

Connecting with Our Spirit-Circle: Working with Our Guides for Health, Well-Being, and Joy

**A Workshop Presented by
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and
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The Inner Planes

The Inner Planes interpenetrate every other plane, much like the akashic. For many millennia, human shamans have accessed the part of the inner planes bordering the lower astral, but as our species matures spiritually, higher levels of the inner planes become accessible. When we connect to the inner altar of our heart chakras, we engage with the inner planes at the 5th-dimensional, or mid-causal level. That allows us to work with astral levels of essence as needed, but gives us access into the deeper workings of our greater soul group, sometimes called the oversoul or the entity.

While we can always appeal to our guides on any level of consciousness, accessing them from the Inner Planes space is the most effective. They are more likely to “hear” you when your consciousness speaks from that space. It’s like changing from a whisper to a shout.

Working with Our Guides

It might be tempting to think of our guides as omnipotent, omniscient protectors who hover over us constantly, aware of our every mood and situation. Actually, their senses are different, and they perceive the physical plane very differently from the astral than they would do if they were physical, too. Possessing no eyes, they don’t “see” us in a physical sense, although they perceive the energy matrix that is “us”. They might be able to perceive that we are experiencing physical pain in a very abstract way, tune into our emotional bodies to pick up on our suffering, but they aren’t necessarily aware of how intense the pain may seem to us. They are able to influence and take action on the physical plane, but only in very proscribed ways, limitations imposed by their own guides on the 5th. They are tasked not to interfere with our free will. To interfere with our suffering may not be something the soul wants to have happen, for karmic or learning reasons.

But...there *is* some leeway. “Implied consent” is one of the ways guides slide a bit around the “Prime Directive” when a soul is being a bit stubborn about asking for the help it needs. Think of an EMT who goes on a call to someone who is clearly delirious with drugs or illness, who is in obvious need of assistance, but refuses it. A skilled EMT in time learns to get that consent one way or another. Dealing with the karma on the physical plane can make us similarly “deranged” and unable to know what’s good for us. Our guides must be similarly creative at times—that is a part of *their* training and evolution.

As we become more mature as souls, with more lifetimes of experience behind us to give us confidence, our guides will step back even more, becoming available only as we truly need them. And as we awaken to the deeper dimensions of our true essence while we conduct our physical lifetimes, our guides will expect us to be even more self-sufficient, only intervening when requested. And remember, the personality can request all it wants—it’s the essence requests your guides listen to!

So if we are to get our guide’s attention at the level of the personality, we are required to approach in a certain way and with our fields able to maintain a basic balance and neutrality. This is because our own essences are requiring of themselves this level of awake consciousness at all levels of being. This is where tools such as the Transpersonal Spiral come in handy—our guides are much more likely to pay attention to personality requests if our personalities are awake enough to depolarize our fields through using that technique or others like it. They are aware of how ephemeral desire is, and won’t always respond to merely what we want...but we *will* get what we need, to paraphrase a famous song.

Healing is an active principle of Love, so our ability to receive healing is directly affected by our capacity for receiving Love. Younger souls usually accept healing as something they are entitled to—they soak the healing energy right up. But mature and old souls are working on self-love, so often feel unworthy of the love/healing. They also have a tendency to somatize emotional issues much more regularly than younger souls. This means that many physical conditions will not resolve unless healing on the emotional, mental and spiritual levels is also engaged. Many of the ailments of older souls are also directly linked with past-life incidents, so clearing of trauma from those out of the akashic imprint is also a necessary step in the healing process.

Before we start engaging with our guides regularly in a healing relationship, we need to increase our capacity to receive Love, Truth and Energy. Is there a technique for that? Of course!

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Exercise: Ever-Expanding Capacity and Operating from Essence

Everything any of us may need or desire can be supplied by one combination or another of Love, Truth, and Energy. What we receive is limited by our capacity, which pushes away all excess energy once a capacity level has been reached. Capacity levels are fixed by imprinting and experience, but using this exercise, we can expand our capacity to receive all that we need to fulfill our life plan from essence with ease and Grace. Once we have opened up our capacity, we can use the Threefold Flame to ground into Spirit and operate from this level of perception all day.

1. Unify your fields using the Unified Field Meditation.
2. Connect to the Inner Altar of the Heart following that technique.
3. Approach the Threefold Flame in the inner altar; using Essence Breath (below), bring the Truth, Love, and Energy flames to the same height.
4. In normal configuration, the Threefold Flame reaches to the ceiling/sky of the inner sanctum. Using Essence Breath, breathe Light into the base of the flame, the Golden Ring that connects the three flames. With each exhalation, the flames will spread open, similar to a flower bud unfurling to open to the greening power of the sun.
5. If you feel the flames “resist”, or if you can’t move them open and they are still contracted (vertical), instead of inhaling essence, inhale the Silver Ray of Grace and exhale it into the Golden Ring, requesting that your capacity expand with ever-expanding capacity, ease, and Grace. When the structure continues to open, resume normal Essence Breath.
6. Keep working with it until the “petals” of the Threefold Flame lie almost parallel to the ground on which it stands, like a lotus blossom floating on the surface of clear water.
7. Settle your consciousness into the center of this structure, the Jewel in the Heart of the Lotus. From your “base” in this configuration, run a tube of light straight down, through your solar plexus, navel, and base chakras, down through the Alpha Chakra 8 inches below the tailbone, and send out a cone of rays of light, anchoring you into your entire holographic grid of incarnation. From your “crown” in this configuration, run a tube of light straight up, through the top of the heart chakra, through the throat, brow, and crown, and then forward and up into the Alpha Chakra, connecting you to your Spirit through all dimensions into the Source.
8. Set your intent to operate from this place and open your eyes.

Essence Breath

1. Breathe slowly through your nose on a count of seven, inhaling your essence through every cell of your body, saturating your physical form with the Light of your own being, the Light of your own Spirit.
2. Hold your breath for a count of 3.
3. Slowly exhale, letting the Light of Essence stream from every cell in your body to saturate your fields with the Light of your own being, the Light of your own Spirit.
4. Repeat as needed to center into your being.

Now that we have increased our capacity to receive it, let’s ask our guides for “a little help down here, please!”

Exercise: Working with Your Healing Circle

1. Unify fields using the Unified Field Meditation.
2. Using the Connecting to the Inner Altar of the Heart exercise, settle your consciousness into the center of your heart, in the center of the Threefold Flame.
3. Request the presence of your Healing Circle. You may be aware of presences surrounding you, or see them. There will be seven. One is your Primary Guide. You should be able to distinguish which one this is. There may be one or two Secondary Guides, tasked to assist your soul with current incarnational studies. The rest of them will be your Healing Guides.

