

Quan Yin Virtual Class # 6

When our Soul parts first entered the heavy reality of Duality we were immediately anchored with the thick cords of FEAR. Like any ships in a harbour we needed heavy anchoring cords to keep us steady and completely parked within 3D existence of Duality. The currents of FEAR that have been monitored by the Ego control panel have permeated throughout our physical, emotional, mental and spiritual bodies. With our choice of Ascension, it is the first strand that needs to be released and unravelled from all the body layers.

It involves a process of high alchemy and requires the cooperation of all the body layers. The higher realms of our Soul teams have now realized that it will take many life times for most of us to reach this final product. This is not a sign to lose hope but instead to rally and support your Soul team mates who are very enthusiastic about this process. You, the human partner, is the vital vessel where this transformation can take place. Without you the transmutation into transcendence cannot happen. Your Soul team has already '*seen*' the potential and the possibilities of the final product and they are very excited about this next game board but you are the only one who can do the work. They will support you and flood you with all their Divine Love and Light energies. All you have to do is to open the doors and invite them in for you hold the code, the key to the gate of transmutation, a kind of transmutation into another BEING. This new BEING however cannot survive within the heavy, dark and shadowy 3 D Duality. It has to be transplanted, re-potted into another garden plot. Only humans can play the game with FREE WILL. How many will choose to play the new game?

Imagine having to build a space station in outer space. Each particle has to be lifted out of the Earth's atmosphere and it has to be able to exist in the reality of space. It is about the same principle when we begin to build our new bodies. Each building nugget is a small part that has to be re-constructed within the 3-D Duality and then lifted up into the quantum field outside of the earth's realms. Every particle of the nugget-brick needs to resonate with the frequencies of the higher realms of Consciousness to be able to begin to manifest within the new space. Yet just like the space station it is still connected to the main controlling station on Earth. (Houston the Eagle has landed 😊) Look at these as the magnetic grounding cords that connect your building blocks to the higher magnetic matrix of the Divine Earth. The nugget-bricks are like the puzzle pieces of a complex structure of a space station and each has to be lifted and fitted into the main frame when they are ready and compatible. Once the first nugget is in place floating within the element of the Ethers, we begin to gain greater understanding of what the higher levels of Consciousness feel like.



Step 1

The first step is to recognize and understand the power of FEAR. We have all felt it when it began to loosen its powers within our mental bodies. The mental body is monitored by the element of AIR and when we think there is danger to our survival, FEAR steps in. Pressure builds up in the brain causing headaches and disorientation. Breathing accelerates at times into hyperventilation causing the heart to react. Rapid pulse beat intensifies blood flow. The water element in the blood reaches flooding proportions rushing into blood vessels affecting the Earth elements in the organs. Earth elements look after all creative energies and when threatened all the elements go into panic mode. The Water element affects the Emotional body and it is the cohesive channel for all the elements. And when it floods the whole body, every cell reacts in survival mode and **code fear** takes over control of all systems through the *Amygdala 911* center. Air element works on the vocal cords and begins to broadcast the emergency through screaming, crying or swearing. Water element combined with the Earth element flushes through the bowels and the bladder and even through the mouth as vomit. The Fire element loses its focus, body temperature drops, the skin emits cold sweat and the whole body begins to shiver or it rises into high fever. FEAR is now in full battle survival mode. **Release the Fear of FEAR itself.**

Step 2

Since the Mental body is the trigger, we need to open our minds and begin to accept the fact that FEAR is an illusion created by the EGO. But it is so powerful that when allowed it will and can control our lives. The focus of human life is to survive in this 3D reality where Duality is a constant. There is a constant pull and push current of energy between two opposing forces and fear is the engine that keeps this cycle going. Free Will gives us a choice of where we wish to experience this reality. With the Harmonic Convergence we have earned the right to make a third choice and that is to leave this existence of Duality. In order to do that we must pull out the roots of FEAR that has anchored us within this world of Duality. This is where the next choice comes in where we can choose to enter the energy of **Triality**, it is the energy of detachment, of entering neutrality. When activated this 3rd component (Duality is 1st-Good or 2nd-Bad) begins to unravel the tight strands of Duality and to braid and intertwine all 3 strands into one unit. It is the energy of triangulation of IS-NESH where there are no good or bad only that everything is just **IS**. **Make your choice with responsibility and commitment, and embrace TRIALITY.**

