

Becoming A Master of Manifestation

**A Workshop Presented by
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and
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Part 1: Creating and Living Your Vision

In recent years, with the success of books such as *The Secret* and the Hicks' Law of Attraction body of work, there has been a surge of interest in consciously crafting one's reality. This workshop offers information and techniques from the perspective of the Council of One, a fifth-dimensional/mid-causal entity which guides and teaches conscious evolution and the care and maintenance of the body and fields (healing).

It is definitely possible to have more of what we want in life, and less of what we don't want. However, like any skill worth cultivating, it takes a certain amount of inner work to do so effectively. This workshop will offer some proven effective tools and methods for achieving practical results in consciously crafting the kinds of lives we want to be living, so that we can embody our own vision of joy in life, otherwise known as Heaven on Earth.

Some current teachings and methods, including the Law of Attraction body of work, emphasize generating an emotional state as a vibration to attract what you want into your life. While there is definitely validity to this, from a practical perspective it is insufficient as a sole means of manifestation. This is because emotional states are by their very nature volatile, erratic, and in a healthy emotional body, short-lived. A daily and even constant experience of joy is the natural birthright of both Spirit and a conscious embodied master. But joy, like love, is not an emotion at all, but a state of being. Emotional vibration alone will not be effective on long-term manifestation projects.

Another factor is that Earth is an action planet that rewards physical effort. While we are in bodies, we are necessarily in the world of action. We live in an unconditionally loving and supportive universe that provides reality for us *as we wish to experience it*. In other words, whatever is real to us, the Universe will provide more of that for us to experience. How does the Universe determine what is real for us? Not by what we think is real, or what we feel is real—or at least, not these alone. It is what we *act* on as real. If this were not the case, if the Universe manifested every random thought or feeling, it would be a very different kind of Universe and experience.

We can repeat mantras and affirmations all day long, do everything possible to self-manipulate ourselves into emotional states, but if this is not played out into the world of action, manifestation is necessarily limited, for the safety of the universe and its inhabitants. For instance, you might repeat the mantra, "I am in a state of abundance, I have everything I need to survive and thrive, I am wealthy, I enjoy an easy flow of resources into and out of my life." But if you still act as if every penny is your last, you are not "walking your talk", you are not announcing your intention to master abundance by acting upon it. This is because whatever our conscious intent, our unconscious and subconscious pictures of reality will play out, belief systems about ourselves and how life is that limit our ability to manifest effectively will sabotage all of our efforts. So no real change in abundance is experienced, until we align all of our lower bodies with Spirit, and until we clear all these unconscious patterns and beliefs that limit our capacity to manifest our experience of reality.

As we the human species become collectively more awake and mature on a soul level, that increased aggregate experience will open up new doors, new tools, techniques, talents and abilities that are closed to the personality in the sleeping state. One of the most promising of these new tools, in terms of clearing a space for manifesting our vision of Heaven on Earth, is our ability to access the deepest level of our souls using 5th-dimensional tools, such as entering the Inner Planes to work directly on patterns in our personalities that are unnecessarily limiting us and getting in the way of our expression as masters.

Manifesting our vision is not an overnight process, nor is it necessarily easy. If we are going to be allowed access to powerful tools for self-transformation, we have to be willing to do the inner work necessary to use them wisely and in a balanced and responsible manner. This doesn't have to be a painful process, although at times—as we uncover information about ourselves that we don't like, as we confront our shadow sides to incorporate them as part of our divine wholeness—we may experience pain. But it can be very intensive. The rewards are more than worth the effort.

As we become more awake to the truth of our essential spiritual nature, we naturally seek to become more conscious of what most people on the planet choose to remain in the dark about. It can be painful at times, and it takes a lot of hard work and conscious intent,

Without vision, there can be no manifestation. By formulating a broad-spectrum vision of the felt experience of our reality, it becomes easier for us to manifest.

Knowing our vision allows us to live with intent. It allows us to refer everything in our experience to the vision. When something comes up, we can ask, "How does this serve the vision of Heaven on Earth?" If it serves, we become more fascinated with it and generate more of it. If it doesn't, we ignore it, dissolve it, or evolve it. Knowing our vision allows us to be empowered, proactive forces in our lives, instead of reacting to what happens. Creating a new more

expansive identity as a multidimensional master allows us to clear away the illusion of victimhood, because seeing ourselves as a victim to anything or anyone undercuts our power.

The Superconscious Technique was channeled in by Savizar and Silarra of E.T. Earth Mission in the late 80s. It is a powerful technique for gaining the attention of that part of Spirit responsible for manifestation (Superconscious) and requesting its assistance in manifestation. It will help us if we use this tool now to make it easier for us to clear the way for our vision to become manifest.

Exercise: Superconscious Technique (E.T. Earth Mission)

The Superconscious Technique is a powerful tool for the co-creative multi-dimensional master. It allows you to take part in the restructuring of your pictures of reality. Please be aware, pictures of reality for most people on Earth are not conscious! You could have a picture of reality that is limiting you, and not know why things are manifesting around you that you don't like. But there's this picture, out of your awareness, built in by you when you were just a baby, that you never knew you had, and it affects your entire field of experience. The Universe rearranges itself to accommodate your pictures of reality, whether you're conscious of those pictures or not. On the 5th Dimension, you consciously choose your pictures of reality, or filters of experience, moment-to-moment, and they can change instantly to accommodate the requirements of that moment as you fulfill your Divine Function and express your Divine Essence in service to Divinity. Conscious participation determines what is real for you in that moment. But on the 3rd and 4th Dimensions, the process is not so conscious.

We would like to use the holographic model to describe how the manifestations of reality-creation work in the 3rd Dimension. In a hologram, you have an image, say of an apple. This image is projected into 3D space by the splitting of light/laser beams across an "emulsion film" made up of interference patterns. So, if you wanted to change the image, you could not do so by trying to manipulate the image of the apple—it cannot be changed from that image. You must go to the emulsion film, the interference patterns, and change the information there to form a new image. In effect, the image of the apple is an illusory image, and the emulsion film holds the "true" image.

What you see manifesting around you, can be likened to the illusory image, or *foreground reality*. It flows from your *background reality*, or "True Image". Everything in your life, everything that manifests around you, flows from your background reality to manifest in the world of form. You cannot change anything from there. Many spiritual practices on this planet have focused on manipulating this foreground reality through affirmations, "positive thinking" and the like, with little or no success. Why? Because "you can't get there from here", and you can't shift a picture of reality by trying to manipulate its illusory image.

The Superconscious Technique allows you to directly access this "True Image" or background reality. By requesting that aspect of your Spirit responsible for this restructuring to shift the background, you can change the forms around you, and the reality that you experience. By broadening the filters through which you experience your life, you allow much more of the natural abundance and flow of the Universe to come to you.

For optimal results, Superconscious Technique requests are best phrased in positive terms—in other words, if you know you have a limiting picture of reality that no longer serves you, you don't ask in the Superconscious that the old picture be eradicated. That just strengthens the old picture. What is optimal is if you request a picture of reality that, in its manifestation, will naturally displace the old picture. For instance, if you know you have pictures of reality that there is scarcity, that there's not enough flow to go around, and you feel the strength of these old pictures in that you experience lack of resources in your life, you might ask for "the full knowledge, on all levels of my being, that absolutely all resources and support are provided by Spirit on an as-needed basis, *before I know I need them.*" In the manifestation of this new picture of reality, can you see how the old pictures of scarcity are no longer logical, no longer fit? So, they will just naturally atrophy from lack of energy as your new picture grows stronger and stronger, and they will wither away from your fields.

Also, it is most efficient (and easier for Spirit to accommodate your request) if you phrase your request in the broadest and most general possible terms. Now, I am aware that this runs counter to many of your goal achievement workshops and techniques, which urge you to be as specific in your wants as possible. Give Spirit room to work! If you are specific in your requirements, you limit what can come to you—the amount of it, the method of it. Does it matter from what avenue it comes, as long as it does? Let Spirit flow your request to you from Void, the space of pure potential, and let the qualities of the moment dictate the form in which it comes to you. Let Spirit use any and all potential for you. For instance, instead of asking for a "blonde-haired, blue-eyed mate", why not ask for unconditional love with another master in Divine play, where you honor each other totally and you're totally in alignment with each other? Leave the form to Spirit in the moment.

Now, you have requested these wonderful new pictures of reality, that will allow incredible new experiences into your life—what is your part? For you have a part to play, as well, to anchor the Superconscious request into your

reality. You are becoming a co-creator with your Spirit, after all, and you must do your part of that co-creation. So what is required? As old pictures of reality shake up into your life, it is important to release them. The Universe gives you what you are fascinated with, the Universe rearranges itself to accommodate your pictures of reality, but how does the Universe determine what is real for you? By what you participate with, by what you give energy and fascination to. So, when these old pictures of reality come up, change your orientation to them. Instead of leaping right into participation, realize that they are manifestations of your old pictures, shaking out to make room for what is REALLY real for you, that which you requested from Spirit. In turn, any little tiny flicker, any shred of evidence you see of your newly-requested reality manifesting around you, participate with that, totally and with gusto! Fan that spark into the flame of your vision. "YES! Universe, this is what's real for me, this is what fascinates me, this is what I act on!". You don't act on the old pictures. This is not a place of denial, when manifestations of the old pictures shake out. You're not denying them—you're shifting your positioning relative to them. A subtle, but crucial, difference. It is a dance, in your awakening as a fully conscious co-creative multidimensional master. First, you will only notice the grossest and most obvious manifestations of pictures of reality operating in your life. With practice, you will be able to discern even the most subtle, the most subconscious and insidious of these pictures, with all of their nuances.

For example: you request unlimited resources. What happens then? Your car breaks down, unexpected bills come in, you bounce a check. And you think, "This stuff doesn't work, I asked for prosperity, and now I am broke!" Well, when you request unlimited resources, in restructuring your fields to accommodate this request, anything in you that was not in alignment with this request was shaken out of your fields to get out of the way of your new picture of reality. These are perfect examples of old pictures leaving your reality! Now, at the same time, a check arrives from an unexpected source. Instead of contracting your fields in scarcity-fear when the old pictures come up, you acknowledge them as your old reality shaking out, and instead become fascinated by the ease with which these unexpected resources flow into your life.

If it happens that your fields *do* contract in fear, for any reason, then Spirit cannot flow resources and support to you. The contraction blocks the flow. How do you release the contraction? Try the full Unified Field meditation. The "breathing in Light" to the center of your heart will open your fields again.

The Superconscious is not a mantra, nor is it an affirmation. Usually, one request is enough. When you finish the request with the statement, "And so it is!" you are releasing your request to Spirit, you are surrendering it and letting it go, giving it to that part of yourself which will work on fulfilling the request. When might you repeat a Superconscious? Well, if it should happen that you engage with an old picture of reality as it is shaking out, thus reinforcing its strength, then you would start over, and repeat the Superconscious in question.

Pictures of reality are internally consistent, they have their own logic. What we would suggest, is building a foundation reality that will allow you to accept unlimited joy, ecstasy, vision and resources. To a struggling human, having these things doesn't make sense. In the usual 3D identity, having these things would not be internally logical. So we suggest that your first Superconscious request be: "the full awareness, on all levels of my being, that I am a vast multidimensional master, here to co-create Heaven on Earth with other masters, and it's real because I participate with it as if it were real." This allows you to bring the pictures of reality of your 5th-Dimensional self to the 3rd (or 4th) Dimension, to anchor them here as well, and allow far more possibilities into your life, now.

—The Council of One

“Superconscious, by the force of Grace: Will you manifest the essence of the performance and effect and embodiment of the highest possibilities of _____ so that the power of this can be manifested fully in my experience, with ever-expanding capacity, ease and Grace. And so it is!”

Superconscious: a request for its attention

By the force of Grace: a request for transcending possible karmic entanglements and interference

Will you manifest: create an experience of the reality of

The essence of: the energetic possibility of

The performance and effect: the demonstration and impact on reality

The embodiment of: channel the reality through my body

The highest possibilities: we certainly don't want the lowest!

Of...: this is where we make our specific reorganization request

So that the power of that: vital spiritual force of that

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Can be manifested fully in my experience: your experience, not anyone else's

And so it is: we say this so the conscious mind will know it doesn't have to try to babysit this request

Start with this one:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of the knowing that I am a Master and sovereign of my reality, that I am willing and able to create a vast background vision for my reality, that I can live at the center of the paradox, that I can discern, articulate, and live my vision of Heaven on Earth, that I accept and allow divine androgyny in my body, that I accept and allow all divine attributes to flow through me, that I love and delight in my wholeness, that I can take a stand for my vision, that I can discern what is true for me, that I recognize and utilize divine law and principle, and that I fully grasp that the universe rearranges itself to accommodate my pictures of reality so that the power of this can be fully manifested in my experience. And so it is!”

Clearing Space for Our Vision

Before we can effectively manifest our desired experience of reality, we need to clear all those background pictures of reality, limiting belief systems, and outdated pictures of reality that are interfering with the manifestation of our new, updated vision. This requires understanding the difference between background and foreground reality, and the way identity, life context and reality measurement system determines the level of reality you experience.

Identity, Life Context and Reality Measurement

Three Radical Shifts

from E.T. Earth Mission

The Universe rearranges itself to accommodate your pictures of reality!

If you want to completely change your life, you must make three radical shifts: your identity, your life context, and the way you measure reality.

In 3rd-Dimensional Realities:

Identity:

“I am a struggling human.”

