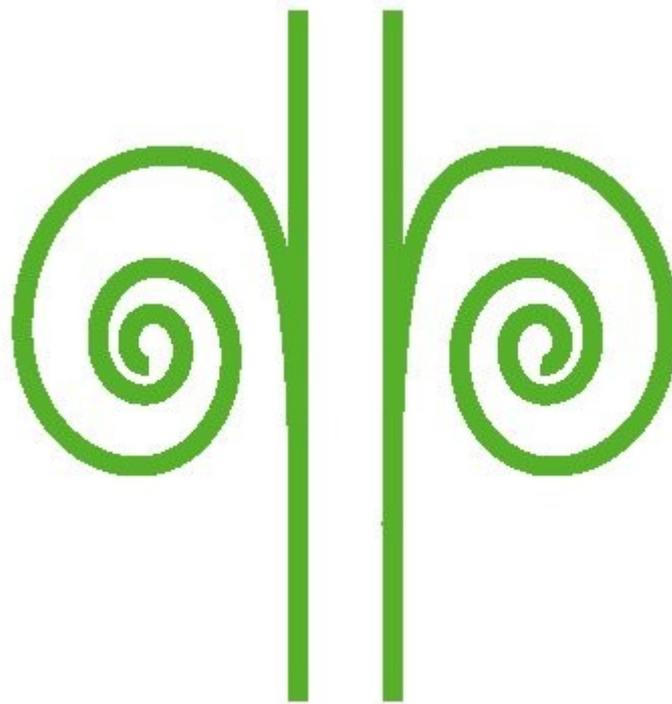


Symbol of Chakra 8<sup>th</sup>

How to unite it with heart chakra:

1. Clear your mind.
2. Raise both hands ( $\pm 20$  cm above your head) with palm face each other.
3. Draw the symbol.
4. Connect with the energy of Chakra 8<sup>th</sup>.
5. Feel the ball of energy of Chakra 8<sup>th</sup>, lower your hands slowly, bring the 'ball' slowly down into your heart chakra. Feel it through head down to heart chakra.
6. Slowly take your hands on your chest, affirm: "*chakra 8<sup>th</sup>, stay and unite with my hearth chakra as long as possible.*".

Note.: The spreading of Chakra 8<sup>th</sup> energy is wider than Reiki. It can be combined with Reiki's symbol. I.e.: create Sei Hei Ki, and give the energy using Chakra 8<sup>th</sup> energy (Shing Chi).



# AUMINAHT

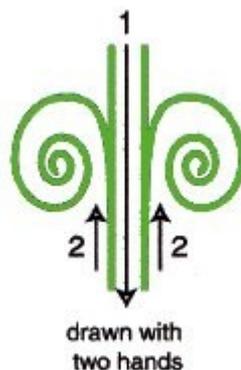
Date Last Changed: Sept 4, 1999

We use symbols to form powerful links to the universe of energy. Symbols allow us to access and utilize many different energies, each with a specific function or action.

About one year after I was given the above symbol, I connected with it's source to discover that the energy associated with Auminaht flows from a vast, ancient, wise and loving source quite 'distant' from the reality of our daily existence. In simple terms and with many smiles, the intent of this source is simply to assist in bringing a little more love to our part of the galaxy. The above symbol will connect with an energy of alignment



The symbol is best used after body/energywork sessions when vibrations are at their highest and fields are most flowing and ready to accept this gift. This symbol does much to align the mental capacity with the heart center. It takes mental energy, in a way, and pushes it out through the heart center into the world. It focuses on integration of the path of the mind with the love of the heart. It brings thoughts and dreams "in time<sup>s</sup>" into the present to be pushed out and actualized In the moment.



I am cautioned to use this symbol only with those who walk consciously on their path (use your intuition on this one). In others it may bring into focus an experience opposite from that which is consciously desired. This symbol is especially strong and

and harmony from that source.

The action of this symbol infuses energy downwards from above the head and into the heart center. This energy travels downward in concentric circles in the shape roughly as shown in the first drawing. To me, the energy seems pigmented, powerdery and greenish, with a background hue of indigo.

useful for those who speak out, and those who bring their ideas of the mind into the world.

There is no specific effect on Reiki energy, although it works well in conjunction with Reiki.

Any comments or questions can be directed to [Jeff Johnson](#)

# My Symbols

by Richard Rivard

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Last Updated: November 13, 2003

Symbols and/or their mantras/names are a common form of connecting to energy. They usually act as a focus for the person who wishes to draw on the relative energy. Some people however, like [Duane Packer and Sanaya Roman](#) are given energies without symbols. But symbols still seem to be the primary way to connect.

Most Reiki teachers will tell you that many students like to share their own personal symbols in class. As you probably know, symbols aren't discovered only by the "spiritually enlightened". Many people get visualizations or dreams where they are shown symbols and even the energy they connect with. In most cases these are intended for the receiver, but they can also be shared with others.

What is interesting is that often other people will get a different feel and/or use for the energy of your symbols than you do. This doesn't invalidate what you or they experience; it is simply the unique way in which each of us approaches our reality. Even in our daily life, we often find uses for objects that weren't initially intended for by the inventor. There is a funny Canadian TV show called "The Red Green Show" in which Red finds all kinds of uses for duct tape. <grin>

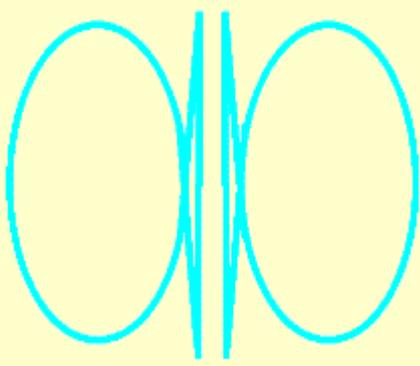
Another interesting fact is that other people may be given versions of symbols close to yours. Usually, though, there may be slight differences, and these usually indicate that the symbol has a different use or purpose for the individual that received it. The fact that the symbol is similar may indicate previous use in another lifetime, or just the way we tap into each other's reality before we meet. This type of coincidence is most likely indicating something to take note of concerning what the other person is about, or has to offer.

To give you some idea as to how people can experience their own symbols, below are two examples I experienced while in a waking state. Note: these are not Reiki symbols.

*And to give you an example of how others can channel in symbols, take a look at my friend Jeff Johnson's [Auminaht](#). We found this to be a wonderful enhancement to my 2 symbols.*



(Click on image for full size)



## Sea Breeze

Sea Breeze is the first energy my Guide Cypress shared with me. This was in January in 1995 in a healing experience with my friend Don Barbett. . However when I asked her to work her energy through me it was far too powerful at the time (that is, I could not hold this). So a few months later she presented me with a focus to tap into part of the energy - she gave me a symbol for it. It was like getting the tip of an iceberg.

I received this symbol during an "Opening to Channel" class with Carla Anderson on April 29, 1995. While practicing channeling energy from my guide into the room, I also added Reiki energy. After I had projected some Reiki symbols into the room, I was compelled to draw back-to-back letter a's.

The energy from this symbol seemed to be soft, calming and able to release tension. In May, 1995, while teaching a Reiki Master's class, I attuned clairvoyant J. Stuart to this symbol then asked her to attune me to it. In the process, not only did the energy from the symbol increase, but my guide, Cypress, privately told me it was a gift from her to me, and that I should pass it on to others.

In a Reiki Two class in September, 1995, I began channeling Cypress while the class was performing group Reiki on a student. **She told us that this symbol could be used to attract the highest potential to an individual in this lifetime.**

4 years later while attending another person's healing class I received the complete energy suddenly and it flowed as strongly as I had first experienced it, only this time I could handle it. It was ice cold yet I was getting this on a hot summer day while working with a fellow student. I had my hands about a foot away from my partner on either side yet she too was shivering from the cold. I ask her if I should stop, and she said "NO, but it is very cold."

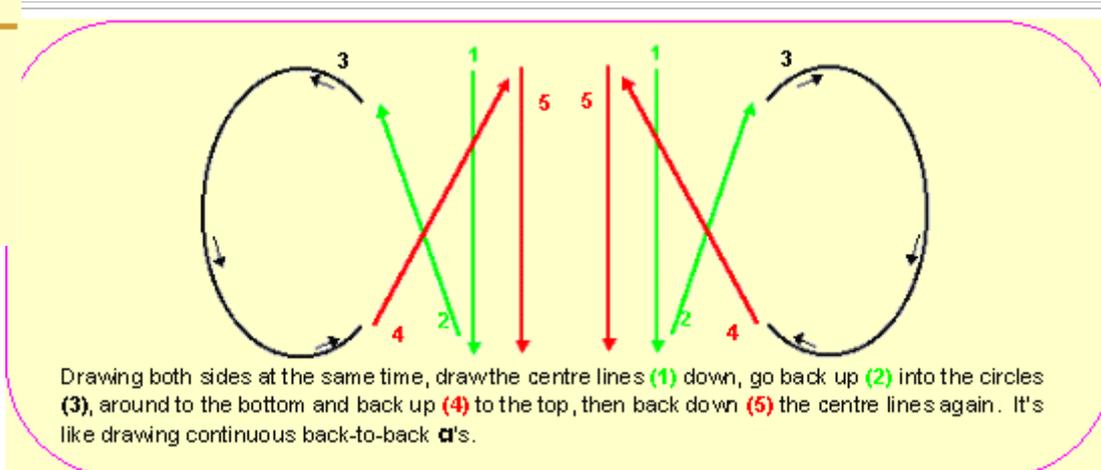
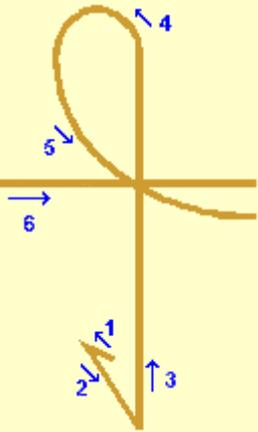
I discovered that in healing Qi Gong, typically use hot chi may be used for energy work but for deeper healing the advanced healers are taught to run cold chi. This moves deeper energy blocks out of the way so the hot chi can get in. So this might be an example of the highest potential in a healing situation.

However, you may find that it has a different use for you.

Sea Breeze is now a part of the Threshold Reiki energy I share.

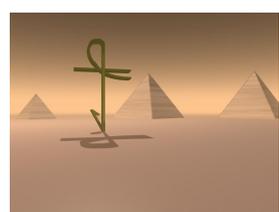
I encourage you to experiment and find out if it is effective for you. As I mentioned before, this is not a Reiki symbol. As with most symbols, it may be more powerful if you are attuned or initiated to it. Ask your Reiki teacher if they know of a way to do this.

**How To Draw It**



Drawing both sides at the same time, draw the centre lines (1) down, go back up (2) into the circles (3), around to the bottom and back up (4) to the top, then back down (5) the centre lines again. It's like drawing continuous back-to-back 'a's.

[Return to TOP of page for MENU](#)



(Click on image for full size)

## Ankh

During a Reiki Three class on September 24, 1995, while taking part in a group treatment on one of my students, I began playing with energies by channeling the other elemental rays. I had done this before and I was practicing increasing the strength of each ray.

In the process I asked my guides to bring through the highest energy that was appropriate for each of us present. I then experienced multiple bands of energy, in different shades of gold, flowing through me and out to the class. Two clairvoyant students noticed and felt these multiple bands of gold at the same time. In my mind, next to the golden flows of energy I saw a mold being filled in with liquid gold in the shape of this symbol, flowing from the bottom to the top, and then the line across. Everyone experienced a heightened energy. Shortly after this class, my guides showed me how I could use this symbol along with "Sea Breeze" in an attunement process.

Friends and other Reiki Masters have reported some very powerful sensations and energy after receiving this symbol and when using it. One Reiki Master feels that it is an Ascension symbol and part of a larger family of symbols I will receive, and that it is "grounded" by using it with Sea Breeze. Try it and see how it works for you. If you require a name for it, the word "Ankh" came to me while I was still "connected" to my

guides.

Ankh is also an integral part of the Threshold Reiki energy.

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Again, these are not Reiki symbols, and like many others, do not require an attunement to connect to their energy. However, often an attunement to symbols can improve the connection to the energy. I hope this page has helped you to accept your own experiences more easily.

The 2 pictures were beautifully created from my personal symbols by [C.J.van der Mark jr.](#) (website) or e-mail at [cvdmark@xs4all.nl](mailto:cvdmark@xs4all.nl). Cees specializes in 3-D computer artwork.

# Mai-Yur-Ma



1. From top to bottom



2. From top to bottom



3. From top to bottom



4. From bottom to top

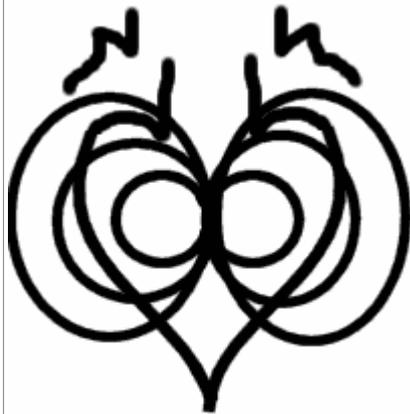


Pair of  
Circles # 1

5. Left OR Right  
first is okay



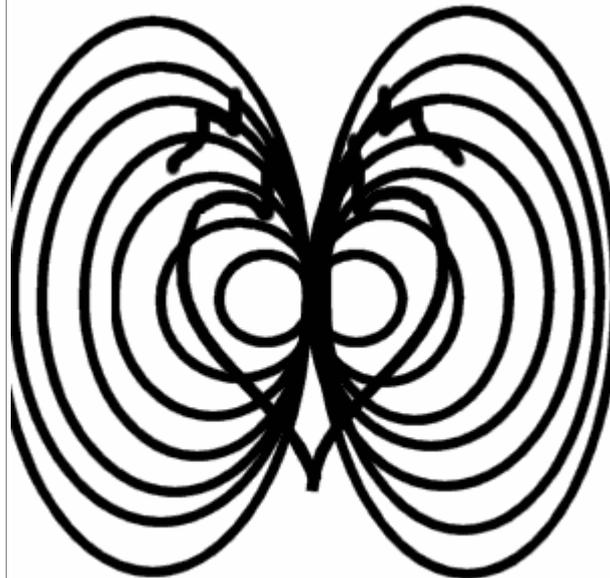
6. Pair of Circles # 2



7. Pair of Circles # 3

This is complete  
Mai-Yur-Ma.

However if you wish  
for alternative  
healing energy or  
for Seichim  
Attunement, add  
more sets of  
circles extending  
outwards...

