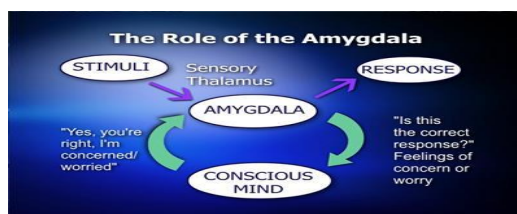


Quan Yin's Virtual Class # 3



We continue to discuss the connection between the EGO using FEAR as a controlling mechanism and the activation of the Amygdala. Where there is FEAR the energy of LOVE cannot enter and the sacred doors within the Heart core continues to be locked. The *Amygdala* is a mass of grey matter inside each cerebral hemisphere in the brain that looks like a two-almond-shaped group of nuclei in the medial temporal lobe and is considered to be a gateway of sensory input. Think of it as the 911 emergency central that respond to emotional triggers based on FEAR. This respond is called a *Pavlovian* mechanism triggered by thought patterns of danger.

For example, if something in your external reality occurs before something painful happens, you associate the incident that could be in the form of sound or action a triggering point in your life. This manifests as an alarm bell and activates the Amygdala in creating a protective defence response. It is not always a rational response especially if it is consistently activated those results in an energetic panic loop that will jump into action immediately. Within the 3D Earth Realms, Fear and its associations are part of the Duality anchor for humans. Humans are bombarded by the waves of media and societal associations to keep the energy of Fear in constant play. Marketing ploys use these currents to manipulate the mental and emotional bodies. For example, a sexy young lady is used to lure older man to buy cars, TVs, boats etc etc. Scary movies, challenging roller-coaster rides, dangerous games and/or fighting matches are an unconscious respond to create the fight of flight pattern of, “I am so strong that I made it through the scary experience!” The high adrenaline rush becomes an addictive trigger for the Amygdala to reach this 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 as a form of *Amygdala Hijacking*.

Krysten Johnson takes us into the next layer into the understanding of the *Amygdala* loop. In situations of extreme danger, where time can mean the difference between life and death, the *Amygdala* hijacks the higher areas of the neocortex. This sends a message to the body to respond into the actions of a fight, flight, freeze or collapse into a faint. The human biology in this life-time has to live in a fast-changing world of technology. The pace of drama in our lives can be overwhelming for many. It takes a toll on our sympathetic nervous system causing a type of

trauma feed-back-loop resulting in a variety of dis-eases within the human construct. The nervous system reacts when we think that we are faced with a life-threatening situation or targets our survival. Many of us bravely try to suppress the physical responds but the chemical adrenaline and cortisol will be released into the system for about 4 hours. This is known as an ***Amygdala Hijack-Hangover***. This energetic loop feeds a chronic **stress** syndrome in the system and causes a habitual addictive reactive mode of anxiety, depression, panic attacks and various mental phobias.

As we step into the Great Shift, we are faced with the challenge of re-structuring not just our life but our biological structure at cellular levels. Since 2012, many have begun to experience the Shift within our physical, mental, emotional and spiritual bodies. Since the Harmonic Convergence many messages have been send to help us gain clarity and knowledge. Fear of the unknown is but the absence of knowledge, therefore the absence of wisdom. This is the cause of indecisiveness within the brain patterns that controls the area of action.

The following are a generalized list of most common Ascension symptoms. It is not the same for everyone for we all occupy different body structures. The list presented here was channeled by Celia Fenn and edited by Shihyin through Quan Yin.

Feeling as though you are in a pressure cooker or intense energy or stress.

This is one of the first ascension feelings that a person usually feels. In the beginning, when the energy shifts arrived, they bring with them a new and higher vibration. Old patterns and behaviors are being pushed to the surface for release. You feel that you have already released a lot and yet some of the old stuff keeps coming up. These are the ***old scar tissues*** that are still attached to your prana tube and needs to be released as well. Feeling all this pressure going on inside of you can feel like great stress or that you are on overload. If you are still in a conventional life with mainstream pressures, this New energy can really add to your pile. You will eventually adjust to this higher vibration. Much will be activated for release within you to create room inside for the higher energies. ***It is all about choice, to continue to walk with the EGO or to surrender to the Soul!***

Depression. Anxiety, Panic, Intense Fear and Hysteria

This symptom is most definitely in the top three and very widely experienced. The ascension process purges so much of the darker and denser energies from us that we find ourselves in them for quite some time. We may feel like things are simply never going to get better. And to add insult to injury, the outer world is no longer in alignment with the new, higher vibrating you. The world around you seems to be in constant chaos mode and filled with FEAR. When our egos begin to depart to the engine room, they literally freak out as they do not want to cease to exist. It may feel as if everything is ending (most of everything is!). Your system is also on overload and you may feel as if you are hyperventilating. Things are happening that you may not understand. You are also losing behavior patterns of a lower vibration that you developed for survival in 3D. This may make you feel vulnerable and powerless. These patterns and behaviors you are losing are not needed in the higher realms. When we experience death in a 3D world we can be filled with Fear-of-the-unknown, panic and have anxiety as we do not know where we are going.