Life Context:

“I am trying to earn or learn my way out of here.”

Reality Measurement:

“It is Real because I have experienced it.”

In 4th-Dimensional Realities:

Identity:

“I am a recovering human.”

Life Context:

“I am trying to heal, fix, or save myself, everyone else, or the planet.”

Reality Measurement:

“It is Real because I can feel or sense the subtle energies.”

In 5th-Dimensional Realities:

Identity:

“I am a multi-dimensional master.”

Life Context:

“I am here to co-create Heaven on Earth with other masters.”

Reality Measurement:

“It is Real because I participate with it as if it is Real.”

The Angelic Outreach Explanation of this model:

In 3rd-dimensional realities, you are completely focused on what is wrong with you. It’s like having your hand over your eyes—you can only focus on the darkness. It is helpful to grok the Divine principle of “The Universe rearranges itself to accommodate your pictures of reality.” You are not your pictures, but in the 3rd dimension it sure looks like it. If your identity is struggle and your life context is earning and learning, the universe rearranges around it and all you get is more stuff to learn and struggle with. If you measure reality by “It is Real because I have experienced it,” the universe can only give you experiences that you have already had: more things to struggle with and learn. It is the perfect closed system. Nothing new can ever enter it. Of course, this feels totally REAL.

In 4th-dimensional realities, it’s like having your hand about two inches away from your eyes. You can see some light around the edges, and maybe even partially glimpse that another reality is out there, but, you are still focused on what is wrong with you and everyone else. With an identity of recovering human and a life context of healing, fixing, and saving yourself, everyone else, or the planet, people operating in this reality base are usually frantic, disappointed, and operating heavily in separation orientation defense mechanisms.

When large parts of a person enter into a 4th-dimensional reality base, there is usually an urge to serve, and often they take on “healer” as an identity. A friend of ours used to say, “When the entire planet is covered in massage therapists, I sure hope someone feels directed by Spirit to make shoes.” People with “healer” in their identity and life context tend to operate in healer/healed monads, requiring that people around them be sick or processing their stuff all the time. By measuring reality by “It is Real because I can feel or sense the subtle energy,” there is an enormous amount of projection at other people. There is very little understanding that what is being sensed or felt is through a filter of limitation realities. The “healer” assumes that what they sense about you is Real and will often do anything they can to convince you of this. Generally, when you are around someone doing this, you feel awful. You become the universe rearranging itself to accommodate their picture of reality. They will make you ill just so they can feel good about themselves for “healing” you.

In 5th-dimensional realities, you follow your Spirit about what to participate with as Real, knowing that the universe will rearrange itself to manifest it. Now, your hand is no longer in front of your face. It’s way out in front of you. You can see all around it and know that it is only a small part of your wholeness. As a Master, you know that you are at choice about what to do about his part of your wholeness and you ask, “How does this contribute to the co-creation of Heaven on Earth?” If it contributes, you participate with it fully. If it is detrimental or limiting, you follow Spirit about what to do with it: ignore it, dissolve it, or evolve it.

Background and Foreground Reality

Foreground reality is the reality of our everyday experience. From the moment we wake to the moment we sleep, everything we experience is the foreground reality of our lives, our pictures of reality made manifest for us while we are mostly unconscious of this process. Our economic, social, relationship, and health status are all **effects** experienced in our foreground reality. The **cause**—why our reality looks one way to us and not another—originates from our background pictures of reality.

For instance, if we have a picture of reality that we are victims of any kind, if being a victim is part of our internal set of beliefs and identity construct, that belief will undermine every attempt to claim our power, because victimhood is the willing surrender of our power to another person and/or situation. And we cannot consciously master manifestation from a place of powerlessness.

Foreground reality is generated from background reality. Our background reality is made up from our belief systems, our telepathic imaging, our ideas about ourselves and life, and our pictures of reality that are usually unconscious, formed from early imprinting and calcified into our fields through negative experience and trauma. During the process of conscious mastery of manifestation, Spirit’s more expansive vision gradually displaces our old limiting

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pictures of reality automatically. But it definitely helps if we do the inner work to “clear the decks” for Spirit to work efficiently, and we will see progress and tangible results more quickly. Any changes to the foreground reality are merely superficial, while changes to the background reality are holographic.

We can also see it in terms of who we are in the Small Story as opposed to the Big Story. The Small Story of our lives is what is represented by our foreground reality: the job, the relationship, the car, the children, the mortgage, the bills, the day-to-day ordinariness of life. Who we are in the Big Story is buried in our background reality—but we have to clear a lot of limitation out of our way before we can access that greater part of us freely and Grace-fully.

It has been said that the Universe rearranges itself to accommodate our pictures of reality. To the extent allowable by the greater collective consensus reality, this is true. What we are fascinated with, what we participate with as real, the universe will provide us. With the acceleration of the experience of time, this manifestation is occurring even faster, usually resulting from our unconscious limiting beliefs and imprinting. To be conscious co-creators with Spirit of a greater and more expansive vision of living in joy means that we will be creating from conscious intention rather than unconscious reaction to experience.

This requires using access to the Inner Planes to “metaprogram” personality patterns and structures that limit us and interfere with expression of our true mastery. Access to the Inner Planes is accomplished through techniques offered under the aegis of the Mediation Corps (q.v.).

Consensus Reality

Consensus reality is partly the collective co-creation of every free-willed being on the planet, and partly the imposition of local physical laws on the embodied experience. It changes over time with environmental, cultural and social conditions. It generally takes at least a human generation for a true paradigm shift to filter through and reflect itself in consensus reality. Consensus reality imposes limitations on us in various ways, especially in the way we were socialized and imprinted, creating our background beliefs about what we can and cannot do.

There are layers and permutations of consensus reality—a general arch-construct based on physical response to 3rd-dimensional conditions, and also localized consensus realities determined by culture, education, social status, political and environmental pressure, and career path. For instance, medicine and physics have their own consensus realities shared by the specialists in those fields. Generally, localized consensus realities are more malleable than the arch-construct.

Consensus reality is a useful construct to our souls in their physical incarnations, because it sets the basic “game plan” of life and a structure through which to experience, interpret and integrate evolution. However, if we are to be effective conscious co-creators of Spirit’s vision of Heaven on Earth, we will have to live outside the constraints imposed by consensus reality. If we are to manifest the skills, talents, and abilities we will require to manifest our vision of Heaven on Earth, we have to be able to operate outside the limitation of the consensus reality holding us back.

Exercise: Unplugging from Consensus Reality

1. Unify your fields with the Unified Field Meditation.
2. Access the inner sanctum of your soul with the Connecting with the Inner Altar of the Heart exercise.
3. Settle your focus on the inner altar in the center of the Threefold Flame. On the Energy/Will/Power Flame, call up an image of an old-fashioned telephone switchboard. There will be rows of lower inputs under the heading, “Consensus Reality”. Plugged into these inputs will be streams of light from the Truth and Love flames, representing where in your psyche the influence of consensus reality is locked in.
4. The upper row of inputs are under the heading “Spirit”. Unplug all of the lines from under “Consensus Reality” and plug them into the “Spirit” inputs.
5. When you feel complete, allow your consciousness to come back into the room.

The Mediation Corps and 5th-Dimensional Psychological Healing

The Mediation Corps (or Core) is a 5th-dimensional/mid-causal healing group that extends its training and energy into the astral and physical planes. The “spokesbeing” for this collective of healers is Athena, whose Divine Essence is Clarity. In recent years, this group has been very active on the physical plane, activating their embodied trainees and channeling through new tools, techniques, and information which support transpersonal methods for providing psychological (mental-emotional) healing and tools for balancing the ego with Spirit and living in joy. Just as there has been an efflorescence of alternative energy healing modalities in the last few decades, there is a new influx beginning now of alternative psychological healing modalities using energy medicine and 5th-dimensional tools, most of them originating in some way from this group.

Many of their techniques are useful for clearing away old patterns that limit our ability to consciously manifest our vision, and so it is a good idea to get to know this group if we do any kind of work with manifestation. If we are to be masters of our reality, we must learn to master our own consciousness fully.

Exercise: Connecting to the Inner Altar of the Heart

The inner altar of the heart is where we can go to connect with our souls. No matter where we may go in consciousness, no matter how much we forget, we can always return here to restore that precious connection. From your inner altar, you have a perspective on what’s going on in your own body and fields that is very difficult to get otherwise. You can also access your own pocket of the Inner Planes from the inner altar. This is the astral realm of dream and symbolism which can offer the key to discovering and breaking down limiting patterns of thought and behavior. But you don’t have to do anything here. Sometimes, when you are upset or life has become disruptive, just coming to presence in the center of the heart is enough to calm you, to open you to the possibilities of different solutions.

This is a Mediation Corps foundation technique, and relies on the Unified Field technique to work properly. Using this technique as a basis, we can access those levels of self that are most resistant to change and growth and transform them through the application of healing and rebalancing techniques from the Mediation Corps.

1. Unify your fields with the Unified Field Meditation.
2. Close your eyes, take a deep breath, and relax.
3. Allow your consciousness to drop from where it usually lives behind your forehead. Feel yourself dropping down through the throat, and into the center of your chest, into the center of your heart chakra.
4. Take a look around. Your inner altar won’t look like anyone else’s, because it has been built by your soul over lifetimes of experience. It will reflect you perfectly. It may look like a constructed place, a large hall or cathedral. Or it may be a vast meadow under a blazing sun.
5. Whatever it looks like, examine it, feel what it is, what it means to you.
6. In the center of your inner altar, there is a central place. Again, this might be natural, or it might look like something manmade. In this central place, three flames reach up towards the ceiling/sky. They are flames that give off light, but not heat. The three distinct flames look like stylized flower petals. One flame is Love, one is Truth, and the final one is Energy (or Power, or Beauty, depending on the system you use).
7. Study the Threefold Flame in the center of your heart. Are the flames uneven? Is one bigger or smaller than the others? If so, use your intent to adjust them until they are all the height of the tallest flame. You might also notice which ones don’t match the others. That is good information about what you might need to work on.
8. Step through the flames to the center. Again, the flames give off light, but not heat. Settle yourself in the center.
9. From the center of the Threefold Flame, take deep breaths. Ask your Spirit to fill you, and simply be.

Ways in Which We Limit Our Sabotage Our Visions

Focusing on Our Foreground Reality

We limit our vision when we focus on the foreground reality without attending to what is in our background reality. When we try to self-manipulate with mental body affirmations and visualizations, or manipulate our own emotional states in an attempt to radiate a certain vibration, it keeps us attached to the form of what comes to us, rather than focusing on the more expansive felt experience that gives the universe, and Superconscious, room to work. The use of affirmations also tends to focus us on what we perceive is wrong with us and what needs to be healed, rather than our wholeness. Also, if we focus on the foreground reality, we tend to edit our vision, to judge them as unattainable, unrealistic, impractical, unaffordable, etc.

Attempting to Resolve Paradox

The underlying paradox of our existence is that we are both infinite, eternal, transpersonally powerful Spirit housed in a limited and relatively fragile body which is finite and will die. From this “master paradox” comes other paradox structures, which lodge in the mental and emotional bodies and create powerful blocks to our forward momentum in any kind of inner development and work, including conscious reality manifestation.

One of these key inner paradox structures that we must address if we are to be successful is that of the Wounded Child/Magical Child.

When most people talk about working with their “inner child”, they are almost always referring to their Wounded Child, that part of them that holds all the wounds and traumas of their life. Because of this emphasis on healing the wounded inner child, its divine aspect, the Magical Child, is usually overlooked if it is even acknowledged at all. And yet full healing of the Wounded Child cannot be accomplished without finally reintegrating these two halves of the same whole. And without this reintegration, all our attempts at reality manifestation will be haphazard at best no matter what we do, because in denying our Wounded Child we also bar access to the Magical Child, who is the generative source of all reality manifestation carried out by the Superconscious aspect of Spirit.

Exercise: Meeting the Magical Child

1. Unify your fields using the Unified Field Meditation.
2. Settle into the inner sanctum of the soul using the Connecting to the Inner Altar of the Heart exercise.
3. Focus your consciousness on the Threefold Flame in the center of your heart chakra. Call before you the Magical Child. See this child—ecstatic, exalted. A spiritual child. A child of God, innocent, pure, and strong. Male and female aspects are fully there.
4. Allow your awareness and perception of this Divine Child within you to become dominant for a moment. Ask it, “What would you like to see happen? What messages do you have for me? How can I help you? How can you help me?”
5. Allow this Divine Child to communicate its answers to you, and when you feel complete, allow your consciousness to come back into the room.

Exercise: Meeting the Wounded Child

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum of the soul using the Connecting to the Inner Altar of the Heart exercise.
3. Focus your consciousness on the Threefold Flame in the center of your heart chakra. Call before you the Wounded Child.

4. This aspect of self may not be as easy to connect with as the Magical Child. You may have to travel through one of the doorways and/or paths leading from this central sanctum to find it. It may be hiding, or locked up. Enlist the help of Spirit in locating this part of you.
5. Once you've found this child, allow yourself to contact it telepathically and see its perspectives. See its views of the world and of life. Now ask it, "What can you do to help me? What can I do to help you?"
6. Allow the Wounded Child to communicate its answers to you, and when you feel complete, allow your consciousness to come back into the room.

Most of us spend a good part of our life denying one or both of these aspects of ourselves. We distrust the Magical Child and fear the Wounded Child. We also take powerful unconscious and/or subconscious vows to deny them, creating a closed system that limits our ability to move freely.