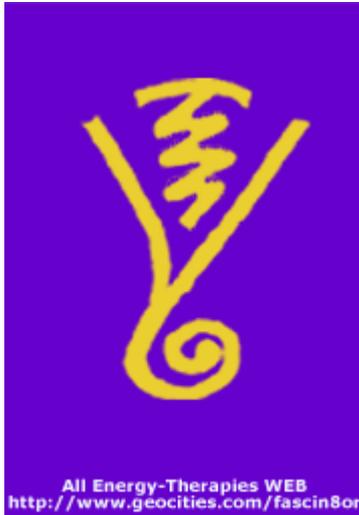


Extend circles out to  
7 sets (shown above) or 9



**Anti-Clockwise Cho-Ku-Rei  
With 9 Rings For Seichim Attunement**

## Some symbols from 'Tibetan' Reiki styles:

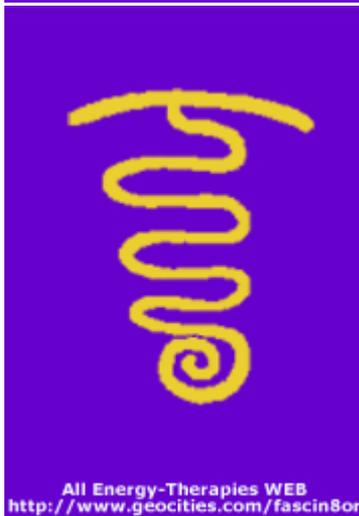


### **DUMO**

(also known as the Tibetan Dai Ku Myo/Tibetan Master Symbol)

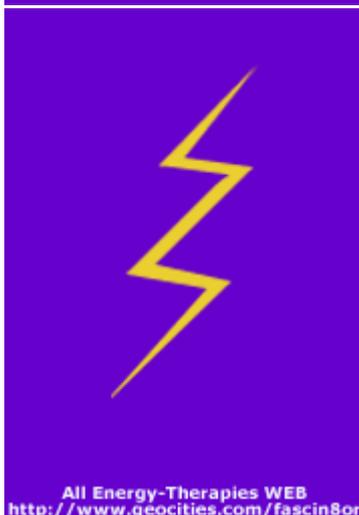
Dumo was, I believe, first used in a Reiki context by Arthur Robertson in his Raku Kei Reiki system, and has subsequently been adopted by later 'Tibetan'-influenced Reiki styles

The symbol is said to represent the Tibetan equivalent of Kundalini: also called Dumo ( or Tummo, or gTummo)



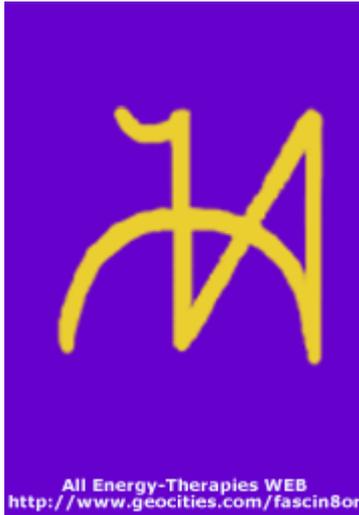
### **NIN GIZ ZIDA** (The Fire serpent)

This is an 'opener': helps to open the 'receiver', make them more receptive to the Reiki you are channelling



### **RAKU** (The Diamond Thunderbolt)

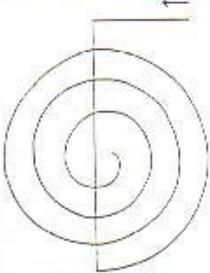
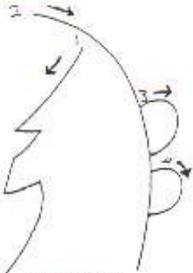
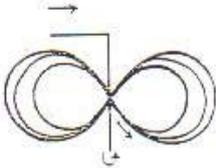
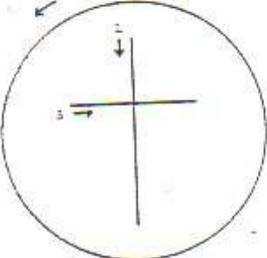
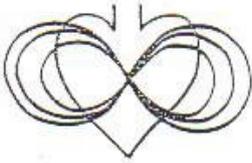
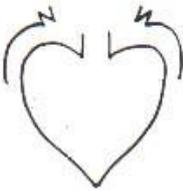
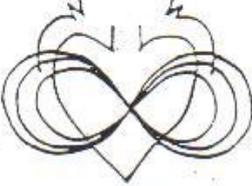
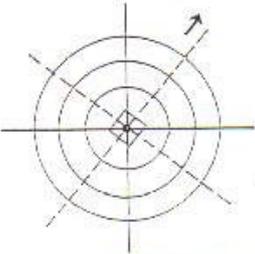
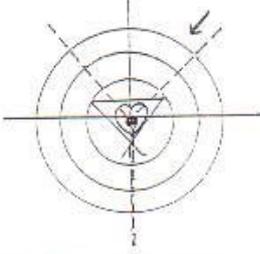
used in the attunement process to stabilise and ground the energies

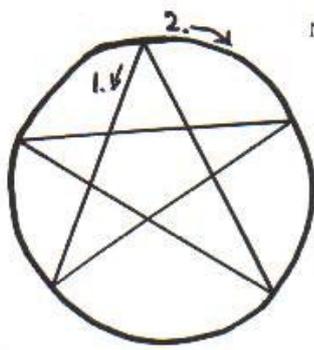


## **TAMASURRA**

An antidote for fear - use it on fearful, stressed, anxious people to transform through

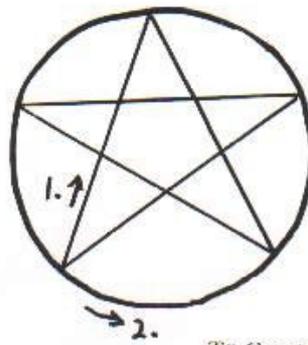
SUMMARY OF SYMBOLS

 <p>CHO KU REI</p>	 <p>SEI HE KI</p>	 <p>HON SHIA ZE SHO NEN</p>
 <p>TA KU REI</p>	 <p>SYMBOL OF DIVINITY</p>	 <p>HEALING TRIANGLE</p>
 <p>MAI YUR MA</p>	 <p>MAI YUR MA</p>	 <p>MAI YUR MA</p>
 <p>SHINING EVERLASTING WATERS OF RA</p>	 <p>ETERNAL PEARL OF WISDOM AND LOVE</p>	

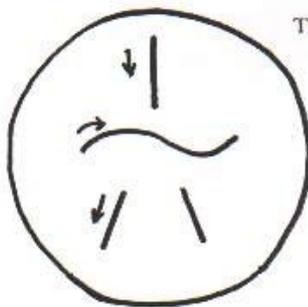


NO NAME 1

To Clear

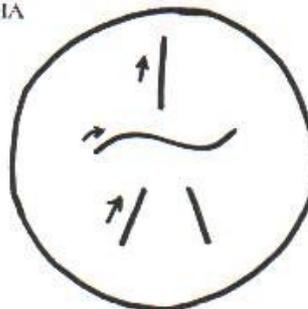


To Create

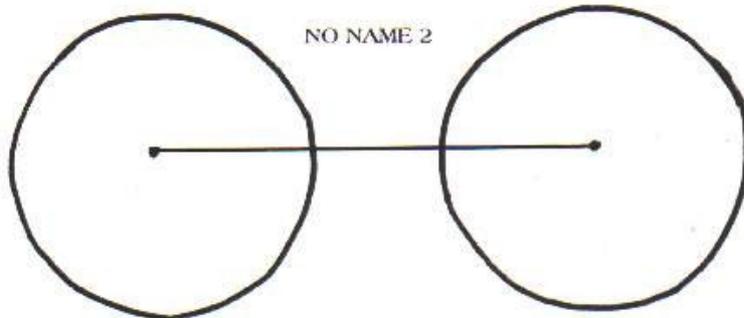


TAM-A-RA-SHA

To Ground



To Link With Spirit



NO NAME 2

To Merge Consciousness

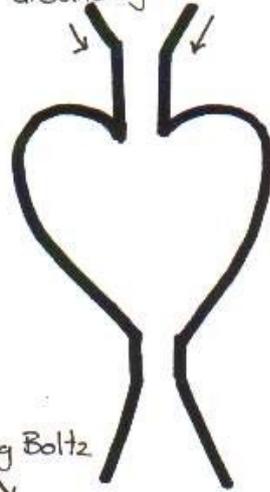
Guides Activator



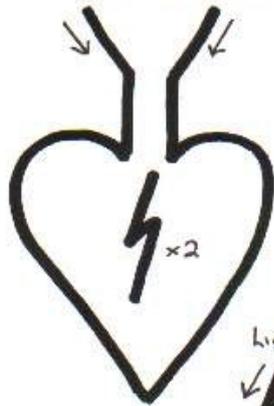
Eternal Flower



Grounding heart Connecting Soul

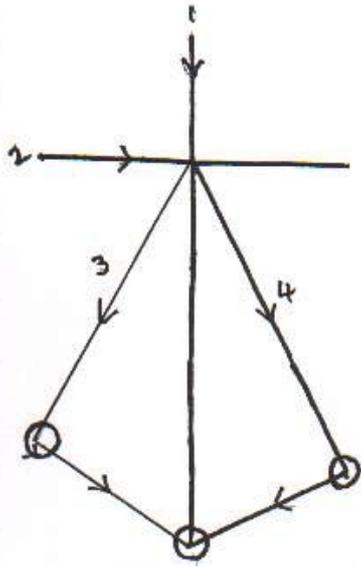


Heart activator



Lightening Boltz

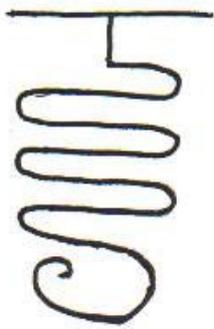




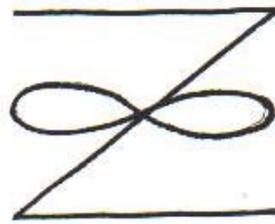
HARTH



TRINITY



FIRE DRAGON

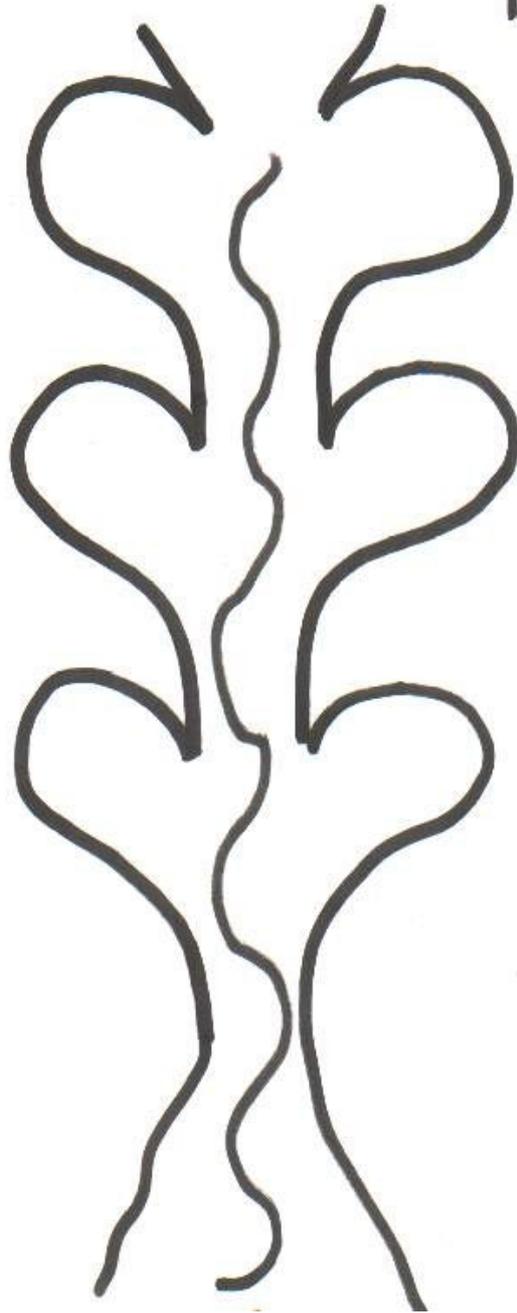


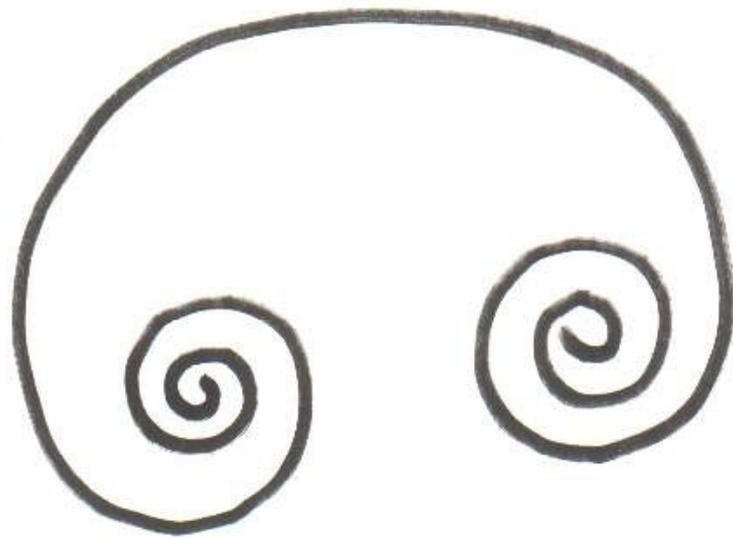
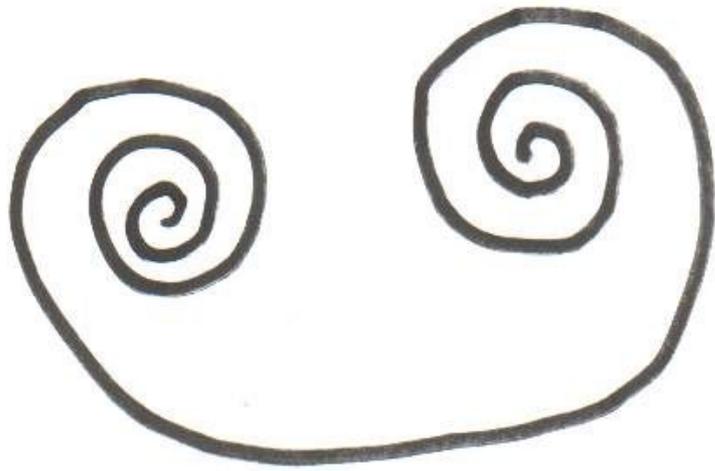
ZONAR

STAR OF HOPE



TOTEM

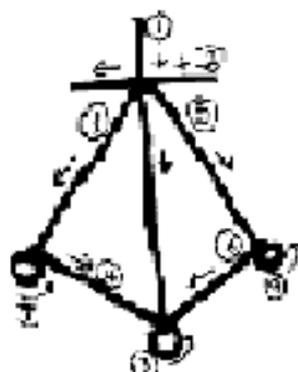




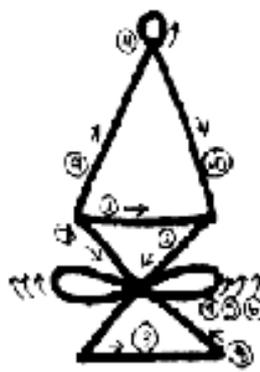
Angel Activator



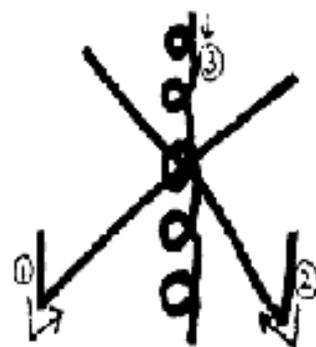
Zonar



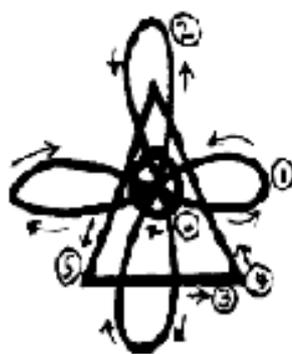
Harth



Halu



Rama



Gnosa



Kriya



Iava



Shanti



Dumo



DaiKoMyo



Fire Serpent



Om



Raku



Devoted to  
Kwan Yin:  
She who hears the  
cries of the world ...

*Violet*

*Flame*

*Reiki*

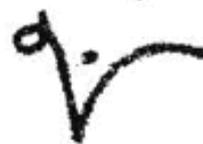
Violet Flame Reiki Level I



Winter Ice: For fever, or  
where cold will help



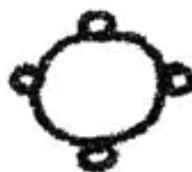
Water, Power, Movement



Fertility, Rebirth



Heat, Past Life Healing



Purification



Eternal Spiritual Cleanse



Nervous Disorders



Breaking through to Past Life  
Traumas



Spiritual Healing



Heat Purification/AIDS/HIV



*dai kō myō shin shin*

(Literally, “Great Shining Light True God” read as “Miroku Ō-mi-kami,” “The Great August Deity,  
Miroku

[the future Buddha]” / On the left is a copy of the calligraphy of a sacred scroll of the

Church of World Messianity; and on the right is Iris Ishikuro's abbreviated abstract version for Westerners.)

