

Quan Yin Virtual Class # 2

The Harmonic Convergence has given the Soul/human Symbiont the key towards the evolution of the human physical matrix in complete partnership with the Soul. This has never happened before within the First Creation thus this unusual exciting phenomenon is the beginning of the realization of the potential of the Second Creation. It is a massive undertaking of every quantum engineering skill at all levels to begin this reconstruction within inter-dimensional space. The human matrix has earned the right to join its Soul partner into the higher vibrations of Consciousness where only filaments of Love-Light frequencies can exist. The vibrational frequency of Love/Light is faster and requires more power. Imagine the electrical voltage needed to power a car versus a jet-plane or even a space-shuttle. We are electrical Beings, that is why our bodies contain a high percentage of water as a conduit. The voltage of the electrical currents in the 3 D body is controlled by the Mental body of thought patterns in the brain. In order to match the speed of the Earth's transmutation into the higher 5D Consciousness we need more power. Unless we match her speed, we cannot enter the 5D entrance. In order to manifest more electrical power, we need bigger and stronger magnets. In other words, we need to change from electrical beings into magnetic beings. The magnetic core is anchored deep inside the heart where the seed of Light (the Christ seed) has been hidden. That is why all the circuits have to be redirected into the heart. The Earth's magnetic poles have already shifted and have caused major confusion for navigational instruments and for the migrational pathways of the animal kingdoms. The Quan Yin Path to Ascension, though not the easiest and smoothest path to navigate, is overlit by the Love-Light of the goddess herself for she vibrates at one of the highest Divine-Feminine frequency possible. She was chosen to hold the Divine-Feminine Portal to initiate the process of returning the male and female vibrations into balance. In a way we are her pet-project.



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To begin this renovating project we need to study the mechanisms and structure of the anchors that allowed the Soul-Human-Symbiont to exist and experience its shadow-emotional-self with the boundaries of 3D time and Space. Both the negative and the positive layers are part of 3D-Duality and deeply rooted in the tapestry of the earth's 3D matrix. We continue to examine the Ego-strands, or wiring, for they are the anchoring system to keep the symbionts mired in Duality. It is often very subtle, difficult for the human mind to recognize, until the mind is awakened within its Consciousness with the desire to rise and step into the path of Spiritual exploration. The Ego-wiring system is intertwined into the Chakra panel and therefore is in every part and layer of all the organs. It is like a massive spider web and when one wire is triggered it affects the whole web. The vibrational frequencies of the trigger ripple through each fiber like the strings of an instrument and cause imbalances where ever it goes or whatever it touches. The fear based emotional voices are filed in the Chakras. The chakra centers are like the fuses in your electrical panel and when the Ego controls the sound track it brings disharmony along the lines.

Imagine an orchestra where each instrument is out of tune! The magnetic heart electrical panel will not and cannot accept the insertion of polluted, crusted and/or frayed wiring systems. The heart will only accept harmonic sound. Therefore, all the wiring conduits have to be cleaned and rewoven with different wires that can handle the more powerful surges of electrical currents.

As of January 2018, we as Human-Soul-Symbionts were all sorted out and given a space in the etheric holodecks in Spaceship Earth. It was to keep us safe as the etheric Earth-ship has completely de-anchored itself and left the 3D-Duality harbor. Within the holodecks we have been given the opportunity to accelerate, or not, into spiritual maturity. Each choice is honored and each holodeck is geared to your wishes and dreams of your present life-time. The big major dimensional gates between the growth layers will be closed until 2038 but the smaller gates between the holodecks within each category will be opened for those who are ready to move on in 2021. In 2020 there will be an opportunity for faster growth to those who are choosing to accelerate. There will be a kind of purging within the holodecks opening exit portals for those choosing to take a break and enter the Spirit world. Note that the 2021 gates will only appear to those who qualify to enter the next higher vibrational decks within their category.

The Closing of the Gate By Shih Yin

You asked, "The gate is closing what does it mean?"

Will many be left never to be seen?

Not one human-Soul will be left behind

There are multiple holodecks for every kind

Do not fear the sounds of the closing gate

It is only the sound of the clearing of your slate

The Gate is nothing but a symbolic Sorting Hat

It will only ask you to stay for a pre-boarding chat

The Sorting Hat will review your qualification

Your specific position demands certification

Your request will be fulfilled accordingly

To the greenhouse of choice you are escorted speedily

Each gate takes you to the deck you requested

Once you have been sorted your choice is manifested

No deck is better or worse than the other

Each is over-lit by the Divine loving mother

The gift of Free Will assures you the constant choice

Will you enter the silence or raise your Ego-voice

Will you take the opportunity for you to explore

To expand the Mind and make new friends galore

This is a special place for you to grow
 A time to learn, to reflect and to know
 To become the sage and the vessel of wisdom
 This is the place that prepares you for your kingdom

