

Personal Energy Maintenance 101: *The Care and Feeding of Your (Light) Body*

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Introduction to Spiritual Anatomy

The energy fields of the body are necessary to support physical life and allow higher consciousness to operate on the physical plane. All living things possess energy fields, and etheric structures that support them. This workshop will describe some of the most essential of these fields and structures.

What is an “Energy Field”, and Why is it Important?

The anatomy and physiology of the physical body is well known to modern medical science, but aside from the electromagnetic (EM) field, the more subtle layers of human anatomy and their profound effects on human health remain neglected in the treatment of injury and illness. And the EM field and its effects on health are only being studied by a very few medical doctors at this time, most prominently Robert O. Becker M.D., whose books *The Body Electric* and *Cross Currents* document his studies of the application of EM energy as a medical treatment, and his journey from skeptic to gravely concerned healer on the subject of the detrimental effects of EM waves on human health.

The EM field is the only one of the “subtle bodies” of the human field that is consistently detectable by current technology, because it’s the only one of them that vibrates at the exact same level of the physical plane—the fourth. Current technology is unable to consistently detect phenomena above the level of the plane it occupies. It can sometimes detect energy fields vibrating at the fifth, sixth, and seventh levels of the physical plane, though not reliably, which is one of the reasons that so-called “paranormal studies” are so marginalized by the rest of the scientific community. So far, no one has come up with any instrument that can detect astral vibrations.

Despite the general Western ignorance about the profound effect of these subtle bodies on physical health and psychological well-being, they are becoming degraded just as our bodies are, by stress from an increasingly toxic environment. While many of these toxins are known to current science, EM pollution wreaks havoc not only on the physical body but on the fields and structures attached to it. As the subtle fields break down, it becomes more difficult for the physical body to maintain healthy function and chronic pain and/or disease is the apparent and increasingly prevalent result.

On a sobering note: at this point in human history, there is not a single person alive who has not sustained some genetic damage from the toxic exposures of the late Industrial era, or inherited the genetic weakness from their forebears. So it is crucial that we help our body and its fields regenerate from the constant toxic bombardment they are subjected to during these times.

This workshop offers education and tools to help us repair and maintain these vital fields, so that we can become more healthy on all levels, and experience the joy of connection to our deepest Source—which is the most powerful healing of all.

The Physical Body as a Field

Although it seems very dense and solid to us, the physical body, like all physical matter, consists of mostly space. It is a cohesive field vibrating at the fourth level of the physical plane. When we unify our fields using the Unified Field Meditation or some other method, we engage with our bodies as fields. By doing so, we understand more about the true nature of reality and may be empowered to alter our physical fields profoundly—in other words, to heal them.

All fields are subject to the “natural laws” of their dimensional level of vibration. Because the physical field occupies the 3rd dimension, it is affected by and can directly interact with all the phenomena of the physical plane. We are subject to gravity, to chemical processes, to EM waves. We use our bodies to move, to touch, to pick up, to hold and manipulate physical matter and objects.

The subtle bodies vibrating astrally—the emotional and mental bodies—are subject to astral conditions and can only indirectly influence the physical plane by connecting with and operating through a physical body. They act as a bridge between the soul—which is always focused on the astral plane whether incarnate or not—and the organic organism.

Unlike the close inner field created by the EM field and the various upper physical-plane structures, the aura of these upper-dimensional bodies cannot be captured by Kirlian photography and other methods.

The subtle bodies vibrating at the upper levels of the physical plane are also subject to physical conditions, even though they are harder to detect consistently with fourth-level physical instruments. That means that the same conditions that impact the physical body—EM waves, radiation, chemical exposure—also affect these fields and structures, though less intensely since they are vibrating at a “higher” rate than the body.

Unfortunately, because current Western medical instrumentation vibrates at the fourth level of the physical plane (with the body and all the physical universe we perceive and experience), it is unable to consistently detect these subtle bodies and are therefore unable to diagnose and treat ailments stemming from damage to these structures. They prescribe treatment for the physical symptoms without addressing the damage to the subtle bodies, which is what makes modern Western allopathic medicine oriented to treatment rather than cure.

The subtle bodies that will be addressed in this introductory workshop are: the etheric blueprint, the EM field, the *chi*-meridians, the chakras, *prana*, various etheric structures, the higher meridians (axiatonal lines) and the emotional, mental and spiritual bodies. Techniques will be offered to help perceive, repair, and maintain these vital structures.

The Physical Body and its Systems

The physical body vibrates at the middle level (fourth) of the physical plane (3rd Dimension). The human body is infused with devic energy from the *homo sapiens* hive soul as are all animals, but because it is also a focus for an individuated evolving soul, the body consciousness vibrates at the 4th level of the physical plane (all other devic energy vibrates at the 1st-3rd levels of the physical plane). It is the only one of the bodies to be focused on the present time, although in a non-unified state the body’s concept of Now is limited to its immediate surroundings. In a unified state, the body taps into Spirit’s experience of the Infinite Now.

Because of its focus on the present time, all traumas held by the body are perceived by the body as continually happening until the trauma is healed. While the emotional and mental body may realize that the traumatic incident is in the past, the body does not. It feels all the pain of the original incident until the energy is cleared from the site of injury.

The body exists to facilitate the evolution of all consciousness. Without incarnation on a physical plane subject to time and space, change and therefore evolution is impossible. Therefore, physical incarnation can be seen as the engine driving the evolution of all consciousness. A soul continues to evolve after it has completed a cycle of physical incarnation because it continues to examine and interpret its physical experiences, and teach and influence those still incarnating. At our highest levels of unity before merging again with the Source, we are experimenting with creating different ways to be physical for our next cycles of incarnation.

So although those of us with bodies often dismiss them and take them for granted, be assured that everyone on the other dimensions loves them for the organs of change they are, and are very focused on and interested in what happens on the physical plane. All of us who take cycles of physical incarnation are adventurous, dynamic. We are mavericks, risk-takers. We are passionately ambitious and enthusiastic about advancing evolution. We are every one of us going for the top job—we are all of us Gods-in-training stumbling through the early levels of Planetary Management 101, reaching ever greater levels of unity and generating through our grand cycles the raw energy needed for all consciousness to advance. And eventually, we will every one of us make it, because “there can be only One.”

As the only one of the “lower bodies” (physical, emotional, and mental) with a direct experience of time, the physical body through its sensing mechanisms records and transmits the experience of change to the soul, and through the soul to its entity, and so on all the way up to Source.

Change is only measurable in the field of time, and is meaningless without it, so the physical plane can be seen as place where the otherwise simultaneous nature of time can be experienced like film slowed down, “frame by frame”. Although most humans mourn the signs of aging in their bodies, the soul is fascinated by it, both the external and the internal processes, because it is an experience of change. We all love watching a good sunrise or sunset because the opportunity for essence contact is right there, in the soul’s rapture at the beginning or passing of another day of evolution, of change and movement. We are fascinated by stars for the same reason.

The physical body—like all animals—has its own devic/hive soul consciousness, distinct from that of the soul that is bonded to it. Incarnation is an exquisite and intimate cooperation between an upper-dimensionally-focused matrix of higher consciousness (the soul or essence) and a lower-physical devic consciousness bonded to, influencing and informing an organic physical body.

This is one of the many reasons that we all learn over the course of a cycle of physical incarnations to stick it out and not commit suicide or other egregious forms of self-destruction—we gradually learn reverence, unconditional love and respect for our bodies as indispensable partners in our process of evolution. “The body is a temple.” is quite literally the soul’s perception of being physical, however the personality might feel about it.

Although the analogy isn’t exact, it might stimulate us to treat our bodies with more compassion and respect if we think of them the same way we think of other beloved devic consciousnesses in our lives—our dogs, our cats, our horses, etc. Abusing our bodies is like abusing any animal—it begins to become traumatized, distrustful, and somatize ailments. And so it can benefit us to gradually repair and rebuild our relationships with our beloved and underappreciated partners in evolution.

This is not an “instant gratification” technique, but a gradual development of a more conscious relationship with your body. As you become more sensitive to its communications, you will be able to ask it to do more for and with you—like correcting organic imbalances and regaining vibrant health. And the more you do this technique, the more anchored and present in your body you will feel, and reap all the glorious benefits of being Spirit fully embodied and expressive on the physical plane.

Exercise: Contacting the Devic Consciousness of Your Body

1. Unify your fields using the Unified Field Meditation.
2. Once your fields are unified, move the central core at your heart chakra down into the base chakra, radiating the unified field from this point.
3. Set your intention to contact the devic consciousness of your body. Remember that devic communication is simple and subtle—it can come as sensation, image, “knowing”, and pulsing light and geometry that you translate into meaning. The first times you do this, you’re just establishing contact—now is not the time to approach with a list of demands! Remember that the deva of your body can be feeling ignored and abused, and ideally will be approached with gentleness and compassion, with love and with respect for its own essential nature and integrity.
4. Allow yourself to experience this communion with your body. Let it tell you anywhere it might be hurting, or neglected.
5. When you feel complete, allow the center of your unified field to move back up to your chest area, and allow your consciousness to come back into the room.