## Johrei Master Symbol



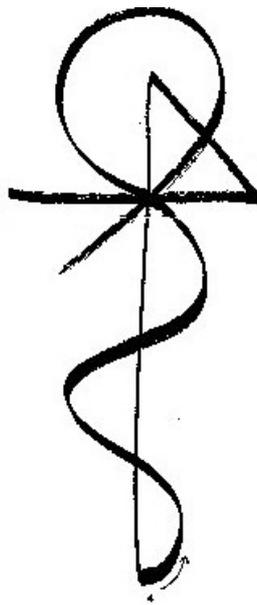
This calligraphy, which says **Dai Kō Myō** ( ),  
was inscribed by **Meishu-sama (Mokichi Okada)**

# Mother Energy

## DNA

### To be used with Antahkarana

Restores distortion of blueprint to perfection of species and realigns and re-balances chakras middle levels. The original pattern of the individual species. The Antahkarana goes on top of DNA.



Mer - Ka - Fa - Ka - Lish - Ma

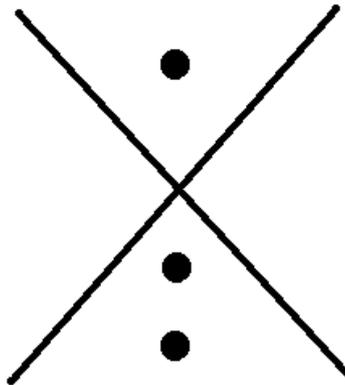
### Abundance Symbol



Ho-Ka Oi Lili

To increase regalness

Use for respect  
Honor



Palm Master Symbol

## Amsui Symbols



**Stop patterns in your life**

Dy Ko MyO

## Master Symbol of Traditional Reiki



Dy GREAT



Ko BRIGHT



MyO Sun & Moon  
(LIGHT)

大  
光  
日月

Dy Ko MyO – Great Bright Light

**Tibetan Fire Serpent**

**Very Powerful**

**Enlivens each Chakra**



## Atlantean Master Symbol:



This symbol is used for healing at the Soul/Spiritual level. (Reiki people: you may use this symbol in place of the DaiKiMiO.) The ChoKuRei heals at the physical body level; SeiHeKey heals at the physical body level; SeHeKey heals at the emotional level; HonShaZeShoNen heals at the mental level; This symbol heals at the source level of the disease or imbalance, the spiritual (blueprint or template) level. It can also be used to enhance the immune system. After attaining Master's level this symbol should be used in every healing.<sup>1</sup>

## RAKU:



The Lightning Bolt of Enlightenment, symbolizes liberation from duality. Signifies Completion, Grounding. Make this symbol down the back of the person being initiated, from head to foot, in order to complete and ground the attunement. During the attunement process the Master's aura is joined with the student's in

<sup>1</sup> See Diane Stein, *Essential Reiki* (The Crossing Press Inc., Freedom, CA 1995), pp. 98-101 for more ideas on using these powerful symbols.

order to draw negative karma from the student. The Master receives this karma and grounds it. Using the Raku at the end separates the auras again.<sup>2</sup>

## The large master symbols

The traditional Reiki system is divided into 3 or 4 degrees. The 4. Degree corresponds to the Reiki teacher, if it, how often for commercial reasons usually, separately one gives. Perhaps you already of the large master degrees in such a way specified heard, as 5. and 6. Degree to be designated. Additionally there are still further large master symbols, those likewise inaugurated, but not than 7. or 8. Degree to be designated. Over these very secret degrees one finds few information in the InterNet.

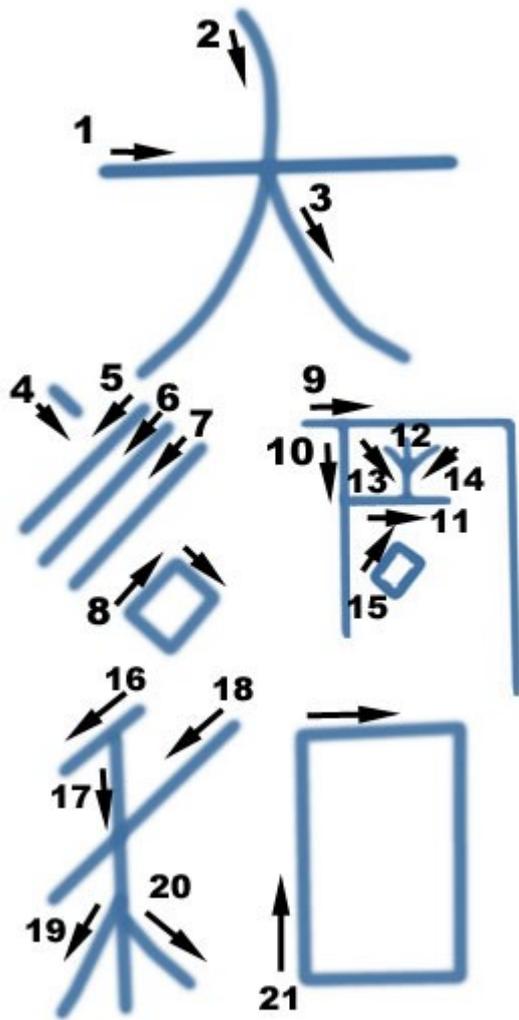
Under the symbols stands in each case a short explanation, which explains the meaning. The Lautsprache of the symbols is the Mantren, which one speaks, in order to activate the strength of a symbol. Speak the Mantren three times or also more frequently, if you like. Draw thereby in thoughts the symbols before your mental eye or also with the hands over to treating. Follow your intuition and trust its strength and the universal love.

### Dai Cho Wa

Matra: Dai Scho Wah

Large harmony: Symbol 5. Reiki degree

1. I go into the infinity,
2. I am conscious me of the Goettlichen of channel,
3. I am conscious me of the Goettlichen of channel
4. on this earth, in the world.
5. I steige down there
6. into middle
7. and the internal child,
8. in order to raise it with the goettlichen forces.
9. With this basis I descend,
10. calls the light forces of the universe,
11. in order to create a basis here,
12. to combine us with the light,
13. to combine us with the light,
14. to combine us with the light
15. from the four corners of the world.
16. I build on the protection
17. and go still more deeply into this strength,
18. the Goettliche light me following and protectively.
19. The Reiki channel is now open for higher, middle and the Innree child.
20. The Reiki channel is now open for higher, middle and the Innree child.



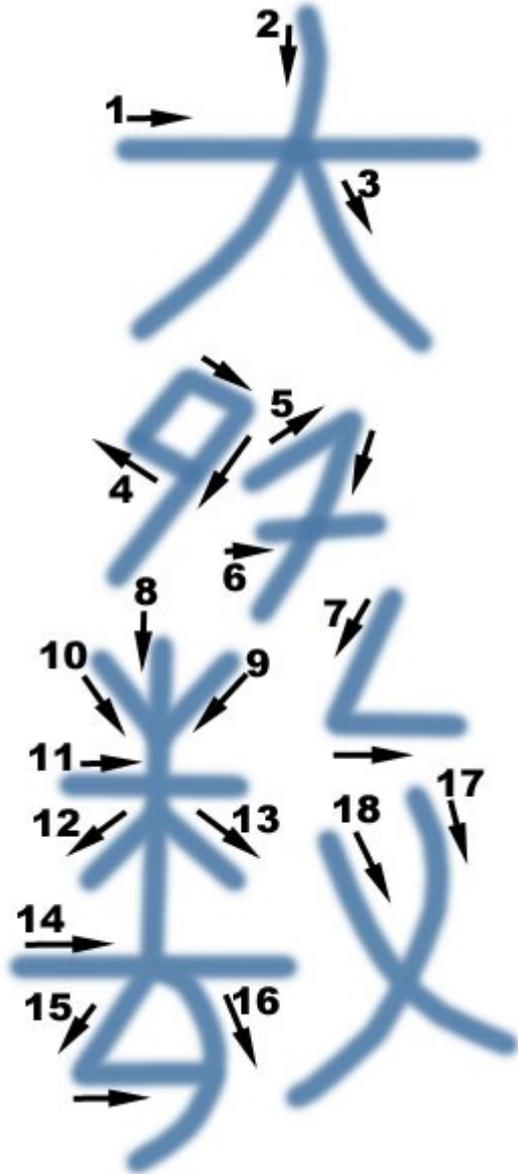
### Dai company Shu

Matra: Dai Fah shoe

Large division: Symbol 6. Reiki degree

1. I go into the infinity
2. I am conscious me of the Goettlichen of channel,
3. I am conscious me of the Goettlichen of channel
4. in all infinities and dimensions.
5. The strength rises upward and downward,
6. in order to create a center
7. for all energies.
8. I steige still more deeply down there,
9. in order to combine female and male energies,
10. in order to combine female and male energies,
11. in order to dissolve it on this level.
12. The Reiki channel is now developed,
13. the Reiki channel is now developed,
14. in order to create an infinite basis
15. to sending and
16. to the receiving of

17. Goettlichen messages and  
18. to sending light energies.

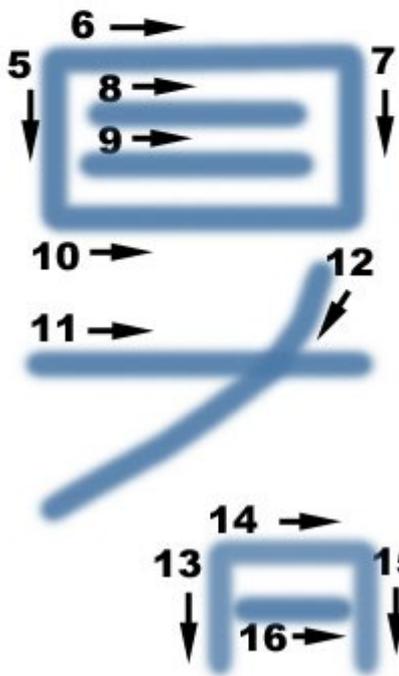
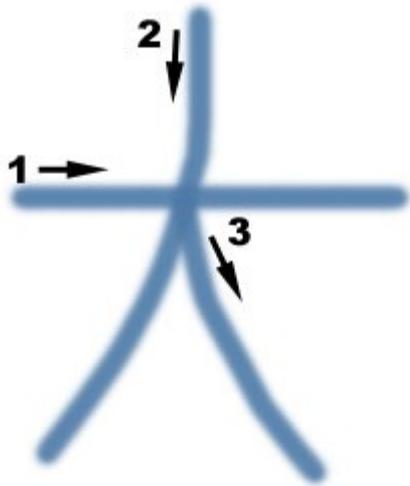


### **Dai Kiro SE**

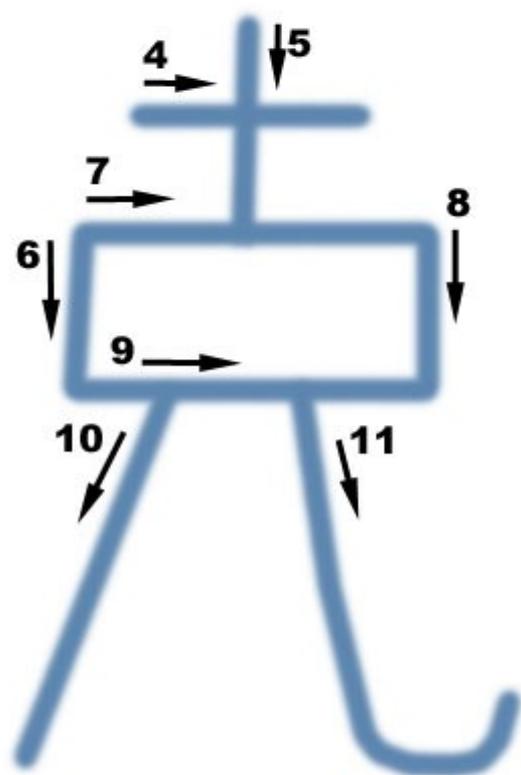
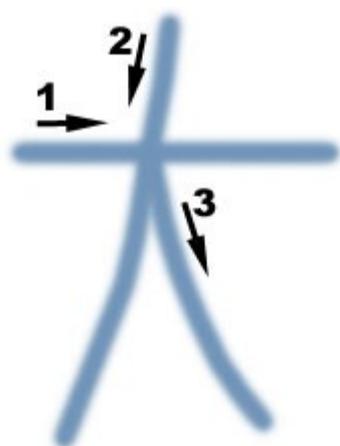
Manta: Dai Kiro Seh

Wisdom symbol

- the knowledge of this world is to you at the disposal.
- the symbol can be used in each master inauguration. It deepens and enables for more effective working. It is an indication around asking realization and knowledge for the larger connections.
- you are requested to act wise and fairly out of the depth of your heart.
- your decision strength is strengthened, the entrance to your intuition becomes better.
- place you forwards or carries out it concretely that you the ends welfare-end rainbow in the hands of your stretched arms hold. Draw and legend the symbol, let the energy flow. All knowledge of the world is in you!



**Dai Ko Ku**  
Mantra: Dai Koh cow  
Desire fulfilment symbol



## The Templar Degree



The Templar Degree is the symbol of Oneness and the manifestation of Christ Consciousness into our world. The symbol was received through a transmission from the Ascended Master Sananda and Archangels Metatron and Melchizedek in July of 1998 by Reiki Master/Teacher, Darla Traylor. The attunement is to be shared with those Reiki practitioners, who feel called to receive it. We extend our gratitude to the Ascended Realms for sharing this Divine symbol with us.

### **THE TEMPLAR ATTUNEMENT**

Each individual is anointed with the following oils in order as given on their 6th Chakra/Third Eye. This is done etherically when activated long-distance:

Juniper: Evokes feelings of health, love and peace and assists in elevating one's spiritual life.

Frankincense. Helps enhance one's communion with the Creator and promotes a positive attitude.

Spruce - Grounds the body, creating the balance and the opening necessary to receive and to give. Also helps to release emotional blocks.

Myrrh Promotes spiritual awareness and is a True Gift as given to the Christ child. When we open our hearts and minds to receive the gifts will be given unto us.

While "ascension into Christ consciousness" usually takes a bit more effort than one attunement, the ritual itself is a truly glorious experience for any open individual. Whether you are left feeling quiet and serene or utterly transcendent. This is truly one of the most positive experiences you'll encounter on your Reiki path. I know that it was for me! Much more work is to come, but it is nevertheless, a POWERFUL affirmation of your intent.

To activate after the Attunement:

Think "Templar Attunement" and visualize the symbol in the 3<sup>rd</sup> eye.

Much Light,  
Victor

[www.powerattunements.com](http://www.powerattunements.com)

# Fusion Reiki



On Saturday 25 November, 2000, Dr. Jason Storm received a symbol with instructions for its use. The symbol gave its name simply as "FUSION" and is a mixture of the energies of Usui Reiki, Karuni Ki, Karuna, Seichim, and Tao Tian An Mian Chi Gong.

After you have been attuned to Fusion, you will find your High Sense Perception greatly amplified and quite easy to develop. To use the energies of Fusion in Reiki treatments simply say the name of the symbol and/or draw it (or visualize it) on the client receiving the energies and allow it to flow. Most people find they connect easily and instantly with the Fusion energies. Fusion energy can be very powerful.

Fusion works very quickly, usually requiring only about one third the amount of time of the other styles alone, and the attunement is likely to pass to and through you very quickly as well. This is quite normal.