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4. Request that they set up a Healing Circle around your bodies and fields. You may visualize this in the inner space as them creating the circle between them, encircling you and your Threefold Flame.
5. If you have any specific requests, make them (aching back, illness, etc.).
6. Request that all etheric structures of the energy anatomy be repaired, strengthened, and activated. Request that all structures relating to your health and your clear connection to Spirit be renewed and expanded as needed.
7. Request that all energy bodies be harmonized with each other.
8. Request that these systems be maintained as possible.
9. Request that any issue that you are unaware of, or haven't mentioned, be addressed.
10. When the Circle activates, you may see or sense yourself being surrounded by a bubble of light and energy, your physical body suspended in a sphere of green healing light. You may see or sense directed beams of light and energy working on you and through you inside this bubble of light. Sit quietly and absorb as much as you can. There is no set time on this—you may feel complete within a few minutes, or you may go as long as 20 minutes or more if you really need it.
11. When you feel complete, thank your Circle. Ask them to maintain your energy fields as necessary and make any adjustments needed during your day (or night). Dismiss the Circle. Allow your consciousness to return to the room.

Remember that there will be certain types of repairs relating to your pranic tube that your guides cannot perform without assistance from an incarnate healing partner (i.e., a physical plane practitioner). There are certain structures, such as the power-pack that feeds the generator meridian between the shoulder-blades, that they are unable to replace. They might be able to stitch it together and hold it awhile, but because these structures are extremely time-sensitive and the healing guides are outside the physical time-stream, they will arrange to get you to an etheric surgeon or practitioner whom they can work through to help you in these cases. Occasionally, they will be able to perform certain minor repairs using your own touch—they flow through your hand as they would through a trained practitioner, the presence of your touch acting as a sufficient anchor to the physical spacetime stream.

Exercise: Seven-Point Self-Healing Touch

Unify your fields using the Unified Field Meditation.

Connect to the Inner Altar of the Heart using that technique.

Ask for the presence of your Healing Circle. Let them know you're performing the Seven-Point Touch.

Place one hand on the Jade Pillow at the back of your neck (left or right, doesn't matter). Position it there comfortably, as you will be maintaining this through the whole exercise.

1. Place one hand on the crown chakra on the top of your head. You can touch lightly with your fingertips or lay the whole hand over it, as you wish. Ask your guides to work with your Fourth Eye psychic perception structure, your brain circuitry, your neuroendocrine system, and the balance between the two brain hemispheres. Hold your hand there until you feel complete. You may feel a bit light-headed with this one!
2. Place your fingers on your brow chakra. Ask your guides to work with the psychic perception structures of the Third Eye and proper neurochemical balance.
3. Place your fingers on your throat chakra. Ask your guides to work on the energy structures in your throat relating to expressing/communicating your Love, Truth and Power. If you have a cold or flu, ask for assistance lowering the inflammation in this area. Physically, ask them to optimize the proper balance of your cerebrospinal fluid, and the health of your central nervous system from the brainstem.
4. Place your fingers on your heart chakra. Ask your guides to work on the energy structures there, including the power-pack behind your heart chakra between your shoulder-blades. Ask that any astral armoring or defenses be cleared and dropped. Ask that any residual grief or sadness release, by the force of Grace. Ask that any physical issues of the chest (lungs, heart, etc.) be worked with.
5. Place your fingers on your solar plexus chakra. Ask your guides to work on the energy structures there, and physically to address any issues of the upper digestive tract—stomach, small intestine, liver, pancreas, gall bladder, etc.

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6. Place your fingers on your navel chakra. Ask your guides to clear any blocks there, and physically to address any issues of the lower digestive tract and reproductive organs (if you're female).
7. Place your fingers on your pubic bone, wherever feels comfortable. Ask your guides to clear any blocks there, and physically to address any issues of the pelvis and reproductive organs. Ask that the connection between the base chakra and the rest of your upper chakras be strengthened, and the connection between your base chakra and the planet be renewed. Ask for any boost to pranic circulation that may be needed.

Conscious Connection with Our Spirit-Circle

Many of us would like to increase our psychic perception. We would like to be attuned to our spirit guides, to “hear” and “see” them, to “know” when they're trying to bring our attention to something. We would like to be more “psychic”, with all that implies. However, very few of us even pay adequate attention to our physical senses. If we are to hone our perceptive abilities, we start at the level of the physical and “work our way up.”

Besides, fully anchoring into our bodies, even if our bodies are ill or in pain, ultimately feels better in every way than dissociation from same.

Modern technology also serves to dissociate ourselves from our immediate environs. This can be a problem on many levels. It is very hard for your guides to communicate with you when you're in the “smartphone trance”, or indeed any trance induced by long-term computer use.

So every once in awhile, it serves us to put our cute little gadgets aside and focus on the glorious physical plane in our immediate area...or even in our not-so-immediate area, but anchored fully in the Now instead of in an abstract mental plane astral space.

Exercise: Reverie

Most of us walk around in a fairly unconscious state. This is an exercise for strengthening your physical senses and perception. The more you do the Reverie Exercise, the stronger and more detailed will be your perceptions. You start with the physical, then move on to subtle energies.

Get a fresh orange, or any other food item that has both a strong scent and a strong flavor. I like oranges best, because of all the different textures and flavors available.

Take the orange in your hand. Look at it. Notice every feature, every detail, of it's outer peel. Notice the gradations in color, any imperfections. Take your time. Now close your eyes. Recreate the sight of the outside of the orange in your mind. See everything clearly in your mind, as if your eyes were open. Once you have done this, slowly open your eyes and compare your inner sight to your physical. Do this as many times as you like, noticing what you missed or overlooked on the previous attempts.

Smell the outside of the orange. Again, notice every scent, bring it really close to your nose. Try to identify the smell—bitter, sour, sweet? Combinations? Then, when you've done this, take the orange farther away from you. Can you still pick up the scent when it's arms-length? Put it several feet away from you. Recreate the smell of the outside of the orange in your mind. Summon up every detail, every subtlety. REMEMBER what you've recreated. Then retrieve the orange, and compare your inner sense of smell to your physical senses. Do this as many times as you like, noticing what you missed or overlooked on the previous attempts.