Dietary needs feel like a roller-coaster-ride.

A craving for sugars and protein in our food suddenly seem to increase. This is another of the first symptoms that is felt by many. Our bodies are using up an incredible amount of fuel for this process. At the same time there are days where familiar food does not look appetizing any longer. Strange cravings appear out of no-where. We are literally being turned inside-out, every ounce of energy that we have is being utilized. Increase Protein intake is highly recommended during this time of transition. Low blood and high sugar periods are in a see-saw mode for many as well as high and low blood pressure symptoms. It will be a cause for challenging times for medical diagnosis. The endocrine system reacts to the different foods and affects the digestive system causing bouts of fluctuations of diarrhea and constipation. It can last for weeks and even months. The body is going through intense change and cannot handle heavy foods that no longer resonate with your vibrational changes. Use your discernment and consult your Higher Self if you are unsure of what to eat. The body will eventually adjust as the human makes the choice to walk the path of evolution within the stillness of the Mind.

Unusual aches and pains throughout different parts of your body.

This is another of the most common symptoms. Manifesting just about anywhere, this is a sign of purifying and releasing blocked energy that is vibrating at a 3D level while other parts of us are vibrating higher. Blood molecules are the first ones to enter the alchemy of transformation into a higher vibration because they contain all the 4 elements. The skin and muscles are heavier and it takes more energy and time to reprogram the cells. The bones are the densest part and more energy is needed to process it. These transformational adjustments may cause pain and discomfort in various parts of your body. It could last for hours, days, weeks or months depending on the work of the person on themselves, and then it will simply vanish with no explanation. Pain is a vibration that is alien to the Soul and it can only be experienced through the human body.

Continual neck and upper back stiffness and pain.

The spine is the bone-structure that is the main highway of energy connecting the lower body to the heart and the mind. This area of our body is where it all happens. It is the anchoring site for the Chakra panel and it is also the space where the prana energies flow along the Kundalini line. Every change is adjusted within the energetic flow in the spine. The prana tube is part of the Fibonacci Golden Spiral that ends in a tight spiral in the Pineal gland. The Spine is the column that supports the back and the neck area and adjustments are essential during this time of transition. Yoga, taichi and/or Qigong can help greatly in easing the discomfort. Also recommended are osteopath and energy adjustments to the spine and the neck area. The neck holds up the skull that is the structure that protects the Brain. As the Brain begins its evolution it requires the restructuring of the neck and the skull as well. The shape and size of the skull is a specific design that has the capability of becoming an interdimensional antenna.

Skin eruptions

Acne, rashes, and hives, etc. usually arrive when we are in the purging process and adjusting to a higher energy. You might feel as if you are entering a teen-age state again. The skin is the biggest and the most important organ of the biological body construct. Without the skin the body cannot exist. Different parts of the skin are in contact with all the organs in the body and allergic reactions might begin to surface out of the blue. Certain parts of the skin might become more sensitive not only to temperature but also to pressure and/or the presence of jewelry. Heavily scented lotions are

another thing that might not feel comfortable any longer. Increased sensitivity within the skin cells opens the capability of sensing other realities and other levels of energies.

Heart pain and palpitations.

The Heart is the control center of the construction site and reacts to every changing situation. The symptoms vary depending on each individual's choice and progress of healing. The heart is trying to accommodate a new and higher frequency and at times you can feel as though you are having a heart attack. When this happens, it is important to rest as any exertion can make the symptoms seem much worse. Know that you are not dying! It may even feel like your heart has stopped beating, and it can induce fear. Stay calm! Keep in contact with your Higher Self for reassurance. A reluctance to ask for help is another sign of the Ego trying to keep you behind the bars of Duality. The Heart is where the hidden higher dimensional gates are and the Ego definitely does not want you to discover and begin to access these areas. To hold the stronger energies the physical heart might begin to enlarge itself. Stretching any kind of muscle causes a certain amount of pain until the muscles have adapted to the new patterns.

Experiencing emotional ups and downs; crying at times for no reason.

Our emotions are what carry the energy. When we are falling apart (and we are doing just that), we can get pretty emotional. When we are releasing, we can cry at the drop of a hat. A sad movie can make us cry, or even a sad commercial. We can cry when we experience kindness. We can cry when we feel relief. We can cry when we see any kind of suffering. These tears are a great cleanser and releaser. I always know when some New energy has arrived because I can simply cry while I am driving along in the car. This seems to be an on-going symptom that is here to stay for a while. But at least it is fairly painless! Shedding tears are the first signs of releasing the congestion within the emotional body. It is the most difficult area for those who have chosen to embody more Male energies. However, when tears are shed at the sight of intense beauty or anything that touches the Love source within the heart, we touched the Divine Love of the Creator. It is the sign of the acceptance of Unity consciousness and the feeling of unconditional LOVE.