Fusion is most effective when used in distant treatment and attunements. The physical connection of a direct hands-on treatment slows the energy down a little bit, but you should experiment for yourself and find the techniques that work best for you with this very potent power source.

There is no stroke order in drawing this symbol. Intuitively the drawing order is part of the attunement and accessing process. Let it show you the way. Fusion has a consciousness of its own and requires practically no effort of any kind to utilize in healing, meditation, manifesting, blessing, and cleansing.

You may not charge a fee to perform or attune others to Fusion Reiki, but you may ask for a voluntary contribution only.

# **The Ascended Masters**

**Who They Are**

**compiled by Dee Finney**

**Ascended Master - a being who has become Self-Realized and serves humanity; a being who has raised his/her vibration to a sustained frequency of light. He/she can come and go at will from the earth plane without the Birth//Death cycle.**

**Self-Realization - the awareness of our complete and indivisible union with God, which we are. This also means that the ego-self has come to know itself so clearly, so lovingly, so wisely that it is no longer run by the Shadow.**

**When one is in the Illumined State or Self-Realized, there ceases to be any more inner or outer drama.**

**The personal ego-self has surrendered fully and willingly into the loving embrace of the Soul**

## **4-30-03 - LUCID DREAM -**

**I went in and out of this dream several times and worked on the project it gave me, knowing I was awake and dreaming at the same time.**

**I chose 4 masters from a larger group of individuals - 3 men and a woman. Their picture and information was within frames that were like railroad tracks, so the the corners came apart and could be put back together again. I took the frames off, doubled the size of the photos and the information. Then the hardest job was to put the frames back together so it enclosed all 4 Masters together using all the pieces, including the corners.**

**The four Ascended Master teachers pictured below all presented themselves to me in dreams and visions over the last 20 years. I will be always grateful that they chose to let me know they were there for me.**

**These were not the only Ascended Master teachers I have seen. I also have several Native American guides who are helping me to present pages of information for students in the world.**

**Their information is below in the listing:**

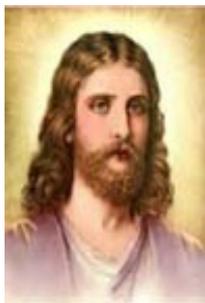


The Ascended Masters have worked with mankind throughout the centuries. Most of the time in the past the Ascended Masters have worked in the background. There were some Ascended Masters who have assisted mankind such as Sanat Kumara, also known in the Bible as the "Ancient of Days", by some He is known as the "Lord of the World".

Sanat Kumara came ages ago to give assistance to the Earth when it would have been dissolved otherwise. He offered His own free will to supply the Light required to sustain the Earth and keep the Earth in the system until enough so mankind could be raised to a point where they could carry the responsibility of emitting sufficient Light.

Ascended Master Saint Germain's Cosmic Name is "Freedom". He is the Cosmic Father of the people of America. Saint Germain's work for the freedom of mankind began in that civilization seventy thousand years ago; when a whole civilization could have been raised into the Ascension had they continued to give obedience instead of becoming rebellious.

Saint Germain's most recent work with mankind came forth in the 1930's. He worked with Mr. & Mrs. Ballard to establish the focus on the "I AM" Presence. Through the Ballards, Saint Germain and other Ascended Masters gave dictation's. Some of the other Ascended Masters were, Great Divine Director, Mighty Victory, Mighty Victory and Ascended Master Jesus.



**Christ Jesus** Jesus Christ, Jesus the Christ- because of the fullness of manifesting the Christ Self, "Only Begotten Son of God", Lord and Savior (Saviour), Incarnation of the Word, the Universal Christ (the Word Incarnate), Cosmic Christ, World Savior (Saviour), World Teacher, Yeshua, the Messiah of Israel, Avatar of the Piscean Age - the example of the Christ Consciousness that was to have been out pictured in that two-thousand year Dispensation, World Teacher (since January 1, 1956), Formerly - Chohan of the Sixth Ray until December 31, 1959, when beloved Lady Master Nada fully took on the Office of Chohan of the Sixth Ray, Holds the Office for this evolution of the "Only Begotten Son" - and therefore the Representative not only of that Universal Christ but also of the

individual Holy Christ Self. Responsible for: Ruby Ray , Purple and Gold Ray , Resurrection Flame , Twelve Legions of Angels from the Heart of the Father/Mother God , Angels of Peace , Angels of Love , Angels of the Ruby Ray , Angels of the Purple and Gold Ray , Angels of the Resurrection Flame . Jesus Christ is known as Sananda in the inner planes. He is the Master of the sixth ray, the ray of abstract idealism and devotion, which is indigo. During His incarnation as Jesus, He was a high priest in the order of Melchizedek and was overshadowed during His life by Lord Maitreya. He also had lives as Adam, Enoch, Jeshua, Joshua, Elijah and Joseph of Egypt. He works with Archangel Uriel to bring peace, brotherhood, service and freedom to people. Many missionaries, lawyers, public servants, social workers, blue collar workers, farmers and business people are on this ray.

[Jesus / Sananda](#)



[Mother Mary](#) Mother Mary, who volunteered before her birth to bring Jesus to the world. Also called "Mother of the World." A beautiful, powerful ascended master of great love, wisdom and compassion. She protects women and children and intercedes in healing. One of her past incarnations was Isis, when she instructed initiates in the Mystery



[El Morya](#) Chohan of the First Ray, connected to the Temple of the Will of God. El Morya was embodied as Abraham, the wise man Melchior, Arthur, king of the Britons, [Thomas Beckett](#), Thomas More, both martyred, Akbar, greatest of Mogul emperors, Thomas Moore, El Morya Khan, the most renowned of the Tibetan mahatmas. El Morya came originally from Mercury and is a member of the White Brotherhood. He works with Archangel Michael and is the chohan or master of the first ray, which is red and governs power and will, drive, confidence and strength. He works with rulers, executives, public servants, the military, sports people and those who are commanders.

[El Morya](#) - Blue Ray - Throat Chakra. Working to transform the aggressive human from domination to the will to do good. Head of all Esoteric Schools.

**Abraham** The patriarch Abraham, "father of many nations," was called the "Friend of God." The LORD God called Abraham out of Ur of the Chaldees and promised Him "I will make of thee a great nation." Abraham is now the Ascended Master El Morya.



**Lanto** - Chohan of the Second Ray - Lanto was an ancient Chinese master who lived about 400 B.C. He is said to have accomplished more than any other master of earth. He developed the light in his heart to such a degree that it shone like a golden sun through his flesh.



**Paul the Venetian** - Chohan of the Third Ray - Chohan of the Ray of Love . Embodied as: Paolo Veronese (Paolo Caliari) 1528-1588, Italian Master Renaissance painter. He broke away from the tradition in religious art of making the figures of Christ and his apostles stiff and unreachable. He was a spiritual revolutionary who fought against the forces of anti-Life in the arts, and saw Beauty as the most powerful catalyst for enlightenment. Egyptian master of esoteric architecture who worked with El Morya (then a master mason) at the time of the building of the pyramids. Artist in the Incan empire who used paints that did not fade. Head of cultural affairs in the government of Atlantis who, before the sinking of Atlantis, established a Focus of the Liberty Flame in Peru - which gave an impetus to the culture, beauty, and wealth of the Incan civilization. Also known as: The Venetian Master, The Venetian, Lord of the Third Ray. Service to Life: Chohan of the Third Ray (Love, Beauty, Art) Initiation and balancing of the heart chakra. Helps develop tolerance and love for one another. Training of elementals. Paul will be the next Maha Chohan, when the current Representative of the Holy Spirit for this earth goes on to another Office in Hierarchy. Ascended: April 19, 1588 from the Chateau de Liberte in southern France after his passing at the age of sixty **Paul the Venetian** - Indigo Ray - Third Eye Chakra



**Serapis Bey** - Chohan of the Fourth Ray - Serapis Bey, an ascended master associated with Luxor in Egypt, who holds open the Temple doors on the etheric level, and is one of the great teachers of ascension on the planet. Serapis Bey originally came from Venus and is the Keeper of the White flame. He works with Archangel Chamuel on the ray of compassion and is the only Ascended Master who works with the Seraphim. He has an ascension seat Luxor. In past incarnations he was a priest in Atlantis and was the Pharaoh Akhenaton !V and also Amenophis. He is the master of the third

ray, the yellow ray of active, creative intelligence, helping to bring perfection, focus and independence to artists, musicians, peacemakers, philosophers and metaphysicians. He works to balance and activate



artistic beauty in all areas of life. He helps with personal initiations. [Serapis Bey](#) - Red Ray - Root Chakra



[Hilarion](#) Chohan of the Fifth Ray , which is orange, the ray of concrete science, knowledge and research, which is connected to the Temple of Truth. He is helping to bring in the scientific aspect of the New Age. He is particularly teaching us to use our mental powers and drops seed thoughts of the new technology and scientific ideas into receptive minds. He works to help us expand the mind and bring new consciousness and spirituality into all areas of scientific discovery. He stands for accuracy justice, common sense and upright attitudes and works particularly with mathematicians, scientists, inventors, musicians, chemists, electricians, engineers, surgeons and researchers. He represents the highest galactic confederation of our solar system in Saturn.. In a previous incarnation he was Paul the apostle. He works with Archangel Raphael.

[Hilarion](#) - Green Ray - Healing - Heart Chakra



[Lady Master Nada](#) - Chohan of the Sixth Ray "Nada" means "nothing," which refers to her great humility.

[Lady Nada](#) - Sacral Chakra. Lady Nada, a beautiful ascended master written about in the first two "green books" of the St. Germain Press: *Unveiled Mysteries*, and *The Magic Presence*. She is said to be the twin flame of Jesus. She works on the ray of compassion and is on the Karmic Board, where she represents the third ray. Lady Nada works with mental healing and upliftment. The thousand petaled lotus on her forehead symbolizes enlightenment for the feminine, as well as the masculine, mental body. She teaches that intelligence requires the addition of love to become wisdom.



**Maha Chohan** -

**Chohan of the Seventh Ray - It was He that enfolded Jesus in His Cosmic Flame at the time of the baptism by John the Baptist, endow-ing Jesus with His powers. It was His action when the Holy Spirit descended upon the Disciples ten days after Jesus' Ascension; that was the radiation from the Lord Maha Chohan. He enfolded them in His Cosmic Flame which gave to them the assurance, courage, strength and power to carry on the teaching and works of Jesus. "The Comforter" referred to is the Lord Maha Chohan. The first Maha Chohan Who came with the first root race in the beginning established the Flame of the Holy Spirit and the Comfort Flame here on Earth. The three Maha Chohans of the first root races have each gone on with Their race. Feminine Beings have held this position. The Maha Chohan is at the head of the Elemental kingdom; and is the authority over manifestations in nature. He draws and supplies the energy used in all nature and by mankind. He is the magnet to draw that power from the Sun. He directs the various forms of culture and civilizations through the minds of embodied individuals so as to unfold and develop according to the divine plan. The Maha Chohan is the One Who gives the first breath to every new born child; He also takes the last breath of every individual as he passes on. It is said that the great Ascended Being, who is now the Lord MAHA CHOCHAN, was embodied as HOMER, the blind poet. Maha Chohan**

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#### OTHER ASCENDED MASTERS



**Djwhal Khul**

**Djwhal Khul, also called "The Tibetan," was a beautiful master who achieved liberation under master Kuthumi's guidance. He is profoundly learned, knowing more about the seven rays and the spiritual hierarchy than perhaps any of his peers. He channeled wisdom works to Alice Bailey, a modern leader of the Theosophical Society. With Kuthumi and El Morya, he works diligently for our enlightenment. Djwhal Khul is known as The Tibetan who channeled the mighty esoteric works to Alice Bailey. He works under Lord Kuthumi and is a very learned being, working specifically to help us to move forward into the Golden Age. He is one of the most accessible of the Masters of Shamballa. Also known as Master of the 2nd Ray of Love and Wisdom. He was known to materialize, dematerialize and bi-locate. He works to balance energies and make them easily accessible to all. Shortly after leaving the earth plane in the late 1800's he began working with El Moyra, Kuthumi and St. Germain to assist them in the research of Helen Blavatsky.**



### **Kuthumi**

**Yellow Ray - Solar Plexus . Kuthumi is the chohan or master of the second ray, which is deep blue and governs Divine love, wisdom and truth and understand. He is a member of the Brotherhood of Golden Robe, those who take on the pain of world. He has an etheric retreat at Machu Picchu. In past incarnations he was Pythagoras, bringing in sacred geometry and the music of the spheres. He was the wise man, Balthazar, Shah Jahan and St Francis of Assisi. He works with Archangel Jophiel, and helps to touch people with wisdom & illumination, tact, foresight, consideration and friendliness. He works particularly with teachers, students, architect, ambassador and the artistic. He comes to those who seek knowledge in this time of change. Some say his previous incarnations are said to be John the Divine, Casper (one of the three Wise Men) among the others listed.**



### **Babaji**

**Message from Babaji Babaji is the immortal master of the Himalayas, known as the deathless avatar. He was initiated into Kriya Yoga and became the greatest Siddha or Perfected Master ever known. After ascension he promised to stay in his physical body to help all humanity and still appears to groups of disciples. Yogananda writes about him in Autobiography of a Yogi. It is said that you only have to say his name with reverence and you directly attract a blessing from him. Babaji**

### **History**

See Almora Baba: below



### **Melchizedek**

**Melchizedek is an ancient cosmic being in charge of the order of Melchizedek, This brotherhood organizes the Mystery School, which holds the secrets of God, the Universe and the true history of the planet, and is working to establish heaven on Earth. Jesus was a high priest in the Order of Melchizedek. All humans belong at some level to this order.**



[Melchizedek](#)



[Sanat-Kumara](#) - Sanat Kumara, also called "The Ancient of Days" and "youth of endless summers." From Venus, he has assisted humanity from the lighter realms perhaps longer than any other master. He has also been the "planetary logos" for Earth, its prime overseer. Sanat Kumara is the Planetary Logos, apparently the greatest of the Avatars. He is the God of this Universe and He oversees ascension initiations in the inner planes. He has an Ascension seat in Shamballa, over Gobi Desert, where you may ask to go in meditation. [Sanat Kumara](#) [Sanat Kumara](#)

Vywamus - the higher self of Sanat Kumara. Vywamus is the higher self of Sanat Kumara. Sanat Kumara is the Master of Shamballa, also known as The Ancient of Days, who ensouled the Earth up until recently. Vywamus is reported to have had 32 lives in a physical existence in another galaxy, one of which included being a channel. An expert in communication and channeling Vywamus is specifically focusing the energies of joy, laughter and self love to aid Earth and humanity in their evolution to higher consciousness. A very high frequency energy bringing profound wisdom on a mass level concerning the relationship between humanity and our planet Earth. Assists in the Ascension Process. He is very much concerned with the Ascension of planet Earth. Ascension is achieved by increasing the amount of Light and the amount of Love that your cellular structure can hold. This Light and this Love is flowing from the Source. [Vywamus Message](#)



[Quan Yin](#) Quan Yin, the great goddess and Mother of Compassion, loved and revered throughout Asia. A beautiful expression of Divine Mother. Mercy means there is more assistance given through love than through merit earned. Following her ascension Kwan Yin turned back to save others and made this pledge - "Never will I seek, nor receive, private individual salvation, never will I enter into final peace alone, but forever and everywhere will I live and strive for the redemption of every creature

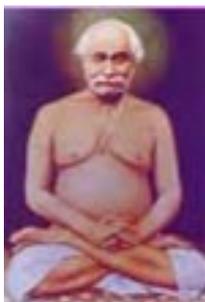
throughout the world from the bonds of conditioned existence". Kwan Yin is associated with the earth, fertility, and birth, and healing. She has also brought forth the energies of Magnified Healing. Quan Yin is known as the Goddess of Compassion and is often depicted riding on a dragon. She is the eastern counterpart of Mother Mary and she works to balance the feminine energy. She is one of the Lords of Karma representing the sixth ray. Isis carried the same 'mother energy' in Egyptian and Hinduism, Shakti (Vishnu's wife), Pavarti (Shiva's wife) and Sita (Rama's wife). Her proper name is Kuanshih Yin and means "She who harkens to the cries of the world". She is honored in Japan and China. A Celestial Bodhisatva and Ascended Master. [Quan-Yin](#)



[Sri Ramakrishna](#) A devotee of the Divine Mother as Kali, Ramakrishna (1836-1886) is widely revered as one of the greatest Hindu saints. Beloved for his great devotion, he experimented intensively with other religious paths, including Christianity and Islam. He taught a universal love and understanding of all religions



[Maitreya](#) Maitreya, whose name is derived from the Sanskrit maitri, meaning universal love, is known to Buddhists as the embodiment of loving kindness. Some believe this planetary master was Krishna, and that he inspired the life of Jesus. Maitreya is a Buddha, working diligently behind the scenes to enlighten humanity and birth the age of light. He is the planetary Christ who overlit Jesus during his lifetime and is the head of the Great White Brotherhood. Lord Maitreya was an incarnation of Krishna. He works to enlighten humanity and bring in the new Golden Age. Lord Maitreya is the being who holds the office of the Christ-Grid frequency for our planet. This is the new grid system of higher evolution. He is the head of the Spiritual Hierachy and is often called the "Master of Masters". He has served this position for 2500 years and is an aspect of Jesus/Sananda.