The Instinctive Center

Although the nervous and endocrine systems trigger behavior from instinct, the programming or “wiring” for these triggers is contained in a structure inside the base chakra. This wiring runs the physical activities tied to instinctive behavior for the species. The wiring is a direct connection to “Species Central” for the body’s species, whatever it is, so that the hive soul/deva can transmit proper behavior to each individual body currently extant.

The instinctive center wiring moderates the release of the proper neurotransmitters and hormones for “fight or flight” situations and holds basic survival patterning for the biological organism, as well as the

evolutionary matrix (physical akashic record) for the species. It holds the primal social and sexual imprints, including sexual orientation.¹

When we are under stress from our lifestyles, environment, or bodies, the instinctive center wiring flares up and becomes overstimulated, which can send the endocrine system into imbalance as there is a constant release of the “fight or flight” hormones, primarily adrenaline and cortisol. Overexposure to these hormones over time creates oxidative stress which breaks down the overall health of the body, sending the immune system into overproduction of the inflammatory cytokines which can result in chronic pain and disease, including autoimmune disease.

Therefore, it’s a good idea to give support to this area whenever we are experiencing stress of any kind. Since modern daily life can in itself be a relentless background stress, the more we can do this, the better.

Exercise: Adjusting the Instinctive Center Wiring

1. Unify your fields using the Unified Field Meditation.
2. Once your fields are unified, allow your consciousness to drop into the base chakra.
3. There is a wiring structure in the base chakra that is shaped like a spiraling line expanding in a circular motion up into the body.
4. If it is overstimulated, and you are clairsentient, you might sense that the pulse of its movement is “off” or erratic.
5. Request that the highest level of love your body can hold surround this wiring, soothing it and settling it into normal rhythms.
6. When you feel complete, allow your consciousness to come back into the room.

The Electromagnetic (EM) Field

Electromagnetic (EM) pollution in the industrialized world is creating a general breakdown of health due to its damage to and interference with the EM field of the human body. Disturbances in our EM fields cause our neurochemistry, our immune systems, our endocrine systems, and the electrical energy that powers healthy cell division to go haywire. It can disturb the proper balance of electrolytes needed for healthy organ function. Long-term constant exposure to these sources of EM pollution often lead to serious, possibly life-threatening, chronic disease.

The human EM field (like the EM fields of all living things) is designed to match frequency with the EM pulses of the Earth, in order to navigate using the planet’s ley-lines and vortices. When bombarded with multiple frequencies, it tries to match all of them, with the result that it starts to break down, become erratic, overstressed, and eventually exhausted.

While there is currently no solution that will completely protect us from EM pollution and its effects, we can minimize the impact and the damage. We have to call on help from Spirit for this, however, as the process is too complex for us to manage consciously on our own.

The EM field vibrates at the 4th level of the physical plane; therefore, it is consistently detectable using scientific instruments.

It is recommended that you invoke this assistance whenever you are going to be exposed to Wi-Fi, computer and television monitors, mobile devices and telephones, powerful radio and cell towers, office

¹ **As one of the methods the environment has for balancing its ecosystems, Species Central is able to change sexual orientation/preference as a means of overall population control when the species overshoots its ecosystem. In humans, sexual orientation wiring is usually set by the age of three. The soul’s life plan, input from Species Central, environmental factors, xenoestrogens, and family dynamics—especially with the parents—all influence how this wiring “sets”. Once set, it imprints the nervous system and does not change (and *cannot* be changed) throughout the lifetime. I realize that we humans take our sexual identities and preferences very personally and this information might be stimulating to some people. As with everything, it is not the whole story, just one of the pieces. Consciousness complicates everything.**

equipment, or emitters of electrical and/or microwave radiation. It is also recommended that you do this during plane travel—during takeoff and landing especially, as the exposure is especially intense at those times.

I invoke this so often that I've just set a shorthand word that Spirit knows means what was asked for the request given below: I simply silently project, "Harmonize!"

Exercise: Harmonization of the Electromagnetic Field

1. Unify your fields using the Unified Field Meditation. This allows you a deeper and clearer connection to Spirit.
2. Doing your best to clear your mind so that your telepathic request can be discerned over the background "noise" of your random thoughts, project the following request to Spirit:

"Spirit: please harmonize all electromagnetic fields and frequencies in my immediate area to my fields."

Sometimes, simply harmonizing the EM field isn't enough. By placing a structure called a Deca-Delta Manifold into a unified field, all of the fields are held more stable, so that intense surges of energy from any source can be accommodated safely. Thus, this technique is also useful for channels, healers, and power-meditators, as it will stabilize the fields under any source of energetic intensity or disturbance.

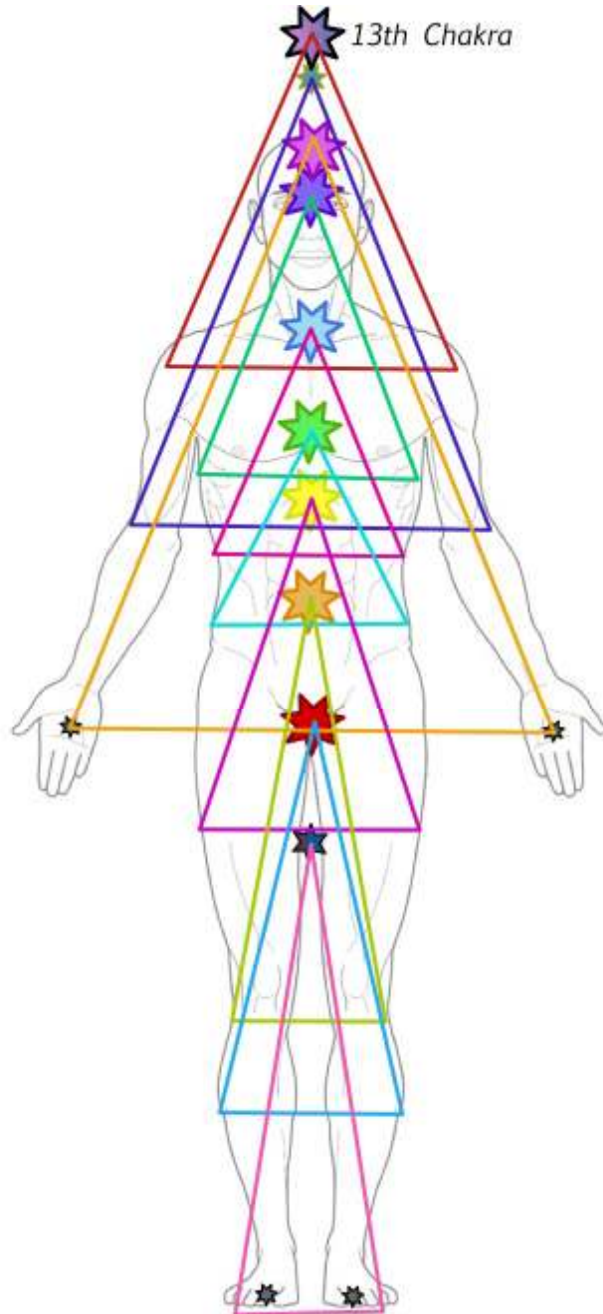
The Deca-Delta Manifold requires a fully unified field to be functional. If the unified field breaks down, so does this structure, and it will have to be placed again once the unified field is reestablished.

It is recommended that this technique be used during air travel, during medical imaging with MRI, X-rays, and other types of scans (especially those requiring electrodes), when you are being exposed to massive fields from radio and microwave dishes or power transformers, and more generally if you have any EM sensitivity. It is also helpful for those who act as conduits for intense flows of energy on a regular basis, especially those in planetary service healing roles.

Exercise: Stabilization of the Electromagnetic Field

1. Unify your fields using the Unified Field Meditation.
2. Once your fields are unified, allow your consciousness to rise up through the crown chakra to the 9th chakra about a foot above your head.
3. Request from the highest level of Spirit appropriate that a Deca-Delta Manifold be placed from the 9th chakra to below your feet.
4. You may sense or visualize the structure—it is ten pyramid structures of variable size stacked and interlocking, with the top apex at the 9th chakra and the base of the bottom pyramid right below your feet (see diagram).