Night sweats, hot flashes and feeling cold with the inability to get warm.

At certain times you will become very hot for no reason. This happens when your Higher Self is ready to move into close proximity to you. Their light energy is much higher and when they are close you will feel intense heat. These are not hot flashes! At the same time as your body adjusts to the higher frequency of energy, you may find that you have periods of intense cold. It is normal, for the ethers feel colder like reaching the top of a mountain. Add an extra blanket to your bed or take a hot bath if you wish. *Your body needs to acclimatize itself to the different temperatures of the higher dimensions.* When the golden serpent (Kundalini) begins to rise unhindered, the back will feel very hot and at times so uncomfortable that you cannot lie on your back for a while.

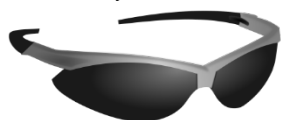
Vivid, wild and sometimes violent dreams.

We are releasing many lifetimes of lower vibrational energy through our dreams. If you are one who receives their higher information through dreams, you will likely do a lot of releasing at night. I consider you to be lucky, as some are doing much of their releasing when they are awake. When the Amygdala is on constant alert status it opens the gates within the dream-world and allows nightmares to flow through.

Ego Stronghold

We have examined the position of the Chakra panel and the influence of the Ego strands. These shadow strands permeate and intersect every system thus we continue to encounter it as we look

at each layer in the human frame-work. We have looked at the Root chakra where survival and separation issues are anchored. Next, we examined the Sacral where the Ego encourages Self-sabotage and the hiding of the True inner Self. The rewiring continues as we look at the Solar plexus. It is considered to be the Ego-stronghold of the emotion of control issues. *“Its roots lie in the belief in the presence of Evil that provides an easy focus for anything we consider as BAD. It is the deep-rooted Fear based currents of Duality controlled by the EGO. It is the fear of the enemy around us in whatever form it takes.”*



We begin to see the illusion around us through the dark tinted lenses of the Ego as we criticize, blame and judge everything we encounter. *Lack of understanding and information are the source for the waves of disappointments in our lives.* As we know the Ego has two faces. On one side we feel unworthy, left out of what is going on, of a miss-perception of not being wanted and not belonging to the illusion of the In-crowd. Fear seeps in bringing resentments, envy and jealousies towards others and the Self. These take root as we feed this part of the Ego. The Ego's target is control and it works through numerous layers of FEAR, such as being unloved and the presence of an enemy, an evil shadow that stalks our daily lives. This is the dark womb that gives birth to retaliation, war, abuse and thoughts of more violence.

On the other side of the ego-coin, we judge others as being 'wrong or bad' when something does not match our ego-sense of Self. We continually compare ourselves and use the ego-platform as a valued measuring stick. *E.g “What they say is wrong. I have the right answers. I have the higher education. I have the better experiences. I know better. I must be heard; people should listen to me. What is done is evil, bad and absolutely wrong in my opinion.” Etc etc.* As discussed earlier we know that it is not in the Ego's nature to turn the other cheek, instead it will encourage the warrior energy to rise, cloaked in anger and indignation. The WARRIOR is the hero of DUALITY and rises in arms when it thinks that it is attacked. We tend to hide these shadow parts of ourselves and often deny that they exist for fear again of not being accepted or rejected by society. These thought patterns are the root of the emotional stresses that are the main ingredients that hit the digestive tracks and ripples throughout the endocrine system. These are the continuations, bigger sprouts from all the root sections that have not been released and they will continue to grow throughout the whole system. The first step in the process of rewiring this center requires the combined efforts of all three lower chakras. This is the EGO-STRONGHOLD and it is fully controlled by the Ego if the first two Chakras have not entered the first phase of the rewiring work. The *Amygdala* is continually feeding this system and eventually causing dis-eases such as ulcers, various abdominal illnesses, sexual cancers, other organ cancers and bowel syndromes.

For those choosing to remain within the spiritual-child playroom holodeck this is a normal and comfortable state to be in. However, for those who seek enlightenment it may become

uncomfortable to stay within the shadow realms of the Ego. A shadow cannot form when you stand directly in full sun light but it will if you step away from the light. The Ego is the shadow part of you and if allowed to grow it can cover a huge percentage of your being. These areas are called the *Shadow Lands* where anything of Duality you wish to experience can happen.



What do you
do when
your child
has a
tantrum?