Fill yourself with peace and thanksgiving
 You are the chosen one among the mass of the living
 You have been given 12 Years of human time
 It won't be long before you hear the opening chime



For those who chose to begin in this life-time, one of the first steps is to re-tune the sound frequencies in the chakra system. The frequency of one of the songs sung in the *Sound of Music* has the perfect pitch to create the harmony. The Ego does not like HARMONY of sound. The 7 chakras are connected and when in perfect healthy function will form a complete harmonious circuit like the strings of a guitar. The energy currents pulse in unison and synchronicity with the rhythmic beat of the heart and when in Harmony it will affect the heart etheric rhythm. Emotional traumas and heavy negative thought patterns are the main cause of the blockages that prevent the energy current from flowing in harmony. The following simple diagram may help give a better understanding of this vast and sophisticated wiring system in the body.

Cosmic Consciousness _____ Crown
 Insight _____ Third Eye
 Truth _____ Throat
 Love _____ Heart
 Fire Energy _____ Solar Plexus
 Water Energy _____ Sacral
 Earth Energy _____ Root

The Attributes of the Evolving Chakra system

Each Chakra is made up of multiple frequencies of texture, sounds, colour and scents that are part of all the elements. The song is a strong reminder what the Chakras represent. The following is a fraction of changes of the chakra structure as it begins to evolve in direct correlation to the process of ascension.

ROOT-dark red to bright purplish red
 SACRAL-orange to peach

Low C - Do, a deer a female deer
 D - Ray, a drop of golden sun

SOLAR PLEXUS- yellow to gold	E - Me, a name I call myself
HEART- forest green to emerald green with pink center	F - Fa, a long, long way to run
THROAT- cobalt blue to sky/ice blue	G - So, a needle pulling thread
3 RD EYE – Indigo to violet	A - La, a note to follow so
CROWN – Violet to Pearly white	High C – Tea, a drink with jam and bread

As we re-tune the lower scale into a higher mode the color of the chakra wheel begins to pulse in a resonating frequency. The spin cycle increases in speed resulting in removing more congestion from the chakra centers. We are moving from the 7 chakras into the 12 centers that are now available to us once we reach the appropriate levels.

The Ego persona oversees all systems and it uses FEAR as its main supervisor and over-seer. It has full power within the realms of 3D Consciousness for it cannot exist in the Higher levels of Light frequencies. It is therefore logical to the human mind that the EGO will do its utmost best to exist and it will fight for its right to stay alive and well. It is wrapped in FEAR that it will lose its controlling personality, its very existence. To survive it will create many illusions to keep the mind from discovering its presence. Listening to discordant loud sound frequently is the Ego's favourite flavor for it keeps the mind in a state of heightened exuberance and unknowingness.

Consciousness exists within every molecule and the DNA strands are the communicating wiring system that connect and monitors every function of the Symbiont both at the physical and etheric levels. Imagine the DNA as a massive tele-communication system that has the ability to go beyond time and dimensional space. Imagine being able to make a phone call to another planet. Long distance phone calls to another continent were a dream not too long ago on earth. Today it is a reality and so too will this fifth dimensional communication system manifest in the future of human evolution. This future potentiality is one that the Ego does not wish to happen for it shows its eventual extinction as it will be completely absorbed by the light vibrations. It will lose its job for it is not needed any longer as a 3D anchoring system. A shadow cannot form when you stand directly in full sun light. The Ego faces redundancy and starts a sabotage mode.

Each study is an exploration, at the same time an opportunity to heal the inner-self. It is an appointment for healing and repairing not only the physical layers but also the '*unseen*' psychic mental and emotional structures. In healing the Self we begin to create the construction platform and the launching pad that will initiate the evolution of our Consciousness. It is an opportunity for those who chose this path to reach for the Stars and to evolve into the Human Angels we have always dreamt about. Again, it is not an easy choice and the fruit of this challenging journey cannot be described in human words for it can only be experienced. It is an expedition in search for a treasure we have known about for many lifetimes. Humans have been searching for it life-time after life-time within the Earth-Realms. With the Harmonic Convergence we have finally found the right map to the ultimate treasure, that of the Higher Consciousness where the

vibration of Love and Light exist. It was and has been hidden within our own body all along. The treasure was in our own home, our own backyard!

The Goddess Path is designed as an acceleration process and therefore will speak to those who are courageous, determined and committed enough to make this path their choice. For those who do not choose to walk the Goddess Path, it is encouraged to keep on searching for the Path that speaks to your heart. The Goddess keeps reminding us that this journey would take many reincarnations to complete the reconstruction program. Each bar, each wall, each block within the constrictive Duality-box is subject to the demolition and must be dismantled layer by layer.

In order to face and transform every aspect of the Ego we must examine our emotional, mental, and spiritual layers that influence our physical structure. Changes in one system affect all the others for it is a coordinated intricate communication system linked by the DNA spirals that flow through the Chakra system and travel through the Spinal column. The Spinal column is the main highway that directs all the information and the changes into the brain. The brainwave patterns then coordinate the transmissions and send them on to the various cells in every organ.