Fig. 1: The Deca-Delta Manifold



Deca-Delta Manifold for Field Stabilization

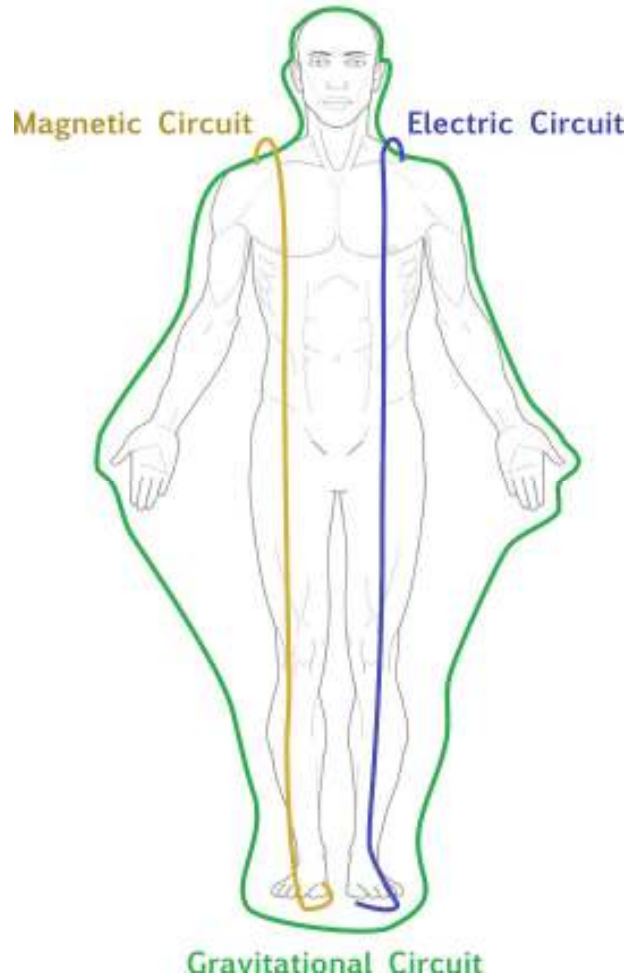
Sometimes despite our best efforts to buffer ourselves, our EM fields take on too much stress and start to polarize, pulling the fields into hemispheres. If this condition persists then it can result in long-term neurological and psychological effects, such as weakness on one side of the body, brain fog, involuntary muscle spasms, and bipolar depression.

This technique operates by temporarily switching and holding the position of the electrical and magnetic body circuits (see diagram). “Standard-issue” configuration has the magnetic circuit on the right side of the body, and the electrical circuit on the left.

Exercise: Depolarizing the Fields

1. Unify your fields using the Unified Field Meditation.
2. Once your fields are unified, inform Spirit and your healing guides that you will be depolarizing your fields—they will assist.
3. Visualize the circuits instantaneously switching position—left to right. Now the magnetic circuit should flow over the heart, the electrical over the liver.
4. Visualize the gravitational circuit outlining your body smoothing and becoming stable and clear.
5. Hold them in this position for a few minutes to give your fields time to flow back together in wholeness. When it feels like your fields are more “even”, switch them back to their initial position, again smoothing out the gravitational circuit. If the polarization is severe, you might want to repeat this switch several times, quickly in succession, to “shake up the sediment” in your fields. **IMPORTANT:** In repeating the sequence, remember to calm down the gravitational circuit after each switch or you might experience nausea, vertigo, and/or light-headedness.
6. When you feel complete, allow your consciousness to come back into the room.

Fig. 2: The Electromagnetic Field Circuits



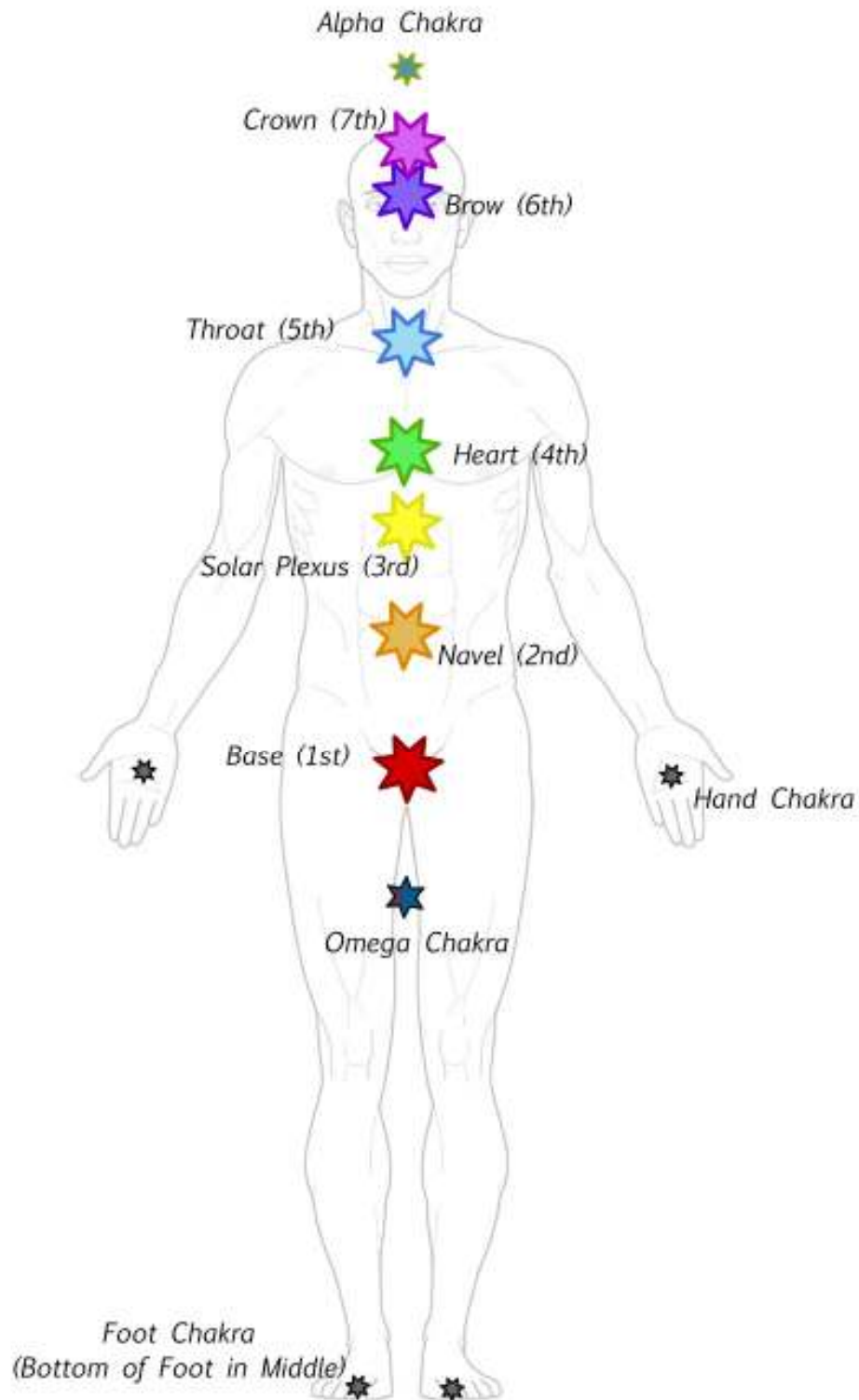
The Major Body Chakras

The chakras are a vital part of the energy system supporting the lower bodies, and vibrate at the 6th level of the physical plane.

The chakras focus and transmit certain key energies that support not only physical health and well-being but emotional and mental balance.

Emotional and mental issues often cluster in dense sticky matrix or encrustations of stuck energy around the chakras that resonate with the issue in question; for instance, intimacy issues often cluster around the heart and navel chakras, mental blocks around the brow chakra, communication issues around the throat, issues with power at the solar plexus, issues with being embodied in the base, and spiritual connection issues in the crown. But these issues are certainly not limited to clustering around chakras—they can be found throughout the fields, often in disrupted patterning that has to be corrected.

Fig. 3: The Major Body Chakras



Major Body Chakras

The Base (First) Chakra

The base chakra is what connects us to the Earth and its energy systems. Sealing one end of the pranic tube, it is critical to the healthy circulation of *prana*. It holds the Instinctive Center wiring and supports the physical survival of the body. Issues in this area include problems with the rectum and lower colon. It supports physical vitality and health, and weaknesses in this chakra often lead to extreme fatigue and lowered physical function.

To be blunt about it, sticking anything up the anus disrupts the proper energy flow in this chakra. If such activities are to be engaged in, it is recommended that the first chakra be rebalanced as soon as possible after the activity in question. (Both vaginal and anal rape seriously disrupts this chakra, sometimes it is shattered by the trauma, so if there is anything like this in your past it is recommended that you rebalance on a regular basis).

The Hara

Located between the first and second chakras, it is considered by some traditions to be the “seat of the soul”. There is a major embodiment lock here, which is why it has been called that. *Hara* is the Japanese term for this area of the body, and many meditation practices have you starting from the *Hara*. After unifying your fields, it can feel very good to “move” the center of it at the heart chakra level down to this area to feel anchored into the body and a subjective experience of your connection to Spirit deepening.

Exercise: Centering in the Seat of the Soul

1. Unify your fields using the Unified Field Meditation.
2. Once the Unified Field is established, concentrate on moving the heart chakra down the body to settle between the navel and the base, in the *hara*.
3. Allow yourself to sense the solidity of your energy when the center of the Unified Field is centered here. Invite your soul to make itself known to you and open to essence contact.
4. You can move the center of your field back to your chest when you like, but you might experiment with walking around with your fields configured in this way. Many people find they feel more “solid”, more powerful, more awake and aware, and more anchored in their bodies.

The Navel (Second) Chakra

Generates the energy of sexuality, creativity, and intimate contact of all kinds, physical or not. Both women and men carry rape and sexual abuse trauma here.