[Lahiri Mahasaya](#) Lahiri Mahasaya was a 19th Century Indian master of rare attainment

and a direct disciple of the immortal Himalayan master Babaji. In a wonderful account in Autobiography of a Yogi, Babaji gave the ancient Kriya Yoga to Lahiri, who taught this great enlightenment tool for decades in Banares



**Meher Baba** Meher Baba, a great Indian master born in 1894. A profound being of light and wisdom, he was strongly connected with Sufism. He did not speak from 1925 until he left his body in 1969. "Don't worry, be happy" comes from him, a simple phrase which, if followed, is a life-transformer! The book God Speaks shares his teachings and aspects of his life



**Hathor** The Goddess Hathor, who represents an ascended civilization of the fourth and fifth dimensions. The Hathors are giving loving assistance and profound ascension teachings to humanity and Earth.



**Ramana Maharshi** Attaining sudden self-realization at the age of 16, Ramana Maharshi (1879-1950) is one of the great sages of modern India. On the holy mountain Arunachalam, he taught seekers to meditate upon the question "Who am I?" He wrote, "One can thus attain immortal consciousness and awaken to the true self, God, the real nature of man."



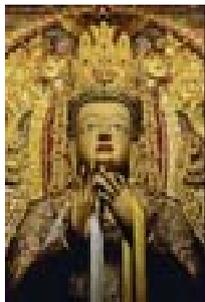
**Yogananda** Paramahansa Yogananda, the Indian yogi who at Babaji's request came to America in 1920. He founded the Self Realization Fellowship based in Los Angeles. There he founded the Self Realization Fellowship and introduced kriya yoga to the west. He authored Autobiography of a Yogi and other works. He has introduced millions to Eastern ways of enlightenment, and done enormous good in the world.



**Sri Yukteswar** Sri Yukteswar was a great and revered master and the beloved guru of Paramahansa Yogananda in India in the early 1900s. He was one of the few gurus who deserve absolute trust. He was the disciple of Lahiri Mahasaya, who was the disciple of the immortal Mahavatar Babaji.



**The Great Divine Director** observes every lifestream at a certain point, and when they can be of assistance to man-kind, he transmutes their human creation. He is a Member of the Karmic Board, representing the first ray. He represents an action similar to the Christ Self (Higher Mental Body) to mankind. He will give assistance to adjust things in legal matters.



**Gautama Buddha** Lord Gautama - the Buddha, was one of the great enlightened ones. He taught detachment and the middle way. The Buddha represents the wisdom energy while Christ is the love energy and they are brother\sister equal energies. Ascended 2500 years ago, Buddha "gave it all up"

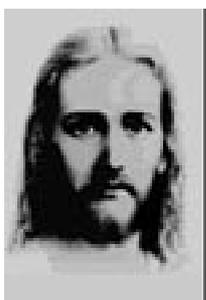
to find meaning in life and the reason why some suffered so much. It was during a meditation under the Bodhi Tree that he received Enlightenment. Buddhism was formed out of his Teachings. [Gautama Buddha](#) [Gautama Buddha](#)



[Lady Portia](#) Lady Portia is one of the Lords of Karma representing the Seventh Ray on that Board. She became Spokesman June 27, 1954, in honor of SAINT GERMAIN having become the presiding Master for the next two thousand year cycle. She holds the balance of mercy and judgment. She helps those who want to balance heart and head. She will also help those who judge and criticise others from the lower mind to raise their energy to their heart centre and be loving towards themselves and others. You may apply in meditation to the Lords of Karma for release of personal or collective karma. If you do this, ask if karma may be released on every level - physical, mental emotional and spiritual, in every dimension and in every reality and universe. Lady Portia is one who frequently offers grace. One can call to Her for assistance in legal action. Her electronic pattern is the Maltese Cross."



[Krishna](#) Lord Krishna, incarnated 5000 years ago as the Supreme Personality of Godhead. Born as a cowherd boy, Krishna displayed his perfect divinity with the all attractive features of wealth, power, fame, beauty, wisdom and detachment. He was a slayer of demonic tyrants and enchanted all with the music of his flute. It is said that he overshadowed Jesus 2000 years ago, and Krishna is believed by some to have reappeared as Lord Maitreya in modern times. Twin Flame / Divine Complement / Twin Ray: Lakshmi Also known as: Krsna, Vishnu , Embodied as: Krishna, King Rama, Vamana, Parasurama



[Sananda](#) Sananda is the risen name (spiritual identity) of the physical human known as Jesus of Nazareth. The spiritual mentor who ensures that, ultimately, our evolutionary path and spiritual growth is sustained in accordance with our souls' highest spiritual aims. To do so, his energy is in contact

with each of us at all times, guiding us from the higher realms to embrace self loving choices and actions in our daily lives and improve our understanding and practice of Unconditional Love. This beloved master has showed humanity that death can be overcome and that love, forgiveness and compassion are our true nature. "What I have done you can do and more". Like all great masters Jesus did not come to be worshipped, he came to teach humanity how to become Christ like.



**Metatron** Lord Metatron: One of major Archangels, as well as Chief Elohim. Assigned by Mother/Father God to be in charge of this present Creation, which is sixth of ten Creations provided for by Divine Plan. He is the twin brother of the angel Sandalphon. He was Enoch in an earthly incarnation. **Metatron Messages** From the "Keys of Enoch", Metatron is called the Almighty Eternal Lord and Divine Voice of the Father. Considered the Creator of the outer worlds, a teacher and guide to Enoch and creator of the Keys. He is also a co-worker with Zoroaster.

**Enoch** The patriarch Enoch, who "walked with God," was the Messenger of Sanat Kumara, the Ancient of Days, spoken of in the Book of Daniel. In the Book of Enoch, Enoch records the revelations of Sanat Kumara on the true nature and deeds of the fallen angels.



**Confucius** Born in 551 B.C., he had to support his mother after his father's early death. He was educated in music, history, poetry and sports, and was a gentleman as well as a scholar. After his mother's death, and at the end of his mourning period, he became a teacher of the 6 disciplines - poetry, music, history, government, etiquette and divination. Eventually he became the Chief Justice in his State, as was known as K'ung Fu-Tse in China. He later received a prestigious post that allowed him to spend the rest of his life compiling his writings, which are now called Confucian Classics. Confucianism arose from his teachings, the essence of them being to strive for perfect virtue in every thought, word and deed. Was an early incarnation of Ascended Master Djwhal Khul. **Confucius Biography**



### **Ganesha**

**Ganesha Chaturthi** This Hindu festival commemorates the birth of Ganesha, the son of Shiva (the Third Person of the Hindu Trinity). Ganesha, the god of wisdom and good fortune and the patron of learning and letters, is popular because he is gentle and helpful. Ganesha is depicted as an elephant-headed man to express the unity of man, the small being, with the Great Being, God. The Messenger teaches that the elephant-god Ganesha has the infinite memory of the Mind of God. Hindus believe Ganesha can remove obstacles, including obstacles to devotion. He is traditionally invoked before writing a book or at the beginning of any project. Elephant God of India. He is in charge of removing all obstacles.



### **Zoroaster**

Iranian religious reformer and founder of Zoroastrianism. Connected with occult knowledge and magical practices in the Hellenistic Age. (Or Zarathrustra). Persian messenger of Ahura Mazda (Sanat Kumara, or Enoch). Now the Ascended Master Zarathrustra. Slain with 80 priests whilst officiating in the temple, by an invading Persian army. In Old Persian he was called Zarathrustra or Zarthost. In a Greek transliteration he was known as Zoroaster. **Zoroaster** **Zoroaster**



### **Padre Pio**

Padre Pio, a humble Capuchin priest from San Giovanni Rotondo, Italy, was blessed by God in many wonderful and mysterious ways. The most dramatic was the stigmata. Padre Pio bore the wounds of Christ for fifty years! Among his other gifts were perfume, bilocation, prophecy, conversion, reading of souls, and miraculous cures. People are still being cured through his intercession in ways that cannot be explained by medicine or science. More important, if less spectacular, are the spiritual healings that take place in all parts of the world! Padre Pio is a powerful intercessor!!



**Milarepa** Milarepa is one of the most widely known Tibetan Saints. In a superhuman effort, he rose above the miseries of his younger life and with the help of his Guru, Marpa the Translator, took to a solitary life of meditation until he had achieved the pinnacle of the enlightened state, never to be born again into the Samsara (whirlpool of life and death) of worldly existence. Out of compassion for humanity, he undertook the most rigid asceticism to reach the Buddhist state of enlightenment and to pass his accomplishments on to the rest of humanity. His spiritual lineage was passed along to his chief disciples, Gambopa and Rechung. It was Rechung who recorded in detail the incidents of Milarepa's life for posterity.



**Afra** - Afra is the patron of Africa and of the black race. Afra was the first member of the black race to make his ascension. Long ago, he sacrificed name and fame to sponsor a vast continent and a mighty people. When Afra ascended, he asked to be called simply "a brother," or frater, in Latin. And so "a frater" became the name Afra. The black race was originally part of what was known as the blue race and the violet race. Their skin actually had either a blue or a violet hue. He offers to help us reconnect and maintain our deep connection to Spirit, and follow its innate rhythm throughout every area of our lives. He wishes to help us express our Higher Self energies which are always available to us.



**Elijah** The prophet Elijah ascended to God in a "chariot of fire". As prophesied by Malachi, Elijah returned to earth to go before Jesus as John the Baptist. Thus, as both Elijah and John the Baptist, He served as God's Messenger. **[John the Baptist](#)** Elijah - **[embodied as John the Baptist](#)**



[Saint Teresa of Avila](#) - Saint Teresa of Avila, sixteenth-century reformer of the Carmelite order in Spain, often communed with Jesus. He once told her, "Don't neglect to write down what I say . . . I shall give you a living book." Her original name was Teresa de Cepeda y Ahumada, and her chosen name as a nun was Theresa of Jesus. She came of a well-to-do noble family. She entered the Carmelite order (possibly in 1536). Much later she underwent (c.1555) a "second conversion," after which she experienced mystic visions. [St. Theresa of Avila](#)



[Rowena](#), is familiar as a lady in King Arthur's court. Her name is also listed as an ascended master in Samuel George Partridge's book, "Golden Moments With the Ascended Masters," on the third ray of love, cohesion and gratitude. She is associated with the medieval mystic and reformer, St. Theresa of Avila, who founded Carmelite convents in Spain. She believed in absolute poverty, chastity, and obedience in selfless service to God. Lady Rowena wears a Celtic cross on her medieval headdress. Her deep, dark eyes seem to pierce through all defenses to the soul. She encourages others to follow her path of self-discipline to mastery. ([King Arthur](#))



[Hermes Trismegistus](#), (meaning "thrice blessed"), the Planetary Council Member from Mercury, Lotus, an initiate in the Luxor Mystery School, and Thoth, the ibis-headed Egyptian god of scribes, narrate these stories of ancient Egypt. Hermes Trismegistus, ancient Egyptian sage, was called the "scribe of the gods." Hierarch of Second Ray - The Matrix Synthesizer Focal Point - Long Stone, Isle of Wight, England - Hermes - Hierarch of the Second Ray Hermes, a God with Greek and Egyptian origins, who was most noted for his swift consciousness, was later portrayed by the Romans as the winged footed Mercury. The skillful and dexterous patron of alchemists, commerce, esoteric scholars, gymnasts, and travellers, he carried the caduceus rod with entwined serpents. A philosophical intellectual, contemplative mystic, arcane writer, mysteries theologian, intuitive magician, pious sage, and wisdom psychologist, Hermes is an extremely complex, mutable, and versatile individual with a penchant for solving puzzling

perplexities and for transforming by reconciling opposites. (Hermes was the Greek name for the Egyptian Thoth ) The offspring of Hermes are believed to be Pan, Abderus and Hermaphroditus - [Hermes](#)



He is now the Ascended Master God Mercury, whom Ascended Master El Morya has called "the archetype of the Messenger of the Gods."



[Mary Magdalene](#) - Wife of Jesus, and "the Disciple of the Disciples". She was a powerful force in the early Christian movement. It is little known that she is the wife of Jesus and spread his teachings after His death. She is the author of the Gospel of Mary and other spiritual writings. Because of her power and popularity the early church fathers slandered her and did all that they could to cover up her true relationship with Jesus. She has no relationship at all to the nameless adulteress mentioned in the Bible. Many believe that Mary Magdalene and Jesus bloodline is the long-sought Holy Grail.

[Leto](#) made the ascension four hundred years ago. She has golden hair. The fragrance of heather often surrounds her, caused by an experience from a former life in 11th century Scotland. If you call on Leto, she can assist you in remembering your activities, while you are Out Of Body (OBE or sleeping). She can also teach students to leave the body and return at will. We can also call to her for The Coat Of Invisibility. Healing is also one of her services. During a plague, Leto released The Cosmic Healing Flame (directed by The Great Divine Director), and after a few days, the plague was stopped. She has been in Service to Mankind for more than 300 years. Leto was the lady who joined Guy Ballard (founder of the I AM Movement) on his journey from New York to France. In an address given to the students, some time ago, Ascended Lady Master Leto said that the records showing man's sojourn on Earth are preserved in their original language in which they were written at the Royal Teton where an Ascended Master can translate them into any modern tongue. Not before long, these records will be given to the outer world.

[Leto](#)



**Ramtha** 'The Lord Of The Wind' was the first human ever to ascend from the Earth 35,000 years ago. Known as Lord Rama in the Hindu tradition, Ramtha reappeared on Earth in 1977 to JZ Knight who is his exclusive channel. Ramtha was one of 13 Ascended Masters who organised the incarnation of Yeshua Ben Joseph (Jesus Christ). Ramtha has been at the leading edge of teachings on ascension and enlightenment for the last 25 years from his mystery school in Yelm, Washington.