Run your fingers over the outside of the orange. Notice its texture. Notice how that texture changes. Is it rough in places, soft? Then, when you've done this, put the orange down and close your eyes. Recreate the feel of it in your hands. Then, move that sensation up your arms. Feel the surface of the orange on your face, on your chest, your back, your legs. Feel how the intensity of the sensation fades and changes on different areas of your body. Note where these changes in sensation are located on the body. If you can't “capture” this at first, practice moving the actual orange over your body in different areas first, then do it by memory. Compare your recreated senses with the actual physical senses.

Bite into the peel of the orange. Let the bitterness hit your tongue. Examine all of the different flavors of the orange peel. Put the orange aside, and recreate the flavor on your tongue. Then compare your recreated flavor with the actual flavor by biting into it again.

Peel the orange entirely, discarding the peels. What does it sound like? Examine each sound as you peel the orange halfway. Put the orange down and recreate the sounds. Then resume peeling and compare.

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Then repeat all of the above exercises with the pithy insides. Culminate it with eating the orange fruit! This is where you combine your senses. Try to get a sense of the sound of the orange as you chew, the flavor as you bite into it, the changing textures as your teeth break it down, the changing flavor right before you swallow it. Examine the seeds in detail, as well as the flesh of the orange. Try to smell it, feel how the sense of smell is tied up in the taste, try separating them out. Be very focused and very conscious with each bite.

Repeat this exercise daily or on some other regular basis until your recreated senses are as strong and powerful as your “actual” experienced senses. Then move on to the next exercise.

Exercise: Physical Sensory Extension (Remote Sensing)

Most people assume that their physical senses are tied to their physical body. This is not true. All of your senses can be extended through your energy fields. By widening your inner fields, you can actually bring sensation back from a distance.

This is the core exercise for strengthening clairsentience.

Sit somewhere where you will be undisturbed for awhile, take a deep breath, and relax.

Start with vision. Extend your fields outside the room. What is it you are seeing? Learn to note the details. What are you hearing? Smelling? Tasting? “Pick up” an item in the next room, and feel it, noting all of its textures.

Now, extend that sensory web outside your house. Choose something pungent-smelling, like a pine-tree, and bring its scent back to you. Who (or what) is walking down the street? What do they look like? What are they wearing? What are they saying, if they are speaking? What sounds do they make as they move? What do they smell like? Taste the air. What does the air taste like? What discrete flavors make up the outside? Spend as much time as you like exploring this way.

Gradually extend your senses farther, until you are pulling sensation from other towns, other states, other countries. This is a gradual process, working up to farther and farther away. Most people find that their senses diminish with distance. This is due to a mistaken belief system that “farther is harder”. Continue with this exercise until it is just as easy to see a room in Tokyo as it is to see the room you’re in. This exercise works to break down the illusion that consciousness is bound to space-time in any way.

As a bonus exercise, practice moving through the Void to go different places. Go down through the subatomics of your body, out into Voidspace, and do the exercise in Void! Play in other species’ bodies—how do their senses differ from human senses? Play with this one, it can be fun! Try “dropping in” on concurrent incarnations of your Spirit—in parallels, on different planets, in different bodies, in different universes, in different time-frames. What are they experiencing? Use their senses.

Exercise: Extending the Extrasensory Web

Now that you’ve mastered the “physical” senses, move on to the more subtle fields. You start by sensing your own.

Close your eyes, take a deep breath, and relax. Unify your fields using the Unified Field Meditation.

Your inner field extends from 5-10 feet away from your physical body. Your outer field can extend for miles.

Pull your inner field in, about a foot away from your body. Reach your hand out and just allow sensation to come through. This will be much more subtle than the sensory exercise done in Reverie. Keep at it until you feel something, some sensation. Keep your hand in the same place in front of you.

Now, very slowly, move your hand. Up and down, side to side. How do the sensations change? Pay close attention. Keep at this until you have a good sense of your field. It may take many hours of practice.

Once you’ve mastered that, then you start to play. Call up some strong emotion. Go back to a past event if you need to. Anger, joy, fear, grief, rage, frustration, desire, delight. First, feel how the “texture of your field changes. You may have to move your hand around down the front of your body to get this. Where in your field do you notice the changes? Where in your body do you feel the sensations? Feel the different pulses in your field. Fear tends to be very slow in the field, but very “fast” in the body because of adrenaline. Anger seems very fast and choppy, joy and delight faster and smoother.

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Put your hand down and sense the activity of your entire field. How does it move around you? Where are the “pulses”? It can take awhile of practice to be able to get into the emotion while keeping your intellectual observation faculties active, but this exercise is twofold—it shows you how different emotions impact the field, and also that the emotions themselves aren’t “personal”—they’re energy signatures, geometric structures in the field. It also helps you to “keep your head about you” when you’ve been stimulated into emotion in a real-time situation. You can always maintain a part of you that is observing the pattern that is running. “Oh, how interesting. This is how I react to that. Is this a pattern I wish to keep, or discard? There’s a button I didn’t know I had!” The implications of this exercise go beyond just the sensing of energy to the gradual coming to consciousness of the activities of your own energy bodies, and the patterns within them. It allows you to be conscious rather than reactive, and allows you to choose how you will react, or, if you don’t choose how you react, at least to be aware of what makes you reactive in any given situation.

After you’ve worked on the more “obvious” stuff—emotion—then you move on to more subtleties. Run a certain thought through your mind. How does that affect your field? Does the thought affect your emotional body in any way, or is it just at work in the mental body?

Then, you pull your Spirit up through your Unified Field. Let Spirit suffuse your body and spill out into your field. How does this feel to you? What is the “energetic signature” of your Spirit moving powerfully through your field? How does your mental body feel? Your emotional? Your physical? In a Unified state, how does it feel to your totality of being?

Go outside, to some place with green growing things like a park. Settle yourself comfortably. Then take a deep breath, and relax.

First, extend your sensory web to a nearby tree, using Reverie. Then, move on to the subtle energy fields. What is the tree’s field like? Is it connected to anything else in the park? How does it’s field change when a human walks by? When a squirrel runs up its trunk? What is the squirrel’s energy like? What are the impulses driving it? See the park as a whole. See how all the fields of all the living things connect...then see these energy fields connect to “inanimate” rocks and stones. How does the energy of a dead tree branch differ from a live one? How is the field of a park bench different from the stone next to it?

Move on to the humans in the park. What are they feeling? Thinking? What are the colors and textures of their fields? How close or far from their bodies are their fields? What kind of movement?