Remember that the mental-brain keeps us within the electrical 3D currents. The Ego therefore has the strongest presence within the brain waves that flow through the thought patterns. Every ego layer thrives on drama and feeds upon the emotions that it creates. The ego's resistance against change becomes more intense as we are continually bombarded with rays after rays of the energies of transmutation and transformation. Transforming each part of it into a higher frequency with the words of light and love is the first steps on the evolution ladder. The success rate of the rewiring of the Chakra system strongly depends on the capability of the individual to face the ego. It can be a very difficult road for many to accept the presence of the ego within the human character. It is part of human biology and it becomes as familiar as an arm or a leg to be used daily often without much thought. It becomes a reflex action to hit back when we think that we are attacked either with words or with physical blows. "*An eye for an eye*" is a favorite mantra of the ego. Jesus tried to show us the healing strand when he encouraged his disciples to "*turn the other cheek*". By this act alone we temper the ego-self with the wisdom gained that trying to heal violence with violence will only perpetuate the aggression. **Violence happens not only with physical blows but also with words that can be as destructive and painful as if one is stabbed with a sword. It is very difficult to retract or take back these heavy words. Or even release them from our memory banks. An angry face cannot smile, an angry voice cannot sing. Tears can be healing or it can be a devastating, destructive ego-storm.**



The Ego has two faces, a positive and a negative outlook. Both sides are as effective in controlling human behaviour patterns. One side's objective is to become a robe of glory while the other side wants to wrap itself in a mantle of victimization. Both ultimately define the personality of the person wearing it. It often becomes an instant choice when faced with different

dramas in life and the person could see-saw from one to the other without much thought. Both sides constantly battle for supremacy and plunge the human psyche into a see-saw of emotions. The battle of the self within the constraints of duality becomes the feeding ground of the Ego. When faced with harsh survival issues, it dons the victim robe and decorates it with numerous words of darkness such as anger, resentment, jealousy, low self-esteem, the poor-me attitude and even hatred. The perception of vital importance of gaining material wealth to ensure a happy life is encouraged by the ego. The ego's portrayal of a happy, luxurious lifestyle continuously bombard our senses with unending mantras of, *"Money gives me love, money buys happiness. Money ends my suffering. Money makes my family love me more. Money is my ultimate goal. I deserve to have as much as my neighbor. It is not my fault; the world owes me."* These are very powerful illusions of shadows and when the human mind grabs hold of it, it clouds all visions and surrounds the human life in the thick fog of Duality. These often trigger depression.

For those who possess material wealth it becomes a pedestal. It is an illusionary elevation of self-importance and a state of *"I am better because I have more money"*. No matter what side of the coin it takes, it thickens the notion of **separation**. The ego's main mantra is in support of separation as in: *"I am not my brother's keeper"* which opens the door to selfishness and self-centeredness and not self-love. The stream of thoughts becomes, *"It is their own fault if they are starving and suffering. They should get a job and look after their own family. What I have is my own hard earned money, I worked for it and, it is mine. Why should I share what is mine? Why should I look after someone else's kids? They are not my responsibility. They don't look like me, they are foreigners, they have strange customs, they eat smelly food, their eyes look different, and their skin looks different. I don't understand their language. They are rude. I do not want their kids to play with mine. I don't want them to live in my neighbourhood, in my country"*. Etc,

When we choose to don the cloak of the warrior we give the ego a free pass to enter and embroil the Self into the mud-hole of emotions that are fully controlled by Fear and Anger. We emphasize the reflex attribute of the ego once more as we examine our responses to almost anything that we perceive as a demeaning judgement, a criticism or anything that resembles an attack on the shadow self. It is not in the ego's nature to turn the other cheek and we immediately initiate a form of counter attack with stronger words of anger, hatred or violent physical actions in order to redeem our ego-self-importance and self-righteousness. The flight or fight pattern is an ego generated ally.

Example: Imagine you walk into a store who just announced a huge sale. Suddenly a horde of people rush towards the sale area and it looks like a feeding frenzy. There are choices for you to choose here. First, you stand back and witness with thoughts of amazement: *"Wow, what a journey these human-souls are choosing to experience today."* And you walk away with the feeling of wonder at the courage of the Soul partner to wish to experience this heavy current of Mass mob action. Or you immediately jump in and join the fray with: *"Oh no, I am not missing out on this sale. Get out of my way you stupid woman. That is my shirt, I saw it first!!!"* Or you

stand back with: “Look at them, they are like vultures! They did not even wait for the sales girl to arrange and get the goods ready on the tables. They fight over things like crazy people, they are so disgusting. How can people behave this way?”

When you choose to have the last two thought patterns to influence your emotional fields, you have just plunged yourself into the lower layers. Even lower than the ones the fighting women are in. Wrong?? Of course not!! You have just chosen to enter the experience of judgment and criticism. Which shows you that you have not discovered the beam of light that reveals your own self judgement and disgust of Self. It is the mirror of Self-Image.

