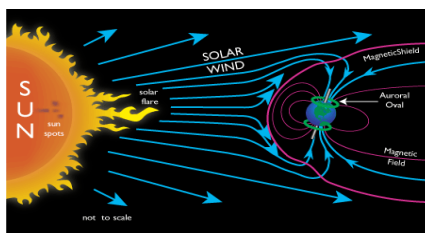


Quan Yin Virtual Class # 5



Changes – Shifting Patterns

Each manifestation of the Earth changes is affecting all human structures because we have earned the right to travel with her. Solar flares will increase to charge and bombard the electromagnetic fields of the Earth as the Earth breaks through the interdimensional barriers. These massive waves of reconfigurations of the magnetic fields will cause many to experience a variety of problems such as problems with the eyes, sinuses, breathing, digestion, vertigo and frequent nightmares. Gaya, the earth Mother has agreed to allow us to remain on her mantle and travel with her to the new destination. She has already begun restructuring and renovating her body to match the required velocity of the Quantum dimensional pathways. In order to travel with her, we also must recalibrate to resonate with her system.

We have examined the connecting flow of thought patterns that are broadcasted through the 5th gate, the throat. When we begin to change and begin to broadcast at a higher frequency with words of light, new filaments are created and connected. However, when a stream of thought patterns flows through the mental and emotional bodies, it can sometimes be severed by a strong emotional burst. For example –

A thought of: “WOW, how wonderful that person looks.” This strand begins to flow into the throat as a filament of light and if unobstructed continues to drop gently into the sacred Heart chamber and into the center void of creation. However, when another thought pattern of: “I wish it was me, why can’t I look like that, why are people not saying that to me?” This pattern is like a sharp shadow chord and it will sever the light filament before it can enter the Heart core. Any shadow thought or emotional pattern will immediately negate, and erase the flow of the light filament leaving only the shadow strand circling the throat center. This is another layer of the loop – like a figure 8 we discussed earlier.

There is something called ‘*Astral Gravity*’ and it pulls in any heavy frequencies where it remains stuck within the mental and emotional bodies until it is unwound and released. The ‘*Astral waters*’ that create this gravity energy can become stagnant when thoughts, old belief systems and emotional patterns do not support your Spiritual destiny. Recall the section discussed previously about people believing that the Astral planes are the psychic core of angelic channels. The Astral platforms are still part of the Earth Realms and cannot be seen with the naked human eye sight for it is within the dimensional section of the earth plains. The Spirit realms (see movie *Nosso Lar*) are part of this sector. Most of it is a kind of spiritual play-ground, a type of

wonderland filled with games of all varieties where illusions are the norm. This is the realms where Spiritual children can play their games and up to this point this is also where the Shamans and Gurus practice their psychic art forms. What so many do not realize is that within this dimensional playground there are intersection portals/gates that allow the lower entities to enter and join in the games. This is where the Shaman, psychic practitioner can enter the dark pathways of voodoo-black magic etc. It is a fairground of games and open to all who wish to play within the shadows of psychic currents. It is as if you are entering a glamorous casino full of entertainment. It is also for the ones looking for the rush of emotions when you have consumed a drug or alcohol. Certain drugs have the powers to induce psychic sensations, and the illusion that you have reached the **higher** levels of consciousness. The drugs changed the chemicals in the brain patterns and when continued to be used it becomes a permanent brain damaged situation. These humans can no longer reach the higher holodeck levels and must reincarnate to continue with their Spiritual journey. These behaviour choices are also the cause of what we recognize as Soul fragmentations. Playing within these levels repeatedly becomes addictive to the human mind and parts of the Soul-partner may become dislodged and often LOST in these murky realms. The term Soul retrieving is known within these sectors when it becomes aware that something is no longer right. However, when one steps into the role of the retriever without training, thus lack of knowledge, it will only result in more Soul fragments getting lost but also parts of the retriever is lost. Up to this point the only humans capable of retrieving are the higher evolved shamans and ascended masters in human form with the support of the Arch Angels.