Step 3

Building bricks were made out of mud, water (that has oxygen flowing in it) and a binding substance like straw or crushed stone and then heated in the sun or baked in an oven. In other words, 3 D bricks were made out of all 4 elements that are carbon based. The new building materials that we need to build need to be made with materials that vibrate in a higher frequency. We coin these building blocks as nuggets and each one has to be converted from a carbon base to a silicon base that holds the capabilities of a higher frequency of Light fractals. Imagine then the procedures of manufacturing each nugget-brick. First the mud has to be removed from the ingredients completely; the water component has to be purified by increasing the oxygen (living breath of life) levels and pollutants extracted. A higher temperature of the Fire element is

required to 'bake' the new brick for it has to reach the alchemy of purification and transmutation to change it into a new component. To do this we need to trigger the process of alchemy that transforms the carbon molecule into the silicon molecule. This is the beginning of constructing the new wiring system that is capable of sustaining and maintaining higher electrical power surges with the increase of the magnetic strands within the new frame. When completed at cellular DNA level it forms **the first Nugget of the Divine-Human-Symbiont that is more compatible to the vibration of the Soul-Symbiont.**

The first parts of the recipe are before you and your body is the container. Begin to look at your survival/abandonment issues and find out where fear has been hiding within all 4 levels of the body (PEMS). Be honest with yourself, acknowledging, accepting and embracing each shadow self are the first steps to healing and rebuilding. The Nuggets can only be created, formed and manifested with the energies of the fibrotic filaments of Self-Love. Each Nugget contains 3 departments and each department contain 3 sections. The EGO-self does not have jurisdiction within these departments for the CEO of these departments is Divine LOVE/LIGHT that only flows through Self-Love. Fear cannot exist in this company and cannot be part of the recipe.

The 3 ingredients

1) Responsibility – Maturity, Capability, Stability.

Taking full responsibility of your life takes maturity at all levels. It requires stepping into Physical, Emotional, Mental and Spiritual adulthood with the knowledge of wisdom. A mature person understands what is required and knows and embraces capability without any doubts. A responsible, capable and mature adult will strive for stability within all bodies and fully understands the human-common-sense factor of maturity.

2) Integrity - Respect, Truth, Discernment

Integrity is the wisdom that requires maturity for it gives clarity to honesty and sincerity. When we do not respect others, it is a reflection of our disrespect for ourselves. Constantly arguing with others instead of listening is a form of disrespect. Without respect there is no responsibility of integrity and thus no wisdom of maturity is reached. Truth is not the same for everyone. We are unique individuals with complex personalities. Based on Free Will we have our own interpretation of Truth that resonates with our uniqueness. Discernment comes with maturity when we respect everyone's Truth and walk the path of integrity without judgement or criticism.

3) Surrender - Acceptance, Detachment, Harmony

When we surrender to our higher Soul-Self (Soul-Symbiont-partner) we release the hold of the Ego-self. We accept the reality that we are part of the Soul-team. We accept the change of directives and a new mandate. The EGO-self can now be transformed and begin its new role as supporter and energy enhancer in the engine room instead of the Controller that sits the captain's chair. We increase the velocity of our journey when we detach from the shadow anchors of Duality(push-pull of right and wrong) Detachment is

the key that opens the gates of our 3 D harbour and allows our starships to sail free into a new reality of existence that is outside of the boundaries of Time and Space. There is only Harmony within the higher vibrations of Consciousness and it can only be achieved through *surrender, detachment and full acceptance* of who we truly are. **WE** are the Divine Beings of Light who are members of the Divine Community having an adventure within the Galaxies of unlimited potentialities.