These dark Words and actions are both as painful for the resident Soul and dim its light as if its clothes have become soiled. When the Soul leaves the physical body it cannot leave the lower earth realms until it is cleansed. The act of cleansing/healing in this case is the process of metamorphoses by applying the acceptance and loving wisdom of the Soul. The Soul has the means of transforming the dark garment into one of light. Ultimately love energy is the only component of alchemy that can alter vibration into a higher state. When the Soul decides to reincarnate before the healing process has been completed it will return with its own personal ‘dirty laundry’ and has scripted a more challenging life for itself. The Ego-Self becomes stronger as more dirty-laundry is piled up in the human’s back-pack and it requires more effort on the human psyche to transform it. In other words, the Ego is settling deeper in the Captain’s chair.

As we enter the Great Shift this level of consciousness is one of the main challenges on the ladder of evolution for no one can take the next step when we are still chained with the ego-anchor. The ego relishes human dramas in particular that of suffering or hero-ship. Although we deny it loudly humans enjoy telling their stories of suffering or hero-action to anyone who happen to be an available audience. In the telling and retelling of the stories we elevate ourselves to the position of the hero or the main character of suffering and become addicted to movies or books that would satisfy this part of the ego. Within the level of suffering lie numerous layers that are connected to Survival issues such as lack of material wealth, lack of health and lack of basic living needs. This forms one of the locking seals within the human matrix anchoring it deeply in the 3D – Duality reality. The energy of suffering when accepted with understanding and the surrender to the Higher-Soul-Self has the potential for an acceleration of Spiritual growth. When we invoke and allow the purity of Soul-Light to infuse our thoughts and emotions we begin to perceive suffering as an opportunity to heal ourselves at the deeper levels.

Example: A person who can barely make ends meet in this human life has a choice of: “I am grateful for what I have, I give thanks every day that I and my family are healthy. The little extra that I sometimes have I am willing to share with others who are in more need than I am. Yes I am sick and in pain and I don’t know why, maybe I should see a healer and find out how I can heal myself. I could use the extra money to heal myself. Maybe it is my karmic stuff that I need to deal with now. OR “I blame everyone; I blame the world for my miserable life. I blame my parents, it is their fault that I am in this state, and they did this to me. I have a bad boss, who

hates me and that is why he fired me. Everyone hates me and they look down on me. They treat me like dirt just because I am fat and ugly. They discriminate against me because I look different, because I have a different colour, because I believe in a different religion.” etc. “There is nothing I can do about my horrible life, no one offers any help. No one calls me or looks after me. I have to do everything and they just sponge and take advantage of me. I am the one suffering and has to do all the work and no one cares about me”. Etc

The spiritual ego is one of the last layers to enter the chamber of transfiguration for it is the most challenging layer. It was mentioned earlier that psychic abilities have been detected within many energetically sensitive individuals. Many grew into sages, prophets, gurus and even declared into Sainthood. It was acceptable to the Mass mind to worship the perceived higher advanced spiritual teachers and leaders as a means of reaching enlightenment. This special group was even considered to be Holy and bowed down to as they were set upon pedestals of honor as befitting a holy presence among us. The opulence and wealth that are the possible results of the position would only increase the energies of jealousy and resentment towards spirituality. It became inevitable throughout the ages of these focussed worshipping energies to manifest within the spiritual ego as something that would be coveted by the individual human mind. More and more humans have begun the awakening process and sampled the intoxicating euphoria of spiritual awareness. First the initiates embrace the old system that they have to chant and meditate for hours in order to reach the valued state. When told to protect themselves against psychic attacks or evil energies they create walls of light around themselves. These protective shields were necessary before but are no longer in play when we signed the agreement of the Harmonic Convergence. This type of protection is built with the components of Fear and therefore it does not match the vibrational frequencies of the higher consciousness. By accepting the possibilities and potentials of an attack you lock yourself in the Duality of the dark shadows of ego-fear. Imagine locking yourself in a strong glass box. No one can come in to attack you but at the same time you cannot reach out for help or allow the Love energy to enter the barrier.

The new-aged Spiritual persona is persuaded to enter a state of initial knowingness and do not realize that it is often the illusionary veils of the spiritual-ego. The temptation of immediately stepping in the shoes of the Guru, teacher, healer or preacher can be overwhelming. When not recognized the spiritual-ego-self grows into self-importance establishing a belief system of “*Us versus them*”. It is another level of separation for it creates a chasm between those who have awakened and those who have not. When we insist on maintaining this belief system we continue to exist in the appropriate ‘*spiritual 3D holodeck*’ and any perceived growth would be but a stronger illusion of the ego. Spiritual competition is another heavy anchoring chain for its subtlety can often be undetected by a Lightworker. The drive for the Lightworker to create abundance for itself is overshadowed by the fear of competition. The competitive nature of the Ego indulges in this emotion, striving even harder to create the flow of material wealth. The Ego justifies each action as “*I deserve this, I should be compensated for what I do*”. This level of

competition when not curbed or released begins to be blanketed with increasing fear based mentalities. We fear that others might steal, rob and use spiritual materials we lay claim too. The phrase *copy-right* begins to stalk our fear-based dreams and dark words of resentment, jealousies and animosities permeate our wakening thoughts. We have difficulty working together or form partnerships with others when our vibrations do not resonate any longer at any level.