You can spend a lot of time doing this, and you’ll get better and more accurate the more you practice it. The reason it’s good to have a partner should be obvious—they can run a certain energy, you sense what it is, and they give you feedback on whether you’re accurate or not.

Exercise: Field Monitoring I

Allow yourself to visualize a circular room. On the walls of this room are banks of video monitors, usually four deep from top to bottom. In the center of the room is a comfortable chair. It’s your chair. The chair swivels and you have all these buttons and knobs on the arm of the chair, or you have a remote control device, whichever is most comfortable for you. You’ll notice that there is a “Contrast” dial that allows you to alter the intensity of what is on the screens by turning it up or down. Notice that there is a “Brightness” knob so you can add differing amounts of Light to anything on the screen. Also, you have “On” and “Off” power switches for each monitor. If you need or like to create other types of controls for your monitoring station, go ahead and do so.

This technique allows you to restructure the consensus reality while being in “witness/observer” mode, so you don’t have to have it inside of you while you’re doing this. Turn on all the monitors in your viewing station. Let all the screens fill with consensus reality. You may get areas of the planet showing up geographically, or feel certain emotions—remember, you can turn the intensity down if you need to with the “Contrast” control. Now, ask Spirit what it would like you to do with the energies of the consensus in your field. Spirit may want you to shift the emotional intensity or turn up the Light in an area. Or it may want you to change the channel, turn the monitor off, or take it to Highest Probability. Notice what emotions are running in the consensus, and how they are running. When you feel complete with this, turn off the screens.

Exercise: Unplugging from Consensus Reality

Imagine an old-fashioned telephone switchboard in front of you, the kind with all the plugs and wires. The bottom of the board is consensus reality. The upper one-third is Spirit. Unplug everything from the bottom and plug it

into the top. You'll notice that there are habitual places where you plug into the consensus. Some people solder the wires into the top and board up the bottom. Can you feel the difference in your fields when you do this?

Exercise: Group Mind Meditation

Unify your chakras. Allow your consciousness to drop into your heart chakra. In the center of the heart chakra, there are three flames that look like the petals of a lotus blossom. This is the Threefold Flame of Divine Love, Divine Truth, and Divine Will. Step into the center of the lotus.

You will feel a being coming to you. This is Sananda, Earth's representative of the Office of the Christ. He will take your hand. When he does so, you will feel your consciousness connect to a grid that extends all around the planet.

What's going on in this grid? You may feel waves of energy, like the surf of the ocean, ebb and flow along the lines of this grid. What is in those waves? Get the sense of "direction"—does it go in one direction or another, up or down, or all at once? Get the sense of quality of motion—is it choppy, smooth? When you step into that wave, what are you feeling? Choose the wave that suits you best, and allow yourself to flow with it through the planetary grid.

Exercise: Field Monitoring II

Visualize a circular room. On the walls of this room are banks of video monitors, usually four deep from top to bottom. In the center of the room is a comfortable chair. It's your chair. The chair swivels and you have all these buttons and knobs on the arm of the chair, or you have a remote control device, whichever is most comfortable for you. You'll notice that there is a "Contrast" dial that allows you to alter the intensity of what is on the screens by turning it up or down. Notice that there is a "Brightness" knob so you can add differing amounts of Light to anything on the screen. Also, you have "On" and "Off" power switches for each monitor. If you need or like to create other types of controls for your monitoring station, go ahead and do so.

Notice that there are four horizontal banks of screens. The lowest row shows your physical body. The second row shows your emotional body. The third row shows your mental body. The fourth row shows your spiritual body.

First, find out if there's anyone else's energy in your field. Light up all the aspects of the Spiritual Body Row of monitors. You may see faces, incidents, or general murkiness. You can work with this in several ways. You can always "change the channel" on any of the monitors. Channel 33 takes everything to Spirit. After you turn the channel to 33 the screens often shift to show the highest outcome from the incident, and the highest probabilities from that situation. Or, if you just don't want the information from that screen, turn the monitor off!

If a face shows up, that being's energy is in your field. Turn up the Brightness knob on that monitor or turn it off completely. Keep working with the top row until everything in it feels like your energy.

Drop into the Mental Body Row. Do the same as above. You may notice other people's pictures of reality here. Change the channel, adjust Brightness, or turn off the monitors in question.

Now do the Mental Body Row. If you are going through intense emotional clearings, you may want to turn the Contrast/Intensity knobs down. You may want to turn them up if you want them to "blow out" faster. You may notice that there is energy linking monitors from the emotional and mental banks. It may be an internalized karmic monad, also known as a "self-karma". Change the channels on the monitors until both are showing the same image, then turn the Brightness/Light knob up. Check to make sure that all three of the banks—spiritual, mental, and emotional—are all your own energy.

On the Physical Body Row, you may see your own genetic blueprints and templates. You may see pictures of parts of your body that are experiencing illness or dysfunction. If it's damaged, needs work or is ill, touch the "Highest Probability" button on your control panel. This will allow that area to move into its Divine Blueprint and restructure itself to its highest possibility and potential of function/essence. If it's a minor problem, you can flood it with Light using the Brightness control. If there are other people's pictures of reality in your body, or karmic imprints from traumatic incidents, get them out by flooding them with Light. Now, turn the Brightness control up and take the Light up in all the banks at once to their next highest level of functioning appropriate to all the bodies.

Exercise: Clearing the Mind

Most of us never experience a quiet moment in our minds. Our mental bodies give us plenty of thoughts to run through constantly. It's like a white noise in the fields, which makes focusing your intent for manifestation difficult. This simple exercise helps to strengthen the "quiet in the mind" so that we can focus more powerfully.

Close your eyes, take a deep breath, and relax. Imagine that you are sitting in a room in your head, with a big movie screen in front of you. Take the screen to black, with nothing moving across it.

At first, it will be difficult to sustain the mind-blank for more than a few seconds, but, with practice, you will make it longer. After you've practiced this awhile, take yourself to the "black screen" without imagining yourself in your head. Again, you will probably only be able to sustain it for a few seconds. Again, build up your mental discipline so that you can drop naturally to black screen and sustain it for longer periods of time. Finally, drop the screen metaphor altogether and just take yourself to "no-thought" space.