The “ALL THAT IS”, the ALPHA AND THE OMEGA of the Universe exists beyond the earth Realms. It is beyond Human comprehension and can only be tabbed with the help of the Over-Soul, the Arch Angels and the Ascended Masters who have been human before. Its function is to continually seek to restore, create and built through us. It is infinite, eternal, unending and grants us the gift of Divine Grace to help us manifest every possibility of creative intend. Sound vibrations are the carriers of one of the highest frequencies of potentiality for it began when a thought-form of The ***All That Is*** broadcasted: “Let there be Light.” With that the Duality of Light and Dark was manifested. The Creator gave us the ultimate gift of FREE WILL when we volunteered to enter this realm of dark and light. NO-ONE in the Universe can go against free will and only HUMANS have this gift to make the choice to play in the dark or the light. By decree from the Divine Creator each choice by each human is honored and supported no matter what it is. There is no judgement nor criticism from all the angelic guides or Ascended Master helpers. In the mind of the CREATOR, each human experience is a potential for Divine Wisdom and just **IS** without the confinement of Duality of right or wrong.

When we voice our doubts and sense of unworthiness, we wrap ourselves in the false notion Self and deny our true heritage of the Divine-Lightbeing that we are. By entering and enveloping our awareness with the cloak of the silence of listening we give permission to accept this

Divine-intelligence part of the Self to emerge. The Dalai Lama once said *“When you talk you are only repeating what you already know. But when you listen you may learn something new.”*

There are crystals in our ears and when activated with intent they form the key points for transmitting and grounding new thought-forms in the mental-thought body. These crystals are part of the golden spiral within the ear. With the rise of Consciousness these ‘hearing’ crystals become active transmitters and can be connected to our ‘broadcasting’ station (the throat)

Every thought-form whether it is voiced or not is an energetic filament that is broadcasted into the Universe. Like our radio waves it floats in the air, unseen and unheard by the human structure until it is channeled through receivers, or transformers such as a phones, radios, TVs and computers. All this technology is run through silicon crystal chips. With the rise of consciousness, the crystals within the ear canal will also go through a transmutation, transformation, an upgrade which may result in the increase ability for us to ‘hear’ higher sound emissions from all around us. For instance, we may be able to hear high pitch sounds, the frequency of a dog whistle or even begin to hear the dimensional sounds of other realities around us such as the Devic or Fairy kingdoms. There are many channels to choose from just like a radio or TV station and that is where we are faced with the choice of the many crossroads.

The knowledge of using crystals in technology was used in Atlantis and has now resurfaced within our technology. With the discovery of crystal technology, we soon realized that the energies of the crystals found on earth have changed their frequency and function into that of amplifiers. They will amplify any energy that you choose to surround yourself with. Heavy, dark thought patterns will be amplified and become more intense when it is projected out of the 5th gate and again it will float in the airways and can be picked up by any ‘receiver’ that matches its frequency. On the other side of the coin, filaments of light thoughts and voice will also be amplified in the same manner. The strength of the broadcast is based on your frequency that emanates from your vocal panel. When you put multiple crystals on your body, it becomes a multiple amplification of your mental/emotional thought patterns and thus not only affects you but also anyone who matches the same frequency of chaotic transmissions. Imagine as if you are talking through multiple microphones at once while each mike is tuned to a different frequency band. Grounding becomes almost impossible at this point and your lighthouse is shaking and tilting because of the bombardment of the chaotic pull of different vibrations. Imagine people digging in different sections with different shovels around and underneath your lighthouse.

For a ship, plane or starship to be able to function well, communication between all departments is essential. The command center of a ship, often called the ‘bridge’ needs clear information to be able to make sure that everything is functioning well to ensure a safe voyage. In the same vein we know that our command center is the Heart. However, when we allow FEAR to influence our thought emotional/mental patterns we contaminate the flow of communication. FEAR is the main pollutant causing drama and creates the illusions of lack, impossibility, hopelessness and

the belief that violence is the only answer. If allowed to continue its flow, Fear will enter the Heart and create a massive blockage preventing the emergence of the Christ-Seed-of-Light because the Amygdala is in full active mode.