The following guidelines are to help you find the first 3 components for the Nuggets. The first challenge is to face the bars of survival, abandonment and betrayal issues. Divide each section into 3 parts. First look at it through a child's eyes then through your present adult state and finally use the 3 templates based on the Love/Light energy fibers. It will show you a pattern that will help you form the nuggets with your own new unique flavour.

Questions to ask your inner self

Are you worried about not having enough money to survive or for not having a better paying job or no job at all?

Are you worried that you will not have enough money to look after your children and other family members? Do you feel that it is your duty to help your parents, or friends financially?

Are you worried that people in the community will judge you as poor and look down on you?

That you will not have friends or that you will not be accepted by others?

Do you crave to have more 'stuff'. Do you envy your friends, relatives, neighbours? How do you react when you watch TV and see all the luxuries that you cannot afford? Do you feel resentments, jealousies and anger towards others who in your mind have what should be yours as well?

Do you blame your parents, your family, your friends and society for what happened in your life?

Do you feel as if they all have abandoned you and that no-one has met your expectations of how you wanted them to behave towards you?

Do you feel the compulsion to control and manipulate everything in your life including the way you expect people to behave around you?

Do you feel that unless you are the one organizing and planning everything in your life, things do not get done and other people are not capable to do it right?

Are you subject to depression every time you think of what and where your life is? When this happens do you feel as if you want to give up your gift of life, hopelessness? Do you often think that you do not need anyone's help and frequently even refuse, reject offers of help?

Do you feel resentment towards those who have more spiritual gifts than you have? Do you wish/want to be the teacher; the Guru and the one people look up too? Do you feel resentment that you do not have the money to take more spiritual courses or pay for a healing session?

Do you feel that you know a lot more than others around you? You feel that it is your duty to voice it, to share it with others even though it was not asked? Do you feel at times that your opinion should be asked and that you have the right to voice your views without caring that it will cause an opposing reaction?

Do you feel that sometimes listening to others silently is hard for you? You often feel as if you are not taken seriously. You think that sometimes others think that you are 'Stupid' and you resent it by creating dark retaliating thoughts in your mind.

You feel that you know what is best for your family, friends and acquaintances and therefore they should be listening and following your advice. To you it is irrelevant whether they ask for it or not for in your mind you know what is best for them and that you are doing them a favour. Your Mind insists that they owe you!

How do you feel when someone did not thank you for what you have given them, whether it is advice or a solid gift?

How do you feel when you hear about ugly, hurtful gossip about yourself? Do you feel cheated, betrayed? You want to be liked, to be loved, what are you going to do about it?



WHO ARE YOU?

The basic foundation of the human construct is all about the personality of the SELF. In relation to the Ascension Journey it becomes the important questions of: Are you ready to release the OLD-SELF? Are you ready to make the choice of transcending the old personality into a new template, a new blue print for a new Divine human vessel? Are you ready to untangle the thick strands of FEAR and grow into a spiritual Adult who can take full responsibility for an exciting new journey of exploration and transformation? Are you ready to saturate and envelope the SELF with unconditional **Divine LOVE** and step into the personality of **I AM THAT, WHAT I HAVE CHOSEN TO BE?**

The building-bricks are all connected and are formed of 3 multiple layers that are interconnected and built upon each other. Imagine the first 3 bricks as the foundation/basement layers of a new structure based upon the triangulations of energy. The first layer is the foundation, transforming the biology. The second focuses on the SELF layer which is based upon the **Physical, Emotional, Mental and Spiritual** bodies. The third layer focusses on Spiritual Maturity. Remember that the new structure can only be built with the healed and cleansed fibrotic strands of Love/Light. Not a speck of '*dust*' (*EGO-FEAR*) can be attached to these fibres. The '*dust*' is all carbon based and is therefore not compatible with the silicon fractal structure. This awareness is not to create discouragement but instead it invokes a renewed sense of HOPE and determination that we are on our way by choice. It is the chance of a life time to begin to build a new platform, a new launching pad towards a higher level of Consciousness within the present human-life-span.