Tantrums are part of a human child's growing experiences and so is the spiritual tantrum within the child-spiritual holodecks. The initial step is to release the all Fear-based emotions by confronting and facing the army of shadow-selves. *"When we release the child-like demands of Wanting and align our passion with Divine-Soul-Will, it becomes a commitment and a type of surrender releasing human expectations of Ego-based outcomes."* The energy of wanting is a shoot started in childhood and when not tempered and guided with love, it will grow like an immense weed in human-adulthood. It becomes the engine, the fuel that drives the emotions deeper into the mud and initiates the tantrum syndrome. On the other side is the *"Peter Pan syndrome"* where the reality of the spiritual child is in PLAY and the focus is in FUN.

The fire element within the Solar Plexus is the high flame of the Kundalini rising from the Sacral and it has the etheric power of alchemy to burn, purify and transform dark emotions. *"When we choose to extinguish the dark fires of fear and anger, it allows the Kundalini fire to take over with its healing properties of alchemy."* When fuelled with the desire to change, forgive and surrender to the Divine Will of the Resident-Soul-partner, the rising Kundalini flames begin to burn the dark shadows to ash. The acts of forgiveness and surrender are the bridge that will reach the center of the stronghold. Crossing the bridge begins the transmutation that shakes the walls and the bars of the Ego-Headquarters. When continued with intent the Light particles within the prana tube begin to grow, allowing for the increase in the Speed of Light resulting in the beginning of the harmony of Soul-song that can only be heard within the stillness of the mind. For some who have reached this state it will be as if you are birthing the sun from your inner self. The Ego-stronghold cannot withstand the increased voltage of Light for no darkness can exist within Divine light. The Solar Plexus center blazes into the hues of Golden Sunlight and its Soul-song of *"Me I call myself"* is the key to open the lock to Self-Love. It opens the pathway for all 3 Chakra energies to flow into the Heart Core. The energetic structure of the 3 lower Chakras cannot enter the Heart until this pathway is opened. The 3 lower Chakras form the BODY-MIND and unless cleared the path to the HEART-MIND is blocked. Once this pathway is opened it is now cleared for the first phase of rewiring the communication lines of the DNA wires. This acceleration process is happening within the structure of the Golden cocoon (EHF healing) that is brought in by the Divine Goddess for the Golden cocoon represents the Solar Plexus center of the human construct. It is the understanding of our connection to all 4 elements in our body. Like the caterpillar that wants to become a butterfly, we also must go through the process of Chrysalis

as human caterpillars. Of course, it can be done without the knowledge of the awareness of the cocoon process for those choosing another method. Free Will is continually in play for every human and choice is and will be honored by the Universe. To help us understand the process of Chrysalis we need to take a closer look at a caterpillar's life cycle and notice the similarity of the cycle of the human caterpillar.

The Caterpillar's Journey

The caterpillar only knows the forest floor
Its head is down it does not see the sunny door



One day within its sight a butterfly flutters by
Floating from flower to flower way up high



It seeks only food for instant gratification
Survival was the caterpillar's only motivation



The caterpillar was in awe at this beauty
With desire, it thought *I wish that is Me*

It became aware of its life as it crawled around
It did not want to remain a creature on the ground
It made a choice to change direction from its normal way
It began to search for a quiet branch where it could stay.

It craved and yearned for still isolation
It had to leave its familiar habitation
It released its very caterpillar form
It accepted the transition out of the norm

Within the silence of the cocoon it surrendered
Through alchemy its body is completely rendered.
Within the dark void creation is at play
Matter shifted and reformed into new DNA

Out of the old soup a new body emerged
Life-force currents shivered and searched
Delicate, fragile wings began to sprout
Different appendages trembled all about

Birth happened one special sunny day
A new being, a butterfly on a branch it lay
The warmth of the sun dried and energized the wings
The Universe exalts in this beauty as the choir sings

The Human Caterpillar

The human caterpillar wandered on the muddy ground
Until one day it heard the rooster's awakening sound
The sun's bright beam of light made it look around
It suddenly noticed with Fear where it was bound



It saw with clarity the squalor it had been living in

It chose to awaken into the awareness of self within
 One day its familiar life has lost its meaning
 It raised its voice into a helpless keening
 In its dreams there appear many Angelic lights
 The human yearns to join the Angelic flights
 Upon awakening it cried out loud: "I wish to change"
 Teach me, no matter how hard no matter how strange

The journey into the light required the stillness of the cocoon
 Free Will made the choice to enter the alchemy very soon
 The Soul-partner shouted with joy and celebration
 The Over-Soul can now be handed a happy notification

For the human caterpillar Chrysalis is not an easy choice
 For it has to detach from all its childish toys
 Through three cocoons it has to submit and surrender
 For Crystallisation is the path for every spiritual gender

Within the triple cocoons the human caterpillar is in stillness
 In silence the celestial harmony shimmers in happiness
 Safely held in the cocoon the alchemy begins to proceed
 Transmorphing the human caterpillar into the human crystal seed

Three cocoons has been gifted to us by the Goddess of Mercy
 For every human who steps into each cocoon courageously
 For us she lovingly weaves the gold, the silver and the crystal shell
 Within which we slumber in complete surrender until the awakening bell.