Exercise: Denying the Children, Denying Ourselves

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum of the soul using the Connecting with the Inner Altar of the Heart exercise.
3. From the Threefold Flame, call both children before you. And choose one. And tell the other one that you are going to deny it in favor of the one you chose. Notice how they react. Notice how they feel about that. Now, choose the opposite one and tell the other that you are going to deny it in favor of the other one. See how they feel about that.
4. When you feel complete, allow your consciousness to come back into the room.

When we follow our Spirit without hesitation, or when we attempt to do so, aren't we dealing with these elements? How many of us within ourselves felt like we were making these kinds of choices? How many of us, when we tried to follow our Spirit without hesitation, tried to be that perfect Magical Child in denial of the Wounded Child? If we examine our lives, we can see if and how we have been denying one for the other. Have we been flipping from one pole to the other, trying to resolve an insoluble paradox? The desire for the Magical Child grows strong. Then the voice of the Wounded Child become so loud we can't deny it any longer. So we go back to take care of it, and in the process, we deny the Magical Child. It doesn't feel right when we are fully conscious of making such a choice, yet it is a choice we have made without blinking an eye many times in our lives. First we deny one, and then we deny the other. Deny one, then the other. Then we become totally fascinated by healing the Wounded Child and while we are occupied with that, we forget about the Magical Child.

Vow Break: Denying Our Wholeness I

I now rescind any and all vows that I, anyone in this body, and anyone in my genetic lineage has taken pertaining to denying any parts of my wholeness, including the Divine Child and the Magical Child. I now declare these vows null and void in this incarnation and all incarnations across space and time. All parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all Source systems, all dimensions, and the Void. Please release all structures, devices, entities, or effects associated with these vows. NOW!

Exercise: Center of the Paradox I: Magical Child - Wounded Child

1. Unify your fields using the Unified Field Meditation.
2. Connect to the inner sanctum of the soul using the Connecting to the Inner Altar of the Heart exercise.
3. Focus on the Threefold Flame in the center. Visualize a spectrum of energy in front of you horizontally. On one end of this spectrum is the Wounded Child, on the opposite side, the Divine or Magical Child. The spectrum of energy represents a wholeness, connecting the two apparent opposites. Understand that you are both of these things, these seeming opposites, simultaneously.
4. Now have both of the children come to the center of this paradoxical spectrum of energy. And just have them be there together. Just be with them. No desire to try to resolve the paradox. Nothing to fix. Allow yourself to be in the space where you are neither one nor the other. But there is a wholeness there. Allow yourself the experience of loving both of them as part of your wholeness. Just let yourself be there. They are both what they are. They are what they represent. Allow yourself the experience of looking at both of them with no desire to change them. Just radiating love towards them. And just continue to look at them and love them just as they are.
5. Continue to radiate love. They are either end of this energy spectrum, but it is a whole something, a complete something. And you are just observing it and loving it. It just is what it is.
6. Now move to a higher perspective where you can see the perfection of how each one of them was shaped by events and interactions with other beings. Just allow yourself to sense the perfection of the structure of it all. Of the flow of it all, of the simplest forms of what it is that each one of them represents singly and what it represents as a whole. And just be with it. And allow yourself to know something useful about all of that. Just accept whatever occurs to you. Observe the editing function in yourself and set it quietly aside.
7. When you feel complete, allow your consciousness to come back into the room.

The Wounded Child is an illusion. It is actually a repository of abilities, qualities, and talents. Without access to the Wounded Child, the gifts of the Magical Child, including that of reality manifestation, are inaccessible to us. It can be this simple: if we stop trying to resolve the paradox, they both transform and all of the rich power they hold is available to us.

So what have we been mastering through this inner work? Seeing our wholeness, allowing, accepting, and loving our wholeness, and living in the center of the paradox without trying to resolve it. Part of mastering something is seeing the value of it. So hopefully in this process we can have experiences that give us a sense of the value of mastering these things, and results we can validate for ourselves. Because if there is no value to us in mastering something, we won't master it. Why would we bother?

We can love our wholeness, our Wounded Child and Magical Child. We can ask Spirit to bring our maleness into our body all the way down into our legs. It's the Wounded Child that resists the *yang*/maleness coming into our bodies. The Wounded Child was wounded by a male-dominant civilization. Love our wholeness—Wounded Child, Magical Child—everyone's got a place.

When we try to resolve the paradox, when we try to bring our maleness fully into our bodies, all the way down our legs, into the Earth, we find out what happens when we haven't integrated our wholeness fully. There is no enemy except for the Wounded Child's. So the Wounded Child kicks our male energy out of our bodies because we are fascinated by our wounds, by our victimhood, and the Wounded Child takes control through fear.

Now let's consider the possibility that there is *no such thing as the Wounded Child*. That previously what we have identified as the Wounded Child is simply half of our wholeness. It's not wounded. That was just a role it had to play. It has no enemies and no one to try to overcome it and no one for it to try to overcome. Male energy is about taking a stand and holds the ability to take a stand, including taking a stand for our vision. If we resist our male energy, we cannot take a stand for our reality, and if we can't take a stand for our reality, we can't consciously manifest it.

Our souls have no gender, but they do carry with them a ratio of male and female energy. In this context, male and female refer not to physical gender but with radiant versus receptive, yang versus yin, energy.

Our resistance to maleness can come about because of being traumatized by males and male-dominant culture, by a basic dislike of the world, and by the perception that male energy is ruthless and self-centered. But without it, we lack a visionary focus and the ability to take a stand.

We resist female energy when we have been traumatized by females, failed to bond properly with our mothers, and when we fear connection. There is a perception that female energy is weak, diffuse, ineffectual and spacey. But without it, we lack a state of mystical beingness and delight in the Divine Mystery of life.

Vow Break: Denying Our Wholeness II

I now rescind any and all vows that I, anyone in this body, and anyone in my genetic lineage has taken pertaining to denying any parts of my wholeness, including my male and female energy. I now declare these vows null and void in this incarnation and all incarnations across space and time. All parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all Source systems, all dimensions, and the Void. Please release all structures, devices, entities, or effects associated with these vows. NOW!

Exercise: Center of the Paradox II: Male - Female

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum of the soul using the Connecting with the Inner Altar of the Heart exercise.
3. Focus your consciousness on the Threefold Flame.
4. In front of you, visualize a horizontal spectrum of energy. Your maleness is on one end, and your female energy is on the other end. The spectrum of energy denotes a wholeness.
5. Have both your maleness and your femaleness come to the center of this paradoxical spectrum of energy. And just have them be there together. Just be with them. No desire to try and resolve the paradox. Allow yourself to be in the space where you are not one or the other. But there is a wholeness there. Allow yourself the experience of loving both of them as part of your wholeness. Just let yourself be there. They are both what they are. They are what they represent. Allow yourself an experience of looking at both of them with no desire to change them. Just radiating love towards them. And just continue to look at them and love them just as they are. Continue to radiate love. They are either end of this energy spectrum, but it is a whole something, a complete something.
6. Now move to a higher perspective where you can see the perfection of these beings. Just allow yourself to sense the perfection of the structure of it all. Of the flow of it all, of the simplest forms of what it is that each one of them represents singly and what it represents as a whole. And just be with it. And then just allow yourself to know something useful about all of that. Just accept whatever occurs to you. Observe the editing function in yourself and set it quietly aside.
7. When you feel complete, allow your consciousness to come back into the room.

Sometimes, entities from the astral and upper physical planes attach to certain patterns in our lower bodies to help hold them in place, because they feed on the energy generated by them. Unconsciously, we have given them permission to do so. As part of our process of clearing space for our vision, it's a good idea to perform an entity release from time to time.

Exercise: Entity Release (Angelic Outreach)

Call for assistance:

“Archangel Michael please bring down the tunnel of Light. Ariel, Azrael and Aru-Kiri, please assist.

“I break any and all agreements or contracts, both conscious and unconscious, that I have made, anyone in my body has made, or anyone in my genetic lineage has made, with any astral entities, thought forms, demons, dark forces, elementals, aliens or boogies. Please go into the tunnel, we will take you home.”

From the moment you begin an entity release, assume that feelings or thoughts may not be your own. Boredom, spaciness, resistance, “this stuff never works”, anger, aches and pains, and grief may all be coming from entities. Identify them and send them on i.e. “entity holding resistance: go into the Light!”

Toning is very helpful to ease their release. When you feel clear or lighter, ask Michael to take the tunnel back to the Fifth Dimension.

During the course of a karma game of separation and limitation, there is a need for a council of beings to ensure that the game conditions are not violated. Now that the karma game on Earth is shifting gears to accommodate the maturing of the human soul complement, the task of the Karma Board has changed to that of ensuring that free will is maintained. It also continues to oversee the completion of old karmas.

There are many reasons it can be helpful to visit the Karma Board on the Fifth Dimension. You can request your karmic records, or lodge a formal complaint if you feel that another being has violated your free will in any way. For the purposes of clearing space for vision, it can be helpful to dissolve old agreements to give you freedom of movement. Note that the resolution of old karmas does not count as a violation of free will, as you entered into the karma willingly at some earlier point. It is always best, before lodging a complaint, to make the most efficient use of your energy and that of the Karma Board by researching your karmic records with this being to ensure that no karmas related to the issue exist between you and the being in question.

Exercise: Visiting the Karma Board

1. Unify your fields using the Unified Field technique.
2. Enter your inner soul sanctum using the “Connecting to the Inner Altar of the Heart” exercise. Close your eyes, take a deep breath, and relax. Allow your consciousness to drop into your heart chakra.
3. In the center of your heart chakra, you will find your inner sanctum in the center of the Threefold Flame. For the purposes of this exercise, visualize some kind of altar in the center of the Flames. Place your hands on the altar.
4. You will see a door or pathway light up in this inner space. Set your intent to visit the Karma Board on the 5th Dimension. Allow your consciousness to travel through this passage.
5. You will find yourself before a group of 12 Light-beings. Approach them and announce yourself. Let them know that you are incarnate on Earth, and would like to consult your karmic records. At this time, one of the beings will either beam the information at you telepathically, or hand you some object with the information inscribed on it. Be sure that you

only request the part of your karmic records relevant to your current incarnation, or you will be deluged with an overload of information!

6. Absorb this information in whatever way you feel most appropriate, paying particular attention to any soul contracts that you might have made for this life. If you find any soul contracts, make a formal request of the Karma Board that you be permitted to invoke Divine Grace to release the need to fulfill these soul contracts (if they are yet unfulfilled). The Board will more than likely permit you to do this at this time, unless your Spirit has some reason for the contract to stand. If they refuse permission for you to dissolve the contracts with Divine Grace, ask them why—they are required to give you a reason for refusal.
7. Once permission is granted, call upon the energy of the Silver Ray, Grace Elohim, to dissolve the contracts in question. You may experience this as Grace moving through you, or, if you were given some representation of your karmic records, you may see this representation bathed in silver light, and erased.
8. When you feel complete here, set your intent to return to your sanctum in the center of your heart chakra.
9. Once you are at the inner sanctum, once again place your hands on the altar. Set your intent to go to the place on the 5th Dimension where you can release your agreements to other beings. You will see a passageway near your altar shine with a blue light. Move down this passageway.
10. You will find yourself in a room, black with glowing blue lines. Now, call before you every single being that you have made a pre-incarnational soul agreement with. You may need to enlarge this space! Make it as big as you need to. You may see a great mass of people. It is not necessary for you to individually recognize each one. These are the beings that you have soul agreements with—agreements as minor as giving directions to the post office at a certain time, to as major as a marriage, child agreement or pivotal facilitation.
11. When these beings arrive, you will see that you have a blue line connecting your heart chakra to theirs. Your energy is going into them, and their energy is going into you. Announce to these beings, that you are here to release all agreements and contracts. Let them know that you have made the determination to follow your Spirit without hesitation, and that this commitment must override any agreements or contracts you have made with them. Let them know that, by doing this, it does not necessarily mean that you won't fulfill the terms of your agreements with them. It may well be that your Spirit will direct you to do so. But let them know that you can no longer be under any obligation to fulfill these agreements. The agreements must be dissolved, because you are now following your Spirit without hesitation, and cannot be bound by agreements and contracts to other beings.
12. Now, allow yourself to see a golden beam of light descending from the ceiling of this space. It swings down, severing the blue lines connecting you to these other beings. And you feel a surge of energy, as all of your scattered energy and focus is given back to you. And all of the energy and focus that you have taken from these beings, this energy is returned to them.
13. Thank them, and release them. Allow your consciousness to come back into the room.

Clearing Self-Karmic Patterns

We not only create karmas with others, we create them with ourselves. If there's anything we hate about ourselves, deny about ourselves, a self-karma is almost always at the root of it. It is mostly denying our wholeness and running under these self-karmic patterns that block our ability to efficiently manifest what we want in our lives rather than what we don't want, and so it is worth it to take the time to clear them. If there is one specific area where it

seems manifestation is stalled, it's probably worthwhile to do this exercise to clear any self-karmic patterns that may be unconsciously sabotaging our efforts.