However, when we step into the energy of separation by claiming: “I cannot sit or be close to that person because he or she is of lower vibration. I cannot stand talking or listening to these persons because they are lower than I am. I have to tell that person how low their energy is. They should listen to me because I am the Master teacher and am higher than they are. I should tell them what to do and how to do it because I know all about it, I have the answers, and I have studied and meditated for years.” These thought patterns are post-marks for the spiritual traveller and it shows the frequency of the holodeck you are in.

The ego cloaks and coats every emotion, every thought pattern to justify every action by claiming that it is love based. It will twist and turn and use every method possible to remain in control for at its roots it knows that its days are numbered the moment the agreement to the Great Shift in Consciousness came into being. It takes on the role of a stubborn child who had been spoiled and allowed to control the household and now realizes that all its privileges are about to be terminated. Every child is born into the world with a clean slate and is open to be taught to hate or to love. Only when the child is gently guided with love into a responsible adult, he or she will then be able take the position of a valuable contributing member of family and society.

It is one of the reasons that we reincarnate as a child. The energetic structure of the parents, the environment and the societal atmosphere into which the child is born affects the child's karmic ledgers. It gives the child a chance to deal with its own karmic strands. The role of the parents based on their own karmic sheet is to help the Soul-child to transform the karmic components within his/her lifetime. The child chose his/her parents based on all these karmic factors that are compatible with the Soul-child's itinerary for this incarnation.

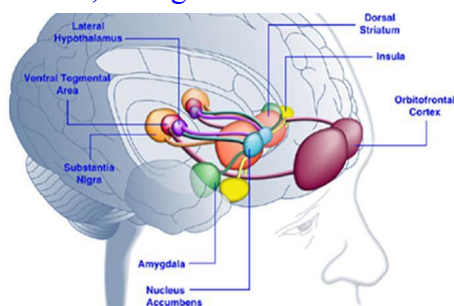
The ego has been the driving force behind every human player and it is now time for the human to take over the role of a main contributor. Imagine that you are in charge of a starship and that you have given the ego the position of command. The ego had occupied your captain's chair for a long time and you went along with all its decisions because you believed that you are not capable and not yet qualified to take the leading role. Then one day you realized that you have lost control of your own ship and you wake up with the realization that you are capable and want to regain your rightful power. You order the ego out of the chair so that you can take over command of the steering wheel. At first the ego complies by standing beside the chair, insisting that you need its experience and wants to remain as an advisor. Nothing will change if you agree to this proposal for you will keep hearing its voice influencing every choice you make.

To get the ego off the control bridge you have to firmly order it to take its new position in the engine room to provide more power for your ship. This is a tug of war that really counts, for

when the ego embraces its job as the engineer it will provide the power for your starship to accelerate into speed of light. You truly begin to walk the path of a spiritual adult who takes charge of your own choices with full responsibility. Your voice will proclaim without hesitation ***I AM***. You begin to accept the membership into the ONENESS of all things with the support of the transformed ego of *"I know who I am and I claim my birthright of the love and wisdom of the Soul."* The Dalai Lama phrased this awareness with *"I am and I am not"* completely surrendering to his higher self and moving into the position of his power of ***I AM*** and not the ***little i*** of the ego any longer. Another spiritual philosopher clarifies his understanding with *"I can only be a Somebody when I am a Nobody."* With that statement he clearly understood that once he demotes the ego to the position of a No-body can he claim his rightful role as a ***Somebody*** who is able to walk the path of an enlightened being.

There is no protection needed for any being that blazes and shines with the Light of Love for no speck of darkness can exist or attach itself to a beam of light. As the light within increases its strength, the candle flame of the **little-i-ego** dims and will eventually be completely absorbed by the blinding flame of Unity-Creator-Consciousness of the residing Soul. The acquired vibrational frequency of the Light filaments of Unity Consciousness is the final crystal-key that opens the gate to our destination of ascension. A radiating and blazing Soul-Light is the only light that will reveal the true nature of Duality and the Ego anchor. The chakra wheels are the spinning Life-force turbines and the Ego wants full control of this major energy panel.