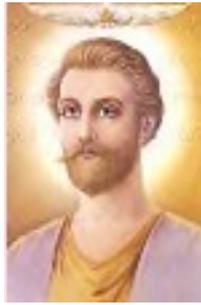
**Thoth/Hermes**- a demi-god - 'a Place Taker' a son of P'taah and keeper of divine secret knowledge. Thoth is most often depicted as wearing an ibis mask, with the head of an ibis, a large bird of the Nile. Egyptians associated the ibis's long curved beak with the moon. The ibis was regarded as one of Thoth's Earthly representatives. In Egyptian mythology, Thoth was the god of the moon, god of wisdom, the measurer of time, and the inventor of writing and numbers. He is credited with devising the standard 365-day year. Thoth was depicted with a symbol combining the Sun's disk and the Moon's crescent upon his head, and - in words reminiscent of the biblical adoration of the Celestial Lord - the Egyptian inscriptions and legends said of Thoth that his knowledge and powers of calculating 'measured out the heavens and planned the Earth'. Thoth was the 'god of the equilibrium' and considered depictions of him as the 'Master of the Balance' to indicate that he was associated with the equinoxes - the time when the day and the night were balanced. He was also the brother of Marduk/RA - a demi-god. His mate was Seshat. Scribe of the Gods. Thoth was one of the most powerful Gods worshiped throughout Egypt. He was known as Tehuti, or Thoth, "master of divine words and sacred writing." Thoth later became Merlin, St. Germaine, etc. **Thoth**

Seshat is the Goddess of Libraries, all forms of Writing and the Measurement of Time. The Egyptians believed that Seshat invented writing, while Thoth taught writing to mankind. She was known as 'Mistress of the House of Books', indicating that she also took care of Thoth's library of spells and scrolls.

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## St. Germain

**St. Germain - The Seventh Ray of Freedom and Transmutation :**  
**Archangel Zadkiel and Holy Amethyst are the archangels of the seventh ray**  
**Elohim Arcturus and Victoria are the Elohim of the seventh ray**  
**Omri-Tas. Is the Ruler of the Violet Planet**  
**Saint Germain's twin flame is the Ascended Lady Master Portia**  
**Saint Germain is the Lord of the Violet Ray**  
**The Path of The Alchemist/Transformation**



**Earthly incarnations: Francis Bacon, High Priest on Atlantis, Samuel the Prophet, Alban, Roman Soldier, Teacher of Neoplatonists, Merlin, Roger Bacon, Christopher Columbus, Wonderman of Europe . The Count St. Germain, known as the "Wonder Man of Europe" in the 1700's. He looked the same for 100 years, spoke every language, traveled by thought, fed the poor, and worked for peace. He took his body into light (ascended), and now works with humanity mostly from the lighter realms.**

**Saint Germain is Chohan of the Seventh Ray, the violet ray, of freedom, alchemy, justice, mercy and transmutation. He is the sponsor of the United States of America and the hierarch of the age of Aquarius, who comes bearing the gift of the violet flame for world change. He tutors and initiates souls in mastery of the seat-of-the-soul chakra, preparing them to receive the Holy Spirit's gifts of prophecy and the working of miracles.**

**Two of his well-known embodiments were Christopher Columbus and Merlin the magician, a spiritual adept who has unfortunately been mythologized. In a series of recent embodiments from the prophet Samuel to Francis Bacon, Saint Germain was the all-pervasive mind, laying the empirical foundation for an age of enlightenment, pushing back the barriers of limitation in the physical and spiritual sciences. As Roger Bacon he directed and inspired devotees of the sacred science, then in his embodiment as Saint Germain, the Wonderman of Europe, he outpictured the quintessence of the alchemists' dream for all to see.**

**The Ascended Master Saint Germain teaches that the highest alchemy is the transformation of one's human consciousness into the divinity of the Higher Self. He stands ready to assist all souls in this endeavor. He has also said he would release the technology of the Aquarian age when the nations shall have put behind them the destructive uses of science and religion to accept the challenge which lies at the heart of both, which is for man to enter his heart and the nucleus of the atom and to harness from both the unlimited spiritual and physical resources to establish the golden age.**

**His etheric retreats are located over Transylvania in Romania and Table Mountain in Wyoming.**

**He wrote in cipher, "I trusteth all to the future and a land that is very far towards the sunset gate...I keep the future ever in my plan, looking for my reward, not to my times and countrymen, but to a people very far off, and an age not like our own, but a second golden age of learning."**

**Having discovered the continent and encouraged its colonization, he must also insure a proper foundation for the new nation. Saint Germain stood by George Washington throughout the Revolution and during the winter at Valley Forge. His past efforts in initiating the society of Freemasons had enfiend many of the key figures of the Revolution. General Washington, Alexander Hamilton, James Madison, John Hancock, Benjamin Franklin and as many as fifty-three out of the fifty-six signers of the Declaration of**

Independence were all members of the Masonic order, whose principles had guided them in founding the new nation. Further, Saint Germain called for the signing of the Declaration of Independence, directed the writing of the Constitution and anointed Washington first President of the United States.

America was secured as the land of opportunity and Saint Germain devoted himself to the raising of the consciousness of her people.

In the twentieth century, the Master went before the Lords of Karma to plead the cause of freedom for and on behalf of the original 576 he has sponsored, expanding that circle to include the Lightbearers of all centuries--the original Keepers of the Flame who came with Sanat Kumara as well as the children of God who had been evolving unto the spiritual gifts and graces through earth's numerous ages.

However, as the decades have passed, the rate of increase in the return of mankind's karma has precipitated what is known as the Dark Cycle--the era of Chaos and old Night whose signs are foretold in Revelation, even as the hoof beats of the Four Horsemen can be heard throughout the land.

Let us listen to the prophet Samuel--dubbed Uncle Sam by his people--who has indeed begun to sound his prophecy to the chosen. He has warned that the I AM Race--those who have the seed of the name I AM THAT I AM within their hearts--"have not hearkened unto the LORD, nor have they fulfilled the wholeness of the Law." Therefore, the Master says:

**Some among this people must be and become direct initiates of Sanat Kumara, for always there has been the requirement of the ransom. Let those who are the inner circle of the devotees, those who are the first fruits who come and stand as the ensign of the people, raise up the banner of Christ as the one whom they serve, the one who by his very Communion promise at the Last Supper designated each and every son and daughter of God for the internalization of the Word..**

**Unfortunately, and this word is mild, but it is unfortunate indeed that the laws of Christ and his Teachings, so meticulously brought forth to the close initiates, are not fully known today, having been taken even from the holy people. Therefore, to obey Christ becomes the challenge of the hour--to find the Person of that Christ, to find the Way and the Teachings.**

**You have received the lost Word and the lost Teachings of Jesus Christ through our effort....As a result of this, you have been strengthened and protected in that Word and Teaching. And some from among you have taken their leave at the conclusion of their embodiment and gone on in the full resurrection with Jesus Christ...Thus, the proof of the Teaching and the Path is that it leads one successively to that higher and higher consciousness where unto the individual is assumed into the very heart of the I AM Presence [becoming indeed the pure Person of that Christ].**

**Today, as we see the cycles of earth's returning karma reach a mounting crescendo wherein even the four sacred freedoms are threatened, the Brotherhood has set aside a place in America's Rocky Mountains for the pursuit of the Lost Teachings of Christ to their fullest expression.**

**Saint Germain spoke of it in 1983 when he said that we have come "to a similar moment to that of that final hour of the golden age when I presided where the Sahara now is. My family is much larger than it was then, for I include every one of you who love me as my very own family.... In that hour, our family**

was taken to the golden etheric city of light. In this hour, we have summoned you to a higher place in the mountains of the north."

Our beloved Saint Germain and his twin flame, the Ascended Lady Master Portia.

[Saint Germain](#) - Violet Ray - Crown Chakra

Archangel Gabriel, who came with a bouquet of lilies to Mary, to tell her of Jesus' birth from her womb. He is also associated with the water element, and is called Lord of the astral plane. Archangel Gabriel reminds us of our divine image, the perfect vision of ourselves. So ask him for guidance about your next step or your life mission. He represents the white ray of purification and will help you to release and heal your past. He assists in the ritual of ascension, the reuniting of the soul with God. His twin flame Hope is the divine spark that resides in the heart chakra, the pure flame of the divine mother and gives us hope and power to move on instead of staying stuck. His etheric retreat is at Mount Shasta, California and he also has a retreat at Findhorn, for purification and awakening.

St. Francis

MUHAMMAD

Saint Aeolus

Wontanna

Lord Sairthihu

Zarathrustra Zarathrustra, Messenger of Ahura Mazda, founded Zoroastrianism in ancient Persia. The Ascended Master Zarathrustra has revealed that Ahura Mazda (which means "Wise Lord") was Sanat Kumara.

Adoniesis

Atlantis Angelis

Krom

Laiolin

The Brotherhood of Light

Isis - Egyptian Mother Goddess. As Divine Physician, Isis taught her priestesses techniques of healing, including the preparation of medicines for contraception, fertility, and relief from pain. She connects us with our own innate healing powers.

**Djwhal Khul, also called "The Tibetan," a beautiful master who achieved liberation under Master Kuthumi's guidance. He is profoundly learned, knowing more about the seven rays and the spiritual hierarchy than perhaps any of his peers. He channeled the wisdom works to Alice Bailey, a modern leader of the Theosophical Society.**

**Sri Ramakrishna (1836-1886), widely revered as one of the greatest Hindu saints, was primarily a devotee of the Divine Mother as Kali. Beloved for his great devotion, he also experimented intensively with other religious paths, including Christianity and Islam. Based on his experience, he taught a universal love and understanding of all religions.**

**Krishna, the incarnation of the Hindu deity Vishnu the Preserver, part of the Father aspect of God, often called the Lord of Lords. Born as a cowherd, slayer of demons, Krishna enchanted all with his beauty and charm, and the music of his magical flute. Krishna and Radha Lord Krishna is one of the great avatars of Hinduism. He is the Eastern equivalent of the Christ. He lived in 5000 BC and was Lord Maitreya in a past life. Radha is his consort. This picture represents relationship at the highest spiritual level, the perfectly balanced masculine and feminine. It is a wonderful picture to place in the relationship corner of your home if you wish to attract your divine right partner or add higher possibilities to your current partnership.**

**Madame Blavatsky, Founder of the Theosophical Society, and from the left her teacher Kuthumi, her master El Morya and St. Germain. "Mme. B," born in Russia in 1832, was a great adventuress, a powerful psychic and a pure spirit**

**ALCION & AOLEAN through Alexandria**

**The masculine energy/feminine energy counterparts of Central Galactic consciousness. Emanating from the Central Sun of our galaxy, their concerns are primarily with the balancing and harmonizing of polarities during Human/Planetary ascension so that we as a planet might consciously take our place in the galactic community of which we are a part.**



**ALMORA BABA** A present form of the immortal master Babaji, the immortal master of the Himalayas written about in Autobiography of a Yogi. Immortal Babaji is about 5,000 years old, ever youthful, and a great server of humanity. Babaji has every power: he travels by thought, and manifests anything needed from the air. This Babaji dwells mostly in Almora, India.



**Ananada Mayi Ma** Ananda Mayi Ma, 1896-1982, was a beloved incarnation of Divine Mother. Born in what is now Bangladesh and unrecognized for many years, gradually followers flocked to her feet until she became widely known. She traveled extensively, giving inspiration to all.

**Archangel Gabriel:** Archangel Gabriel, a messenger of God who came with a bouquet of lilies to Mary to tell her of Jesus's birth from her womb. He is also associated with the water element, and is called Lord of the astral plane.

**Lord Kuwaya:** Aspect of Mother/Father God in charge of overseeing primary energies of Creation that are needed to carry out Divine Plan. Supervises, along with Lord Siraya, unfolding of Divine Plan.

**Lord Michael:** Magnificent Being of Light and major Archangel. Duty is to inform the many Archangels how best to carry out Mother/Father God's divine Plan.

**Lord Siraya:** Aspect of Mother/Father God in charge of sacred Lineage and Councils of Heaven, that carry out Divine Plan. All Divine minions of Heaven follow his holy pronouncements.

**GALACTIC COUNCIL A** collective energy of high consciousness representing a variety of our neighbours in the galactic arena concerned with our species consciously functioning peacefully as a part of the galactic community

**LADY MARY** Represents core Feminine Energy capacity of human consciousness. An Ascended Master who has influenced human consciousness through various incarnate souls bringing the nurturing and compassionate aspects of feminine energy in a celebration of unconditional love. Mother Meera and Mother Amichi are present day examples of this influence.

**MELCHIZEDEK** Melchizedek is the overseeing consciousness of the Order of Melchizedek. The Melchizedek energy strives to bring higher wisdom to humankind by influencing the arts and sciences, education and technology. Melchizedek represents one of the triune of consciousness - that of Wisdom - which make up the fundamental human life force (see: Michael and Metatron listings)

**MERLIN** Now in the realm of Ascended Masters, this energy is the essence of the incarnate being Merlin the Magician. Merlin endeavours to teach humankind spiritual Self Mastery - the spirit of alchemy (transmuting energy form one form into another) and creating reality itself through employing spiritual empowerment principles. The energy of Merlin becomes present on Earth in times of great transformation and enlightenment helping humankind use such periods as

**constructively as possible in achieving higher spiritual aims. St Germain, Ahkenaton, Merlin and Moses are parts of the same soul stream. Merlin was originally Thoth in earlier incarnation.**

**METATRON** Metatron supports the humanity when we choosing to enter the state of initiation, reducing fear and polarity on both individual and collective levels. Metatron says “You will come through me” because the Metatron vibration is present during reductions of polarity to help maintain continuity in major shift times. Metatron represents one of the triune of consciousness - that of Love - which make up the fundamental human life force (see: Michael and Melchizedek listings).

**MICHAEL ARCHANGEL** Michael is the overseeing Force of Power through Non-attachment and wields the Sword of Light as its spiritual instrument. Michael is concerned with bringing human souls self power (power within, not over) through letting go of self denial, emotional attachments, and fears such as need and dependency. Michael represents one of the triune of consciousness - that of Power - which make up the fundamental human life force (see: Melchizedek and Metatron listings).

**OD** Od is a relatively recently channelled energy (only since 1997) and is a collective energy of the highest order, coming “in service to vibration.” This energy comes from “Undifferentiated Light”, a source closest to The Source.

Serena, a teacher in Saturn's Universal School of Wisdom, describes her life and work. Serilius, a handsome Greek, relates his personal experiences teaching with Pythagoras, in 650 BC. Zoroaster, the Planetary Council Member from Saturn, completes the trilogy of Saturn's influence on Earth..

**Kali - Hindu Goddess of Transformation.** The triple Goddess of creation, destruction, and rebirth, Kali encompasses three aspects of spirituality. She understands the mystery that death and birth are parts of the same cycle, that new life begins with the destruction of old forms.

**Lakshmi - Hindu Goddess of Abundance.** Lakshmi, which means sign of fortune, is the Goddess of success or prosperity, and is worshipped for beauty, wealth, surplus, and peace.