Exercise: Clearing Self-Karmas

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum of the soul using the Connecting with the Inner Altar of the Heart exercise.
3. Focus your consciousness in the center of the Threefold Flame. For the purposes of this exercise, the Truth Flame represents the Mental Body, the Love Flame represents the Emotional Body, and the Energy/Will/Power/Beauty Flame represents the Spiritual Body.
4. Set your intention to illuminate any self-karmic patterns that are polarizing in your fields. You may visualize this in any way that works for you, but try to see how there is always a connection to a "sister" pattern in the other field, since self-karmas always originate in both.
5. When you see one, set your intention to move it from its places in the Mental and Emotional Bodies into the Energy Flame of the Spiritual Body.
6. After a moment, a new form will appear in the Spiritual Body Flame. This is the pattern with its polarity removed and tuned to a higher expression of itself. Move this transformed structure into either field—it will duplicate itself into the other.
7. Repeat as many times as you see patterns, or until you feel complete.
8. Allow your consciousness to come back into the room.

Exercise: Shifting Perspectives

Very often, when we experience problems and obstacles in our life, whether internal or seemingly external, they can overwhelm us with their closeness. It's hard not to take these events as being directed at us personally. It can seem as if there is no way out of them, that they shadow our lives to the exclusion of all other possibilities. This can be a dangerous trap to be mired in, because you can spend years or a lifetime in this state. It is this sense of overwhelm that leads people down the paths of despair, addictions and self-destructive behaviors, all brought about in an attempt to relieve the pain of this overwhelming issue or problem.

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum of your soul using the Connecting to the Inner Altar of the Heart technique. Center yourself in the center of the Threefold Flame/Inner Altar.
3. Now, allow yourself to meditate on a problem that has seemed to overwhelm you of late. If you are fortunate enough not to have such an issue currently active, call up from your memory a time in your life when you were experiencing such a problem. Look at it as clearly as you can, and allow it to unfold before your consciousness fully. Allow yourself to experience any emotions you may have come up around this issue. Does it seem to close around you, banishing all other thought? Does it seem awfully large and close and insurmountable, this problem that you are experiencing in your life?
4. Now, allow yourself to release the energy of this problem for now.
5. Allow your consciousness to merge with your wholeness as Spirit. Take as long as you need to establish this link to your own Spirit. Now, from Spirit's objective perspective, in the consciousness of Spirit, look at this problem in your heart chakra from the perspective of Spirit. Allow yourself to become aware of the choices that brought this situation about. If you feel any judgment, of yourself or others, come up when you look at this now, take some

time to deepen your connection to Spirit's viewpoint. You should feel the judgment ease away.

6. How does Spirit view this situation, in the scheme of your life? What path brought you to this impasse, and what is the best and easiest path out of it? Do you see how, as overwhelmingly huge it may seem to you on the 3rd Dimension, how it looks from the viewpoint of your Spirit? Allow a solution to this problem to come to you, a gift from your Spirit.
7. Have you ever considered the possibility that your problems are your friends? That they're not really problems at all! What they are, are indications of things that you need to have in your environment, and things you need to develop in yourself. What you see as a problem, a master sees as a message about the next steps in the development of the Divine Plan. When something is not working, you say, "Those are probably my next steps."
8. When you return to your heart center, allow the Silver Ray of Grace Elohim to suffuse your heart chakra with Divine Grace, releasing the problem to Spirit.
9. Allow your consciousness to come back into the room.

Exercise: Rescripting Roles

Consider the possibility that you are the producer, director and scriptwriter of your own existence, but you've forgotten the fact that you are playing this role. It is a metaphor which can be useful—as the immortal Bard said, "all the world's a stage". As producer of this production which is your life, you are responsible for all of the casting decisions as well as the direction that the story will take (also budgeting and special effects, but we'll get to that later!). In this light, consider that the people in your life are playing out roles that you have assigned to them. You have a Mom to play the kind of Mom you scripted for, a Dad to play that role, a significant other, and so on.

Sometimes, it is hard to see the actual essence of a person you are in relationship with. You are so caught up in the role which you have assigned to them, that you can only see the characterization, not the character.

It is always helpful to see past this illusion, to the essence of the being beneath. If you are not quite prepared to take this step, though, it can be helpful to "re-cast" these roles in your life, so you can experience these beings in, at the very least, a different light. Sometimes we script villains into our lives, when there is really no necessity to do so!

1. Unify your fields using the Unified Field Meditation.
2. Settle yourself in the center of your inner soul sanctum using the Connecting to the Inner Altar of the Heart technique, and settle yourself in the center of the Threefold Flame.
3. Allow yourself to envision an important, pivotal person in your life, past or present. This should be someone who has had a great impact on your existence, for good or ill. Allow yourself to recall the ways in which you've experienced this being. How did you "cast" this person? What role(s) did they play for you in your life? Allow yourself any insights that Spirit wishes to give you at this time. You may find that they play an archetypal role, or that their role was more subtle.
4. Now, ask Spirit to show you a vision of the person beyond the role that you scripted for them. Let Spirit show this being to you in her wholeness. Can you see how the role you scripted for her in your life was only a small part of the totality of that person's being? If this person is still in your life, allow yourself to be stimulated by the possibilities of this, that this person could be more to you than the role into which you have "cast" her.
5. Allow yourself to absorb Spirit's view of this being, in its wholeness and in all its multifaceted dimensions. Is there anything in this person's wholeness that you would like to see manifest in your experience of this being? Ask your Spirit to transform your scripted role into something greater, broader, more flexible, more allowing of that being's wholeness.
6. Allow your consciousness to come back into the room.

Exercise: Forgiveness

Where our hearts have been hardened by the pain inflicted by others, they cannot open. The release from karma and the gift of Divine Grace is not intended just for us to be forgiven for our karmic choices, but also so that we can be liberated from the burden of unforgiveness. It's important to remember that Grace is available for our use as well as for our benefit!

1. Unify your fields using the Unified Field Meditation.
2. Center in the inner sanctum of your soul using the Connecting to the Inner Altar of the Heart technique.
3. Allow yourself to imagine a being with whom, in this lifetime, you have had some trouble. Maybe this being has wronged you in some way, done damage to you, harmed you. Maybe this being is someone that you feel you have been in karmic relationship with. As long as you cannot forgive this being for her trespasses against you, it makes it very hard to walk in a state of Grace.
4. Realize that every being that you have been in relationship with loves you, supports you, and wants you to have it all, whatever "all" is by their lights. They gave to you what they had to give. While these beings may have lived in fear and hatred, they gave of themselves what was possible for them in that moment. The time has come to acknowledge their service to you, and their loving intent, no matter how this intent seemed twisted by their fear.
5. Now, when this being is in front of you, allow yourself to feel the truth of this. This being loves you, supports you, and wants you to have it all. Feel the energy of that, how that feels in your heart. Now comes the hardest part—forgiving them. In this act, you are pledging to release your resentment, your fear, and your unforgiveness of this being. You can release this only if you are truly willing. If you find that you cannot do this at this time, that the pain is too fresh, then you might wish to find another being to release in this exercise.
6. If you are willing to forgive this being at this time, allow yourself to be filled with the Silver Light of Divine Grace. Allow this Grace to flow throughout your body, through your heart chakra to suffuse your fields with silver light. Allow this light to spill out of your field into the heart chakra of this other being. In forgiving this being, feel how you are also forgiving yourself. Feel how you both give and receive this Grace. Allow yourself to truly experience the love that this being holds for you, and the love you hold for this being.
7. When you feel complete, allow your consciousness to come back into the room.

Exercise: Listening for Spirit's Voice

Very often, it is difficult for us to distinguish between what is the urging of Spirit and what is the prompting of the ego. Sometimes, the clamoring in our mental bodies is so strong that it drowns out Spirit's voice. Spirit's voice is powerful, but subtle, communicating to us in a direct knowing rather than through internal dialogue, which is almost always the voice of the mental body or of astral entities. Spirit tends to "speak" in a sense of knowingness, of recognition.

1. Unify your fields using the Unified field meditation.
2. Close your eyes, take a deep breath, and relax. Concentrate on your heartbeat. Allow yourself to focus only on this for a time.

3. Now, after you are in the rhythm of your own heart, become aware of the pause between heartbeats. In this place of silence, ask your Spirit for guidance, either in a general way or in the form of a specific question. In the pause between heartbeats, your Spirit will speak to you in a voice without words, with boundless and unconditional love. Allow yourself to have this communication and communion.
4. Allow your consciousness to return to the room.

Exercise: Accessing Spirit's Vision

1. Unify your fields using the Unified Field Meditation.
2. Close your eyes, take a deep breath, and relax.
3. Allow your consciousness to drop to the Divine Purpose Crystal, located in the upper breastbone. This structure looks like a multifaceted crystal. Request of Spirit that its vision of Heaven on Earth be transmitted through the crystal. Allow the energy/information of the vision to radiate from the faceted crystal, radiating out into the cells of your body. Allow the energy of this vision to suffuse each cell of your body, then flow out of the pores of your skin, moving out into your fields.
4. Take deep breaths. With each outbreath, release more of Spirit's vision into your outer fields.
5. Allow yourself to be one with Spirit's vision, and allow any thoughts about this vision to emerge from your mental body.
6. When you feel complete with this communion, allow your consciousness to come back into the room.

Exercise: Aligning the Lower Bodies to the Spiritual Body

The Spiritual Body is intended to act as an interface between the Spirit and the Mental and Emotional Bodies. Ideally, the Mental Body takes its cues about reality from Spirit, communicating through the Spiritual Body. Unfortunately, as a result of the separation patterning inherent in the Karma Game as it has been played out here on Earth, the Spiritual Body is mostly ignored by the Mental Body in favor of its own survival structures.

1. Unify your fields using the Unified Field Meditation. Close your eyes, take a deep breath, and relax.
2. Allow yourself to visualize your emotional body. It is the second of the "lower bodies" (the first is the physical body"). Allow yourself to see its spin. You'll notice that in some areas it seems murky, or that some areas seem slower than others. Increase the spin of the emotional body, until you feel a sense of it "clicking" in (this is usually at the 55:34 Fibonacci spin rate).
3. Now concentrate on the mental body. You'll notice that it moves a little more rapidly than the emotional body. In this body, you might notice a lot of "stuck areas", even boxy structures. These are closed systems in the Mental Body, places where very rigid decisions have been made about what is "Real". You may also notice six spinning double tetrahedra above your head. These are the Monitors. It is their task to filter your experiences for you, to edit out anything that is inconsistent with what your Mental Body has decided is "Reality". Increase the spin of this body, too, until you feel a sense of it "clicking in" (this is usually at the 89:55 Fibonacci spin rate).
4. Now, allow yourself to visualize the Spiritual Body. It is spinning faster than the other two, probably at a rate of 144:89 (if you sense that it isn't, please ask your Spirit to adjust it to this spin rate). You may notice that there is very little energy flow between

the Spiritual Body and the lower bodies (you may also notice that there seems to be quite a bit of energy exchange between the Physical, Emotional, and Mental Bodies).

5. Concentrate again on your Mental Body. By intent, increase the spin, until it reaches 144:89, matching the vibration of the Spiritual Body. Concentrate on the emotional body. Allow it's spin to rise to 144:89 also. By now, you should be conscious of the three fields, vibrating at the same rate of spin.
6. From the Spiritual Body, connect lines of energy into the Monitor Tetrahedra in the Mental Body. You may see or sense these structures beginning to transform into icosahedral structures. Once their transformation is complete, they will rise to the level of your 12th Chakra. Allow your Mental Body to be suffused with energy and information from the Spiritual Body.
7. Concentrate on the Emotional Body and repeat the process taken with the Mental Body. Allow energy and information to course into it from the Spiritual Body as well.
8. When you feel complete, allow your consciousness to come back into the room.

Twelve Elements of Vision

True Identity

The first thing to establish in a vision is who the being is who will be experiencing this vision—you. What kind of person am I in my vision of Heaven on Earth? Since we have been trained to be a struggling human, we need a more expansive identity to encompass this wonderful new vision. What qualities, talents, abilities would we like to develop, rediscover, bring to their highest expression? We need to see the things we thought were wrong with us as right with us, as hidden strengths merely awaiting transformation to their highest expression. When coming up with a vision for our True Identity, we must stay to what is true to us. We want to match our desires to Spirit. Since Spirit always gets its way in the end, we might as well get on board now! Who are we multidimensionally, what are our spiritual skills and abilities?

To make it easier to articulate our vision of our True Identity in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living my true multidimensional identity, completely accepting and delighting in my wholeness, that I am able to see all the things about me that I have disliked as positive qualities, to know and use my talents and abilities at their highest level of expression, to have my desires match the desires of Spirit, and to easily and gracefully write my highest vision of my true identity, so that the power of this can be manifested fully in my experience. And so it is!”

Relationship to Life

Our vision has to include our relationships with others. How are we in relationship to ourselves, others, Spirit? We will definitely want to be in relationship only with those who are in complete alignment with our vision, and support our sovereignty. This is the area of the vision where we are most likely to control or manipulate—we are usually afraid to leave our relationships up to Spirit. In our relationships, we want transpersonal orientations—no attachment to specific people, places, forms, or concepts.

To make it easier to articulate our vision of our Relationship to Life in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living the

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highest possible relationship to myself, other people, and my Spirit, that all beings that I interact with are completely in alignment to my vision of Heaven on Earth and completely support me as a sovereign master, that I have no attachment to people, places, forms, or concepts, and that I easily and gracefully write my highest vision of my relationship to life so that the power of this can be manifested fully in my experience. And so it is!”

Emotional Tone

The emotional tone is where we incorporate our general state of being into our vision. We will want emotional authenticity and spontaneity, joy, delight, and allowing of the expression of our emotional bodies, saying “yes” to the child within, and the filters through which we experience life. This part of the vision is necessary for experiencing our wholeness, without which we cannot experience our mastery.

