

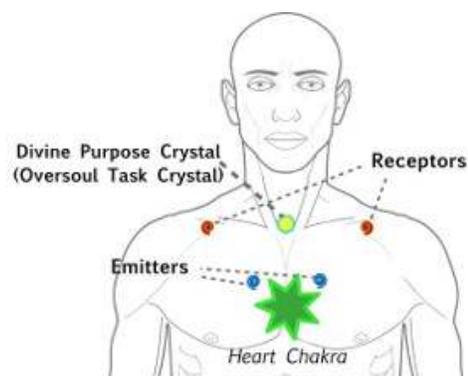
# Adjusting the Upper Control Panel

The “Upper Control Panel” in the chest, besides holding the crucial Heart Chakra, also has spin points called Receptors and Emitters. Receptors determine how open you are to energy originating outside your field, either from the fields of others around you, the general energy of a location, or from energies from other consciousness zones/dimensions. Emitters determine how much of your own energy is extending out from your field. The spin points activate this function through its connection to the EM field (the electric and magnetic circuits run over the Receptors, and influence the Emitters).

From these spin points in the body, you can dynamically adjust the permeability of your field. You can do this by intent, or by manipulating the spin points directly, much like volume knobs on a radio. Everyone is different in the way they run their energy, so the direction of spin to open or close should be experimented with to determine whether opening the point is clockwise or counterclockwise.

If you raise one set (say Receptors) to an open state, then it is best to reduce or close the opposite (Emitters in this case) to a proportional extent. For instance, if you are in a busy location, and the energy of the crowd is getting to you, close down the Receptors and open up the Emitters. The result of this will be that you will be more impervious to the energy of others while your own fields extend in all directions. This means that beings will match their frequency to yours, or feel uncomfortable and leave your presence. If you are doing some sort of healing or energy work, on the other hand, you will want to reverse this—open the Receptors as far as they can open and close the Emitters to an almost completely shut state. This ensures that during the session, you will be sensing the energy of the client, not your own fields and energy. You emit just enough of your own energy to reassure the client’s body that it’s safe. Experiment with these structures to find your ideal balance in any situation.

The Divine Purpose Crystal is a 5<sup>th</sup>-dimensional structure designed to magnify the vision of your soul and your soul group (entity or oversoul) as it is moved through your fields for manifestation. It aids in the fulfillment not only of the soul’s goals for evolution, but those of the oversoul as well. The vision energy flows through the Heart Chakra, is taken up by the Divine Purpose Crystal, and expanded and powered before being sent out of your fields to manifest on the physical plane. It is a tool for envisioning and conscious reality creation.



**Etheric Structures of the Chest  
(Upper Control Panel)**