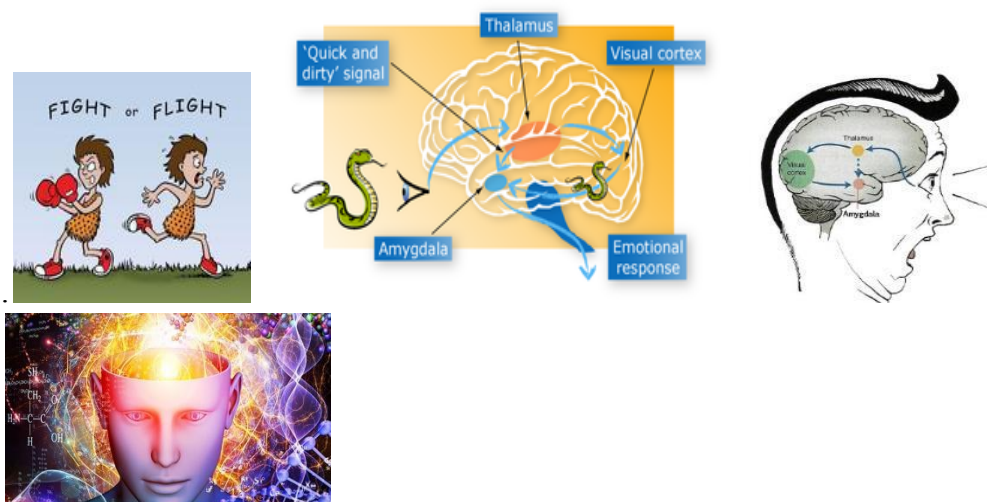
You know that the Ego is off the bridge when you lift your head high, face your life-path without FEAR and acknowledge who you are to the world. You know that the Ego has begun to rev up the engine of your space-ship when things do not bother you any longer and when words of shadow do not have the power to frighten you anymore. Words, acts of darkness and thoughts of shadows become almost foreign to you. You deal with it as if it happens on a TV screen or on a stage where you are only the audience, taking on the role of the observer and witness.



The connecting link in the brain to the emotional system is held within a section called the **AMYGDALA**. It is an almond shaped tiny mass within the limbic system. Here the initial emotional responses are processed and the main trigger is FEAR. Fear usually carries the message of danger and requires the immediate responds for survival. It over rides all other thought patterns. Imagine the feelings that bubble up within your body when you watch a violent movie, hear about violent acts, or even going for a roller-coaster ride at an amusement park. How would you react to a 911 desperate call or even one that may involve someone you love?

There are many triggers and sound is a major component as an alarm button. When you identify a specific sound that involved a painful or dangerous situation it becomes a trigger. Unless this is healed it will cause a chain reaction in the Brain through the Hypothalamus as if an emergency siren is ringing in the Amygdala. Unresolved trauma issues grow into pestering wounds in the brain affecting the whole wiring system like a vicious virus in a computer.

When the fear factor is allowed to increase it will keep the *Amygdala* in a permanent high alert loop. The Ego creates a high adrenaline rush that becomes an addictive trigger for the Amygdala to reach the emotional illusion of “*I am safe, I won!*” This addictive behaviour pattern is usually anchored within the immature human psyche whether in a teenage human body or spiritual child/teen body. Unless the human chooses to grow into maturity of Mind the Amygdala will continue to react to any stimuli that will feed it. When we over-react, lose it or go through an emotional melt-down it can cause deep scarring within the human psyche. Daniel Goleman in his book ***Emotional Intelligence*** coined this state a form of ***Amygdala Hijacking***. The Amygdala ‘hijacked’ any other messages from the hypothalamus and sends another set of orders into the grid stimulating an intense reaction. This can happen at any time when the *Amygdala* is empowered by the Ego. When the Spiritual Ego is at its highest alert mode it reacts to any kind of perceived danger. Within the holodecks of the Child/Teen spiritual field the hijacked messages immediately slams down all the sluiceways within the energy lines. It over-rides any other orders from the Higher-Brain synapses and throws the physical/mental/emotional body deeper into the pot-holes of Duality. Everything this person sees, perceives with the human sight is polluted and compromised. Self-Love is non-existent within all bodies (PMES). The Heart only feels blame, guilt, betrayed and shame resulting in heavy emotions of low-self-esteem, hopelessness and painful depression.



Human biology that includes all the 4 main bodies (PEMS) is wired to react to every thought particle and it is not always based on rational thoughts. The human defense reactions towards survival issues are finely honed and can be very sensitive. We tend to react in an almost explosive emotional outburst when the Brain thinks that it is attacked. When the Brain thinks that it is a real situation the amygdala immediately overrides the slower connections and plugs into the higher thought waves in the neocortex. There the order is relayed to the physical body as an emergency message that may result in the flight, fight or fainting actions. When these emotional traumas are habitually hidden and stored within the Brain's storage areas it may accumulate and cause belated reactions. When the dam begins to leak or even break it can appear as anxiety,

panic attacks, unexplained phobias, depression, and compulsive behavior patterns. Eventually the disharmony will seep into the physical as dis-eases in the organs.