Are you ready for the stillness and isolation?
 Are you ready to embrace complete separation?
 Are you ready to enter the cocoon of transformation?
 Are you ready to embrace the path of transcendation?

Anchoring into the New Heart Headquarters



With the completion of the re-structuring of the lower body the pathway towards the heart center is exposed. Within the Heart are the anchoring points of the Love-body and it forms the interface structure between all the layers of the Love-body and the Light-body. These anchoring points are the center of the Light structures that are projected into the Markabah field as sacred geometric shapes. When transformed and rewired it will begin to evolve and restructure the Merkabah into the Merkiva next into the Merkava and finally the Merkana structure of light filaments. This structure of Light fibrotic filaments of high frequency is often called the '*Chariot of Fire*'. The power to ignite this structure needs to originate from the New Heart center. The activation of the Heart-Water-Crystals is needed to create this intense current. (EHF level 2)

As discussed earlier, before any restructuring can happen the whole matrix has to be cleared and cleansed of all debris and old congestions. The Heart carries all the unresolved and unhealed original wounds and trauma of present and past lives. These include the pain of the initial separation from Source and the fall into the thickness and heaviness of the 3D reality of Duality locking in the first seals of the lower portals. The combined effort of clearing all 3 lower chakras is needed to begin the first steps of recalibration within the heart. The healed and cleared strands of the lower chakras have to be anchored into the interface within the heart first before anchoring the 3 upper chakras. All 6 need to be anchored fully before the light filaments can be projected into the new Merkabah matrix.

The Ego-stronghold uses FEAR to control all the emotional and mental bodies. Fear is the base, the root that keeps growing and feeding the Ego when we do not choose to face it within ourselves. The Heart is the Central-Command that is the conduit of unconditional Love energies and its main function is to oversee the process of the alchemy of transforming dark particles into particles of Love/Light vibrations. It is an extension of the Hall of Records (Akash) for it keeps track of how well we have learned the lessons of Divine Love and how much we have transformed the Ego-self-body. Every emotional and mental choice is recorded and held in the fibres of the Heart matrix, the blue print of present life, DNA # 1(3D human biology). To prevent the process of this alchemy to be initiated, the Ego-control strand has created an illusionary veil around the meaning of LOVE. The Ego builds a wall when we wallow into the mud of heavy emotions like, self-pity, absence of Self-love, victimization, guilt, shame, jealousies, dramas etc etc. Every thought and every word become a heavy, dark brick that is added to the wall. The strength of these thoughts starts the hi-jacking process of the Amygdala. The imbalances in the organs within the lower bodies manifest in the dis-eases of the body and create mucous scum in the walls of the energy pipes. The energy flowing within these pipes are therefore contaminated and create blockages within the crystal-love-lines that feed the heart-water-crystals.

To push the start button harder we need a deeper understanding and awareness of how the Ego works. The Ego is playing upon the waves of Duality and will always wrap things in an illusionary veil. For example, when we intend to '*help*' someone because it makes us feel good

about ourselves it feeds the Ego for it masks the higher frequency of the emotion of *'helping, or caring'*. When you wrap yourself into the thought pattern that you *'have a strong need to repay someone'*, because *'there is no way they are getting ahead of me'*, it feeds the Ego-self as well. You might think that you are in Self-love mode, because you believe that it shows that you are a caring person, instead you have crossed the fine line into *'selfishness'*. When fed the Ego-self is like a growing smoky weed whose tendrils stick to the walls of all the organs. The Christ-seed of Light in the heart cannot grow when surrounded and imprisoned by these ego-vines. The seed of light is the seed of the new *'Tree-of-Life'*(Kaballah), which is DNA # 3 and like any seed, cannot germinate in tar saturated soil.

The most challenging assignment for the Human/Soul being is to fully gain the understanding of Self-Love. This begins when we choose to look at the first steps towards healing the self, when we accept our own limitations of being in a human body. When we begin to manifest the overflow of Self-Love within the Heart Core, we gain the wisdom of how to love others with the Love overflow. We cannot truly *'love'* someone else when we have not learned to love the core of the heart, the Christ Seed of Light itself. The danger for most of us it to get discouraged and to give up when things do not progress the way we expect it too. Therefore, it is important to keep in mind that everything is happening all at once. We are moving out of earth time into dimensional currents where linear time does not exist. This is one reason why time seems to be running so fast for us now as we get ready to step onto quantum time.