To make it easier to articulate our vision of our Emotional Tone in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living spontaneous authenticity, that I am filled with delight and joy of allowing the emotional body full expression, that I accept and allow the child within with all of its silliness, playfulness, and inconsistency so that I can experience the wholeness of my reality, and that I easily and gracefully write my highest vision of the Emotional Tone of my life, so that the power of this can be fully manifested in my experience. And so it is!”

Foundation

The foundation of our vision allows us to request the kind of relationship to space, time, and money that allows us the grace and ease to manifest our visions easily. Our foundation will delineate the practical, physical things that we want to have as part of our vision of Heaven on Earth. A good relationship with the physical plane means that we will always be in the right place at the right time, that we will always have enough time, energy and resources to accomplish whatever Spirit directs us to do, to have resources show up before we know we need them, and building in the trust that Spirit will always provide everything along with the constant revelation of what form our work in the world should take, work that allows our Spirit full expression of itself while being satisfying to the personality as well.

To make it easier to articulate our vision of our Foundation in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating and living in a graceful, easy relationship to space, time and money, that I am always in the right place at the right time with the right people doing whatever Spirit directs me to do in the moment, that I am willing and able to listen to the guidance of Spirit, I always have resources provided before I know I need them, Spirit provides absolutely everything I need, I live in a constant state of revelation about the form my work should take, my work allows the full expression of Spirit at all times, I live with a complete orientation to miracles, I always have enough time, energy and resources to do whatever Spirit directs, and that I easily and gracefully write my highest vision of the practical foundation of my life, so that the power of this can be fully manifested in my experience. And so it is!”

Freedom of Expression

To live our vision of Heaven and Earth and to follow our Spirit without hesitation means that we will need to allow Spirit free rein to express through us without interference from our egos. Instead of fulfilling our need for drama with old negative patterns, we can allow intensity to support our vision and get our need for drama filled by living our

vision and following our Spirits without hesitation. We have a sense of powerful forward momentum, filled with the fire of divine purpose, more vibrant and alive. We have a sense of things only getting better and better with each step we take, so much so that we need to build into our vision an ever-expanding capacity for joy.

To make it easier to articulate our vision of our Freedom of Expression in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living the vast, full, spontaneous expression of my Spirit, of having positive, wonderful ways to fulfill my need for intensity and drama that completely supports my vision and co-creation of Heaven on Earth, of living with a sense of powerful forward momentum, more and more vibrantly alive, things just keep getting better and better, every moment contains an excitement about how amazingly wonderful it is and total delight in the expectation that the next moment will bring even more goodness, that I have infinite, ever-expanding capacity to contain all these gifts from the Universe, and that I easily and gracefully write my highest vision of the ecstasy of my freedom of expression, so that the power of this can be manifested fully in my experience. And so it is!”

Contributions to Life

If our fundamental motivation is to help others, then we will deny our Spirits to do so. Instead, we need to cultivate the motivation that Spirit have its fullest expression, and that every contribution we make to other beings allows a greater expression of our Spirit. That way, everything we do for others will be more effective, because we are serving Spirit first and Spirit knows the best way to be of assistance to another. If we release our attachment to the form this service will take, it allows Spirit the freedom of movement to fulfill the divine purpose with ever-changing forms, and choose the role that best serves in the moment. All healing, teaching, and helping is a side-effect of fulfilling Spirit's directives.

To make it easier to articulate our vision of our Contributions to Life in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living with only one motivation: that my Spirit have its fullest expression, that all contributions I make to other beings allows a greater expression of my Spirit, serving Spirit serves others more effectively, all appearances of healing, teaching leading or helping are really just me expressing my Spirit, I fulfill my divine purpose with ever-changing forms and I am never bound by forms and roles, and that I easily and gracefully write my highest vision of my contributions to life so that the power of this can be fully manifested in my experience. And so it is!”

Discernment

Discernment allows us the ability to see clearly what supports our identity as masters and our vision of Heaven on Earth. It allows us to know in every moment, with each breath and each step, what Spirit is guiding us to do. It gives us the ability to catch when dysfunctional pictures of reality are running us and letting us release them, and when entities are in force so we can bust them. It lets us have continuous insight into our path and our direction, and access our higher wisdom about the universe and universal law. It allows us to form our own personal philosophy of life based on our own personal validation and experience.

To make it easier to articulate our vision of our Discernment in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating and living with the

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ability to discern what supports my true identity and vision of Heaven on Earth, and what my Spirit is guiding me to do, that I am able to quickly perceive when I am running dysfunctional pictures of reality and release them, that I can easily tell when astral entities are in force and walk them into the Light, my discernment allows me to have continuous insights and revelations, that I have high wisdom about the universe and universal laws, that I have my own personal philosophy of life, and that I easily and gracefully write my highest vision of divine discernment, so that the power of this can be manifested fully in my experience. And so it is!”

Transpersonal Power

When we embrace our full transpersonal power as realized multidimensional masters, we know that all power comes from Spirit, that Spirit provides absolutely everything, that all other symbols of power mean nothing, and that we honor our Spirits as the source of our power and allow it to flow through us.

To make it easier to articulate our vision of our Transpersonal Power in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living with transpersonal power, that I fully know that all power comes from Spirit, that all other symbols of power are worth nothing to me, that I honor Spirit as the true source of power and allow it to flow through me, that I see all beings as divinely powerful, therefore I have no need to protect, heal or save them, and that I easily and gracefully write my highest vision of transpersonal power, so that the power of this can be manifested fully in my experience. And so it is!”

Wholeness

Wholeness is important to our vision, because if we are in rejection of any part of us, it severely undercuts our ability to act powerfully to manifest our reality. We need to allow for the possibility that there is no part of us that is not divine in nature, and that those aspects of ourselves that we see as the darkest actually contain the potential for great strengths to be made manifest through us. If we cannot experience Oneness with ourselves, it is impossible to experience Oneness with all life, and if we can't experience that lack of separation, we cannot co-create effectively.

To make it easier to articulate our vision of our Wholeness in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of my discerning, articulating and living with a constant experience of my wholeness, that I allow all of the parts of myself and see them as valuable, that I experience the Oneness of All Life through my allowance of my wholeness, that I allow my vision of Heaven on Earth to support me to be all that I can be, and that I easily and gracefully write my highest vision of complete wholeness, so that the power of this can be manifested fully in my experience. And so it is!”

Conscious Access

In order to manifest our vision fully, we need full conscious access to energies and information from Spirit on the 5th Dimension/mid-causal plane—our oversoul/entity, in other words. Conscious access also includes allowing higher-dimensional beings to communicate with us and through us in whatever way is appropriate for manifesting the next stage of the vision. We will need constant, easy access to Higher Truth, the ability to explore other dimensions and realities, and be able to fully recall and articulate our experiences, the better to communicate our vision to others. For us to be fully co-creative masters building Heaven on Earth, we must become clear divine instruments through which higher energies flow freely through us to restructure reality in this dimension.

To make it easier to articulate our vision of our Conscious Access in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating and living with constant conscious access to energies and information from the 5th Dimension/mid-causal plane and higher, that I allow upper-dimensional beings to communicate with me and through me appropriately, that I have constant, easy access to higher truth, that I have the ability to explore other dimensions and realities, with the ability to recall and articulate the experience, that I have easy access in and through to other dimensions, that I easily orient and stabilize my consciousness in any dimension or parallel reality including this one, that I am a divine instrument through which higher energies flow into this dimension, and that I easily and gracefully write my highest vision of complete conscious access, so that the power of this can be manifested fully in my experience. And so it is!”

Living the Vision

We want to incorporate into our vision what it will be like for us living this vision in the world. We will know and understand that all systems that flow and emerge into our lives are from Spirit alone, that all religious, spiritual, economic and cultural systems flow from our Spirit. By doing this, we become fully co-creative Masters of Manifestation, and transcend any possibility that our old lives had to offer. In living our vision, we take our cues from Spirit, from what is true for us, and develop our own systems for everything that we need to live in the reality that emerges from our own consciousness.

To make it easier to articulate our vision of Living the Vision in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living my vision of Heaven on Earth and that all systems that emerge and flow in my life are from Spirit, that all of my religious, spiritual, economic and cultural systems emerge from my Spirit, that I become a co-creative Master of Manifestation and transcend any possibility that the old reality has to offer, that I have my own system for everything that I need to live in the reality that emerges from my consciousness, and that I easily and gracefully write my highest vision of Living Heaven on Earth, so that the power of this can be manifested fully in my experience. And so it is!”

Group Soul (Entity, Oversoul)

When we manifest our vision of Heaven on Earth, it is so vast that our personal selves could never run it. So we must be fully willing to enlist the transpersonal power of our group soul intention to fully live our vision.

To make it easier to articulate our vision of our Group Soul in our vision, it will be helpful to ask for that clarity:

“Superconscious, by the force of Grace, will you manifest the essence of the performance and effect and embodiment of the highest possibilities of my discerning, articulating, and living my transpersonal dedication to the divine intention of my group soul, that I am in service to something so vast and wonderful that I couldn’t possibly consider trying to control or run the show, that I have access, recall and articulation of my group soul’s intent, and that I easily and gracefully write my highest vision of my group soul’s purpose, so that the power of this can be manifested fully in my experience. And so it is!”

Homework: Building a Vision

In order to become more conscious of co-creating Heaven on Earth with Spirit, it is helpful to come up with some kind of written record of your intention. Using the workbook provided, write down your own vision of Heaven on Earth using the 12 elements provided.

Part 2: Manifesting Your Vision

Now that we have cleared the space for our vision, and come to some sort of conscious awareness of it, it's time to work on manifesting it into our daily lives and experience.

Exercise: Meeting the Master of Manifestation

Most subpersonalities are just that—fragments of a personality, which die with the personality and body. However, there are a few representatives of Spirit in the Inner Planes, one of them being the Master of Manifestation, the representative of the Superconscious, that part of Spirit responsible for reality manifestation, and the connection of Spirit to the lower bodies. Until the Magical Child has been reintegrated, the Master of Manifestation will be unavailable.

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum of the soul using the Connecting to the Inner Altar of the Heart exercise.
3. In the center heart space, there are doors, hallways, and or passages, depending upon your own inner vision of this space. Set your intent to find the Master of Manifestation, and one of the passages will light up. Allow your consciousness to go through this passage.
4. Sometimes the Master of Manifestation is difficult to find, sometimes the ego has even bound it up somewhere in some kind of prison. When you find someone, ask them to identify themselves—it might be the Gatekeeper, guarding access to the Master of Manifestation.
5. If the Gatekeeper or anything else is blocking your access, ask them why and reassign them to a different task.
6. When you find the Master of Manifestation, speak to him/her. Ask him/her what they need from you, and let them know what you need from them. Commune with this being for awhile. If you have articulated your vision, “feed” it to them telepathically at this point, and ask them to clear space for the vision to be created, by the force of Grace.
7. When you feel complete, allow your consciousness to come back into the room.

Exercise: Mer-Ka-Ba Activation

The Mer-Ka-Ba (or merkabah) is a multidimensional structure intended for the purpose of raising base frequency. Also called, “The Ascension Vehicle”, it is a dodeca-icosahedral energy structure designed to hold the bodies stable while frequency is raised to the point where the being can traverse dimensional space with all of its consciousness intact. It is the Mer-Ka-Ba that allows the physical form to raise its frequency into a higher rate of vibration, effectively allowing the physical to move fully and consciously into other dimensional spaces.

The Mer-Ka-Ba is also a very powerful manifestation device. When used properly, it acts to magnify intent and assists in the restructuring of reality by aligning the desired manifestation with 6th-Dimensional creation templates, thus increasing the effect, potency, and speed of the new manifestation.

1. Unify your fields using the Unified Field Meditation. **THIS EXERCISE WILL NOT BE EFFECTIVE AT ALL ON A NON-UNIFIED FIELD.** Close your eyes, take a deep breath, and relax.
2. Start to spin your Unified Field around you, at an ever-increasing rate of spin. From your 12th Chakra, a gorgeous fuschia light will start to flow down into your crown. This is the light of the Christ Consciousness. Allow it to flow through your body, filling all of your chakras with Christlight. The light will flow out of the chakras, spilling into every cell of your body, overflowing out into your field.
3. Spin your fields even faster. From the 13th Chakra, a rich Turquoise light will start to flow down into your crown. This is the light of your I AM Presence. Allow it to flow through your body, filling all of your chakras with the light of your I AM Presence. The light will flow out of the chakras, spilling into every cell of your body, overflowing out into your field.
4. Increase the spin of your fields, remembering to take deep, regular breaths. You are still and calm in the midst of the fury of your spinning fields. Now, request of your Spirit that your Mer-Ka-Ba structure be placed around your body. The Mer-Ka-Ba is a spinning dodeca-icosahedron within a star tetrahedron that encases your field. You will get the sense that your field spins even faster. As the Mer-Ka-Ba “locks” into your field, you will feel yourself surrounded by a pillar of incredibly incandescent white light. This is the Lay-oo-esh Pillar of Light, and it signals all dimensions and universes of your presence and your awakening.
5. Allow yourself to feel how your body feels, encased in the Lay-oo-esh Pillar. Can you feel how you feel a sense of travelling at incredible speeds, yet you remain still? Allow your body to get a sense of this feeling. Absorb the kinesthetic impression of your body sitting still, yet travelling at Light Speed.
6. To use this structure as a manifestation device for your Spirit’s vision of Heaven on Earth, allow your Spirit’s vision to descend from the Divine Purpose crystal in your upper chest, filling your heart chakra with Spirit’s vision. Energy and light and sound will spill from your heart chakra. Direct this energy into the Mer-Ka-Ba structure. You may get a sense of the energy following the lines of the icosahedron. Allow the Mer-Ka-Ba to fill completely with your Spirit’s vision. When you feel the pressure build to a natural release point, allow the energy to course, greatly magnified by the Mer-Ka-Ba, out into the Universe, restructuring your reality as it goes.
7. When you feel complete, request that your Spirit lower your Mer-Ka-Ba structure (note: you will not want to keep your Mer-Ka-Ba up at all times—since it is such a powerful manifestation vehicle, you want to be very focused and conscious of what you are manifesting. It is best to be as conscious and aware as possible while this structure is activated! Otherwise, you may find yourself manifesting unconscious patterns that you probably would rather not see manifest in your experience! Word to the wise...). The Lay-oo-esh Pillar will drop, and your fields will slow their spin.
8. When they have slowed to the point where you feel comfortable, allow your consciousness to come back into the room.