Exercise: Freeing the Emotions

Close your eyes, take a deep breath, and relax. Now view a spectrum of energy. There is a child on each end of the spectrum. One is the Divine or Magical Child, one is the Wounded Child. The spectrum of energy denotes a wholeness. So, let us say that you are both of these things simultaneously. 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. Allow yourself to be in the space where you are neither one nor the other. There is a wholeness there. Allow yourself the experience of loving both of them as a 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, or deny their voices in any way. 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. And you are just observing it and loving it. It is just what it is. 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 experience 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 they represent as a whole. And just be with it. And then 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.

Where these children come together in the center, go towards them and merge your consciousness with theirs. What is it that they want to have? From this place of wholeness, you will feel an energy start to spiral up your physical body, from the lower part of your body. It is a strength, a power and a wholeness. Take their requests and "hold it" in your mental body. Let that energy, coiling up from the center of your body, let that energy push the intent. The intent is your rocket, the emotional energy your fuel. Your desire to create a certain reality, and the emotional strength behind it, is the fuel. See if you can sense anywhere in your body and fields, where there might be resistance to freeing this energy, to letting it push your intent forward. Any areas of resistance. And love that resistance, and you will feel its surrender. Once that energy is unified, without resistance, send it forth in concentric waves from your field.

Take a deep breath, relax your focus, and open your eyes.

Groupwork: Projection Exercise

This is an exercise done in groups of two or more. One person leaves the room. The other(s) concentrate on having a specific emotion flow through their fields, trying to make the emotion purely field-based (not "giving the game away" with facial expressions and body language). The other person returns to the room and stands next to the person projecting the energy. Then, senses the energy. How do you sense it? Do you get color or images? Sound? Feelings in the body? You can practice this in your daily interactions, as well. If you know someone is angry, for instance, how does that look/feel/sound/taste/smell to you?

Exercise: Parallel Reality Navigation

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Unify your fields using the Unified Field Meditation.

Now, run a line of light up from your Omega chakra, through the center of your body, out of the top of your head, and up through the Alpha chakra, anchoring to yourself in your upper-dimensional vastness. Now, run 12 lines of light from the Omega in a widening cone formation around your feet, anchoring yourself to your holographic grid of incarnation.

Exercise: Probability Travel

Unify your fields using the Unified Field Meditation.

Close your eyes, take a deep breath, and relax. Now imagine a tunnel. At the end of the tunnel is the brightest light you can imagine. See the tunnel and be with the tunnel. See the Light and be with the Light. Now walk through the tunnel and into the Light. As you go through the Light, you will be on the 5th Dimension. And just be there. And now we ask that you become one with your 5th-Dimensional self, but that you retain your ability to observe your 5th-Dimensional self. If you have any sort of sensing mechanisms on the 5th Dimension, use them to discover what form you may have. If you have “hands”, touch the body, get a sensing of what it is. And allow those same sensing mechanisms to tell you what’s around who you are on the 5th Dimension. So if you have your hands, put your hands on whatever happens to be around you. If not, stretch out with your sensing mechanisms to touch or interact with anything that’s around you, beings or things. Now just allow yourself a brief interaction with how this 5th-Dimensional aspect of who you are perceives things. Preferably, don’t try to make sense out of it, just allow yourself a brief interaction with perceptions of reality and perceptions of life. Notice how it’s equivalent of “mind” works. Notice it’s relationship to what it calls Spirit. And now take that self on this other dimension to a place where it’s interacting with other beings on that dimension. Now allow yourself an experience of what those other beings are communicating to your 5th-Dimensional self, and in that communication, stating their names. Let that communication occur for awhile.

You will see or sense a being approaching you here. You may get a sense of coldness from this being. You may get the sense that this being holds a sword that glows with black light. This is Aru-Kiri, known in this universe as the Archangel Tzadkiel. She will lead you to a gateway. These are the 5th-Dimensional probability grids for this planet.

She will ask you if you are prepared for the burden of walking the probability grid. If you can maintain a balance of Divine Love, and Divine Detachment. You will get the sensation of her, in your consciousness, divining your intent and purpose in seeking out this information.

When (or if) she steps aside, pass by her through the gateway. You may see before you a vast gridwork in three dimensions, lines of Light intersecting, and glowing balls, or “nexus points”, connecting them. Set your intent as to what type of probabilities you would like to explore. Planetary, or personal? If personal, find a decision point in your or someone else’s life, and set your intent to explore that probability. The choice-points are the nexi of this gridwork. Locate that nexus point, and see how many lines radiate from it. How many lines converge from it. When you are ready, travel down one of those lines of Light. You will get a sense of events happening, it may be very swiftly. You might receive this information visually, or as a knowing, or even as a “percentage chance of occurrence” number. See where each of these lines leads, in terms of other choice-/nexus-points. Are there any nexi that lead to “dead ends”? Pay attention to these.

When you feel complete, detach from the probability grid, and allow your consciousness to come back into the room. Notice what it’s like to be simultaneously aware of your 5th-Dimensional self and your 3rd-Dimensional self. Look at everybody else in the room, look into their eyes. How do they look different to you?

If you looked at both types of grids, planetary and personal, how were they different? Did you notice how the planetary probabilities were much more “stabled” and “ordered”, the personal more chaotic? Did you see how no single person’s probability grid operated by itself, that it was affected by the grids of others intersecting theirs?

You can learn much from studying the 5th-Dimensional probability grids. It often takes practice to interpret what you are perceiving, because the amount of information available here is so vast. With practice, you will be better able to bring that information back to you in a form that you can use in your daily life.

Exercise: Future Self

Unify your fields using the Unified Field Meditation.

Drop your consciousness into your heart chakra. In the center of your heart chakra, you will see your inner sanctum. You know this to be your holy-of-holies, the center of your being. You may visualize it differently—you may

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see it as an elaborate cathedral, or as a natural grove. In the center of this holy place is your altar. Again, you may visualize it differently. You will see yourself standing at this altar. This is your astral body.

Step up to the altar, and merge with your astral body. Lay your hands on the center of your altar to stabilize. Step back from your body, leaving the astral body at the altar to hold you in your body in this parallel. You are now in your inner Body of Light. Get the sense of it. Can you see or sense your astral body at the altar?

We want to contact your future self, the one that's made the full 4D Translation. Feel that contact being made in your wholeness. Now, you will see doorways, or passageways, on either side of the altar. One passage on the left will light up. Walk through it. As you emerge from the passage, it opens up into a beautiful, pastoral scene. There is a small, arched bridge over a bubbling brook. Up ahead you can see someone sitting under a tree. You know that is your future self. Cross the bridge, walk up to the tree, and have a seat. Ask your future self what has changed for her since the Translation. What kind of things occurred around her in her world? How would she have handled things differently, to have more Grace in her life? What things would she have done differently?