If the person has experienced difficult relationships, there can be a “No Vacancy” sign placed energetically over this chakra to block others from “reading” it. This makes it difficult to generate a spark of attraction in romantic relationships.

Despite the teachings of some traditions, it’s not an “either/or” chakra—it is absolutely possible to fully run both sexual and creative energy simultaneously. Indeed, you cannot experience one charge without the other being present to some degree, so one might see it as a requirement that both run at once. When the fields are unified, there is no limit to how much sexual and creative energy can be tapped, as is true for all the chakras when unified.

The Solar Plexus (Third) Chakra

This chakra generates the energy to “get things done” on the physical plane, and to manifest life conditions. It provides the “juice” for the soul working through the body to effect change on the physical plane.

When a person has been seriously emotionally abused from childhood, denigrated, judged, criticized, and undermined, they will often unconsciously place a disc over this chakra to block it, to seem small and inoffensive and therefore (hopefully) escape notice by the abusers.

It is also unconsciously placed when the person has worked through many power balance issues in recent incarnations and they feel cautious about repeating past errors.

The Heart (Fourth) Chakra

This chakra generates heart energy, healing, and is a direct conduit to unconditional love. The Green Ray—which is radiated by this chakra—is also called the “boomerang ray” because energy sourcing from this chakra is radiated, expands and magnifies, and returns to the sender greater than when sent out. As such, it is a critical chakra when you are working on consciously manifesting changes in your experience of reality.

Often shielding is placed around this structure due to past heartbreak and emotional trauma and pain. While the person unconsciously places this armoring in self-defense, it actually only blocks the energy around the chest. The best way to heal from a broken heart is to expand your heart chakra into the pain, not contract from it. This is of course easier said than done.

Sometimes, a person will place a love deflection disc over this chakra. No matter how much they are loved by others, they are unable to feel it.

This chakra can sometimes crack if the heartbreak is severe or especially agonizing. A cracked heart chakra leads in time to lung and heart disorders—one can literally die from a broken heart (chakra).

The Throat (Fifth) Chakra

This chakra governs the expression of the person’s truth, as they perceive it in that moment. Such expression is often verbal, but doesn’t have to be, as expression encompasses the full range and nuance of human communication.

Rupture or disrupted wiring in this chakra leads to chronic throat conditions, a feeling of choking or blockage that can be very uncomfortable, issues with the vocal cords, and a difficulty in expressing oneself on any level.

Some people place an inhibitor pin into this chakra, usually because of a traumatic past life incident (or many of them) where they were punished and experienced pain, trauma, and/or death for speaking their truth. Over time, this will affect the vocal tone and purity of the person’s voice as it blocks the meridians carrying energy to the throat and vocal cords.

The Brow (Sixth) Chakra

Seat of the Third Eye, governs the intellectual center but also psychic perception
The Third Eye is often blocked—this can result in a feeling of pressure, pain, or even chronic headaches when meditating or engaging in spiritual work.

This chakra stimulates the pineal gland.

It is also the site of a psychic inhibitor locking down clairvoyance.

The Crown (Seventh) Chakra

Connects you to the upper chakras and to the various levels of soul.

Is often used along with the Jade Pillow by channels to receive and transmit information.

There is sometimes a “cap” that sits over the crown to slow down its flow. This can indicate either a high level of caution or fear of Spirit by the person or traumatic experiences with meditative practices that blow the energy body (such as uncompleted kundalini circuits).

The Fourth Eye, which connects the 5th-dimensional psychic centers, is centered in this chakra, and stimulates the pituitary and hypothalamus glands.

The Hand Chakras

Usually about the size of silver dollars in the palms of the hands; some healers, psychics, channels and artists have them open to beyond the width of the hand.

They can often get clogged and blocked if not cleaned regularly, causing problems in the hands, wrists, fingers, and sometimes up the arm, shoulders, and neck.

The Foot Chakras

Usually about the size of silver dollars in the arch of each foot; some planetary service healers and devic specialists have them open beyond the width of the foot, sometimes by a considerable margin.

Can often get clogged and blocked if not cleared regularly, causing problems in the feet, ankles, toes, and sometimes up the leg and into the pelvis and lower back.

Planetary service healers specifically have issues with the chakras blowing out—they are conduits of energy and the structures can get overstressed when the healer is pulling energy from the Earth through the feet. It is often helpful to place a “buffer” of energy around the chakras in such individuals, a kind of energy “flame-tamer”.

There are many exercises in many traditions for working with the chakras. However, when the chakras are incorporated into a unified field, more powerful rebalancing can occur because we are “out of the way” by being unified through the heart. In other words, it is easier to release attachment to the issues connected with the chakras, and therefore easier to release the stuck energy.

Another advantage to doing chakra work when they are unified is that you can work on the chakras individually. In most traditional cleaning disciplines, they all have to be worked on during the same meditation or there will be imbalance. With the fields unified, we’re already balanced, and so if we have specific issues around one chakra, we can just work on it and not touch the other ones.

Also, in this exercise the Alpha and Omega chakras are included, so it is another way to balance the EM field.

It is useful to work this exercise any time you feel blocked in any of the chakra areas. You can work on all the chakras, or just the one(s) of interest.

Exercise: Unified Chakra Rebalancing

1. Unify your fields using the Unified Field meditation.
2. In this exercise, you can work on any or all of the chakras in any order—there does not have to be any specific sequence.
3. Concentrating on the chakra in question, visualize it opening up as far as it will go. What this looks like to your inner vision depends on how you were trained to visualize them. Just use intent to open it up.
4. If you sense or see any accumulations of stuck energy around it, invoke the Silver Ray of Grace and the Violet Flame of Transmutation to infuse the area until it dissolves.
5. If it opens smoothly, simply move on to the next chakra. If you feel resistance, or know you have issues keeping it open, then direct light into the chakra, as if the chakra was a mouth and the light breath. It may appear as if the light you are breathing into the chakra is a different color or intensity than the chakra—this is fine. Just work with whatever Spirit and your healing guides send you. With each “inbreath”

of light into the chakra, expand its size. It doesn't matter how far you expand it—it will snap back to normal proportions on its own, so just blow it out as far as you can.

- a. Uncoiling the Serpent: Awakening the Base (1st) Chakra
 - i. When concentrating on this area, sense or see the upward-spiraling energy of the *kundalini* serpent. As you breathe light into this chakra, sense the pulse of your life-force in the base of the pranic tube. Feel it resonate and “beat” with the pulse of the Earth.
- b. Igniting the Spark: Energizing the Navel (2nd) Chakra
 - i. Here, you are activating your creativity and sexual energy. When working on this chakra, it isn't uncommon for your body to feel awake and excited. As you breathe light into this chakra, sense the heat in your loins and the activating spark of creative fire.
- c. Expanding Your Presence: Empowering the Solar Plexus (3rd) Chakra
 - i. Power can also be called will, and strengthening this chakra facilitates the process of the will becoming manifest in the world. Without the energy of this chakra, your life will not be very active and you will not have much confidence to move forward. As you breathe light into this chakra, feel the surging energy in your body that signals movement and action, the heady feeling that you can “take over the world”. Spirit also uses this chakra to manifest its vision for the life task, so keeping this area clear really helps us connect with and act on that.
- d. Flowing with Your Heart: Expanding the Heart (4th) Chakra
 - i. This chakra is arguably the most critical of all. The Unified Field is based in it for a reason. Earth is in a universe with a Love orientation, and so the heart chakra is primary. As you breathe light into the heart, feel yourself becoming love, being love with every cell in your body, and the generous flow of energy from this chakra. Feel how the energy that radiates from the heart flows back to you magnified, for love expands into more love, always.
- e. Singing Your Truth: Expressing the Throat (5th) Chakra
 - i. This chakra governs expression, verbal or otherwise. Because of social conditioning, we often feel stifled or blocked in this chakra, because we do not live in a society that values truth or authenticity. As you breathe light into this chakra, feel how it resonates with your heart, brow, and solar plexus—this connection allows us to speak our love, truth, and power clearly. As you breathe light into this chakra, feel these four chakras creating a kind of circuit between them.
- f. Opening the Eyes of the Soul: Focusing the Brow (6th) Chakra
 - i. This chakra governs thought and truth, and is the seat of the Third Eye (*ajna*). It also is responsible for perception on all levels. As you breathe light into this chakra, feel the Third Eye open, and a sharp beam of light come from it to expand out into a cone. Then rotate this cone in 360 degrees around your head to expand perception. Changing the speed of rotation changes the dimensional frequency you are sensing—in general,

- faster rotation/frequency means higher dimensions. Note that you will probably not be able to see much past the 5th—the human mind doesn't process well more than two dimensions higher than the 3rd.
- g. Surrendering to Spirit: Unfurling the Jeweled Lotus in the Crown (7th) Chakra
 - i. This chakra connects us to Spirit and is the gateway to the upper chakras (8th-14th). It is connected to the Fourth Eye, which allows us to perceive dimensions higher than the astral. As you breathe light into this chakra, feel the vibration of your body quicken as you make contact with your soul.
 - h. Connecting to Source: Attuning the Alpha Chakra
 - i. This chakra connects us “vertically” to the entire continuum of our being, from the physical all the way back to Source. As you breathe light into this chakra, feel your energy expanding upward like a plant reaching for the greening power of the sun.
 - i. Anchoring to Self: Stabilizing the Omega Chakra
 - i. This chakra connects us “horizontally” to all of our concurrent incarnations across time, parallels, and alternates. When both the Alpha and Omega chakras are stabilized, we are anchored into the full spectrum of our being. (see the “Grounding into Spirit” exercise on www.councilofone.org). As you breathe light into this chakra, feel your energy expanding outward in all directions like a spreading pool of water.
 - ii. The Waves of Metatron pulse between the Alpha and Omega chakras, attuning the EM field across and through the dimensions. The EM signature is as unique as a fingerprint, and so the Waves act as a beacon or “locator beam” so that you can be found by those beings who wish to work with you as part of the evolutionary process of the soul.
 - j. Opening the Hands and Feet
 - i. As you breathe light into the hands and feet, feel how you bring energy in through your feet and radiate it from your hands. See if you can sense the circuit the energy travels through your body between these two points. Receive through the feet, give through the hands. These areas of the body will experience symptoms if the exchange of energy (giving and receiving) is out of balance.