Exercise: Walking in Grace

1. Unify your fields using the Unified Field Meditation.
2. Let your consciousness become aware of a single cell in your body. See the membrane, the mitochondria, the spinning vortex in the nucleus. Allow your awareness to go into the vortex

at the nucleus. Feel yourself move through it, like it's a whirlpool drawing you deeper, deeper, until it pulls you out of the other side, into another place.

3. See the blackness all around you as you emerge on the other side of the vortex. This is the Void, the space between subatomics, which holds the space for infinite potential, infinite creation. In this Void, you will see glowing lines, and pulses of light moving through them. Allow yourself to feel very expanded, as your consciousness extends throughout the Void, becoming One with the Void, One with the lines of Light, one with the pulses traveling through the Light. Feel your body get more and more relaxed, your mind still.
4. From this place, request that the silver Ray of Grace meet you in this place. You will see the lines of Light turn to glowing, iridescent silver, the pulses of light moving through them a brighter silver. You will see that light spill out of the lines, touching the Void, as Grace moves faster and faster through the lines.
5. Now, pull your consciousness back out of this place, until you can see the cell again. Notice how the entire cell is filling with silver light. Allow this light to flow through the membrane of the cell, until it crosses into the cells next to it, lighting up all the cells next to it. Pull your consciousness back even farther, until you see an entire part of your body start to radiate silver. Allow the light to spread, until it suffuses your entire body and spills out of your skin, radiating out into your field from every pore.
6. Take a deep breath, and allow your consciousness to come back into the room. Feel how your skin tingles with the silver light pouring out of it in waves, knowing that everywhere you walk, you walk in this silver light. Knowing that everything you touch, you touch with this silver light. Knowing yourself to be walking in a state of Divine Grace, with each breath and each step.



The Mer-Ka-Ba structure. A double tetrahedron (frequency modulator) outer structure with an inner combined icosadodecahedron (manifestation structure).

Workbook

Vision: Step 1—True Identity

You must have an identity. Who are you in this reality that you are about to manifest? You are the center of this reality; it must revolve around you. There must be some way of relating to you in this picture as a sovereign entity. So, these qualities, talents and abilities, which are already in you, are at their highest expression. You are looking for, in this vision, an end result—vision is fully manifested. Be bold and outrageous!

Also, in this identity, it would be good to see that all the things you have felt were wrong with you, were somehow your greatest strengths. They turned, as you became a transpersonal being, and revealed themselves as positive and powerful qualities. You can just say them, without knowing what they are, and the Universe will rearrange itself to accommodate you. Stay within the range of what you know to be true and real for you, but you would really like to develop in yourself. Your Spirit has access to the manifestation process. Your life will be easier and more powerful, if you work to find what your Spirit wants. Then have your desires match the intent of your Spirit. The only source of struggle and conflict in your life is not having desires that are completely aligned with your Spirit. If you wish to eliminate struggle and conflict in your life, have desires that are completely aligned with your Spirit. Sit down and ask Spirit what it wants in the identity and write what comes through, have it be the highest that you and your Spirit can imagine at this time. When it is manifested, you can then imagine something higher.

TRUE IDENTITY

VISION: STEP 2—RELATIONSHIP WITH LIFE

What kind of relationships are you going to have? To the people in your life...to the things in your life...to yourself and your emotions. How are you going to be in relationship to other people? Transpersonally, you have no desire to manipulate anyone to be anything other than what they are.

In your vision, it is important that all of the people do not have faces. Allow Spirit to fill in the specifics. Create your vision to be with people who you are completely aligned with, and let Spirit do the rest. Design relationships where manipulation is not its basis. If you put forth a vision that says you are with beings that totally delight in you and you in them, the universe will rearrange itself to accommodate that. When you see yourself trying to put control measures into your picture of reality, merely step aside and observe that you are still experiencing fear. In your vision, have a new relationship to fear. You can experience it and still not have the need to control.

In the vision, do not have an attachment to people, places, concepts, anything in the world of form. Allow the vision to create a whole new background reality for you, one that you as an element in the foreground, can live your magnificence. Live the fullness of who you are.

RELATIONSHIP WITH LIFE

Vision: Step 3—Emotional Tone

You must have emotional tone. There must be something in your vision that says “YES!” to the child within you. You must be able to be as silly, childlike, carefree as your Spirit draws you to be. There must be joy, delight, and an authentic allowing of the emotional body, which awakens and touches the innocence. This must be there for it to be a whole reality. Allow yourself to be silly, when you are feeling silly, and sad when you are sad, so that you can be well-rounded and whole. Allow yourself an authentic, spontaneous emotional expression. This is part of the child. It must be allowed for you to ever experience your wholeness. Have room in your life for silly, childlike, playful things.

Emotional Tone

Vision: Step 4—Foundation

You need to have a foundation, a relationship to space, time and money that allows it all to be easy for you. Find a way for you to be flowing in the natural majesty of your own Spirit, and how much and in what way it brings you resources. Here in your vision, put in the practical, down-to-Earth things. Have a relationship to time where you are always in perfect timing. Have a relationship to space where you are always right where you need to be. Have a relationship with resources, so that you always have what you need before you even know you need it. Simultaneous experience of wanting something and having it is possible if you set it up that way structurally.

This is the place you say, “I want to always be in the right place on the planet.” Your physical location on the planet should be in a place where your soul can just sing. Where you love everything and it loves you. So, if Spirit decides to take you out to L.A., then put you in Sedona, or vice versa, you can say, “No problem.” Your vision puts you in a place that your soul can sing. Put in this vision that you are willing and able to listen to guidance from Spirit and follow it.

Put in your vision that you will intuitively and spontaneously discover the form your work is to take on this planet, if you have not already found it. The form will constantly reveal itself to you and you will dance and flow with that form. This is the down-to-Earth, nuts-and-bolts kind of thing that your Spirit needs in order to have a context to play in. Your work should be the kind of work where the fullness of your Spirit can be allowed full expression. So whenever you are doing the work, your Spirit is singing. You can feel that you are wrapped in a mantle of infinity.

You are going to need somewhere to live. Let Spirit lead you to the right place for you to live and do your work. Envision your home being the perfect place for you to manifest your Divine Expression, do the work that Spirit guides you to do, and to co-create Heaven on Earth.

FOUNDATION

Vision: Step 5—Freedom of Expression

If you are to manifest your vision of Heaven on Earth, you must have the freedom of expression to create it. Here is where you put your requests for an ease and Grace when it comes to the free-flowing expression of your being in every moment. Try to emphasize the positive rather than the negative—in other words, ask for the qualities you would like to have rather than suppressing the things about yourself you don't like (that part will be handled in the Wholeness element of the vision).

Most of us are stimulated by drama. There is nothing wrong with this—drama is exciting and intense. But if we are to live our vision of Heaven on Earth, we need to have our need for drama fed by living our vision and following Spirit without hesitation. That way, there will be nothing getting in the way of the manifestation of our vision.

Freedom of expression makes us feel more alive, that the world is full of potential and possibilities and that things are just getting better and better. It is the pathway to experiencing joy on Earth.

FREEDOM OF EXPRESSION

Vision: Step 6—Contributions to Life

What will be the basis of your contribution to others? If your fundamental motivation is to help other people, or some cause, then you will be willing to deny your Spirit in order to do so. Not only that, but you will use your own ego's agenda, not Spirit's, when you are contributing from this motivation. If, on the other hand, your primary motivation is to serve Spirit, then your contributions to others will flow naturally from that, and Spirit knows far more about what is needed than ego does. Incorporate into your vision that any appearance of healing, teaching, leading and helping is a side-effect of you following your Spirit and fulfilling your divine purpose. Let your service to others be determined by Spirit, releasing attachment to the form this service will take or the role you will play.

CONTRIBUTIONS TO LIFE

Vision: Step 7—Discernment

In order to follow the steps from Spirit necessary to manifest your vision, you have to be able to see what supports your identity and the vision, you have to know what you are guided to do. So here is where you build in full conscious access to Spirit's guidance, the ability to recognize dysfunctional patterns quickly and clear them efficiently, catch when entities are in force so you can send them into the light, break any vow structures, know when to do clearing exercises, and so on. It means that you always act in accordance with Divine Law and incur no karma.

DISCERNMENT

Vision: Step 8—Transpersonal Power

The power to create reality is not conferred by any 3rd-Dimensional power structure. Political groups and leaders cannot provide it, economic systems cannot provide it, religious institutions cannot provide it. The power to create is transpersonal, it is divine, and it sources from Spirit alone. In this part of your vision, you recognize Spirit as the Prime Mover for anything that comes to you and that you experience, acknowledge that all other symbols of power are worth nothing, and ask to be a clear divine instrument for the transpersonal power of Spirit to flow through you. Without this, you will look to outside sources to supply the means for your vision, which will greatly limit what will come to you.

TRANSPERSONAL POWER

Vision: Step 9—Wholeness

If you are in rejection or denial of any part of you, you are cutting off your power to act as a conduit for vision to manifest. You are denying your own divinity. Consider the possibility that there is no part of you that is not divine. Often the things we most dislike ourselves will, when transformed with Higher Truth from Spirit, become our greatest strengths. Without accepting our own wholeness, we cannot experience true oneness with life.

WHOLENESS

Vision: Step 10—Conscious Access

In order to manifest our vision of Heaven on Earth, we need to be able to access energies and information that support us in that. Here is where you build into your vision the level of conscious knowledge you would like to experience, your access to Higher Truth, and the access into other dimensions necessary for reality creation.

CONSCIOUS ACCESS

Vision Step 11—Living the Vision

When you are living your vision, all systems—religious, spiritual, economic, cultural—flow from Spirit. With this level of integrity, you become a fully conscious and realized Master of Manifestation with access to all the resources necessary to bring about whatever reality you choose to participate with as real in the moment. This is where you ask Spirit for the tools to create your own system for everything you need to live in the reality that emerges from your own consciousness. This is the part of the vision that allows you to work outside the constraints of consensus reality.

LIVING THE VISION

Vision: Step 12—Group Soul

Vision comes from the 5th Dimension, and that means at the level of your group soul, called oversoul or entity in various systems. In this part of the vision, state your commitment to the fulfillment of the divine intention of your group soul, so that you can access all of the resources it has to offer you.

GROUP SOUL

Appendix: Vow Break (Angelic Outreach)

We took many vows of control during the incarnational cycle. Most of the time, a person had an intense karmic experience, died, hit the lower astral plane, and vowed "I'm never going to do *that* again!" A situation or an expression that we vowed we would never experience again is essentially a place where we vowed to *not* follow Spirit without hesitation.

When a vow of control is taken, often the Forces of Density ("Dark Forces") place devices and matrix to ensure that the vow is kept. Many vow structures have astral entities attached to them. Every time you hit a deep self-limitation, look for a vow. Pertinent devices and matrices disappear immediately or are easily removed.

The formula for vow breaking is similar to an Entity Release:

"I now rescind any and all vows that I, anyone in this body, and anyone in my genetic lineage has taken pertaining to _____. I now declare these vows null and void in this incarnation and all incarnations across space and time. All parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all Source systems, all dimensions, and the Void. Please release all structures, devices, entities, or effects associated with these vows. NOW!"

Appendix: Examples of Survival Orientation

From E.T. Earth Mission, *Living Outside Your Survival Bubbles*

1. "In order to survive, I have to be completely self-reliant. I cannot reach out for someone's help or things that are precious to me will be taken away from me. I must be self-reliant."
2. "I have to be submissive and submit to the needs and desires of others. I have to make my needs and desires unimportant or I will not survive in a social or cultural context. I submit to other people's needs in order to maintain peace at any price, manipulating to get the correct response."

These beings experience a "dark love", which is fear-based.

3. They are always looking for outside authority, their permission is limited by authority. They are afraid they might lose control of themselves, and hurt somebody. They have a need to follow the rules and keep agreements. They are not following their Spirit.
4. Everything is self-referential. Everything is referred back to the self, it is always personal. "What can you do for me? How can it serve me? What can I get out of it?"
5. "I have to present myself properly. I have to look attractive, sound good, act happy, communicate properly and say things in the right way. I can never burden anyone with my emotions, I can't show them my dark side. If you love me, you'll always tell me I'm wonderful and beautiful."
6. "I have to be productive in order to survive. I must be working hard or people will not value what I do. I have to be strained and struggle with my work, so people will say, 'There's a good person!' Good people work hard and are productive and do it the right way, all day, until they drop."