Walk back over the bridge and into the passage. Notice the altar in your sanctuary and your astral body. If you are feeling very spacey, disoriented, or like you are not really here, step back into your astral body and feel your hands on the altar. Feel the texture of the altar, feel the weight of your hands. When you feel stabilized, step out and away from your body and feel or sense your astral body at the altar.

Appendix: The Nature of the Astral Plane (4th Dimension)

The astral plane is the plane of dreams, the plane of archetype and myth, and, until recently, the plane of the interregnum between a soul's lifetimes. Here, agreements between souls are negotiated, life-goals are decided by returning souls, and lifetimes reviewed by the recently deceased.

Often, a person can fulfill soul agreements and contracts on the astral without playing them out on the physical. For example: astral sex! Many times, a person will fulfill sex karmas and agreements on the astral so as not to complicate their physical-plane existences (especially if that person has a LOT of them!). So, those steamy dream-time interludes are not "just dreams", but actual encounters played out astrally.

As a culture, we are in the habit of dismissing our dreams as not real, mind-plays run by the sleeping brain to process issues. The consensus belief, at least in the Western world, is that dreams are illusory and have no bearing on physical plane life. This is far from true! Every experience you have in the dream-state is as real as the life you live in your waking hours—it is just played out on the astral plane. Other cultures don't share this prejudice—in Ancient Egypt, it was common practice to discuss one's dreams as matter-of-factly as we in the Western cultures might describe events that happened to us during the day.

Although it's true that much processing of the subconscious takes place on the astral, it can also be a place of wonder and delight. The fantastical creatures of myth and legend are alive here, as well as more horrifying manifestations. It's all a matter of where you have your attention, and what it is you're choosing to explore in the moment. Symbology, both personal and consensus/cultural, has a very strong influence in this plane.

While the Illusion of Time and Space still exist astrally, they are much more elastic. Time can contract and expand, day can turn suddenly into night (and vice versa), and you can speed through several weeks' worth of experience in what feels like hours. Conversely, hours can seem to stretch into weeks. Space is also much more relative than on the physical plane—teleportation is a popular mode of transport, bringing you from the Faerie Realms to a cocktail party in a neighbor's backyard in an instant. Most of us have also experienced "flying" dreams, where gravity is defied as we soar over canyons. All situations on the astral are attention-driven—that is, if you don't like what's being played out in front of you, in an instant you can change the venue. This is one of the laws of the astral that lucid dreamers take advantage of when directing the course of their night-time excursions.

As this planet has engaged in a karma game of separation and limitation, the local astral plane is also an arena for playing out karmic dramas. Imagine all the karma that has been played out during the course of this game on the physical—and then imagine many, many times more than that being played out astrally, without ever reaching the physical! Mind-boggling to consider, and it also gives you a good idea of why some of your nightmares are so terrifying. Many times, major events are played out on the astral as a "dry run" prior to physical engagement. From plane crashes and disasters to major sports events and lottery drawings, these events generally occur either the night before the physical event or a few days prior. Often, the astral dry run is enough for a person to get the experiences needed, and so the actual physical event is bypassed. This is why, if you check the passenger lists of airplanes that crash, you will find that there is a much higher incidence of no-shows—the passengers of the doomed aircraft experienced the crash astrally the night before, and, receiving the experiences needed, felt no desire to play it out physically.

As the physical plane rises in frequency to ultimately meet the astral, you will find that your days become more dream-like—perhaps you've already experienced the strange contraction/dilation of time, where it seems that the days are speeding up to the extent that you can't get the same amount done in a 24-hour period that you used to be able to several years ago. This is an accurate perception, as the time-space continuum on Earth continues its collapse into astral time/space and then, ultimately, into simultaneous time on the 5th Dimension.

There are levels or overtones of the astral plane as well—in the Council of One model, there are seven. There are areas where the traditional "Heaven" and "Hell" are located on the 2nd level, as well as the deity-archetypes of various cultures. There are the lower areas, where souls in transit hang out between lifetimes (in the Angelic Outreach model, we define "soul" as that aspect of Spirit that exists 4th-dimensionally and actually directly inhabits the body most of the time. "Spirit" is you from the 5th Dimension upwards). About the 2nd level is where the "War Between Good and Evil" is played out between "Warriors of the Light" and "Dark Forces".

The mid-level (4-5) of the astral is where our guides dwell, and where we go after death to review our past lives and plan the upcoming ones. The 6th level is where we meet with our Guiding Council, beings from reunited oversouls on the 5th who guide the guides and the souls still incarnating on Earth as part of their continuing growth and evolution.

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The 7th Level of the astral is where the final bridging between soul and Oversoul is made, where Archangel Michael “brings down” his Tunnel of Light from the 5th Dimension. When people have visions of “heaven” in near-death-experiences, they have experienced this level of the astral plane.

It’s also where the Faerie Realms are located. These realms have been barred to most humans for centuries, but now the denizens of that realm are preparing “Hearthstone” there to welcome humans as they become more spiritually mature and able to consciously travel there out of body.

The highest probability at this time is that, when this planet makes its full 4th-Dimensional Translation, it will do so between the 3rd and 4th levels of the astral. This is good news, since it means that we will bypass the “Warzones” on the lower levels. The so-called “Inner Planes” of the shamanic traditions, the Summerland of the Celtic religion, and the Dreamtime of the Australian Aborigines also exist in mid-levels.

The Law of Manifestation is the same on the astral as it is anywhere else in Creation—the Universe rearranges itself to accommodate your picture of reality. However, on the astral plane, the time-lag drops considerably so that things can shift around you incredibly quickly, almost instantaneously at times.

On the physical plane, we are accustomed to a safety zone of time between the intent and the manifestation, a grace period in a karma game such as this, where our pictures of reality can take months or even years to manifest themselves. While manifestation is not instantaneous on the astral as it is on the 5th Dimension and higher, it is exponentially faster than on the 3rd Dimension. Also, the illusion of duality and fear still have a hold in the astral, so focus of intent and conscious restructuring of one’s reality pictures becomes absolutely essential to living a life of Grace and ease.

Phenomena are rampant on the astral plane—telekinesis, telepathy, teleportation, clairvoyance, precognition and traditional ESP skills are commonplace there and easily accessible by intent. However, much of what is received this way is still colored by the filters of duality-consciousness, and so subject to distortion. The astral is a highly subjective place, where your interpretation of events, experiences and energies colors and shifts your experiences day-to-day. Miraculous occurrences are commonplace, manifestations of “etheric” energy a daily event. Fortean-style inexplicable phenomena is also much more widespread, and more people will consciously experience what was usually reserved (on the physical plane) to the rare eccentric spiritualist and mystic.