Once we understand and accept the knowledge of the alchemy involved in the transformation, we are ready to completely surrender to the metamorphoses of every part of our bodies down to the very atomic layers within the cellular structures of matter. We need to remind our awareness that everything is connected and that we are beings, living containers for the Soul. Our construct consists of interdimensional matrixes that intersect with the 3D physical matrix as long as we still have one strand anchored in the 3D Reality of Duality. Imagine the last strands as the pieces of the dandelion roots that have not been found and removed yet. It requires hard work of digging and digging to release and discard these pieces. The Ego-seed is like the dandelion fluff and will keep reseeding itself unless you change and transform the soil. The Ego-dandelion seed cannot grow in the higher vibrational golden soil of unconditional Love for it can only grow in a sewage-like environment within the matrix of the human-ego centered emotional fields.

The Tree-of-Life (DNA 1) can begin to grow healthier as we continue to clear our fields. The challenge is to feed and nurture it continually with our choices of clear mental/emotional energy-water currents. DNA one has to be connected to DNA number 9. Number 9 is the call to *'Shechinah'* the Ultimate Divine Feminine Source of Creation. This wiring system connects every part of the Tree allowing the expansion of Consciousness to grow within every cell connecting it to the Heart center. The violet-light current of the Mother's love (Shechinah) can then flow and nurture every section that has been rewired to help it to grow. These wires form

the bridge that will allow the energy of ascension, of metamorphoses raising the frequency of Consciousness to rise. DNA # 9 (Shechinah Esh) is the Lemurian healing layer. The ancient Lemurian capabilities of quantum healing were programmed into this DNA strand and when this wire is fully functioning it will allow us to access the ancient knowledge of healing. The healing is not only at the physical level but also at the etheric levels of the body. Without the connecting bridge of number 9 the Tree-of-Life (DNA # 1) cannot grow into maturity to produce the crystal seed.



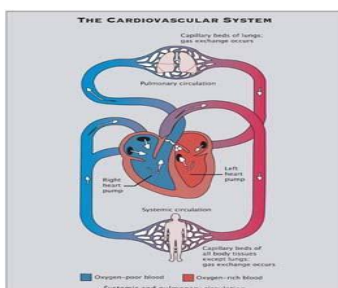
Photo courtesy of Sparky Witte

With the bridge in place connecting the Biological layer (DNA# 1) to the Lemurian healing files (DNA# 9) the construction of the New Heart center can now proceed with an increased acceleration. This is based on the speed of the morphing sequence that we have chosen. The root-system, the trunk and the branches of the healed Tree-of-Life (Kabbalah) form the highway channels for the higher energies to flow through. It becomes the center of the ZERO-STILL-POINT department that has the capability to store every cosmic particle of light that we are able to generate with our mental/emotional body. We can use these crystalline particles to further our development but to maintain balance we can only use the amount that resonates with our present level of Conscious Awareness. The access becomes part of the *'heart-overflow'* and can be circulated, radiated as a constantly moving current of quantum cosmic energy of Love ripples. The *Zero-Still-Point* area is an acquired awareness that opens to the understanding of the area of Stillness that exists between two thoughts. It is the quantum etheric frequency where the new wiring is being connected.

For the human mind it can be understood as the ultimate source of creative power. At the same time this will allow us to change the blue-print of our present life-lesson, DNA # 2. A higher level of Consciousness gives us the ability to change and redraw this blueprint. Be aware that in doing so, your present life will change and not always the way you think. If you are not ready to embrace these, at times dramatic changes, it is suggested that you might choose to postpone the wiring of this DNA sequence. Like a computer system your records will be updated, readjusted, recalibrated in relation to the level of your vibration at that moment in the Now moment.

Remember that you will be held responsible for every action you have chosen. Another important note is to understand that NO-thing will change even when we chant the DNA sequence over and over again if the choice towards transforming the Self is not put in practice. Energy flows like water and it cannot flow through heavy congestions inside the energetic tubes. The tubes are similar to our circulatory system of our blood flow and the currents are propelled by the pumping of the physical and the etheric heart muscles. The question that arises will be,

“How committed are you and what are your choices?”



The Broadcasting Station



After 2012, each year is a pivotal year of change. Within the spiritual community the following years are seen as the years of Initiation, the years of ultimate choice and the years of potential Mastery within the energies of infinity. Infinity (First creation), represented by the figure 8 is a symbol of the flow of energy with the human choice as the current. We have explored the potentials of the new command center, the Heart and have activated the water crystals that form the gate into the void of unrealized potentiality of Creative energies. The 3 lower bodies have been channeled and rewired into the Heart and it is now time to connect to the main broadcasting station, which is the Throat Chakra. This is the 5th gate and one of the most powerful gates that has to be rerouted into the Heart. This gate has many layers and many locks that were created as sacred codes that can only be opened for those with the right frequency.