**Paracelsus**

**Carlos Castaneda**

**St. John of the Cross**

**Baha'u'llah**

**The Master Pythagorus**

**The Master Lao Tse**

**Another group of Masters called the Holy Four, also known as the Mind Born sons who spring from the four fold mystery. They are:**

**Sanat- Kumara**

**Sanaka**

**Sananda**

**Sanatana**

**They are also called the seven sons of Brahma, when adding the three lessor kumara:**

**Sana**

**Kapila**

**Sanatsujata**

**Taliesin (Radiant Brow), is Chief of the Bards and the son of the goddess Cerridwen, who as the keeper of the cauldron of changes acted as both his mother and his initiator. Steeped in the sacred mysteries, he served alongside Germanus (Merlin) as one of the visionary advisors to King Arthur and the Knights of the Round Table. A brilliant poet and a seasoned, elemental shapeshifter, Taliesin is also skilled in intuitive prophecy and the spiritual realization sciences. As a songwriter, his lyrics and melodies awaken the soul and function as the impetus for fluidic alterations of consciousness.**

**White Buffalo Calf Woman - Native American Ascended Master. She helps with the "Great Shift" - the transformation of the Earth into the Golden Age.**

**Wontanna - Native American Ascended Master. He is very much connected to Nature, and is concerned with honoring and healing our Mother Earth. He offers his assistance to those of us who are particularly drawn to working with the elements and the animal kingdom.**

**St. Therese of Liseux turns up in a number of "PoS churches", and she took her name both from Theresa of Avila, a Discalced Carmelite and mystic, and Therese of Lidoine, a Carmelite nun who was murdered by the Revolutionary Terror in Compeigne.**

**Samuel The prophet Samuel was the last of the Judges of Israel. He received His calling as a Messenger when He was a child. Through Samuel, God anointed David as king of Israel. Samuel is now the Ascended Master Saint Germain.**

**AQUALA AWALA is a sister spirit to Kwan Yin. She represents the whales, dolphins and the seas. She also works with the aqua light in aiding healing. Call her in for any emotional or mental healing.**

**WHITE EAGLE** also known as **Quezacatl**, is associated with the American Indian Cultures. He visited the tribes of North and South America, bringing Divine information and healing skills. He is strongly attuned to Mother Earth and the four facets of earth, wind, water and fire. Call him in for strength, guidance and your connection with earth. **Quetzalcoatl**, the Planetary Council Member from Uranus, recounts the history of his planet and their ET interaction with early Central Americans.

**JOACHIM** also known as the **Father of Mother Mary**, represents humour, wisdom and humanity. He encourages the use of human traits for higher intentions. Call him in for a human and humorous aspect on Higher knowledge.

**Brede/Brigit** - Goddess of birth, inspiration, healing and love. A healing guide for the planet and all who wish to work with her. She works with herbs and flower remedies.

**White Buffalo Calf Woman Yemaya Aura** - Spirit healer. Her and her people are primarily here to help healers. Ask if one of them would like to work with you. Often seen in the form of blue light.

**Pallas Athena Pallas Athene**; Goddess of war, wisdom, arts and crafts, industry; **Minerva**

**Moses** The prophet Moses was the Messenger of the "I AM THAT I AM". He was called to deliver the Israelites out of bondage in Egypt. The Book of Exodus records: "The LORD spake unto Moses Face to face, as a man speaketh unto his friend." He is now the Ascended Master Lord Ling.

**Ernon, Rai of Suern** The coming of Moses was prophesied 13,000 years ago by **Ernon, Rai of Suern**, a Messenger of God at the time of Atlantis. His subjects, the **Suernis**, rebelled against His discipline, and Ernon warned that they would have to wait some 90 centuries for their next Messenger, "him who shall be called Moses." The **Suernis** reincarnated as the Israelites, among the seed of Abraham.



**Merlin -  
Germain** above

**Master of Time. The Immaculate Heart. See St.**



**Krishnamurti** - One of the most prolific thinkers of this century. Krishnamurti presents new ideas into what is reality, and what is self.

**Inanna/Ishtar** - demi-god -granddaughter of Enlil

**Anu**

**EA/Enki P`taah** Egyptian - a demi-god -'The Developer' (also Enki of the Sumerians) lived about 8700 B.C.

**Nimah** - demi-goddess -created Adam with EA/Enki/P'taah

**Enlil**

**Marduk/Ra** - (Bel Marduk) also known in the Bible as 'The Lord' - a demi-god - lived about 3700 BC. He became Amen-RA. Thoth was his brother.

**Gilgamesh** - 1/2 demi-god-1/2 human - son of Utu/Shamash and goddess Ninsun.

**Ashtar** - Assists to Achieve Higher Dimensional understanding. He has had many lives on Earth, including Thomas the Apostle, St. Jerome, and Copernicus. He offers us his help in the fields of music and science.

**A List of Angels and the Meaning of Their  
Names from:**

**A Dictionary of Angels including  
fallen angels**

**by Gustav Davidson**

**Abdiel** Servant Of God

**Adnarel** My Lord Is God

**Adoil** Hand Of God

**Adrael** My Help Is God

**Adriel** My Help Is God

**Ahiel** Brother Of God

**Akraziel** Herald Of God

**Anafiel** Branch Of God

**Anachel** Grace Of God

**Araphiel** Neck Of God

**Ariel** Lion Of God

**Asariel** Whom God Has Bound (by oath)

**Asiel** Created Of God

**Asriel** X Vow Of God

**Auriel** Light Of God

**Azael** Whom God Strengthens

**Azrael Whom God Helps**

**Azazel God Strengthens**

**Barakiel Lightning Of God**

**Boel God Is In Him**

**Camal To Desire God**

**Camael He Who Sees God**

**Chamuel He Who Seeks God**

**Daniel God Is My Judge**

**Elimelech My God Is King**

**Ezeqeel Strength Of God**

**Ezrael Help Of God**

**Gabriel God Is My Strength**

**Gedael Fortune Of God**

**Germael Majesty Of God**

**Gidaijal Fortune Of God**

**Gradiel Might Of God**

**Guriel Whelp Of God**

**Hadraniel Majesty Of God**

**Hananiel Graciously Given Of God**

**Haniel Glory Of God**

**Haziel Vision Of God**

**Heâ€™el Life Of God**

**Hochmel Wisdom Of God**

**Hodiel Victory Of God**  
**Hoesediel Mercy Of God**  
**Hofniel Fighter For God**  
**Hutriel Rod Of God**  
**Iadiel Hand Of God**  
**Imriel Eloquence Of God**  
**Iofiel Beauty Of God**  
**Israel Striver With God**  
**Israfel Burning One Of God**  
**Ithuriel Discovery Of God**  
**Jabniel Jehovah Causes To Be Built**  
**Jeremiel Mercy Of God**  
**Jomjael Day Of God**  
**Kadmiel Before God**  
**Kafziel Speed Of God**  
**Kakabel Star Of God**  
**Keel Like God**  
**Kemuel Helper Of God**  
**Ketheriel Crown Of God**  
**Kushiel Rigid One Of God**  
**Lahatiel Flaming One Of God**  
**Lazai Holy Angel Of God**  
**Lucifer Light Giver**

**Makatiel Plague Of God**

**Malachi Angel Of God**

**Malachy Angel Of God**

**Malkiel God's King**

**Meleyal Fullness Of God**

**Michael Who Is As God**

**Nahaliel Valley Of God**

**Nathanael Gift Of God**

**Neriah Lamp Of God**

**Noriel Fire Of God**

**Oriel Light Of God**

**Orifiel ?**

**Pedael Whom God Delivers**

**Peniel Face Of God**

**Phanuel Face Of God**

**Raamiel Trembling Before God**

**Raguel Friend Of God**

**Ramiel Fire Of God**

**Raphael God Has Healed**

**Raziel Secret Of God**

**Rogziel Wrath Of God**

**Sachiel Covering Of God**

**Salatheel I Have Asked God**

**Samuil Heard Of God**

**Sandalphon Co-Brother**

**Sariel Fire Of God**

**Sartael God's Side**

**Sathariel Concealment Of God**

**Sealtiel Request Of God**

**Suriel God's Command**

**Suruph Strength Of God**

**Tamiel Perfection Of God**

**Tarfiel God Nourishes**

**Turel Rock Of God**

**Tutresiel Piercing God**

**Uriel Fire Of God**

**Usiel Strength Of God**

**Uzziel Strength Of God**

**Yefefiah Divine Beauty**

**Za'afiel Wrath Of God**

**Zacharael Rememberence Of God**

**Zadkiel Righteousness Of God**

**Zagzagel Divine Splendor**

**Zazriel Strength Of God**

**Zelebsel Heart Of God**

**Zophiel God's Spy**

**Zotiel Little One Of God**

**Zuriel My Rock Is God**

**These angels have been featured in AngelicArtistry's  
Archangels**

# The River of Light

## *A Self Attunement Procedure*



*You may distribute this writing. Please send it in its entirety.*

## Before We Begin

I wish to convey my deep respect for the wonderful healing modality known as Reiki. This self attunement procedure was created as an option and/or a complement to many beautiful and effective energy systems already working for many people. Indeed, my own son was healed of a devastating illness called BIPOLAR DISORDER using traditional Reiki. I accept traditional attunements all the time and can witness to their beauty. But it is my humble opinion that your Highest Self knows how to align you to the Light within better than anyone else. A self attunement makes sense. Divine Will is the most powerful force in existence.



It is with honor and reverence for Dr. Mikao Usui, and other Master Teachers and Founders, that additional insights are offered for Reiki practice. This self attunement procedure is not intended to replace or negate any of Dr. Usui's beautiful teachings, or the teachings of any other Founding Entity, or any other healing system. There is no wrong way to call forth or experience Love and Light. This self attunement procedure may help you in attuning to various modalities of your choosing. Please, take it slowly and absorb the energies. Drive-by attuning to many types of energies is not necessarily in your best interest. Integrity and reverence for the process itself is a huge light wave of healing. If you come across a copyrighted Reiki system, please honor the wishes of the founder. What is meant for you will always be given.

The keys to the Kingdom are already yours. This attunement will not give you something you do not already have. What attuning may do is help to bring Divine Love and Light into your full awareness.

I have chosen to use the word "God" to represent the Great Light that created me. Please feel free to substitute any word you resonate to. It's all good.

If you wish for me to stand as a witness for you and attune you (freely) to Usui Shiki Ryoho Reiki, or if you have questions, you are welcome to contact me.

**Sheree Rainbolt-Kren**  
**Usui Shiki Ryoho & Tibetan Reiki Master**  
[Slivermoon22@aol.com](mailto:Slivermoon22@aol.com)

## ***REIKI SELF ATTUNEMENT PRAYER***

**By Sheree Rainbolt-Kren and the Light of Source**

I \_\_\_\_\_(your name), as a perfect aspect of God, ask the Divine RIVER OF LIGHT to wash over me, and through me, to purify my entire being in this sacred moment.

I ask that Love and Light be brought forth into my full awareness now, on all levels of my being. I instruct all parts of me to accept this love and light for full healing according to Divine Will for me. I release all unhealed parts of my Self into Divine Light. I am flowing in the River of Light.

And now, I call upon the Highest Divine part of my Self to be fully present and active within me for this attunement. I surrender this entire process to Divine Will. I am flowing in

the River of Light.

I ask God to align my entire being with the River of Light known as " \_\_\_\_\_ " (name of attunement you are seeking) according to Divine Will for me.

I ask to be showered and aligned with only the truth, the love, the beauty, and the joy of this attunement. I accept only that which is for my highest good and I receive it now. Any thought wave that is not divinely intended for me is released from my desire on all levels. I am flowing in the River of Light.

(At this time, relax into the moment and allow the attunement to be received by your spirit, your mind, and your body.)

I affirm to my Self, my Divine and Perfect Source, that I am now wholly attuned to " \_\_\_\_\_ " (name of attunement you are seeking). I ask my Divine Highest Self to seal this attunement for all time and space, according to Divine Will for me.

The River of Light has cleansed, purified, and aligned me with Divine Will, which includes all healing Light God created. This Divine River of Light has flowed through me to touch me to my core, and now flows lovingly into the Mother Earth, and outward, to the land, the sea, and the sky, and beyond into infinity, with Divine Love and peace.

I am grateful to God and I am flowing with Love.

And so it is. Amen

## ***RIVER OF LIGHT SYMBOL FOR SELF ATTUNEMENT***

Created By Fred Bungert and the Light of  
Source



This original symbol represents a River of Light (Divine Love) in the form of a healing waterfall. It is brought in through the Crown chakra, continues through all parts of the body, mind, and spirit, and washes through the feet.

Please note that the symbol Fred created also takes shape as an S, representing SELF. This symbol is not mandatory for the self attunement.

When using the symbol, please use at the beginning of the attunement and at the end. You may draw the symbol in the air, in your palms, or in the four corners of your sacred space.

This symbol can also be used as a type of Reiki grid to use after your attunement. Simply place your programmed chakra stones in line with the symbol and charge with prayer. You might place a picture of yourself under the grid. Fred and I, and our Guides, have infused this symbol with Light and Love through prayer.

## ***Who Is This For?***

This self attunement may produce better results when aligned with the following beliefs:

A willingness to believe in your inherent power as a perfect aspect of Light Source.

A willingness to believe in your power to create your own reality.

A willingness to believe that your connection to Divine Light and healing is absolute and is not dependent on someone else's permission or approval.

A willingness to believe that all you could ever want or need is indeed within you.

A willingness to have a clear sense of self and what you are in truth.

A willingness to let go of the outcome of this effort and let God.

A sincere, heartfelt desire to help people realize these things as well, if and when they come to you for help.

Sheree's online Reiki forum:

<http://health.groups.yahoo.com/group/THEPENDULUMFORUM/>

*Offering free Reiki attunements, spiritual study, pendulum instruction, and support.*

Special thanks to these Angels for infusing their Love and Light into this creative process: Adriana Quintero, Elizabeth Hibel, Sherrie Mazzarini, Vickie Barnes, and of course Fred Bungert.

## **DISCLAIMER**

It is suggested that you familiarize yourself with Reiki before attuning. There is a wealth of information available. A formal request to heal and align with the truth of what you are is recognized by the Light. It is indeed a most sacred moment. **No medical advice is insinuated.**

Sheree Rainbolt-Kren and Fred Bungert

# Unified Field Meditation

February 19, 2000

*Breathe in Light, to the centre of your heart,  
Feel that Light expand,  
In one, Unified Field of Light, within, through, and around your body.*

*Breathe in Light, to the centre of your heart,  
Feel that Light expand-  
To encompass the throat chakra, and the solar plexus chakra,  
Allowing your physical body to fully relax.  
In one Unified Field of Light, within, through, and around your body.*

*Breathe in Light, to the centre of your heart,  
Feel that Light expand-  
To encompass the brow chakra and the navel chakra,  
Allowing your physical body to fully relax.  
In one Unified Field of Light, within, through, and around your body.*

*Breathe in Light, to the centre of your heart,  
Feel that Light expand-  
To encompass the crown chakra and the base chakra,  
Allowing your physical body to vibrate faster.  
In one Unified Field of Light,  
Allowing your Spirit to come up through your subatomics,  
Increasing the vibratory rate and infusing your body with Ecstasy.*

*Breathe in Light, to the centre of your Being,  
Feel that Light expand-  
To encompass the Alpha Chakra and the Omega Chakra,  
Allowing the Waves of Metatron to balance your electromagnetic field,  
Pulsing at its optimal rate.  
A Unity of Light.*

*Breathe in Light, to the centre of your Being,  
Feel that Light expand-  
To encompass the 8th Chakra, and deeper into the centre spiral of your Being.  
Allowing the emotional body to merge completely with the field of your body-  
A Unity of Light.*

*Breathe in Light, to the centre of your Being,  
Feel that Light expand-  
To encompass the 9th Chakra, and down deeper into the centre spiral of your  
Being.  
Allowing the mental field to merge completely with the field of your body-  
A Unity of Light.*

*Breathe in Light, to the centre of your Being,  
Feel that Light expand-  
To encompass the 10th Chakra, and down deeper into the centre spiral of your  
Being.  
Allowing the Spiritual aspect of your wholeness to merge completely with the field  
of your body-  
Creating the Unified Field.  
A Unity of Light, centreed in your Spirit.*

*Breathe Light, deep into the centre of your Being,  
Feel that Light expand-  
To encompass the 11th Chakra, and down deeper into the centre spiral of your  
Being,  
Allowing the Oversoul to merge completely into your centre-  
A Unity of Light, the movement of Light that knows its own Divinity.*

*Breathe Light, deep into the centre of your Being,  
Allow yourself to expand-  
To encompass the 12th Chakra, and down deeper into the centre spiral of your  
Being,  
Allowing the Unity Band Frequency, the Christ Oversoul, to merge your fields  
completely with Spirit,  
Allowing the Threefold Flame in the centre of your being to kindle, calling you to  
Presence-here, in the Infinite Now.  
A Unity of Light.*

*Breathe Light, deep into the centre of your Being,  
Allow yourself to expand-  
To encompass the I AM Presence, and down deep into the centre spiral of your  
Being,  
Allowing the I Am Presence to bring your wholeness into ecstatic communion with  
Spirit.  
A Unity of Light.*

*Breathe Light, deep into the centre of your Being,  
Allow yourself to become Source, as it expresses through the singularity of your  
consciousness.  
I AM!*

*Author: Susannah Redelfs*

# Divine Light Integration Meditation

*I Breathe in Light through the Centre of My Being  
Into the Column of Light  
That extends through the exact centre of my Sentient Physical Body  
From Alpha to Omega Chakras and beyond  
Expanding my Heart completely  
Into a Unified Field of Light  
Within, through, and around my Sentient Physical Body  
Encompassing my entire Chakra System*

*I breathe in Light through the Centre of my Being  
Into the Column of Light  
That extends through the exact centre of my Sentient Physical Body  
Allowing the Light to intensify within the Column of Light  
From Alpha to Omega Chakras and beyond*

*I breathe in Light through the Centre of my Being  
Allowing the Light to expand along the entire length of the Column of Light  
That extends through the exact centre of my Sentient Physical Body  
I allow the Light to expand holographically to the Source of All That Is  
Embracing the Unified Field within that total expansion  
Within, through and around my entire Beingness  
I AM a Unity of LIGHT*

*I breathe in Light through the Centre of my Being  
Allowing the Light to expand along the entire length of the Column of Light  
That extends through the exact centre of my Sentient Physical Body  
I allow the Light to expand ecstatically to the Source of All That Is  
I allow the Source of All That Is to ecstatically encompass my entire Beingness  
I AM I AM I AM*

# Invocation to Light

The Invocation to light assists you to "lock" the Unified Field into position and increases Light absorption. It is a powerful statement of intent.