They have a poor self-image. They feel they have two options:

1. Work hard to get what there is not enough of.

2. Don't work hard and give up your share.

They are in service to form/idealism/concepts/right ways, completely fear-based.

7. "I have to limit my freedom in order to survive. If I want to survive in the world, I have to learn to keep my commitments and agreements. I have to be consistent. I won't change. I'll find a way to be and just be that way."

Before doing anything these beings always ask themselves two questions:

1. "How is it in the Universe, what are the rules?"

2. "What is the right way to do it?"

They are not following their Spirit. So, every action lacks Grace and generates karma. When they put out a negative energy, it creates karma. They find their life is a struggle. This is the death of your Spirit. It is the fundamental denial of following your Spirit without hesitation. When we recommend that you follow your Spirit without hesitation, this is the major reason you don't do it. Many of you feel that once you have made an agreement, you are trapped in it. As long as you are in your Survival Bubble, you may decide to do it, but you are going to pay a heavy price. Because your picture of reality says you will be shunned and ostracized. People will not like you, you will be unhappy. You should carry a burden around your neck because of it. When we sit down with you, we say, "We apologize for any inconvenience we are about to cause you. We are the type of people who follow Spirit without hesitation. I'll apologize right now for any inconvenience it may cause you. This is something that I'm practicing as a spiritual discipline and I must do it. I don't have idealism or rules about it. I just do it, because my Spirit directs me to do it."

8. "I deserve love and approval from my primary group, because I am responsible. I want to be a really good person, so I am responsible for everyone in a 120-mile radius. I can take care of you and take care of things for you. Don't you love me?"

They are meddling, nosy, and know-it-all. They have advice for everything. Since they are responsible for everyone, they must be right. Their responsibility is to dominate everyone. One can never say "No!" to someone with this quality of fear, because then you'll hear, "After all I've done for you, and you can't do this one thing for me?" They are always available, too.

"Forget following my Spirit, if someone needs me, I'm obligated to be there for the people I care about." They are real big on things being fair. They want everyone to see them as a strong and good person, so people can say, "He's the one that did that!"

9. "I don't trust myself or my intuition. I trust no one, what they know, or the Universe." They stay with things that are superficial and easily known and recognized by other people as truth. They feel intimacy and depth are dangerous, because it takes them into places where they cannot trust what they or other people know, or the Universe they live in. They hunger and thirst for intimacy, because they have denied it from themselves for so long.
10. The issue with these beings is power, survival of the fittest—only the fittest will be able to survive. The powerful people seem to be ruthless and exploit other people who are ruthless. They exploit the powerless people, and then feel they are victimized by people who are ruthless and exploitative. They see power as money, muscle, intimidation, manipulation, leverage and information, legislation and law.

The root of this quality of fear feels that power is dangerous. They become champions of the powerless people. They seem to look for power sources outside of themselves, in order to get their vision to happen.

11. All of their actions are based on fear. So it is hard to know themselves as masters. They are masters of limitation.
12. Timing and positioning are everything to them. They have gotten a correlation to what they think and what happens in reality. So they are terrified of negative thoughts and that they might be manifested. They try to be careful and control their thoughts. It is based on the belief that beings are evil and must correct themselves.
13. They compare themselves to everyone. They are either superior to them or inferior to them. They are denying the possibility of equality. They are always measuring differences, and comparing them with each other, in the world of form.

QUALITIES OF PERSON LIVING OUTSIDE OF THE REALM OF FEAR, FOLLOWING THEIR SPIRIT WITHOUT HESITATION, LIVING IN A STATE OF GRACE

1. Their only desire is to co-create Heaven on Earth. They work as a team, with individuals that are also co-creating Heaven on Earth. They are living in sovereignty, with no guarantees.
2. They are living in a state of True Love, and they relate with a love base in all relationships. They are with people when there is an energetic signature, and totally delight in their presence. They experience "Light Love". They don't care what a person does or doesn't do, it feels great and the signature is there. They have a respect for the sovereignty of others.
3. They follow their Spirit without hesitation, while living in a state of total permission. The only rule they follow is following Spirit! The only authority they follow is Spirit.

4. They refer to the vision, rather than to themselves. They say, “How does this affect the co-creation of Heaven on Earth?” rather than “How does this affect me?” “Does this feed and support the vision? If it does, it is worthy of my interaction.”
5. They are being authentic in every moment, living as a Divine Fool. They say, “Sorry folks, sometimes I get pissed off, sometimes I raise my voice. I can’t be manipulating myself based on someone else’s fear. I just say what occurs to me at the time.” They do not see themselves as perfect, idealized beings. They don’t care about how they look or how they dress. If they get up that day and their hair’s messy, that’s okay. They are living unconcerned about what people think of them, they just take it as stimulation. They live in freedom and say, “What you think of me is none of my business!” They use everything as stimulation, rather than attaching themselves to a belief system. When someone says something to them, they accept it as insight and gain their own insights.
6. They are not attached to form, they are following Spirit in everything they do. There are no rules. They are only doing what has signature for them. They are fulfilled and ecstatic by everything that’s getting done. They realize that fulfillment does not come by manipulating the illusion of survival, or by manipulating the illusion that someone loves them. They are doing what they love, in whatever way Spirit tells them to do it, and the resources are piling up around them.
7. They spontaneously move from following Spirit. If Spirit guides them to be in a place at a certain time, they are there. They are flexible to change because they are allowing Spirit to guide the way. They do not limit themselves to circumstances, or preordained events. They are there because Spirit has guided them to be there in the moment. They say, “We are the type of people that follow our Spirit without hesitation in everything that we do. I apologize right now for any inconvenience it might cause you. This is something I am practicing as a spiritual discipline and I must do it. I don’t have idealism or rules about it—I just do it because my Spirit directs me to do it. When everyone is following their Spirit, then no one is inconvenienced. I do not want to agree with your picture of reality, if it does not serve me. I can accept other people’s pictures of reality as stimulation, but I want to live my picture, which can only be revealed through my own insights. I can accept other people’s reality as stimulation for my own insights, but I live by my own insights only.”
8. When living outside of the realm of fear, the answer to the question “How is it?” is “However you decide!” They can change their mind in every minute. “What is the right way?” is “Whatever Spirit directs in the moment.” That’s the right way! Survival is not the primary motivating force, it isn’t the reason to do anything, it is just a given.
9. They live in a state of Grace, which allows them to be totally in the moment, with a fresh start and no reference to the past. There is no karma. Every action they take when following their Spirit is full of Grace and creates no karma. When they are living in a state of Grace, they can be an asshole and create no karma. When something comes up, they deal with it and continue to live outside the realm of fear.
10. They have a free flow of giving and receiving. When they give something, they have the opportunity to feel capable. When they receive something, they have the opportunity to feel loved. They experience loving themselves by being capable through contributing to other people. The sole responsibility they have is to fulfill their Divine Design and co-create their version of Heaven on Earth.
11. They are living outside the realm of fear, they dive into the mystery and delight in the mystery. It is wonderful to not know. It is enough to know what they know in the moment. It is enough to know they are in a Universe rearranging itself to accommodate their picture of reality. It is wonderful that they don’t know how the Universe is going to rearrange itself. It is wonderful that they can trust their Spirit and never know what their Spirit is doing and how things will turn out. They trust their own intuition. They are a massive open system, because they have come to the place that they know they don’t know anything for certain. They are constantly evolving. As enough pieces go into their open system, it continually collapses and reforms itself at the higher possibilities.
12. There is no such thing as a powerless person. Outside of the realm of fear, power is one thing—Spirit! That’s all the power they need. Power is a given, it is a natural thing. Do they seek power? No, they are powerful beings. They are just Divine Fools, they wouldn’t know what to do with your power if you gave it to them. They only know to follow Spirit. They have a minimum of attachment to other beings. They are a magnificent, creative force in the Universe.
13. They are masters of Divine Expression. They are fierce about their integrity of living outside the realm of fear. They are fierce, determined, and devoted. They will not be stopped. They will not go back into living in the realm of fear.

14. They have no reason to control their thoughts. They trust that if anything occurs to them, it's from Spirit and it's a good thing. They could never imagine they are basically evil and that they have to fix themselves. They see everything as good and participate in life as a Divine Fool.
15. They see that we are equal in Spirit and relate to one another as Spirit. So, they see themselves and others as equal, but different. They see comparison as useless. They see that their Spirit has a different job than another person's Spirit does. They are equally important to a job for whatever is being manifested.

Appendix: Vision: 12 Elements of Effective Visioning

E.T. Earth Mission, *Genesis Solar Vision*

The Universe rearranges itself to accommodate your picture of reality. That means, if you are going to radically change your existence in any way, the most powerful thing that you can have is the ability to change your picture of reality. One that is more to your liking. So that when the Universe rearranges itself, it will be just what you like.

In the 5th Dimension, it happens instantaneously. In the 3rd Dimension, it happens gradually, over a period of time. So, you can create a new vision that wills all the coming forth of a new reality. Try one on for awhile, then come up with a new vision, which will bring forth a new reality. This process will go on and on for you until your version of Heaven on Earth will be manifested.

A part of the process is making tones in order to break patterns. So that the old pictures of reality, that are no longer useful to you, can be cleared. Clearing entities is another useful technique, because they have pictures of reality too. While you are being influenced by outside entities, their pictures of reality will run as if they were yours. Also, learn to live transpersonally. This will separate you from living in the mass hallucination [consensus reality].

**IF YOU ARE TRYING TO LIVE PERSONALLY IN THE OLD WORLD,
THEN WHATEVER THE OLD WORLD WANTS YOU TO BE
IS WHAT YOU WILL WANT TO BE,
AND THE VISIONS OF THE OLD WILL BECOME YOURS.**

E.T. Earth Mission Template for Envisionment of Heaven on Earth From *Genesis Solar Vision*

First Vision: TRUE IDENTITY

We are multidimensional extraterrestrial masters here to co-create Heaven on Earth. We are vast, unstoppable, co-creative forces in the universe. We channel, co-create and use fifth dimensional and above technologies to further the co-creation of Heaven on Earth. These rapid technologies help us, and others that we work with, transmute into Light in alignment with the Earth as it travels on its pathway to become the EarthStar.

(May we stop you for a moment. Could you feel the images of that? Could you feel the reality of it? The tone of it as a reality? Do you know who wrote this? When you here that, does it ring true? Does it sound like whoever wrote this, it is true for them? It was written by two people, who were writing their vision together. One of them is a computer programmer and the other one works for an advertising agency. Did you get that out of what they wrote? They are rewriting the history of their existence. Incorporating the truth of their multi-dimensional wholeness. Its been written. Its been read. It is Real.)

While we are fully human beings, we simultaneously express ourselves on the other dimensions as well. I, the freedom of Spirit, the force of Wisdom, command the EarthStar colony, New Jerusalem, on the fifth dimension. On the third dimension, I am a divine instrument of the awakening. I inspirationally mobilize the co-creation of Heaven on Earth. I, the Freedom of expression, the Spirit of the child, stabilize the energies around me. I also channel information and energies from the fifth dimension and above, then activate them to further the co-creation of Heaven on Earth. We are wholly dedicated to following Spirit without hesitation, to the nth degree. We love to share our essences with others and do so freely and openly. We also direct and flow with fifth-dimensional and above energy as called upon by Spirit.

(Sound like somebody you would like to meet and spend some time with? Hang out with?)

Second Vision: RELATIONSHIPS WITH LIFE

Becoming a Master of Manifestation

We delight in the ecstasy of communion with our beloved Spirits. We delight in our wholeness. We engage with all life as whole, powerful. Multidimensional masters, for all with embodiments are masters. We gracefully use new fifth-dimensional concepts and ideas, which flow freely and easily into our lives. We are drawn and draw to us multidimensional masters who are in alignment with the co-creation of Heaven on Earth. We delight in everyone and everything around us and vice versa. Everybody we hang out with thinks that we are the neatest, warm, loving, strong and open people they know. They love and respect that we take a stand for who and what we are, and we support them in their visions as well. We accept change from moment to moment and we are flexible about shifting pictures of reality as they occur to us. We are fully supported by the new world and everything is in place before we even know that we need it. We delight in each other's presence more every moment and are authentic and real. We love and support each other in our wholeness and are willing and able to do whatever is necessary to maintain our transpersonal relationship.

We evoke creativity and wholeness in other masters who we work and play with. We experience oneness with all of life.

(Sound like a background reality that you could hang out in for awhile? Can you imagine living in such a reality? Would you prefer it over the reality that you are currently living in?)

Third Vision: EMOTIONAL TONE

We are ecstatic about doing what our Spirit wants us to do which gives us delight in every moment of our service. We are fascinated with carry out to our fullest expression the exploration and mobilization of each new possibility as it occurs to us. Yet we shift our fascination easily as directed by Spirit. We fully and most powerfully express our wholeness and love, sharing it with each other and each master who has come to partake in the co-creative process. We are intensely fascinated with nifty fifth dimensional and above gadgets, which further expand the work we do in serve to our Spirits. We are constantly and wholly in live with our Spirits and each other. We love to laugh and play and live in the ecstasy of the spirit of the child as we do our work. Things just keep getting better and better, and easier and easier, with each new step we take. Our relationship to our emotional bodies is full of love and honor. All of its authentic expressions are integrated as part of our wholeness. We delight in the full range of expressions that our emotional bodies bring to our lives. We are spontaneous, dynamic, and authentic in our relationship to our emotional bodies. We love and include our emotional body's vibrant colors as a part of the magnificence of the co-creation of Heaven on Earth.