As discussed before the walls that the Ego has built within the Heart was to prevent us from discovering the secret of the heart water crystals. These walls are powerful and strong illusions that present themselves as 3 D-truth. For those human/soul travellers it becomes a true reality and it anchors them into the Duality world of existence. With the breaking down of these walls within the Heart center, we have taken our power back from the Ego. However, it has another very strong presence that has built another barrier within the Throat that controls the 5th gate. It is the gate that links the world of matter to that of spirit, in other words it is the entrance into the path of Ascension. It is the job of the Ego to prevent this from happening. Words uttered through the 5th gate, whether spoken, sung or thought create a vibrational current whose frequency are like radio waves that are broadcasted into the air and the dimensional ethers. Water, sound and heat are the three catalysts that are needed to initiate the alchemy of transmutation from heavy molecules of matter into the lighter and faster vibration of light fractals. The starting button to begin the process can be accessed in the Brain-wave patterns and it is powered by the mental and emotional bodies.

The Throat Chakra is a very important and vast dimensional gate that provides the power for an instrument that can broadcast a vast range of frequencies of sound that can be used for healing, blessings or hurtful harm. This note's remarkable energy has been noted in many legends and spiritual texts in many different societies. It is known generally as the Interval of the Fifth Note of Sound. According to the Chinese philosopher Loa Tzu it is the sound of Universal Harmony, balancing the forces of the Ying (Female) and the Yang (Male). In India, this note is believed to create the sound through which Shiva calls Shakti to the dance of Life. In Greek mythology, Apollo the god of Music and Healing plucked the fifth string on his sacred Lyre to call the dolphin messengers to Delphi where they channeled the messages to the Oracles.

The ancient alchemists called it the Crux Ansata, considered to be the transition point where matter crossed over into Spirit. The Egyptian scholars called it Anak, and assumed it to be the Still Point where the Earth ends and ascension into Spirit begins. For them, the number five carries a sacred energy that represents the unity of Heaven and Earth. The voice, when spoken in alignment with the creative beauty of the heart, allows the Soul to manifest itself into the physical world of men.

This fifth wheel is blocked by fear of speaking one's truth, accepting lies as reality and is frequently wrapped in deceit and the inability to discern the truth. We pollute and restrict the rotation of the wheel with the acceptance of Suffering, therefore closing the door to abundance and the affluence of the Soul. Many accept the chains that imprison the voice when ordered not to be heard. Unfortunately, these chains are often established and imprinted in childhood when the child is bullied with, "*be seen but not heard*". Suffering creates a lot of drama and becomes the old security blanket. Not only do we relish telling our stories of suffering, but we insist on taking on other people's suffering as well. Inadvertently, we prevent them from learning their life lessons when the Ego-Voice justifies its right to take over the extra baggage. We blatantly assume that it is our duty to rescue others and impose our will upon their lives. Our Ego-Self proclaims to have more experience and to know better, ignoring the protesting voice of the Soul as we force our will onto others. Focussing on others instead of the Self, restrict the flow of our own creativity and keeps it dammed behind the Ego blockage.

The voice of gossip is another powerful current in the dark stream of suffering. The human language is a versatile tool and can be used as a weapon to hurt or a soothing balm to heal. Thoughts are carried through the voice that speaks the words that can manifest it into reality. When we target and limit our words to those of negative shadows of criticism and judgments, we create boundaries, walls and bars within our reality. The walls and bars are reflective mirrors that project our own imbalances in our lives. When speech is allowed to be heard freely, it allows freedom from past restrictions and opens the gate for the creative abundance to enter. Recognition of the difference between the heavier and lighter vibrations of the energetic strands of words tends to open this gate more towards the understanding of karmic relationships. By accepting ourselves the way we are and speaking our truth without trying to hide behind lies of

who we are **NOT**, we learn to make the right choices. When we allow our true nature to flow with the spoken words and enhance them with compassion and respect, we break through the chains that have imprisoned our voices. By choosing to use the words of Light instead of lies and un-truth, we release the dam of silent suffering. When we balance this Chakra, we allow the healing energies to alleviate the suffering of depression and hopelessness. It begins the balancing of many internal organs, such as the heart, the pituitary gland and the nervous systems. It encourages the expansion of lung capacity for increased oxygen intake, thus relaxing the throat and chest muscles. Released from its Ego-shackles, the Throat Chakra is freed to explode into crashing waves of blues, at times overlaid with filaments of violet. These variations may include cobalt blue, sky blue and ice-blue which expand the vocal cords and enriches the voice with the ability to speak the higher vibrational tones of universal truth. A voice that has not been allowed to speak may suddenly sing and soar into the heavens, as the releasing energies of peace and joy flood the mind. Developing the conscious sacred breath of life effortlessly enhances and strengthens the channels towards the sacred heart center. These higher frequencies of sound begin to spiral into the heart and join the three other strands, initiating the creation of a new heart-song. This song will permeate and pulse from the heart, rising into Soul-song flowing into the blood stream and bring alchemy of harmonious cohesion to the molecular structure of the body. It is the awareness of the presence of the harmonic essence that is **the translation of sound into light frequency**.