Every Valentine's Day the North American Mass Consciousness turns its focus on the perception of LOVE. It creates a current when many minds enter this stream even though many do not fully understand the Divine Love frequency; it is a step towards bringing it into the emotional body. Every year the focus gets more important for it is the part of the 3-year sequential preparation period towards the next phase of transmutation of the human realities. All energetic centers within the Earth's realms are in the process of change and transformation. At this point the North American continent is the main broadcasting station, the 5th gate, the voice that will manifest the choices of the Masses. Each individual voice is an important particle of the Collective-energetic current. The collective-mass voice however tends to over-load the atmospheric levels within the earth realms. Living within the reality of human-love can have different effects on the human-spiritual traveller by choice. The following is a quick overview of the shifting patterns of the average human mental and emotional conditions within the area of the spiritual journey with acceptance of the Soul presence.

1. Being in public places is sometimes overwhelming. Since our walls between self and others are dissolving, we haven't really learned to distinguish between someone else's energy and our own. If the general mood of the crowd is herd-like or negative, we can feel this acutely, and may feel like retreating into our own private space or plunging and joining the chaos. When we have recharged our batteries with meditation, spending time in nature, far away from other people, or just sitting in quiet contemplation, we are ready to be with the masses by becoming the observer instead of a participant. In personal relationships, we often will feel someone else's emotions as our own. It is important to have this higher sense of empathy, but we must learn to allow another person's emotions while observing them and keeping our empathy, but realizing that these emotions do not belong to *us*. Allowing the media to influence thought patterns and emotions can dampen our own innate wisdom. The energy of the pink rose is the strongest boundary structure that allows us to remain within our own choices and privacy of thought and emotions.

2. When we maintain our boundary currents, we begin to understand our current paradigm with each choice. We see the big picture and marvel at the duality of our world including why polarity consciousness has brought us to where it has today. We no longer see life choices as right or wrong, good or bad, just choices defined by the neutral frequencies that we surround ourselves. Unity-Consciousness allows us to spread the message of Divine-Oneness to all of humanity. This is an opportunity that may heal our division and change the misery of our humanness to abundance within a global community filled with love for each other and not fear of each other. Weak boundaries are open to the rush of other choices. E.G. Enemy-mentality is a choice! Subjecting oneself to group or crowd mentality is another strong temptation.

3. As we open ourselves more to the awakening process, we discover intuitive awareness, we have '*a-ha*' moments and insights that can explain some of the most complex theories or phenomenon in the world. Some of the most brilliant minds of our time just '*know*.' Adepts and

sages often were given downloads of information from higher states of consciousness after meditating or being in the presence of a more conscious individual. This is happening for more people as we accept and open our psyche to higher frequencies. As we trust our intuition more often, it grows stronger. This is a time of 'thinking' with our hearts more than our heads. We begin to recognize the ANALYSER in the mind. Our gut-feelings of the intuitive-body-mind can no longer be ignored. Our dreams are more defined and at times more precognitive and eventually with time it seeps into our conscious thoughts as well.

4. When we acknowledge our imperfection and how beautiful it is to be an imperfect version of our true selves, we accept the fact that the Creator created us as the MOST PERFECT IMPERFECTION of human beings. The imperfection is only a human costume that allows us to walk the 3D Earth Realms in order to study and learn the realms of Shadows. Within these realms we thrive on challenging the inner self. As we grow in our spiritual journey, we begin to understand that advancement is not achieved through competition at the expense of another, especially since we have no need to judge those who are exactly where they need to be. We gain more clarity by finding out that main stream media is the Mass-Ego-controlling energy and soon it becomes distasteful and we choose not to listen to it any longer. These broadcasts are like brain-washing sounds that reduces our intelligence and numbs our natural empathetic response to the suffering of others.