The following are more guidelines to help you gain a deeper understanding of who you truly are in this NOW moment in time. From this stronger awareness of the PEMS layers of the self, you have a more realistic construction site where you can propel yourself into the potential of a new personality that may be able to contain more light fibers. Imagine as if you are preparing to build a new foundation for your new house on a space station and it will be an ongoing process through many incarnations. (See movie *Interstellar*) This massive construction project requires a mature adult who has fully embraced responsibility of SELF. How mature and responsible do

you see yourself? Have you embraced the common-sense pattern of a human adult? The Child/Teen self can of course begin to build as well but the structure is in an immature state like a fruit that is not yet ripe. This personality lacks the vital ingredient of maturity.

THE PHYSICAL-EGO- SELF

The physical self encompasses the biological structure of the human vessel and it was created as a vehicle for the Soul. The Soul is the sacred God-cell, the Christ-seed and thus it needs a *'holy'* vessel to maintain its Creator-God energy. Imagine that you were given a special gift of a brand-new car, custom made to your specification. To complete the order, you had to take everything in consideration of what you would use it for. You were given all the information so that you can put in your order. For instance, you know that you will have 3-4 kids in this reincarnated life time and that you are part of a working-class family with enough money to get everything paid but not much extra left. You want to drive a convertible sports car with a fast and powerful engine. Question is, would the sports-car serve you for the best with these conditions? Which car did you choose? **Find out where the EGO-FEAR is hiding in each layer!**

What are your biggest FEARS in relation to your Ego-Physical-Self?

Responsibility

Maturity – How well are you looking after the physical? In what state is your EGO in relation to the physical self? Do you use your physical self in a mature way?

Capability – If you are not capable or in need of looking after yourself are you willing to accept help? Are you willing to accept your physical incapacities?

Stability – How stable is your physical health? How responsible are you in health mindfulness?

Integrity

Respect – Do you respect your body? Do you respect other people's bodies?

Truth – Do you accept the truth of how your body looks like and how it functions?

Discernment – Are you frequently criticizing yourself? Who are you listening too?

Surrender

Acceptance – Are you willing to accept and love your physical self?

Detachment – Are you ready to detach from any other criticisms and worry towards your body? Can you detach from gossip?

Harmony – Are you in harmony with the way your body looks and functions? Are you ready to surrender your whole body as a *holy and sacred vessel* for your resident Soul partner?

Based on your answers, do you consider yourself to be a fully mature human adult?

THE EGO-EMOTIONAL-MENTAL BODIES – What are your Fears in these areas?

All the bodies are woven together but the mental-emotional layers are usually the ones that set the wheels in motion within the other body layers. One of the biggest questions here is whether you are ready and willing to break free from the bars of addictive, compulsive and habitual patterns of behaviour? How much have you allowed the Ego-mental-emotional Mind to control you? We are still subjected to the agreed upon Social rules of human behaviour patterns as long as we are in human form. As each human strives to change their behaviour patterns it will also change the matrix of the Collective human societal patterns.

Responsibility

Maturity – Do your thought patterns project maturity levels of deduction? How strong are your Ego-control issues affecting your thoughts? Do you consider yourself emotionally mature? How do your emotional levels affect your choices? Are your mental and emotional bodies aware of the human common-sense component of living?

Capability – Are you capable in controlling and editing your thoughts and emotions on a regular base? Do you insist that you are capable and yet you keep making the same choices over and over again?

Stability – Do you consider yourself to be a stable personality? Are you one that can face life's challenges with courage and full ego-self-awareness?

Integrity

Respect – Are your thoughts flowing along a current of respect towards others and yourself? Do you respect your emotional currents whether they are in turmoil or not? Do you respect other people's choices?

Truth – Are you willing to face your truth in relation to the constant flow of the stubborn layers of thought patterns that flow within your mind? Are you able to see the connections between your thought patterns and your emotional reactions to specific thought patterns? Do you accept that your Truth is not someone else's truth?

Discernment – How well are you able to use your thought patterns and your emotional manifestations when faced with drama situations? Are you willing and ready to discern what is yours and what is not?