The Galactic Council of the 7 Elohim (DNA # 7) have given their assessment that we are now ready to increase the process of changing more strands into the silicon configuration that is needed to transform the DNA lines into higher capabilities. The heavy and dark frequencies of Fear have dominated this fifth gate for a very long time and it will take a lot of work to renovate the whole station. The current of the water crystals have begun to provide the initial waves to help dilute, and wash away the heavy sludge. We are moving from the radio system into the smart phone, the virtual TV and the global internet capabilities of communication. We are changing from a *child play station to an adult WI-FI broadcasting system*.

This center is the gate of TRUTH and what flows out of this gate identifies the personality of the human incarnate. When we are able to maintain internal Stillness, it settles the waves of the crystalline waters into a calm, peaceful, glassy surface of the central void within the Heart core. This mirror like surface of stillness will begin to reflect the true nature of the Self to the Self. The sound vibration of the voice begins to transmit a higher frequency that will affect not only the inner being but it will cause a rippling effect around the persona. The emerging of this new personality becomes a crystal amplifier and will broadcast a new frequency that is not tainted by the Ego-fear-control strand. This person understands that the Ego is but an illusion, a reflection of the shadow-self and it becomes invisible when the whole Lighthouse becomes a blazing lightbulb that completely radiates at a 360 degree angle from above and below. As humans we know that no shadow can exist when the sun is directly overhead. Within the radiance of Love-Light beams the energy of suffering, the shadow self, cannot exist.

The process of ascension is in truth the alchemy of human density mutating, transforming, and purifying into a finer, faster rotating molecules, the substance of Spirit. Think of it as solid ice molecules changing to water and then when heated into vapor that becomes invisible in the air to the human 3D eyesight. It is still there but existing in a much higher dimensional level and thus not seen by a 3D denser and slower rotation. It is therefore of the utmost importance to anchor into the Earth's magnetic grid for the Earth is already anchored into 5th dimensional reality. When the lighthouse is not fully grounded in this grid, it has the potential of tilting, shifting or even falling sideways causing it to be imbalanced. Think of it as a lightbulb that is not screwed in properly, it is tilted and its light is not steady nor as bright as it should be. Its beams wanders all over the place, going wild and its energetic signature cannot be harvested for the renovating process of the human structure (the lighthouse building). Ungroundedness is a type of a short-circuit in the wiring between the resident Soul and the human matrix. This phenomenon is completely controlled by the Ego and manifest into mental illness, depression, chronic dis-eases and the inability to merge with and ground within the essence of the Earth Mother. Thus, forming a truly floating lotus, for the '*lotus root*' the grounding anchors into the mud (earth) is very weak or non-existent. This persona has difficulty existing within the parameters of a society. They cannot keep a job or manage their lives within the duality matrix.

When we begin to implement the rewiring of the Throat, we begin to censor our words that we voice. The choice of words of light then are the only ones we channel through the voice and it will create a new stream of broadcasting energetic vibrations. These higher frequencies form a loop of light fibres flowing from the Mental and Emotional bodies that can now be accepted into the Heart center. From here it will create a current of healing and purification into all the organs creating a harmony that will initiate the transformation from a 3D human into a dimensional human angel. It is the process of Chrysalis that allows the next stage to emerge. It has '*ascended*' from the heavy caterpillar body that can only crawl into the butterfly that can fly into the sunshine. Reaching this state is the opening of the first cocoon stage and the potential for those choosing to continue to do the work to move into the emergence from the 2nd cocoon. It is an exciting but also a very intense and challenging route. Mindfulness of the Throat is vital for unless the fibres of the 5th gate can be connected fully into the Main Computer command center, the Heart, the process cannot continue to the next level. Again we must remember that NO ONE will be left behind. It is all choice and every choice is honoured and supported by your team and the galactic council. Imagine someone choosing to stay home and raise a family first before continuing with the work towards a career. The cue here is to follow your passion and your dreams of the Self through the process of embracing self-love. HOW MUCH DO YOU LOVE YOUR DIVINE SELF?

Self-Love is not something you can buy
It does not work when your truth you deny
It is not about childish selfishness
It is not about glamorous showiness

It is only your inner magnificence you fear
It is only the disharmony you hear
Remember the loving touches you felt
Remember the loving presence when you knelt

Self-Love is an extraordinary thing
It happens when your heart begins to sing
It happens when you radiate with Light
For the Love inside you is burning bright