5. As we, the spiritual traveller reaches the next sections of the spiritual highway, we no longer have a need to attach our love to material things, understanding that it only leads to disharmony because we are not learning to love ourselves and others. The LOW-MIND mentality only leads to further acquisition/wanting of more things. Although things too are part of consciousness, they do not allow humans to accelerate the mass consciousness required to change the world. Only the knowledge of the importance of SELF-LOVE can do that. Self-Love gives us the knowledge that everyone deserves LOVE and every being is worthy of it. We are loved so unconditionally by Divine Creation that our human self chooses to believe that we are not loved for the Ego keeps whispering that we are not worthy.

6. Lying becomes uncomfortable and for the spiritual seeker it is nearly impossible for it goes against the grain of Oneness. We may not know exactly what truth someone is withholding, but we can also tell that something isn't right. For the spiritual student others become almost like an open book. We sense and begin to know when others experience emotions of pain, or joy etc. Spiritual people aren't trained in counter-intelligence, we are just becoming more observant and Mind-full. While we may pick up the energetic ripples by looking into other people's eyes and sense what they are feeling, it is the choice to respond or not. Here is where the boundary of the pink rose is a very important tool. Even though we can feel and sense, the rose boundary reminds us that it is not our drama and make the choice not to pick up other people's backpack of trauma and suffering. If we don't learn how to set proper boundaries, we can get tired easily from taking on other people's emotions. Energy Vampires (yes, they do exist) are drawn to us like flies to garbage, if we choose to cover ourselves with refuse and allow the Ego to feed the vampire. The average unawakened-human tend to root for the underdog, those without voices, those who have been beaten down by society etc. We are very compassionate people, and these marginalized individuals often need more love. People can sense our loving hearts; complete strangers will often tell us their life stories or approach us with their problems. We can choose to be very good

and sympathetic listeners while maintain our boundaries so that we are not providing a dumping ground for other peoples' drama. It is therefore very important that we need to be extra vigilant in creating very strong grounding roots and boundaries at all times to ascertain who we truly are.

7. We, the spiritual explorer may become so sensitive that we may pick up other people's symptoms of a cold, or even morning sickness when their wives are pregnant. Sympathy pains, whether emotional or physical, are something that can be manifested if we choose to experience it by weakening our boundary lines. The Solar Plexus is the center of emotional currents and is the cause of major digestive issues when we allow the Ego's voice to control the mental/emotional body. This area is called the BODY-MIND and tend to absorb all emotions send by the Mental body especially the Amygdala. This is where the magnetic grounding sequence is important for it connects and grounds the Body-Mind to the new magnetic core. We don't feel the need to awaken every person we see. Within a few sentences we can interpret their level of comfort in discussions relating to spiritual knowledge. We can plant a seed and if it's meant to grow it will, it become their choice and not ours. We understand that attempting to awaken those who are not ready is toxic to their environmental sensibilities and spiritual growth.

8. We are all becoming healers that was part of the human incarnate. The spiritually aware naturally gravitate toward healing fields, acupuncture, reiki, Qi-Gong, yoga, massage, midwifery, etc. We know that the collective needs to be healed, and so we try our best to offer healing in whatever form we are most drawn to. We also turn away from the 'traditional' forms of healing ourselves. Preferring natural foods, herbs, and holistic medicine as ways to cure every ailment. However, this is the section where the Spiritual Ego becomes very persuasive and very subtle. The healer can sense the potentials of healing and the Ego makes us believe that we are light-years ahead of society and thus have the ability to heal everyone who comes to us. This belief system is an illusion for NO-ONE CAN HEAL ANOTHER. A healer can only facilitate and assist the other person to heal themselves. Again, in accommodating this belief can only prevent the inner healing of the person for the Shifting energies of the Ascension process does not and will not support this current. If this line continues to be pursued it may create the energy of dependency and guru worship.