The Role of *Prana*

In Chinese *Chi* or *Qi*, in Japanese *Ki*, in Hebrew *Shefa*, in Arabic *Baraka*, *prana* is the Sanskrit word for the vital multidimensional energy that sustains all physical life.

Prana vibrates between the 7th level of the physical plane (3rd dimension) and the 1st level of the astral plane (4th dimension). As such, it carries the vital energy of Source, “stepped down” through dimensions to touch each plane with the spark of life and consciousness. Physical life can only be sustained with *prana*. Without it the chemical spark that produces life from compounds of molecules would not be possible. This same energy is used in different vibrations and in various ways to sustain and fuel the evolution of consciousness on all dimensions. “As above, so below.”

The pranic tube is a slender tubular column that connects the crown and the base chakras vertically and passes through the other five major body chakras. It holds the “pranic fuel tank” and anchors the fields to the

body. Cracks in the pranic tube and pranic leakage can be immediately life-threatening, depending on how severe the breach and how rapid the leak.

Since the pranic tube is a “time-bound” structure, and Spirit exists outside time, such breakage cannot be repaired by upper dimensional assistance. In such cases, the soul does its best to get the person to a competent healing practitioner, who can do the delicate work necessary if the pranic tube must be replaced entirely from within a dimension of time.

It is linked to the mitochondrial production of ATP (adenosine triphosphate, the basic energy molecule that fuels cellular activity). Any significant disparity between *prana* levels and the body’s ATP production rate lowers energy efficiency and generates extreme fatigue and general body malfunction.

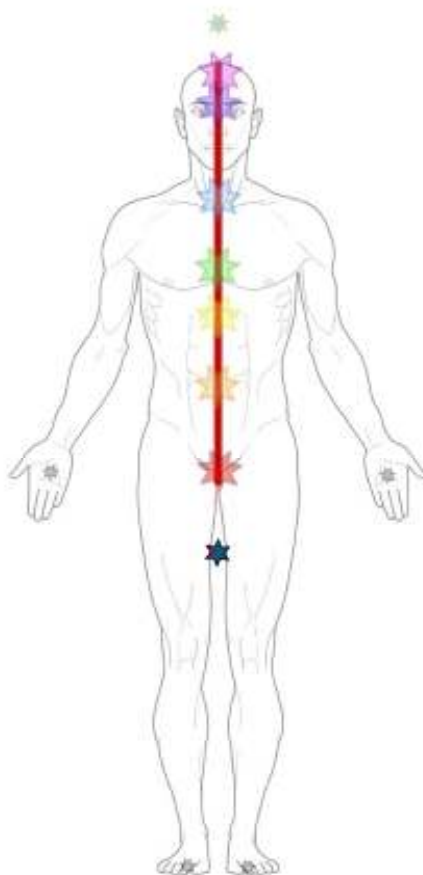
Prana is the slowest-regenerating of all the body’s energy systems, by design. It can be physically replenished only by:

- Whole, healthy non-GMO foods.²
- A healthy sleep cycle and stable sleep architecture.
- Certain meditation and Tantric sexual practices.

Regeneration never keeps up with the gradual attrition of the pranic levels as the lifetime progresses. It has to run out sometime. In a way, the pranic tube can be seen as a “fuel tank”. When it’s empty—either gradually over time or depleted suddenly in a major injury—it shuts down the base chakra and can no longer anchor the fields, after which death occurs immediately.

² GMO foods have no devas attached to them, and therefore provide only calories, not *prana*. You can survive (in the short term), but not thrive, on them.

Fig. 5: The Pranic Tube



Pranic Tube

The *Chi*-Meridians

The *chi*-meridians are channels that carry *prana* from the pranic tube throughout the body to infuse *prana* into the cells and promote healing, regeneration, and balance between the body systems. Acupuncture and very old healing practices utilize work on these channels to facilitate health, treat injury, and heal disease. They vibrate at the 6th and 7th levels of the physical plane.

The Generator/Governor Meridian runs all the way through the body at the spine. It is a major controller for the other meridians. When this meridian malfunctions, it often disrupts the healthy functioning of the “power pack” between the shoulder-blades that keep the fields and nervous system in balance. It is used by 3rd-dimensional healers and upper-dimensional healing guides to monitor and modulate the function of all the *chi*-meridians.

The *chi*-meridians, like all the physical fields, are vulnerable to EM interference, ionizing radiation, and chemical and heavy metal toxicity. Serious body injury, including medical surgical practices, can damage, fray, clog or even sever these structures.

Chronic disease can also wear them down over time. A malfunctioning meridian system often results in chronic illness, and then the illness degrades the meridians even further, in a vicious circle.

Long-term stress and damage to the meridians can also cause crystallization of the *prana*. Looking to clairvoyance like a coarse silvery powder—instead of flowing like plasma, the energy crystallizes into dry dust, blocking the meridian until cleared.

Crystallization of the *chi*-meridians

- Caused by disease, chemical and heavy metal toxicity, and a degraded EM field
- Looks like silvery powder—instead of flowing like water, the energy has crystallized into dry dust, blocking the meridian until cleared.
- Radiation exposure.

Rupture/breakage of the *chi*-meridians

- Electromagnetic “flares” and general degradation of the EM field.
- Body trauma, including trauma from allopathic surgery.
- Massive environmental stress, including radiation exposure.

Reverse-Flow Meridian Wiring

A small but significant percentage of the population flow their energy from their feet to their heads rather than from head to feet. This is usually because the person is in planetary healing service.

When using any methodology of working with *chi*-meridians, it’s important to intuit or sense which way the energy is flowing, because traditional methods need to be altered to be successful on someone with reverse-flow wiring. Specifically for acupuncture, the needles have to be angled and sometimes placed differently when working on such individuals, or the result could be destructive rather than helpful.

The Non-Physical Fields and Higher Light Anatomy

The Emotional Body/Field

The Emotional Body vibrates at the 1st-3rd levels of the astral plane (4th dimension). Emotional patterns are imprinted into this field through the emotional interpretation of experience. Old traumas constantly re-run when this body is not unified, restimulating the memories and emotions associated with it. It holds the emotional tone of memory—how we felt about what we experienced.

Because of the intensity of some emotional patterns, there is often a lack of trust of the emotional body by the mental body. This strengthens the dominance of the mental body over the rest of the personality. In turn, the emotional body feels abused by the mental body and distrusts it, sabotaging its attempts at control whenever possible so that the two bodies are often in conflict, generating psychological and physical stress as well as some of the more interesting self-karmas.

Most karmic patterning is held in the emotional body. Crystallizations disrupt the healthy flow of the emotional body (pictures of past trauma, blocked or sublimated emotion).

When it is in a separated (non-unified) state, it is focused on past experiences, and tends to form attachments to people, places, and things. It can seem very childlike because many attachments are formed in childhood. This means that often its reactions have nothing to do with anything happening in the present moment, but originate from triggers laid down in the past. Emotions and expressions are often sublimated in intellectually centered cultures like the United States, and judged as “bad”, “negative”, or “unacceptable” by the mental body. This creates self-karmic structures which block inner access and causes the emotional body to fixate on the outer world.

In the unified state, the emotional body loses most if not all of its past orientation, and focuses itself on expression in the present moment. Attachments to people, places and things begins to release as this body focuses only on the vibration and expressions of Spirit. It can feel like being in love with everything. Emotions are expressed as they come up in the moment, in a fluid and childlike way. Instead of self-judgment, all emotions are seen as being part of the infinite repertoire of Divine expression. Since they are not suppressed, they process quickly and don’t become an issue.

The Mental Body/Field

The mental body vibrates at the 4th-7th levels of the astral plane (4th dimension). Belief systems and thought patterns are imprinted into this field through the interpretation of experience, and it holds the observed categorization and intellectual processing of memory.