(Can you just feel the universe rearranging itself to accommodate this for these beings? They are taking a stand for this as their reality. They have bothered to write down a picture of reality. They are now in the process of taking a stand for this as their reality.)

Fourth Vision: FOUNDATION

Spirit provides whatever we need with ease and Grace before we realize that we need it. We are always in the right place, at the right time, with the right people, and the right things. We are always synchronized with divine timing, doing our right next step. We are completely open to the nourishment of our ground crews by the highest and best possibilities. Our ground crews are in constant touch with our Spirit's next step, performing it flawlessly, sometimes without even realizing it. Our Spirits are constantly guiding us intuitively and spontaneously to reveal our work, which is demonstrated and mobilized by what we do. Our work is the kind of work that allows the fullness of our expression at all times. We are wrapped in a mantle of Infinity that our ground crews gracefully and easily accept. Ease, grace and gentleness are a natural part of everything that we do and manifest. We are easily and naturally attuned to our next steps and delight in stretching beyond what we currently know. We are continuously aware that the resources that come to us

are ours by divine right and are from the source and are not directly connected to our work. We attuned to the efficient utilization of those resources. People are drawn to us to experience our work and delight in sharing resources. For we and they easily see the integrity and value of our work. We delight in receiving resources and they delight in sharing them with us. Our work constantly helps us to develop and expand new rapid fifth dimensional and above technologies which are in complete alignment with this planet's evolution. Our physical bodies mutate easily and gracefully. They are loved and supported by the energies and information channeled through them.

Our male and female energies are dynamically expressed as a part of our wholeness. even have it occur to you to write one. How many of you have been dropping out of the old world without dropping into the new one? Then you just end up being fringey old world dropouts. Have you noticed that these two beings here are very androgynous. They are both very much female and very much male. And as any of you whole have tried to push on their shoulders today know, they are very solid- in their reality. Their reality to them is just Reality. It's just the

Becoming a Master of Manifestation

way that it is. Now there are a lot of people on this planet who that is a dream. Any of you ever thought a reality like this would be a wonderful dream to maybe have someday? Well, the spiritual child in you sees something like this as reality. The wounded child believes that it's not possible. So you have a paradox. Is it possible-is it not possible? Which one of you is telling the truth? Which one of your realities is the true reality? Blah. Blah. Blah. Let them both be there and emphasize the one that you want to have manifested. How do you emphasize the one you want to have manifested? Write it down as a vision. How have you been emphasizing the one that you wanted to have manifested before? Working on the wounded child. Cleaning up your stuff. Healing the wounded child. That becomes reality. Everything that the wounded child thinks is reality then becomes reality. And within that you try to follow your Spirit without hesitation which usually means that you deny the wounded child while you are living in the wounded child's reality, trying to follow your Spirit without hesitation. Can you see why it might be a little difficult? Can you see why you might need another picture of reality to roam around in? Another picture of reality to take a stand for. Another picture of reality to dedicate yourself towards. You don't have to deny either reality in favor of the other. You just emphasize the one you want manifested.)

Fifth Vision: FREEDOM OF EXPRESSION

Everything we do has a powerful spiritual impact. Our lives are progressive, dynamic and energetic as we assist in bringing forth a new species and a new civilization to Earth and its future self as a star. We live only as the highest and fullest expressions of universal principles, living and exuding Light and Love to its many workers on all dimensions. We allow our wholeness and will move to take a stand for it, where ever and whenever. We have a constant sense of powerful forward movement and direction. There is always energy and dynamic life force in and around us. We live life at its fullest in every moment as the universe rearranges itself to accommodate our pictures of reality. We are completely spontaneous in what we do or say in the moment. We allow ourselves to be inconsistent, non-rational, non-linear, non-sequential, or whatever else is required in the moment. And we accept its expression as part of our wholeness. We are vast and exciting beings who love constructive, supportive expressions of excitement, intensity and drama.

Sixth Vision: CONTRIBUTIONS TO LIFE

Spirit is always living its fullest most divine expression through us. Our contribution is a constant source of fulfillment as a vehicle for the expression of our divinity. We engage in it wholly as our life unfolds. In all of our interactions with other being, our primary motivation is to contribute through the expression of our divinity. What others do with it is between them and their Spirit. We evoke in other master their longing for the Source and a delight in discovering the mystery and beauty of the workings of Spirit. We assist in the transmutations of these longings and delight into mobilization and stabilization. Our ability to articulate and develop new rapid technologies for their individual journeys is ever expanding. From their contact with us they are moved to create even higher expressions of their own Spirit, as they blaze their own pathways and write their own visions.

Seventh Vision: DISCERNMENT

We are delighted by the discernment of the subtleties in the unfoldment of universal principles, which fills us with deep levels of peace and harmony. We live our own wisdom about life, which is in alignment with our spirits. We consistently operate out of our knowingness. We have great wisdom, insight and revelations into the workings of the universe and delight in its mystery and beauty. We delight in our uniqueness, which allows us to be blissfully alone and separate as well as together. We have a highly developed ability to accurately discern, interpret and articulate subtle energies. For we love to play in the energy and are fascinated by the interplay of the colors, sounds, textures, and other qualities of the energy while following Spirit. We easily discern, in the moment, even the subtlest differences in the flow and quality of the energies around us, knowing those differences, we act accordingly, flowing with or altering the course of energy as directed by spirit. We are masters of discerning darkness and loving it back into its wholeness in the Light.

We have continuous insights and revelations about all that is going on around us and gracefully do the right thing. We use and develop new, rapid technologies to further the quality of discernment in ourselves and others.

Eighth Vision: TRANSPERSONAL POWER

We are masters of surfing in the play of forces, then riding the tip of the wave of the highest possibilities, in every living moment. We have an amazing strength and ability to take a stand for our truth. We know that the only true

power that flows through us is from Spirit. Spirit provides us with everything including the power of thought, movement, feeling, breath, existence and change. We honor spirit as the true source of power and the provider of everything and allow its full expression through us with ease and grace. We are also guided by Spirit in our relationships to concepts, ideas, and people and easily remain unattached to form.

Ninth Vision: WHOLENESS

We have an allowing, unconditional relationship with Spirit. We are freely and spontaneously the universe rearranging itself to accommodate all pictures of reality. We constantly experience our wholeness with our male and female energies in full expression. Everything that exists, at its essence, is the divine love of this universe. We are attuned to the oneness of all life and are aware that we are completely supported by everything that exists. We access the broadest perspectives of the wholeness of our part in the divine drama of existence and see ourselves swimming in an ocean of divine love on our way back to the source. We are comfortable and at peace with the I AM, who and what we are, and our relationships to the I AM and all of life. We accept the paradigm and paradoxes of life on this planet, allowing any and all of them full and simultaneous expression.

(How are we doing? Are you enjoying this so far? That's what you are here to do, is to write this kind of vision for yourself. Can you see that it incorporates a whole reality, the background as well as the foreground? Do you know what we mean by background? You look at that picture on the wall. It has a background and a foreground. The background is what the flowers are sitting in. Most people, when they learn how to create their own reality, know that there is a possibility of changing some elements of the foreground. But when you operate from and awareness the universe rearranges itself to accommodate your pictures of reality, why just change the foreground of the picture. Why not just change the whole damn picture? Why live in a reality that you don't like, trying to create things there that will allow you to survive it, when you could create a whole new reality?)

Tenth Vision: CONSCIOUS ACCESS

We have a rapid and total conscious access to information and energies from all dimensions. However, our fascination is with the fifth dimension and above. If Spirit desires we channel entities from the fifth dimension and above and they work through us in whatever way is appropriate. We also have friends in high places who work in tandem with our Spirits. We constantly and easily access higher truths and continuously use them to explore the other dimensions. We witness who and what we are in the other dimensions and serve as instruments for fifth dimensional and above energies and information flowing through us into this dimension. We are divine instruments through which our spirits play freely. The more we carry out our vision, the broader and more expensive our access becomes, and our lives and interactions with Spirit become easier and easier.

Eleventh Vision: LIVING OUR VISION

We steadfastly live our vision of the co-creation of Heaven on Earth, which we know to be true. Whether or not there is evidence of this, and no matter what anybody may say, we are the magnificent seeds of the EarthStar. We hold our vision in our consciousness singly for it is all that exists in our lives. We are the pathcutters. We are the magnificent ones. We have so fully embodied our vision that we are a powerful visionary force to be reckoned within life. We are co-creative masters of manifestation who have transcended the old world. We are masters of form. We are seeds for the new civilization which includes new economic and cultural systems, and a new species on the EarthStar. We wholly live our vision of Heaven on Earth as given by Spirit.

Twelfth Vision: GROUP SOUL

Our first allegiance is to our Spirit. Our Spirit's allegiance is to our divine mission and purpose. Our mission's allegiance is to the intention and purpose of our group soul. We are completely and transpersonally dedicated to the purpose of our group soul, whose function is the transitioning of planetary bodies from mass to Light. We accept that our Spirit guides us to serve our group soul's divine intention, while delighting in the mystery of our unfoldment in the divine drama as we return to the Source.

They wrote that in two days. So what was it like for you to hear that? Expansive, to what part of yourself? You obviously came here because of this vision. So what did your wounded child feel about that vision? Did you feel like you couldn't write a vision like this. "Could I just have a copy of this? I could just transcribe it from the tape." This is an indication of the tendency inside of beings: "I would go live in Heaven on Earth if someone else built it." Just notice that

that is in you and live it as part of your wholeness. “ I felt like the child self was waiting for the parent self to give it to them. Passing the power away again?” If the maleness isn’t engaged, how are you going to get what you want? Somebody has to give it to you. You can’t just generate it out of your own beingness if your maleness isn’t there. There’s nothing inside of you that could take a stand for what you want. If you don’t take a stand for it, how can it be manifested? These beings take a stand for their reality hundreds of times a day. Every time you say something about them and they stop you and correct what you are saying, so that it matches their picture of reality, they are taking a stand for their reality. When you say, “Savizar,” and they say, “No, it’s Zavi’Rah,” he’s taking a stand for his reality. If you say, “Savizar,” and he says, “Its no big deal,” he’s not taking a stand for his reality. When somebody tells you that you have a wounded child, and you go, “Oh, yeah, yeah, that’s right,” that is collusion around a particular reality, right? What if your inner sense says, “You don’t have a wounded child.” What if there isn’t one. What if that is only what that aspect of your child looks like in a certain reality? And if you take that same aspect of your child and put it in a different reality, it thinks, acts, and responds in a completely different manner.

Appendix: Separation Orientations

From Angelic Outreach

Emotional Body

SHAME

“I am not God.”

Divine Love Axis

Physical Body

HATRED

“You are not God.”

Mental Body

SPIRITUAL SIGNIFICANCE

“I’m God, and you’re not.”

Emotional Body

GUILT

“I’ve done something
cosmically wrong.”

Divine Will Axis

Physical Body

BLAME

“You’ve done something
cosmically wrong.”

Mental Body

SPIRITUAL AMBITION

“If you would just get with my
program, we could live Heaven
on Earth. It’s your fault I’m not
happy.”

Emotional Body

DOUBT

“I know absolutely nothing.”

Divine Truth Axis

Physical Body

DENIGRATION

“You know absolutely nothing.”

Mental Body

SPIRITUAL AUTHORITY

“I know it all and you know
absolutely nothing. I am the
master and you are not.”

When any of these feelings of separation (shame, guilt or doubt) become too intense in the Emotional Body, the Physical Body will project the separation at others (hatred, blame or denigration). When the Mental Body gets new spiritual concepts or verbiage it may use them to build defense mechanisms against feeling the separation. If you call someone on their spiritual significance, ambition, or authority, they will usually drop back into the next position and project hatred, blame, or denigration at you. Everyone runs these patterns when they are trying to find balance within the paradox of being a vast multi-dimensional being in a finite matter-based body. Separation orientation distorts and then excludes the Spiritual Body’s viewpoint.

Appendix: Unity Orientations

From Angelic Outreach

Divine Love Axis

Spiritual Body

DIVINITY

“I am Divine, you are Divine, All is God.”

Mental Body

UNITY

“I am One with everything.”

Emotional Body

TRUE LOVE

“I am overflowing with love for everything.”

Physical Body

SERENITY

“I am at peace with myself, you, the world, and God.”

Divine Will Axis

Spiritual Body

SOVEREIGNTY

“I am sovereign in my reality, as you are sovereign in yours.”

Mental Body

CO-CREATION

“Together, we can create anything that Spirit envisions.”

Emotional Body

SERVICE

“How can we serve the co-creation of Heaven on Earth?”

Physical Body

IMPECCABILITY

“I follow my Spirit with each breath and each step.”

Divine Truth Axis

Spiritual Body

MASTERY

“I am a vast multi-dimensional master—as is everyone.”

Mental Body

WHOLENESS

“I fiercely include and honor all the parts of me as I honor all of you.”

Emotional Body

DIVINE EXPRESSION

“I delight in the revelations and expressions that Spirit brings through me and other Masters.”

Physical Body

AUTHENTICITY

“I am here, now, spontaneously being, saying and doing whatever occurs to me.”

In the Oneness Orientation, there is inclusion of the viewpoint of the Spiritual Body. Instead of the energy only flowing in one direction, it flows back and forth, amplifying and enhancing the other positions.