9. The changing patterns of the Great Shift reveals that we, the spiritual journeymen have the choice of full acceptance of who we truly are. We need to acknowledge our individual uniqueness that we are all gifted with different levels of abilities that no one else has. We can only attract what is within our vibrational field. Within this new shifting paradigm, magnetic like can only attract like vibrations. There are no experiences that we can obtain in physical form without attracting them from a vibrational perspective. That includes the most horrific experiences and the most beautiful ones. What we are learning to do is accept relationships and experiences for what they are. People and experiences are serving as reflections to teach us something about ourselves.

10. Finally the current that flows through the 7 chakras links the energy river to the Earth-Star and to the Soul-Star forming a closed circuit within the Golden-Egg shape that encapsulates us. **US** is the symbiont partnership of the human biological structure and the Soul-spirit. Every change and every growth enhancement happen within this energy-egg-shape and it influences the whole human structure and its reality of beingness. When the internal components within the Golden-Egg is infiltrated by disharmonious vibrations it stops the Spiritual growth of the human

vessel. For those who have chosen to walk the Goddess Path, each message becomes a fractal of wisdom and knowledge to be immersed, braided, treasured within the structure of the Golden Egg and lived as a human symbiont.

The following is a quick review of how this energy circuit is affected by the messages sent by the Chakra system. *When FEAR mode messages are sent into the auric field it immediately enters the Amygdala (part of the 3rd Eye and Crown chakra) in the brain. These blockages are formed by the thought pulses from the Mental/Emotional body. All thought forms are the triggers that cause a domino-like chain reaction. It immediately informs the Emotional body, which then sends the signals of Fear to the Amygdala in the Mental body. When the Amygdala is in full control of the situation it is not possible to clear the blockages in the Kundalini prana-tube in the spinal column. Instead the Amygdala will send the order to shut down the connecting gates in the same manner a fortress would close its gates when it thinks that there is an enemy about to attack. Or more precisely it lowers the sluiceways to prevent the surge of energy current to reach the higher centers. The Kundalini pipe-line is anchored within the 3D-Duality Earth and when the Amygdala closes a gate or sometimes all the gates, the merge cannot be completed. It is therefore considered the next step in our evolutionary process to clear the blocks by ensuring that the Amygdala is in a rest or even a retired mode to prevent it entering the hi-jacking sequence. We also need to be aware that the Amygdala has a filing system where it stores all the emotional 911 signals and tends to pull out that memory file when it is awakened. The Amygdala is in charge of the multiple sluiceways to control the flow of energy within the channel and it will begin to close the gates in relation to the threat perceived. The sluiceways are created by our reaction to mental, emotional and spiritual FEAR waves. The Amygdala is the control tower of the Low-Mind sector and when in active mode it will sound the alarm siren to the Low-Heart-Mind and the Low-Body-Mind. The amygdala hijackings bypass our thinking centres, consciously affect our brains through counting, reading, or problem-solving and can re-direct the neocortex. Since reactionary states are associated with the sympathetic nervous system, sitting and taking 10 deep breaths will help the nervous system shift into parasympathetic mode which is nurturing and relaxing to the system. All of the adrenaline and cortisol that is released into our bodies during moments of stress is often absorbed in a core muscle central to the fight or flight syndrome. Any daily practice of meditation, mindfulness, breathing, or yoga, will reduce the overall reactivity in your system and allow you to be less easily hijacked. Though we experience many stresses in life, the majority of them are not life-threatening, so we need to train our amygdala and nervous system to be more relaxed. This is central to conscious evolution, and increases our emotional intelligence. The ability to discern what is worth reacting to versus what just needs to be observed will help you in relationships, and will save you money by reducing impulse-buying. Best of all, this process of deepening our awareness of ourselves will give us a better sense of compassion for the often-irrational behaviours we witness in our own lives and in the lives of those around us. The choice is to remain and play in the rip-current of chaos or to escape away from it with full awareness.*