Crystallizations disrupt the healthy flow of the mental body (closed systems, belief structures, self-destructive thoughtforms, records of impactful experiences).

In the non-unified state, the mental body is focused primarily on the future, in “what if?”. It is the part of the ego focused on survival, and develops conditioned, robotic responses to stimuli. It believes that it is in charge, though it cannot experience reality, only describe it. Through these descriptions of reality (belief systems), the mental body determines what is “real” to the personality, and filters out information and energy that might contradict those belief systems. It is strongly resistant to change, and fears it as a threat to survival. It often suppresses the emotional body’s needs and impulses and tries to maintain control at all costs. It does not care if you are happy, only that you keep following its survival programming.

In the unified state, it begins to live in the Now and shifts its function from serving survival to serving Spirit. Instead of deciding what’s real, it looks for cues from Spirit about what is “real”. It surrenders control of the life and focuses Spirit’s vaster perception of reality into the physical plane. Survival fears and doubts lessen or dissolve. When they do arise, Spirit reassures the mental body that they are not “real”.

Over the course of a lifetime, crystallizations build up in the emotional and mental bodies, causing the spin of the fields to slow and disturbing the balanced flow of brain and body processes and chemistry. Over time, these crystallizations “hit” the physical field and may manifest as disease processes.

The Spiritual Body/Field

The spiritual body vibrates at the 1st level of the causal plane (5th dimension) and acts as the interface between the entity/oversoul (Spirit) and the lower bodies (physical, emotional, mental). It exists in simultaneous time, and connects to the physical body through the Axial-Axiatonal higher meridian system.

Instructions and energy from the soul are transmitted through this body to the mental, emotional, and physical bodies (“lower bodies”). It arrives as insight, intuition, and sometimes vision, a feeling of bliss and joy. It is only through this body that true essence (soul) contact is experienced and validated, the effects flowing down to the lower bodies.

It holds a connection to the akashic memory for the current grand cycle, the entire history of the soul throughout its history of incarnation on Earth. Past-life memories and spiritual evolution and achievement are accessed through this body.

When in the un-unified state, this body is often dismissed or ignored by the mental body (less frequently by the emotional body, where intuition from the spiritual body can “sneak by” the restrictions of the mental body).

In the unified state, the lower bodies become open to communication from this body, and the personality takes its cues and direction from Spirit rather than ego.

Electromagnetic pollution can interfere with the proper functioning of this body, making its resources inaccessible to the lower bodies, which can generate depression and feelings of loneliness, isolation, alienation, and despair. Breakdown of the higher meridians (axiatonal lines) can also disrupt the healthy function.

The Etheric Blueprint

The etheric blueprint is the energetic structure that overlays the physical body like a ghost image. It is a template of the body’s physical genetic expression, holds the pattern for physical death, and carries the karmic matrix for the soul. It vibrates at the 5th, 6th, and 7th dimensions and operates in simultaneous time. The genetic template for the body is held at the 6th-dimensional level, which then triggers the physical expression of DNA. It is what holds the body in shape and distinct from the undifferentiated quantum “foam” of physical energy. Everything that has a genetic code has this template, at varying levels of sophistication and complexity. It allows the soul the direct experience of the physical body in the same way that the spiritual body allows the entity/oversoul to connect with the body.

The physical body takes its shape from this template, so any changes to it will filter down to the body, causing it to gradually change to the new state in some cases. Theoretically, if the etheric body stimulates the physical body with the proper type of energy, severed limbs or lost organs could be regenerated this way. When a limb or organ is lost, it still exists in the etheric template, which is the source of “phantom limb” syndrome, where pain or sensation is still felt in the area of the lost body part. Practically speaking, at this point in time, such regeneration is rare, so if an organ or body part is lost, it is probably best to sever it from the etheric blueprint as well to avoid complications in the body and fields.

Treatment of genetic disorders can also be attempted through the etheric blueprint, as genetic expression is determined from the 6th-dimensional level of this structure. The 6D level of this template also connects to the genetics of every species in which the soul took a body through grand cycles of incarnation. Therefore, sometimes genetic expressions from other (extraterrestrial) species can “drift” into the human template through the 6D connection.

The body’s connection to the etheric blueprint can be compromised by traumatic injury and surgery, organ transplants, disturbances in pranic flow, environmental pollution, genetic damage, and pharmaceuticals such as immune-suppressing drugs. Current allopathic cancer treatment protocol (chemotherapy and radiation) also degrades this connection, and so those undergoing such treatments or taking such drugs might find this technique especially useful.

The 4th-dimensional karmic matrix connects the soul to its karmic experiences across time, space and parallels. It also connects it to the karmic matrix of its entity/oversoul through the 6th-dimensional lines. This 4th-dimensional matrix is anchored into the body through the Akashic Imprint, a kind of localized physical plane record, which is why the physical body can somatize past life incidents even though the incidents happened in a different body.

The 5th-dimensional level of this blueprint has been primarily dormant, and contains encodements for future evolution of the human body as well as inhibitor structures placed by the soul at birth. It imprints the “light body” genetics of the body. At this time, this level of the template is starting to activate in people as the planet approaches the phase transition between young soul and mature soul focus.

The best way to work with the etheric blueprint is through the healing space in the center of the heart chakra, accessed through using the exercise Connecting to the Inner Altar of the Heart. Through the Threefold Flame, we can gain access to the deepest levels of soul and self. It takes practice and training to use this inner resource, but the rewards can be great. One of the benefits is being able to observe and work on what is going on with you mentally, emotionally, and physically.

Using this foundational technique in combination with others, you can practice this self-work as often as you like.

Exercise: Entering the Healing Space in the Center of the Heart

1. Unify your fields using the Unified Field Meditation.
2. Enter your inner sanctum in the center of your heart chakra, using the Connecting to the Inner Altar of the Heart meditation.
3. From the center of the Threefold Flame, visualize the three distinct flames as having flat surfaces which can display images. For the purposes of this technique, the Love Flame represents the emotional body, the Truth flame represents the mental body, and the Energy/Will/Power/Beauty Flame represents the physical body.
4. Each “screen” can call up diagnostic images of the body in question. From this place, you can monitor and alter flows and conditions in each body. Infuse different colors of light in varied geometric forms to see how it changes the picture on the screen. With perception and practice, you can become adept at working on yourself from this

place. Some people visualize complicated control panels to work on the images (like “Mute” buttons for strong unwanted emotion) and others just use will to affect change. Whatever your style is, be sure it is right for you.

5. Now, work on yourself using other exercises, such as the Etheric Blueprint Adjustment or the Deep Access and Clearing of the Lower Fields techniques.
6. When you feel complete, allow your consciousness to return to the room.

Exercise: Etheric Blueprint Adjustment

1. Unify your fields using the Unified Field Meditation.
2. Enter the inner sanctum of your heart chakra using the Connecting to the Inner Altar of the Heart meditation.
3. Invoke the healing tools in the center of the Threefold Flame using the Entering the Healing Space technique.
4. Focus on the Energy (physical and spiritual body) flame. When working with the body, some people prefer to work in three-dimensional visual space, visualizing their own body lying on a table or altar in front of them. Using this image, it can seem as if you are standing outside yourself, working on yourself as if you were working on someone else.
5. Visualize the etheric blueprint on the screen of the Energy Flame, or overlaying your own body effigy in front of you if you work that way. Your spiritual body will create a bridge so you can access the highest levels of this template as appropriate.
6. First, look for any obvious disturbances or issues that you are not already aware of before focusing on the issue at hand. Checking this can often lead to early detection of preventable disorders. If you find any, correct them by applying healing energy to the areas of the blueprint that need it. You can visualize doing this in any way you like—laying hands on your effigy, directing energy to “clean it up”, and so on.
7. If you are here to work on a specific disorder, focus healing energy there as detailed in the previous step. If it is a systemic issue (all cancer and autoimmune disorders should be considered systemic no matter if they are localized in a certain area of the body or not), then imagine infusing the entire blueprint with frequencies of healing energy. If working on cancer, address the collagen system (the intracellular connective tissue); if on autoimmune disease, the immune and endocrine systems. It can be helpful to have a basic grasp of anatomy for this technique to be most effective.
8. When you feel complete, allow your consciousness to return to the room.

Exercise: Deep Access and Clearing of the Lower Bodies

1. Unify your fields using the Unified Field Meditation.

2. Enter the inner sanctum in the center of the heart chakra using the Connecting to the Inner Altar of the Heart meditation (www.councilofone.org).
3. Invoke the healing tools in the center of the Threefold Flame using the Entering the Healing Space technique.
4. Starting with the Love Flame, representing the emotional body, bring it up on the screen in front of you. Look for anything that looks blocked, or sticky.
5. Using your “controls”, or simply your will, apply energy to the blocked areas to clear them. You might use the Silver Ray of Grace and the Violet Flame of Transmutation to help if it seems stuck. You might tap into it before clearing it to see what it is, but only if you feel guided to do so. You don’t want to get caught up in too much processing. You might see or sense density, stickiness, or blockages. In the emotional body, you might see karmic matrix.
6. When you feel complete with the emotional body, repeat the process on the mental body.
7. When you feel complete with the mental body, repeat the process on the physical body.
8. When you have done all you wish to do or can do, allow your consciousness to come back into the room.