*I live within the Light.*  
*I love within the Light.*  
*I laugh within the Light*  
*I Am sustained and nourished by the Light.*  
*I joyously serve the light.*  
*For I Am the Light.*  
*I Am the Light.*  
*I Am the Light.*  
*I Am.*  
*I Am.*  
*I Am.*

# Ultimate Ascension Meditation

-Dr. Joshua David Stone

*Begin by taking a deep breath. Just relax.*

**O, beloved God, Christ, Holy Spirit, mighty I Am Presence, my monad, I Am That I Am, Mahatma, Seven Mighty Elohim, Melchior, our Galactic Logos, Ashtar Command, Archangels Michael, Jophiel, Chamuel, Gabriel, Raphael, Uriel, Zadkiel and Metatron, Helios (our Solar Logos), Sanat Kumara (our Planetary Logos), Lord Maitreya (our Planetary Christ), Allah Gobi (the Manu), the Mahachohan, Sathya Sai Baba, beloved chohans of the seven rays—El Morya, Kuthumi, Serapis Bey, Paul The Venitian, Hilarion, Master Jesus and St. Germaine—Lords of Karma, Djwhal Khul, Buddha, Vywamus, Virgin Mary, Quan Yin, Isis, Babaji, The Great Divine Director, Enoch, The Great White Brotherhood Medical Assistance Healing Team (Pan, Overlighting Angel of Healing, ascended masters and monad), Order of Melchizedek, Spiritual Hierarchy, Great White Brotherhood, Masters of Shamballa!**

**Beloved God and Mahatma, I choose now to accept and invoke a deep penetration of the Mahatma energy into my entire energy matrix, thereby allowing a full, open radiation of my divine self in service to All That Is.**

**We call forth from God and the God force a series of golden balls of light.**

*Feel these large golden balls of light coming down from God and your mighty I Am Presence, moving down your chakra column and entering your seven chakras.*

*Let the golden ball of light enter your first chakra.*

**I now fully open and activate my first chakra. I Am That I Am. Aum!**

*Let the golden ball enter your second chakra.*

**I now fully open and activate my second chakra. I Am That I Am. Aum!**

*Let the golden ball enter your third chakra.*

**I now fully open and activate my third chakra. I Am That I Am. Aum!**

*Let the golden ball enter your fourth chakra.*

**I now fully open and activate my fourth chakra. I Am That I Am. Aum!**

*Let the golden ball enter your fifth chakra.*

**I now fully open and activate my fifth chakra. I Am That I Am. Aum!**

*Let the golden ball enter your sixth chakra.*

**I now fully open and activate my sixth chakra. I Am That I Am. Aum!**

*Let the golden ball enter your seventh chakra.*

**I now fully open and activate my seventh chakra. I Am That I Am. Aum!**

**We now call forth our mighty I Am Presence, Archangel Michael and the MAP healing team to enter each chakra and perfectly balance and attune it, removing any unwanted energies or cords of energy that are not for our highest God purpose and of our true divine monadic blueprint.**

*Take about fifteen seconds or more after each chakra invocation for its full cleansing, healing and balancing.*

**We now request the perfect integration and balancing of our chakras so they function as one unified chakra.**

**We now call forth the violet flame of St. Germaine to bathe our entire being in his violet transmuting flame.**

**Let this beautiful violet energy flowing down from God transmute any and all negativity into the purity and perfection of God.**

*Bathe in this energy for about fifteen to thirty seconds.*

**We now call forth the golden twelfth ray and allow it to bathe our entire being in the energy of the Christ consciousness.**

*See your entire being and all seven bodies being filled with this luminous golden light.*

*Bathe in this twelfth ray golden light for another fifteen to thirty seconds.*

**We now request God and the God force to be placed within our living-light merkaba vehicle.**

**I am now ready for the ascension process to begin. *(The ascending process is really the descending process of spirit into matter)***

**Beloved God and God force, I now call forth my soul to fully descend into my consciousness and four-body system.**

**I Am That I Am. Aum!**

**I call forth my glorified lightbody to now descend into my consciousness and four-body system.**

**I Am That I Am. Aum!**

**I call forth the ascension flame to now descend and enter my consciousness and four-body system.**

**I Am That I Am. Aum!**

**I call forth the full activation of my alpha and omega chakra.**

**I Am That I Am. Aum!**

**I call forth the Amrita, fire letters, sacred geometries and key codes from The Keys Of Enoch to now become fully activated.**

**I Am That I Am. Aum!**

**I now call forth the full activation and creation of the twelve strands of DNA within my physical vehicle.**

**I Am That I Am. Aum!**

**I now call forth the full activation of my pituitary gland to only create only the life hormone and stop producing the death hormone.**

**I Am That I Am. Aum!**

**I now call forth and fully activate my monadic divine blueprints in my conscious, subconscious and superconscious minds and four-body system.**

**I Am That I Am. Aum!**

**I now call forth and fully activate my kundalini energy as guided by my monad and mighty I Am Presence.**

**I Am That I Am. Aum!**

**I now call forth a matchstick-sized spark of cosmic fire from the presence of God Himself to illuminate and transform my entire being into the light of God.**

**I Am That I Am. Aum!**

**I now call forth a full axial alignment as described in The Keys Of Enoch to perfectly align all of my meridian flows within my consciousness and four-body system.**

**I Am That I Am. Aum!**

**I now call forth and fully claim my physical immortality and the complete cessation of the aging and death process. I am now youthening and becoming younger everyday.**

**I Am That I Am. Aum!**

**I now call forth the full opening of my third eye and all my psychic and channeling abilities so that I may use them in the glory and service of God and my brothers and sisters in Christ on Earth.**

**I Am That I Am. Aum!**

**I now call forth perfect and radiant health to manifest within my physical, emotional, mental, etheric and spiritual bodies. I ask that these bodies now manifest the health and perfection of Christ.**

**I Am That I Am. Aum!**

**I now call forth my sixteenth chakra to descend, moving all my chakras down my chakra column until my sixteenth chakra resides in my seventh, or crown chakra.**

**I Am That I Am. Aum!**

**I now call forth my fifteenth chakra to descend and enter my sixth, or third eye chakra.**

**I Am That I Am. Aum!**

**I now call forth my fourteenth chakra to descend and enter my throat chakra.**

**I Am That I Am. Aum!**

**I now call forth my thirteenth chakra to descend, enter and reside in my heart chakra.**

**I Am That I Am. Aum!**

**I now call forth my twelfth chakra to descend, enter and reside in my solar plexus chakra.**

**I Am That I Am. Aum!**

**I now call forth my eleventh chakra to now descend, enter and reside in my second chakra.**

**I Am That I Am. Aum!**

**I now call forth my tenth chakra to descend, enter and reside in my first chakra.**

**I Am That I Am. Aum!**

**I now see the rest of my chakras, nine through one, descend down my legs and into the Earth in a corresponding fashion.**

**I Am That I Am. Aum!**

**I now call forth the complete stabilization of my new fifth-dimensional chakra grid system within my consciousness and four-body system.**

**I Am That I Am. Aum!**

**I now call forth and see my chakra column lighting up like a Christmas tree with my first chakra becoming a large ball of pearl-white light.**

**My second chakra now becomes a large ball of pink-orange light.**

**My third chakra now becomes a ball of golden light.**

**My heart chakra now lights up with a pale violet-pink light.**

**My fifth chakra now lights up with a deep blue-violet light.**

**My third eye chakra now lights up with a large ball of golden-white light.**

**My crown chakra now lights up with violet-white light.**

**My entire chakra column has now been ignited with the fifth-dimensional ascension frequency.**

**I Am That I Am. Aum!**

**I now call forth with all my heart and soul and mind and might the collective help of my eleven other soul extensions in my ascension process.**

**I Am That I Am. Aum!**

**I now call forth the combined collective help of the other 143 other soul extensions of my monadic group in my ascension process.**

**I Am That I Am. Aum!**

**>**

**I now call forth the complete descending and integration into my being of the rain cloud of knowable things.**

**I Am That I Am. Aum!**

**I now call forth the trinity of Isis, Osiris and Horus and all pyramid energies that are aligned with Source to now descend into my consciousness and four-body system and become fully activated now.**

**I Am That I Am. Aum!**

**I also call forth the ascended master Serapis Bey and his Ascension Temple energies from Luxor to descend and and become fully activated within my consciousness and four-body system now.**

**I Am That I Am. Aum!**

**I now call forth an ascension column of light to surround my entire being**

**I Am That I Am. Aum!**

**I now call forth a complete balance of all my karma from all my past and future lives.**

**I Am That I Am. Aum!**

**I now call for the raising of my vibrational frequencies within my physical, astral, mental, etheric and spiritual bodies to the fifth-dimensional frequencies.**

**I Am That I Am. Aum!**

**I now call forth the light of a thousand suns to descend into my being and raise my vibrational frequencies one-thousandfold.**

**I Am That I Am. Aum!**

**I now call forth the sacred sound of Aum to descend and reverberate through my consciousness and four-body system.**

**I Am That I Am. Aum!**

**I now call forth a complete and full baptism of the Holy Spirit.**

**I Am That I Am. Aum!**

**I now call forth the perfect attunement and completion of my dharma, purpose and mission in this lifetime in service of God's plan.**

**I Am That I Am. Aum!**

**I call forth my fifth-dimensional ascended self, who is already ascended within the understanding of simultaneous time, to now meld its consciousness with my unified field and aura.**

**I Am That I Am. Aum!**

**I call forth my spiritual teacher,(insert name), to descend through my crown chakra and meld his or her ascended consciousness and light into my consciousness and four-body system.**

**I Am That I Am. Aum!**

**I call forth my monad, my mighty I Am Presence and spirit to now fully descend into my consciousness and four-body system and transform me into light and the ascended master I truly am.**

**I Am That I Am. Aum!**

*Take a few moments of silence to allow the complete ascension to fully take place while remaining on Earth. Upon complete merging with the light in consciousness and in your four-body system, recite the following affirmations of truth:*

**Be still and know I am God.**

**I Am That I Am. Aum!**

**I am the resurrection and the life.**

**I Am That I Am. Aum!**

**I Am the mighty I Am Presence on Earth forevermore.**

**I Am That I Am. Aum!**

**I Am the Ascended Master (insert your full name)!**

**I Am That I Am. Aum!**

**The mighty I Am Presence is now my real self.**

**I Am That I Am. Aum!**

**I Am the ascension in the light.**

**I Am That I Am. Aum!**

**I Am the truth, the way, and the light.**

**I Am That I Am. Aum!**

**I Am the open door which no man can shut.**

**I Am That I Am. Aum!**

**I Am the divine perfection made manifest now.**

**I Am That I Am. Aum!**

**I Am the revelation of God.**

**I Am That I Am. Aum!**

**I Am the light that lights every soul that comes into the world.**

**I Am That I Am. Aum!**

**I Am the cosmic flame of cosmic victory.**

**I Am That I Am. Aum!**

**I Am the ascended being I wish to be now.**

**I Am That I Am. Aum!**

**I Am the raised vibration of my full Christ and I Am potential.**

**I Am That I Am. Aum!**

**I Am the Aum made manifest in the world.**

**I Am That I Am. Aum!**

**I Am a full member of the Great White Brotherhood and Spiritual Hierarchy.**

**I Am That I Am. Aum!**

**I Am the realized manifestation of the eternal self.**

**I Am That I Am. Aum!**

**I Am the embodiment of divine love in action.**

**I Am That I Am. Aum!**

**I live within all beings and all beings live within me.**

**I Am That I Am. Aum!**

**I Am now one with the monadic plane of consciousness on Earth.**

**I Am That I Am. Aum!**

**I Am now living in my glorified body of light on Earth.**

**I Am That I Am. Aum!**

**I now affirm my ability to transform my four bodies into light and travel anywhere in God's infinite universe.**

**I Am That I Am. Aum!**

**I call forth to Helios, the Solar Logos, to now send forth into my consciousness through my crown chakra, the 64 keys of Enoch in all five sacred languages so they are fully integrated into my being on Earth.**

**I Am That I Am. Aum!**

**I fully affirm my identity as the Eternal Self, the Christ, the Buddha, the atma, the monad, the I am Presence on Earth in service of humankind.**

**I Am That I Am. Aum!**

**I fully affirm that I Am physically immortal and I can, if I choose, remain on Earth indefinitely without aging.**

**I Am That I Am. Aum!**

**I see every person, animal and plant as the embodiment of the Eternal Self, whether they are aware of their true identity or not.**

**I Am That I Am. Aum!**

**I Am now the perfect integration of the monad, soul and personality on Earth.**

**I Am That I Am. Aum!**

**In this holy instant has salvation come.**

**I Am That I Am. Aum!**

**I Am one self united with my Creator.**

**I Am That I Am. Aum!**

**I Am the light of the world.**

**I Am That I Am. Aum!**

**I Am now a fully ascended being who has chosen to remain on Earth to be of service to all sentient beings.**

**I Am That I Am. Aum!**

**Kodoish, Kodoish, Kodoish, Adonai 'Tsebayoth: Holy , Holy, Holy is the Lord God of Hosts.**

**Kodoish, Kodoish, Kodoish, Adonai 'Tsebayoth: Holy , Holy, Holy is the Lord God of Hosts.**

**Kodoish, Kodoish, Kodoish, Adonai 'Tsebayoth: Holy , Holy, Holy is the Lord God of Hosts.**

**I Am That I Am. Aum!**

**We ask that these activations take place nightly as we sleep on the inner-planes under the direct guidance of our monads.**

**We now thank all of the Holy Masters, Archangels, Angels and divine beings of light for their presence and their assistance during this meditation.**

**With great respect and in full faith. So Be It And So It Is!**

*Now fully ground yourself and return to your physical bodies.*

Thank You

YOU ARE LOVE