Surrender

Acceptance – How well do you accept that at times in your assessment you do have heavy thoughts that affect your emotions? Are you willing to accept the necessary changes? Do you accept all your shadow layers? Do you accept that your Soul-team is uniquely yours?

Detachment – At this point in your life, are you ready to step into the level of detachment of all heavy, shadow thoughts and emotions? Are you ready to detach from your old behaviour patterns? Are you ready and willing to detach from heavy family attachments?

Harmony – How strong is your intent to continue with your quest for harmony of thought and emotions? Are you ready to surrender to the harmony of your Soul-partner? Are you ready to embrace and walk in harmony in your every day life?

THE EGO-SPIRITUAL BODY - What are your Fears in relation to your Spiritual Journey?

Responsibility.

Maturity – Have you made mature choices in regards to your Spiritual intentions? Do you take responsibility for every spiritual choice you made?

Capability – Are you capable to make your own decisions based on your own heart-centered knowledge? Do you accept the fact that you are your own GURU? Do you take responsibility for every capability within your spiritual journey?

Stability – Have you reached that point in your intentions where you walk purposely with stability with your choice of your Spiritual path? Is your spiritual-Ego stable within its new job as the engineer?

Integrity

Respect – Do you respect your spiritual path no matter where it is? Do you respect the spiritual journey of others? Are you willing to acknowledge the fact that you cannot demand respect from others until you respect yourself?

Truth – Have you embraced your own truth about your spiritual awareness? Are you aware that Truth has many layers and that not everyone has the same understanding you have? Do you accept that your Spiritual Truth is your own based on your choices and not the voices of others?

Discernment – Have you reached the awareness that there are many teachers and many levels of information? Have you asked your Heart Mind every time you need to make a choice of which spiritual information you resonate with? Have you used your discernment when hearing other opinions, recommendations and gossip?

Surrender

Acceptance – Do you accept your spiritual journey with all its changes and challenges? Do you accept that the Spiritual-Ego-Self is the most challenging part you have to face? Do you accept that the Ego-self cannot be killed, or told to ‘**get out**’ for it can only be transformed and given another duty to perform?

Detachment – Are you ready to detach from old belief systems, old ancestral customs and old spiritual habits? Are you ready to detach from the bombardment of a spiritual smorgasbord that is presented through the media and even through your family and friends? Are you ready to detach from all Fear based news in regards to all the Spiritual-Earth changes?

Harmony – Are you ready to surrender to your Resident-Soul-Partner and walk in harmony with your Soul team? Are you ready to accept the flow of harmony to enter your very existence? Are you ready to create a place of harmony for yourself? Are you ready to walk the path as a Spiritual Adult with full responsibility in full partnership with your Soul-team?

The only questions to ask yourself based on the above guidelines are: WHO AM I? Am I still walking as a spiritual child/teenager or am I beginning to walk as a Spiritual Adult? How does a spiritual child/teenager look like? How does a Spiritual Adult look like? Am I willing to step out of the child/teenager’s focus on fun, peer acceptance and Ego-stubbornness? Am I walking the path of maturity with the human common-sense factor? Am I aware of the arrogance of the spiritual lightworker?

Using the above question, the following Chart may help you find your answers. Find whatever works for you as in percentages, graphs or numerical data.

Physical Ego Self	Spiritual Teenager	Spiritual Adult
<i>Responsibility</i>		
Maturity		
Capability		
Stability		

<i>Integrity</i>		
Respect		
Truth		
Discernment		
<i>Surrender</i>		
Acceptance		
Detachment		
Harmony		

Ego- Emotional- Mental Bodies	Spiritual Teenager	Spiritual Adult
<i>Responsibility</i>		
Maturity		
Capability		
Stability		
<i>Integrity</i>		
Respect		
Truth		
Discernment		
<i>Surrender</i>		
Acceptance		
Detachment		
Harmony		

The Ego- Spiritual Body	Spiritual Teenager	Spiritual Adult
<i>Responsibility</i>		
Maturity		
Capability		
Stability		
<i>Integrity</i>		
Respect		
Truth		
Discernment		
<i>Surrender</i>		
Acceptance		
Detachment		

Harmony		
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