Scientists have learned more after several experiments by removing the amygdala within rats. It did not hurt them but the rats seem to have lost all sense of fear. For those who have chosen to walk the path of evolution it is a vital step to keep the *Amygdala* at a restful and peaceful state. Since the Ego has full control of FEAR and cannot be killed or surgically removed, we need to look at different options. Exercises such as meditation, Yoga, Tai-chi and Chi-Gong, and the strong rolling breath taught in the EHF classes are the key to quieten the *Amygdala*.

The Ego-Mind has full control of the electrically charged energy currents and fully intends to stimulate the Amygdala by feeding it all Fear based emotions. One of the biggest FEAR of the Ego is the fear of DEATH. It is not just the physical death but every layer of fear of non-existence, of losing the Self and of losing the presence within society's Mass Mind. It is a big anchor keeping the symbiont in Duality. By facing the Ego, becoming aware of its sabotage campaign and sending it to the engine room we weaken its link to Fear particles. Once the Ego is completely accepting its role as a support mechanism its controlling wires to the Fear based emotions is slowly out of commission. In this scenario the Amygdala is out of a job. Remember that Fear has many layers and some of them are very difficult to detect such as fear of what people say about us, fear of losing a friend, fear of saying the wrong thing, fear of illness, fear of not being accepted, fear of weight problems, fear of family disruptions, fear of not being heard, of not being allowed to speak, fear of the future, fear of not having enough money etc., etc. This seed of FEAR is in every chakra and when fed it slows down the spin of the chakra wheel decreasing the flow of life-force energies needed for the body. The strongest roots in the FEAR column are ignorance, lack of information and arrogance within the Mental Body. Knowledge, experiences and wisdom will immediately dispatch any fear particles in the Human Mind.

For those who have reached this state of evolution it may appear as if there is a star constellation emanating from their brain. It begins to pulse upwards and outwards until it appears to surround the whole head with a more blueish aura field.



What thoughts are pulsing in your mind?
 Are they Ego-bound or are they kind?
 Are they the child-like ropes that ego-bind?
 Are they fears that you'll be left behind?

When you are full of light what is there to Fear?
 No darkness of the shadow can come near
 You will never lose anything you hold dear
 For you are the long-awaited seer

Quantum stars only carry light
 Souls are always shining bright
 Seek not the stars that might
 Love should only be in your sight

The process of being re-born into the Earth Realms



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A mother's emotional state will greatly influence the child's development beginning with the Root. Within the cocoon of the womb the child receives its first imprints of either negative or positive vibrations. The inevitable root wiring of abandonment, separation and survival is therefore enhanced with the earliest stamps received through the mother's emotional and mental state during pregnancy. If the mother's ego layers are very strong it will affect the child's emotional and mental state of potential growth and it also adds to the burden of the child's karmic baggage. The child chose its parents for the specific reason to provide the catalysts for both the child's and parent's spiritual growth. The greatest opportunity to work on everyone's karmic ledger begins during pregnancy. Remember that we are all connected and our karmic ties are woven together into a vast tapestry of Soul experiences and it goes all the way back to ancestral lineages. It is one of the reasons that we reincarnate as a child. The energetic structure of the parents, the environment and the societal atmosphere into which the child is born affects the family's karmic ledgers. The role of the parents based on their own karmic sheet is to help the Soul-child to transform the karmic components within his/her lifetime. The child chose the parents based on all karmic factors that are compatible with the Soul-child's itinerary for this incarnation. The child's learning begins in the womb.

The Holodecks on Space-Ship-Earth are dimensional decks and each is programmed and attuned to the occupants. We are all on the same ship going to the same destination, however we have choices based on free will where and how we wish to travel. The higher decks, coined the First Class decks, can observe the lower ones and extend a helping hand when asked for help. Helping in any form (as in healing, advice, opinion, forcing and ordering) without being asked, pulls you right back into the Ego control cabin on the lower decks. The Ego is in full power in the lower decks where the lower 3D-duality frequencies are maintained for those **not** choosing to ascend during this life time. Linear time is kept within these frequencies. Think of it as specific self-designed computer programs for each holodeck. It takes about 3 linear earth years for an

occupant to *'learn'* and acquire the necessary qualification in order to move into the higher holodeck programs. The Earth-Ship has already reached its 5-Dimensional harbor but its upper doors can only be opened by those who have gained the key to it. The whole ship is in a kind of quarantine time-continuum to give us the time and opportunity to go through the transmutation process of Chrysalis. Only when the butterfly is completely developed can it fly out of its cocoon. In the same manner we, the human caterpillar can only enter the high skies of a 5-D reality when we have grown our *'angelic-wings'*. The following is a quick spiritual chart to show the potential growth pattern of enlightenment based on the messages of the Goddess.