Exercise: Field Spin Exercise

1. If your fields are unified, request that your Spirit separate the unified field to give you access to each of your fields separately.
2. Set your intention to spin your emotional body field, as fast as it will go. As it spins, you may become conscious of density or thick energy spiraling upward and to the outer edges of the field, as if by centrifugal force. Keep spinning it until you feel all the stuff rise to the level of your 12th Chakra (about 3-4 feet above your head). Release the denser energy to Spirit, requesting that Spirit repattern the energy to a higher-probability expression for you. You may feel a pulling sensation at the top of your head or fields—let Spirit have it, release it all.
3. Slow the spin of your emotional field. After about a minute, you may become aware of new energy flowing down into your fields from your 12th Chakra. This is the repatterned energy flowing back into you.
4. Repeat the process with your mental body.
5. Unify your fields, and allow your consciousness to come back into the room.

The Upper Chakras

The Upper Chakras are dormant until unified with the fields through the Unified Field Meditation or other methods. They form a connection between the upper dimensional aspects of Spirit and the body.

The Eighth (Emotional Body) Chakra

Unifying with this chakra allows the emotional body to merge into the physical.

The Ninth (Mental Body) Chakra

Unifying with this chakra allows the mental body to merge into the physical.

The Tenth (Spiritual Body) Chakra

Unifying with this chakra allows the spiritual body to merge into the physical.

The Eleventh (5th Dimensional/Causal/Mental Plane) Chakra

Unifying with this chakra allows merger with the soul entity/oversoul.

The Twelfth (6th/Dimensional/Mental/Messianic Plane) Chakra

Unifying with this chakra allows contact with the soul cadre/Messianic Oversoul

The Thirteenth (7th Dimensional/Buddhaic Plane) Chakra

Unifying with this chakra allows contact with the soul greater cadre/Buddhaic/I AM Oversoul

The Fourteenth (14th Dimensional/Tao/Source/All That Is/Shekhina)

Unifying with this chakra allows contact with the Source

The Alpha and Omega Chakras

Located 8 inches above the head and pointing forward (Alpha) and 8 inches below the base chakra between the legs (Omega), these chakras connect us to the entirety of our being. The Alpha Chakra connects the lower chakras and fields to the upper chakras, and the Omega Chakra connects the soul to all of its incarnations across the timeline, parallels, and alternates. When the fields are unified, they form a circuit of energy between them called the Waves of Metatron, connecting the body's EM field to the planet as well as upper-dimensional levels of Spirit.

The Jade Pillow and the Ankle Control Points

The Jade Pillow is a 5th-Dimensional structure that allows full access to the body, its energy system, and the fields. It looks to 5th-dimensional vision like a long and thick 12-sided double-terminated crystal, with one point terminating in the occiput and the other between C-7 and T-1 vertebrae. Its name comes from Taoist medicine.

It is used when channeling, healing, and meditating. Spirit and upper-dimensional guides use it to monitor and modulate the body and fields. Through it, Spirit "downloads" information and energy that can be later accessed by the body and personality/ego.

Because of the issues with EM pollution, this structure is stressed like never before, and often loses cohesion, or "breaks". I am informed that because the human capacity to act as a conduit for energy is increasing at a rapid rate during these accelerated times, devising an improved structure that isn't as vulnerable to rupture isn't feasible at this time. However, it can be stabilized.

Symptoms of breakage include but are not limited to:

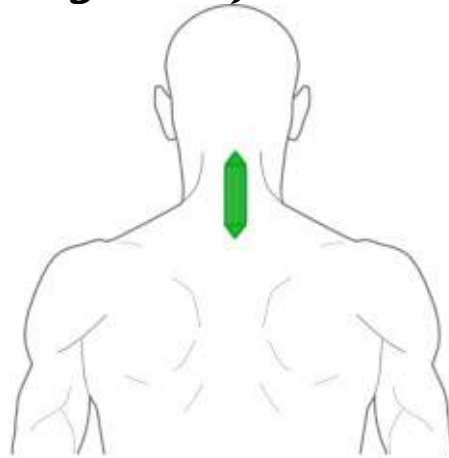
- Sharp and/or achy pain in the neck and/or shoulders.
- A feeling of "sparking" in the neck, as if the spinal cord was misfiring.
- Feeling disconnected or out of touch with Spirit and guides (more so than usual).

The Ankle Control Points are more accessible by another person—if working on yourself, doing so through the Jade Pillow is easier. From these points on the ankle, we can access/adjust any of the *chi*-meridians and body and etheric functions on the physical plane, so it is more useful when you want to focus very sharply on the body. The Jade Pillow can access all the fields as well, so it's useful to work from there if you want to clear your emotional and/or mental bodies, and gain deeper access into the spiritual body, as well as work on physical issues. They vibrate at the upper-physical (3rd) dimensional level.

Exercise: Maintaining the Jade Pillow

1. Unify your fields using the Unified Field Meditation.
2. Place your fingers on the Jade Pillow at the back of the neck. Invoke the assistance of Spirit and your guides, asking for any assistance to stabilize, repair and strengthen the structure.
3. You may feel energy coming out of your fingers into the area, heat or tingling.
4. When you feel complete, allow your consciousness to come back into the room.

Fig. 6: The Jade Pillow



Jade Pillow

Brain Circuitry

The 5th-dimensional circuitry in the brain is what allows higher consciousness to anchor itself into organic matter. In general, it is best to seek out a skilled practitioner familiar with these multi-layered circuits for the most thorough calibration. Still, when seeing one is not practical, we can direct energy to these circuits to help them maintain proper function. There are circuits that modulate synchronization between the right and left brain hemispheres, circuits that trigger neurotransmitter release, endocrine circuits, optical circuits, occipital circuits, and so on.

When these circuits are knocked out of calibration by various kinds of stress, it makes it harder for our brains to operate efficiently. The brain is a holographic receptor organ for higher consciousness—it translates memories from the fields, so when the circuits are off, then short- and long-term memory can suffer. Fried brain circuitry can also throw off endocrine, immune, and cognitive function.

When you are ready to perform this exercise, try to ensure that you have ample time free of interruptions or disturbance to do so. After all, you're working on your brain here. Please be aware that the diagram is an extremely simplified illustration for the purposes of this technique—it by no means represents the full number and interrelationship of all the circuits that are actually present.

Exercise: Adjusting the Brain Circuitry

1. Unify your fields using the Unified Field Meditation.
2. Place one finger over your Third Eye, and one just under the occiput. Position your hands so that each thumb is placed just over the top of the ear on each side of your head.
3. Inform your Spirit and guides that you are balancing your brain circuitry now—they will help with some of the more complex circuits that you can't reach or sense.
4. Allow energy to flow from your fingertips into your brain, allowing Spirit to work through your body at the contact points. You may feel heat, tingling, woozy, or heaviness in the head while running the circuits. If you experience any pain, ask Spirit to slow down the energy flow.
5. If you would like to visualize the Star of David pattern, you may do so (see diagram).
6. You may feel at times the urge to move and place your fingers at different points around your skull and the back of your neck—surrender to Spirit and let it work through you as needed.
7. When you feel complete, allow your consciousness to return to the room.

Fig. 7: Primary Brain Circuits

Simplified Brain Circuitry Diagram (Star of David)



Golden Triangle (Endocrine) Circuit

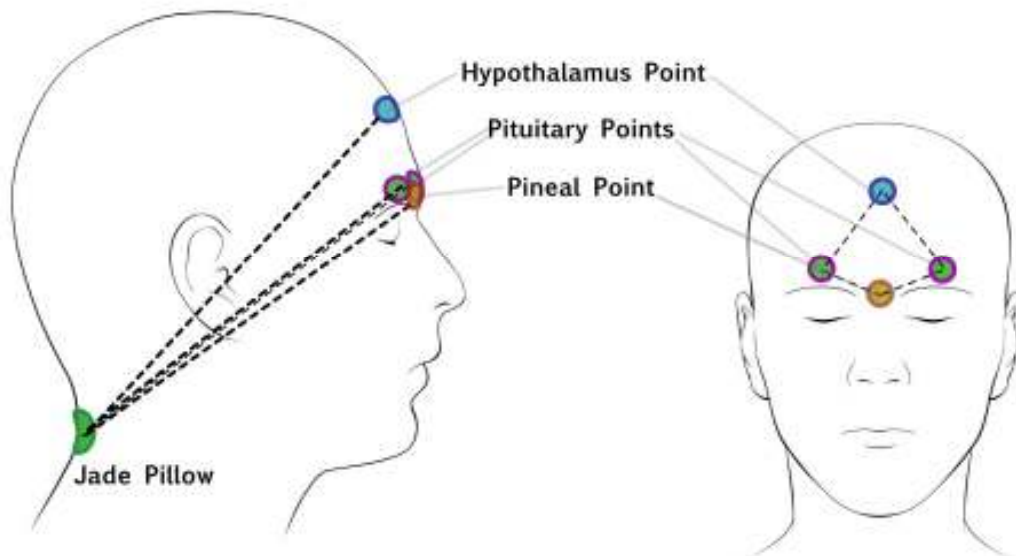
The Golden Triangle brain circuit balances the pituitary, pineal, and hypothalamus glands, and moderates endocrine, metabolic, and immune function in the body. All of these glands are frequently out of balance due to toxic and EM exposures, resulting in hormonal and neurochemical imbalance, autoimmune responses, and disruptions to the metabolism including intractable weight gain or loss and sleep disorders. It's a good idea to balance the Golden Triangle on a regular basis to maintain the health of these systems.