Denizens of the Astral Plane

Ghosts

Ghosts are what most people think of when they think of astral natives. And they do live here, in abundance—souls who are confused, who don’t know how to re-merge with the Oversoul before taking on a new life, those who have been traumatized by their deaths, those who don’t know they’re dead—there are many reasons a soul-fragment lingers. Sometimes, they just want to hang around, to follow the lives of those they’ve left behind, unwilling or unable to let go of their last physical existence. Some still have bodies in coma on Earth. Some died under anesthesia, or by barbiturate overdose/suicide. Some wish to live vicariously through the living (called “skin-riding”). Some just can’t let go of that yummy addiction (caffeine, cigarettes, drugs, sex) and skin-ride living addicts or users. Some just think it’s fun. Some are just stubborn. Some are ashamed and afraid.

Now that the astral plane is being “rolled up”, it’s time for these souls to re-merge with their Oversouls and leave the astral. It’s a beneficial service to show these ghosts the way to Archangel Michael’s Tunnel of Light so they can let go of their fetters and rejoin their Oversouls in the 5th Dimension (see, “Entity Release” technique for an example of how to assist these beings in this way).

Thoughtforms and Archetypes

The astral plane is the country of myth. Every archetype, every idea, every deity and legend and story conceived by Earth’s humanity exists here, whether it ever manifested on Earth or not. Encounters with these astral thoughtforms are fairly commonplace. They have no free will of their own—they are created things, and exist within the frameworks, power and limitations their conceivers/worshippers gave them. Zeus may be a fairly weak one these days, though with the Neo-Pagan movement he’s regained some of his astral cohesiveness, while the popular conception of the Christian God on His throne still looms strong in the imaginations of millions, lending strength to his astral manifestation.

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They can also be structures—Shangri-La exists here, as does the mythical Atlantis. Structures left by practicing Earth magicians—astral temples and strongholds and such—also exist here, and may or may not be warded by their creators. Sometimes the will-workers leave traps, so be cautious when exploring these structures.

When an artist or inventor conceives of an idea, it forms first in the astral, and continues to exist whether it becomes manifest in the 3rd Dimension or not. Leonardo da Vinci's flying machine, Charles Babbage's Difference Engine, all of the fantastical imaginings of creative humanity exist here, to be altered and played with or avoided and ignored at your desire. You may find that novel you never finished playing out in a pocket of the astral, who knows! Ranging from the terrifying to the sublime, there's a lot to play with here. Create some more of your own—see what that dream-house looks like, that sculpture, that painting. The astral can be a rich playground for the creative and imaginative and fearless.

Chimerae/"Gremlins"

These are related to thoughtforms (above). Chimerae are relics of a person's dreaming. They usually lose cohesiveness after a few Earth-days. "Gremlins" are similar to chimerae, but they are the stuff of nightmares—the monster in the closet, the ravings of the mad. They are fueled and sustained by the energy of the dreamer or "madman". Persistent delusions may stay longer, or recurrent dreams and nightmares. Take care when you identify one of these manifestations—you could be pulled into the dream or the delusion to participate. While this might be desirable sometimes, it's not something you want to get caught up in too often, because it's easy to lose your own focus on reality creation if you fully surrender to the creations of another. It can be fun to consciously meet in your friends' dreams and play, though! Just be sure you're co-creating it with the other(s).

Faeries and Other Astral Races

There are "Astral Natives" as well. The faeries and elves, beloved of Earth mythology, once dwelled on the Earth with humanity, but opted to stay astral when the planet densified into 3rd-Dimensional frequencies. They still exist here, in the Faerie Realms on the 12th-Level of the astral. There are many different races. They dwell in a land surrounded by the body of the great living dragon Skorm. Their Office of the Christ Representative is Lightning Bolt, a dark/subterranean elf. Those of that realm are preparing Hearthstone, a place of welcoming for humanity. This is a joyous event for them—for a long time, they barred the way to Faerie to fractious humankind, not wanting their world "tainted" by the constant astral wars and karmas of humans (although, to be fair, they engaged in plenty of their own internal warfare between elven races—wars ended by Skorm and the coming of Lightning Bolt).

There are also pockets of "astral humanity", who stayed in the 4th Dimension when Earth densified. These civilizations have never known anything but astral existence—pay them a visit and learn from them! Khallistarra is the most well-known of these astral strongholds.

Endless Loops

Sometimes, you can encounter areas of the astral that play the same "movie" or event over and over—these are called endless loops. This is where a soul/person relives over and over a traumatic incident or death. There is almost always a ghost trapped in these loops—when they are released, the loop stops playing. Again, use caution when approaching these on the astral, as it can be easy to be "sucked into" the looping energy of these events.

4th-Dimensional Extraterrestrial Species

There are also many extraterrestrial species that are 4D-based that hang around Earth's astral space. The Zeta Reticulans, or "Grays" are probably the best-known. They are a species without an emotional body, and they know that they cannot ascend in this Universe without one. They engage in genetic experiments to see if they can develop emotional bodies to save their race from extinction when the astral plane is dissolved. There are also the aliens from Barnard's Star. These are very short, gnome-like humanoids with blue wizened skin. They are scientists and explorers whose interest in humanity is scholarly, but their experiments can be quite frightening to their human subjects. Their experiments are more psychological than physical. These are the two species most-cited in alien abduction cases.

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Andromedans are humanoids involved in an internecine war, a war in which they use Earth as a “silent battleground”. They are plotters and manipulators, and sometimes involve humanity in their power-plays against each other. They have technology enabling them to densify to 3rd-Dimensional frequencies for short periods of time. They are now in a desperate move to conceal themselves and their various plots before humans enter the astral and can see them more readily. The Skk’raa are a reptilian race who study Earth and her inhabitants by observation only—they don’t practice human (or cetacean) abduction and enforce a strict no-interference policy in what they call “Developing Sentients” affairs. They could be termed a “neutral” species, with no interest in this planet other than scientific study.

Sometimes, these various species place implants into humans that they’ve experimented with or observed. These are usually tracking and monitoring devices. The Skk’raa don’t place any devices. These implants are 4th-Dimensional structures, and as the planet enters the astral these devices will become visible. There has been much more contact than most people on this planet realize.