Avatar		
Bridge		
Adept		
Bridge		
Junior Master	Adult Master Bridge	Senior Master
Full Adult	Mature Adult Bridge	Senior Adult
Full Teenager	Mature Teenager Bridge	Young Adult
Child	Mature Child Bridge	Young Teen
Infant	Toddler Bridge	Young child
New Born		

Draw your own spiral clockwise rotation lines to show the movement from one platform to the next. New-Borns are those who have just been awakened to **spiritual awareness** even though they may be in adult human bodies from 21 years and more. From the New-Born by choice to do the work, one can enter the Infant stage then the Toddler state and into the Young Child stage. Only then will the spiritual student *'see'* the bridge that will lead into the spiritual Child layer. Note that the EGO is the anchor that keeps us in human form and it is a very strong energy current for those who are choosing to experience the present incarnation as Spiritual New-Borns, infant, toddler or your child stages.

The following are various thoughts on the topic by Human Spiritual Masters like Wayne Dyer and Celia Fenn. According to the Goddess it is important for us to accept other viewpoints in order to broaden our spiritual horizon. Diversity is the Universal plan of the DIVINE CREATOR in order to enhance the uniqueness of each human vessel. The river of Divine knowledge flows within constant change like the currents of the water in a massive river. It does not belong to anyone. The river accepts and collects every experience, knowledge and wisdom from the Universe of Creation and it is available to everyone. In the eyes of the Ascended Masters there is no such thing as Copy-right. ☺ Within each holodeck many classrooms are made available with every choice of teacher and program.

Dr. Wayne Dyer and shares his thoughts in the following discourse.

Inside of you there is a wise guide, a part of your true self (your resident Soul-partner) that walks with you as you progress along the path of your sacred quest. This inner wise guide is you, not the idea that you have of yourself. Think of this inner guide as your true self and allow yourself to listen to this wise guide. Instead of listening to the gossip of the ego, you will hear clear and inspiring messages of wisdom. Eventually you will free yourself from the demands of the ego.>I am not suggesting that you conquer, defeat, or despise the ego. It is important to honor and love all aspects of ourselves. This includes the visible world of sensory perception and the invisible world of divine spirit. The following suggestions will help you get in touch with and transcend your ego. You will free your authentic self from the power of the ego self.

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Make an attempt to know your ego. Try to determine when it is operating as the dominant influence in your life. Ask yourself, "Am I listening to my false self or my higher self (Soul-partner)?" The more you can be aware of the presence of ego and how it is manipulating you, the less influence it will have over you. For example, if you are boasting to someone about yourself, or in any way feeling superior about your appearance, abilities or possessions, recognize that this is your ego at work trying to convince you of your separateness from God and your superiority to other human beings. Begin to view your ego as an entity that sits on your shoulder with a purpose. This invisible companion is always with you. It tries to convince you of your separateness from God, your superiority over others and your specialness in the universe. The more you listen to this entity, the more you are off your sacred path. As you begin to recognize the signs of ego's presence, gently say to yourself, "There you go again. You allowed me to take the bait and I got trapped in my self-importance." You will find that most of your thoughts and actions are prompted by this invisible entity perched on your shoulder. It wants to feel outraged when you are wronged, insulted when you are not stroked, offended when you don't get your way, hurt when you lose a contest of argument. As you recognize and name this entity, you eventually will be able to ignore it. Ultimately it will no longer play the dominant role. Practice listening to others and keeping the focus off yourself. Concentrate in your conversations on what the other person is saying and what they are feeling. Then, respond with a

sentence that begins with “you” rather than “I.” For example, if someone is telling you about a hospital experience. Instead, say something that either paraphrases what they said or that convinces them that you really heard both their words and their feelings. You might say, “You really had a scary experience, didn’t you?” This is called **active listening**. You will be pleasantly surprised at how much you will learn and how purposeful you will feel. This is a way of restraining your ego and allowing your higher self to participate. Keep a Journal. In it, describe what offends you about other people. Try to discover what being offended does for you. If you can be objective about it, viewing it from the perspective of the witness, you will find that what offends you is really a judgement about how others should be behaving. Yet, by itself, being offended in no way alters the offensive behavior. So try to take an instance of your being offended and merely witness it. Just notice that you feel offended and observe how it plays out in you. As you get proficient at observing your ego at work, you will find that this act of observation will defuse the inner angst. With the technique of observing yourself, you will come to see that what offends you is your ego at work, hammering into your mind over and over that the world should be different, that people have no right to treat you in ways that you find offensive. Your ego insists that you have a right to be offended, hurt, and miserable. These judgements are that false idea of yourself, working hard convincing you that the world ought to be as you are rather than as it is. Higher awareness demands a new agreement with reality. Keep in mind that your sacred quest is really all about having your higher-self make the daily decisions of your life rather than being dominated by your ego.

Keep in mind that the residue of Ego-based choices is the blockages that pollute the Chakra flow of energy. It slows down the chakra wheel spin that in turn reduces the flow of energy in the physical body. Imagine old, frayed or even gunk covered wires in your home electrical system or the engine in your car.