The Dark Forces

There has been much distortion on this planet over the nature of Dark Forces, and the role that they play in a Karma Game such as this one. Please be aware, that all are of God! All is One, and the Dark Forces are no exception. The way they serve God is by illuminating for a person every place where he feels separate from God. They also help define the structure of a Karma Game of Limitation and Separation. That is all! They don’t show up in a person’s space or being unless that person holds enemy or victim patterning and pictures of reality. They are in service too, though most of them have taken vows to forget this, because forgetfulness usually makes their jobs less painful. Some, like Archangel Lucifer who held the space for the Game of Limitation here, never forgot that they were in service to the One. Many of us have “worn the Black Cape” before in our sojourns here—some of us are very good at it! Please realize that the illusion of Good and Evil, just like all illusions of duality, exist only 3rd - and 4th -Dimensionally. There are no “Dark Forces” (or “Forces of Light” either, for that matter) 5th-Dimensionally or higher, as that kind of illusion is not required there.

However, it’s good to remember that, on the astral, the illusion is still in force, and a great many of these beings are *not* aware that they are “guerrilla angels in disguise”. Therefore, it becomes even more important to hold pictures of reality that involve mastery rather than victimization, co-creation rather than “fighting the good fight” and being a “spiritual warrior for the Light”. Some of you on your paths will be guided to interact with these beings, to facilitate them in breaking their Dark Force vows and remembering their true identities as multi-dimensional masters in service to God. It’s been a long and tiring Karma Game, and many of them could use some R&R. It’s not always easy being “bad”, when unconditional love and oneness is your nature. (Though it has its fun moments, as does everything about the Karma Game).

Astral Parasites

Just as on the 3rd Dimension, there are parasites that attach themselves to the physical body, on the astral, there are creatures that attach to the astral body. As the physical body rises in frequency to merge with the astral body, it is beginning to treat these astral intruders as physical manifestations. Right now, we’re in the “feeding zone” of these beings. Where they attach, there is often a feeling of an energy drain, similar to cording. It can also manifest as illness and discomfort. Strange rashes could erupt on the skin. There is a high probability that, when we make the 4th-Dimensional Translation, we will bypass their feeding zone and be free of these irritants, but in the meantime, use the “Astral Parasite Removal” technique to get rid of them.

Exercise: Astral Parasite Removal

Astral parasites and ticks attach themselves to the astral body and feed off of its energy. Now that the physical body is vibrating ever closer to astral frequencies, the body many times treats these astral attachments as actual physical infestations. They can manifest as: extreme fatigue/tiredness, feeling “drained”, upsets in the respiratory, digestive, urinary, and endocrine systems. When in doubt, do an Astral Parasite Removal.

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Call for assistance: “Michael, please bring down the tunnel of Light. Fifth-Dimensional Medical Corps, please assist. Grace and Purity Elohim, please assist. Circle Security, please seal the space and hold my fields in integrity.

“Medical Corps, please remove all astral parasites and ticks from my body and fields. Archangel Michael, please assist their movement into the Light.”

You may feel pulling sensations in your fields as the parasites are removed. When this feels complete, say, “Grace Elohim, please move through my fields and release any residual energy left by the parasites.” You should feel the energy of the Silver Ray moving through your body and fields. Then, “Purity Elohim, please seal my body and fields. Thank you for your assistance. Michael, please roll up the tunnel of Light.”

Exercise: De-Cording Technique

Cording occurs when someone locks into your fields and pulls energy from you. Usually this is done unconsciously. When someone feels that they want some kind of energy from you that they feel (rightly or wrongly) that you will not give them freely, they will send a cord into your field, usually (but not always!) into a chakra center. These cords act like hoses that siphon your energy from you to them. Cording can be very uncomfortable, manifesting as pain in the affected areas, tiredness, even dysfunction of organ/body systems if the cord pulls for too long, as it will start siphoning off pranic energy if left in the fields for an extended period of time. Cording is unknown on the 5th Dimension and higher, as it never occurs to anyone that they do not have constant unconditional access to whatever type of energy they require, in whatever amounts they need. It is a 4th-Dimensional distortion that energy is limited and conditional.

Unify your fields using the Unified Field Meditation.

With your eyes closed, slowly run your hand over each body chakra center, starting with the crown. Let your hands hover a couple of inches away from the chakra. Do you feel any “stickiness”? Any sense of your field getting thicker in that area? When you find such an area, grasp it just as if it were a hose or tube (that’s what it looks like astrally) and yank it out of your field. Send that energy back to the person who sent it to you. As you send it back, allow Divine Love to flow into your field from your 12th Chakra. Send the Divine Love back to the person who sent the cord. Repeat over every chakra center, then move to areas outside the chakras. Use your newly-developing sensory field awareness to sense if there is any cording into your fields from behind you, where you can’t reach with your hands. If there are cords, then remove them by intent, the same way as you did the ones you could reach physically.

To prevent cords from coming back to you, or if you know you’re going into a “cord-probable” area or situation: Unify your chakras. Then, as fast as you can, rotate your Unified Field around you, picking up speed until it’s spinning very fast. It might spin in many directions at once. You may feel dizzy at first, but you will rapidly acclimate. This makes it less likely for cords to be able to lock into your field, as they are deflected from connecting by the rapid rate of spin.

Exercise: Bell-Jar Technique

If someone you know is cording you persistently, or engaging you in psychic attack, there is a method of sealing off their fields so that they are prevented for a time from doing these things. Follow the cords or the energy of the attack back to its source. When you find that person, seal their field in a clear, non-permeable bubble that completely encloses it.

Note that you can bell-jar your own field if you feel bombarded by energies that seem to come from all directions, if your field is over-sensitive, or if you are going through an emotional upheaval that is causing *you* to cord others. If you do this, please remember NOT to leave the bell-jar on indefinitely—your field needs to “breathe”! After several hours, release the bell-jar from your field. Note that any bell-jar you put on another will only stay for a few hours as well, and that it could be karmic if you try to maintain a constant bell-jar on someone else’s field.

If the energy is particularly intense from another, make the inside of the bell-jar mirrored. That will redirect all of that person’s energy back into their own fields, magnified considerably. This usually stops them from the attack/cording within moments!

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Exercise: Field-Clearing Meditation

“Spirit: I ask you to release all energy, entities, thoughtforms, emotions, cellular memory, orientations, pictures of reality, devices, intrusions and effects that are not of my core Divine Essence out of my body and fields—NOW!”