Exercise: Balancing the Endocrine System

1. Unify your fields using the Unified Field Meditation.
2. With one hand, place a finger under the occipital ridge to connect with your Jade Pillow.
3. With the other hand, place one finger on each of the points on the forehead as shown in the diagram (q.v.). A comfortable hold is pinky and thumb over the pituitary brow points, middle finger over the *ajna*/pineal point, and index finger on the upper hypothalamus point. Try to get a sense of the energy flowing through this circuit—is it smooth and regular, in pulses, or erratic and “sparky”?
4. Inform Spirit and your guides that you are balancing the Golden Triangle circuit. Let them flow energy through your hands as needed. You may get the sensation of energy shooting laser-like between the Jade Pillow point and your fingers on your brow in different intensities and geometric patterns, and “flares” as the connections are made and the circuit reestablishes healthy flow.
5. When you feel complete, allow your consciousness to come back into the room.

Fig. 8: The Golden Triangle Endocrine Circuit

Endocrine Balance Points



The Upper Control Panel and the Lower Embodiment Locks

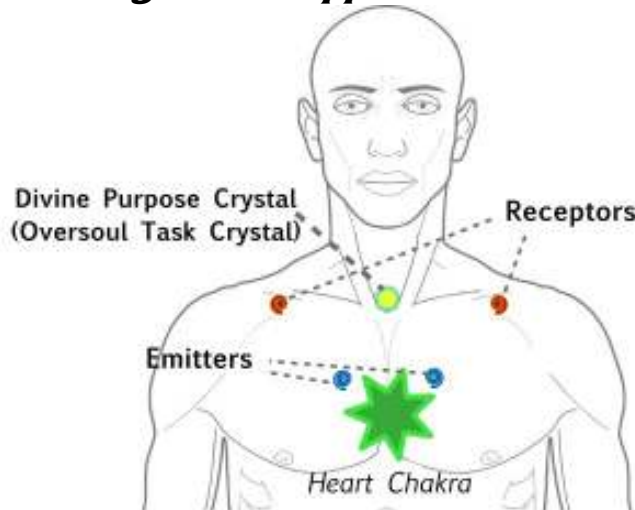
The “Upper Control Panel” in the chest, besides holding the crucial Heart Chakra, also has spin points called Receptors and Emitters. Receptors determine how open you are to energy originating outside your field, either from the fields of others around you, the general energy of a location, or from energies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

directly, much like volume knobs on a radio. Everyone is different in the way they run their energy, so the direction of spin to open or close should be experimented with to determine whether opening the point is clockwise or counterclockwise.

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

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

Fig. 9: The Upper Control Panel

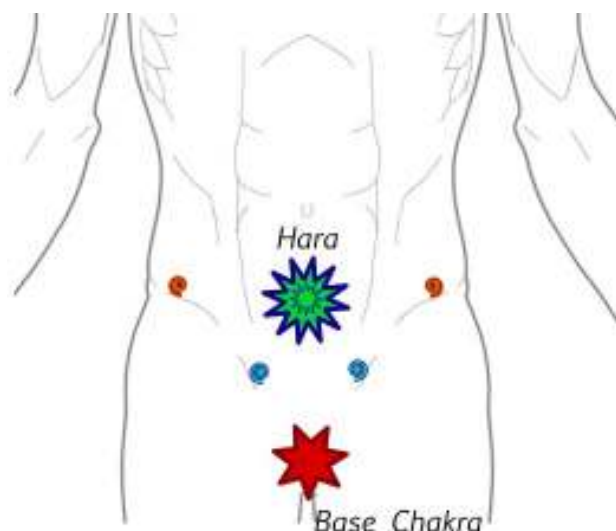


Etheric Structures of the Chest (Upper Control Panel)

Lower Embodiment Points

These points allow the soul to anchor more fully into the body. They can often flare up like trigger points or get sore and achy during major descensions of Spirit (when more Spirit comes into the body to stay). If the soul failed to anchor properly into the body during the birth process, there can be chronic body ailments and/or pain around these points. Rebirthing processes can heal dysfunction in these locks.

Fig 11: The Lower Embodiment Points



Lower Embodiment Points

The Axial-Axiatonal System (Higher Meridians)

Axiatonal lines balance energy and run vertically, while the axial system balances and runs horizontally. Axial lines connect the pranic tube to the microscopic spinning double tetrahedra that make up the structure of the fields, anchoring the fields to the physical body.

The lines create a bridge of light between the lower bodies, the spiritual body, and the various levels of the oversoul/Spirit, and vibrates at the 5th-dimensional (causal) level.

They do not necessarily overlay the 4th-dimensional *chi*-meridians, but help optimize their function when all is working properly.

EM pollution can disrupt the connection of the system through the spiritual body into the lower bodies. While not as directly impactful to physical health as the *chi*-meridians, damaged and blocked axiatonal lines can degrade overall health of all the lower bodies over time, and if the person is on a conscious spiritual path then the feeling of disconnection can trigger serious depression.

Breaks in the axial lines connecting the fields to the body can be much more serious—if this part of the system is disrupted enough to break down the fields will detach and the body will die. However, it is virtually unheard of that this would happen through gradual attrition—all the axial lines have to be broken at the same time for this to occur.

Without clear and functional axial-axiatonal lines, the upper chakras cannot be accessed and the field cannot be properly unified. They have also been called the “light body meridians” for this reason.

Repair of this system is best carried out by a skilled practitioner, as without 5th dimensional “senses” it can be hard to observe.

Bringing It All Together—Unifying the Fields and Activating Your Light Body

The Unified Field is a powerful tool for keeping all of your energy fields—including the physical field—healthy. By allowing you conscious access to the deeper levels of your being, you become a more active and aware participant with the soul’s in carrying out its tasks for the lifetime. The unified field creates the light

body—the fifth-dimensional vibration of your physical body that is fully awake and connected to its divine Source at all times.

It is also a powerful service. When your fields are unified, it affects the fields of everyone in your vicinity. When your unified field contacts their field, their field will unify to match yours, even if only for a second. If someone unifies for even a moment, it opens the door for them to unify their fields again, and connect to their souls.

Sometimes, it is useful to unify the field through command codes when you are working in the healing space in the center of the heart, so you can zero in on where the connections in the field may need assistance. For example, if you unify your fields but still experience emotional or mental upheaval, those bodies may not be unifying properly. Usually this is because of issues with the axial-axiatonal system, and will resolve once those are addressed. If you are a practitioner, you can also use this method for chakra and field diagnosis and treatment.

Exercise: Unifying the Field through Command Code

1. Using the Fibonacci Sequence of numbers, set the spin of each level of the Unified field as follows:
 - a. 1:1
 - i. The Unified Field initiates with a flare in the heart chakra.
 - b. 2:1
 - i. The field expands to include the throat and solar plexus chakras, connecting heart and power to expression.
 - c. 3:2
 - i. The field expands to include the brow and navel chakras, anchoring sexuality/creativity to heart, power, and expression.
 - d. 5:3
 - i. The field expands to include the crown and base chakras, stabilizing the body between Earth and Spirit.
 - e. 8:5
 - i. The field expands to include the Alpha and Omega chakras, activating the Waves of Metatron in the EM field.
 - f. 13:8
 - i. The field expands to include the 8th chakra, and the emotional body merges into the physical.
 - g. 21:13
 - i. The field expands to include the 9th chakra, and the mental body merges into the physical.
 - h. 34:21
 - i. The field expands to include the 10th chakra, and the spiritual body merges into the physical, merging the lower bodies into the unified field interfacing through the spiritual body.
 - i. 55:34
 - i. The field expands to include the 11th chakra, and the field connects with the soul's entity or oversoul on the 5th (causal) dimension.
 - j. 89:55

- i. The field expands to include the 12th chakra, and the field connects with the soul's cadre or Messianic Oversoul on the 6th dimension.
- k. 144:89
 - i. The field expands to include the 13th chakra, and the field connects with the soul's greater cadre or Buddhaic Oversoul on the 7th dimension.
- l. 233:144
 - i. The field expands to include the 14th chakra, and the soul's connection to the Shekhina aspect of All That Is/Tao/Source.
- m. 377:233
 - i. The field merges with Source.

Fig. 11: Painting of the Torus of the Unified Field



"Universal Torus Lightbody" by Amoraea Dreamseed 2009, www.divine-blueprint.com

APPENDICES

Appendix I: Levels of the Physical Plane

<u>Level of the Physical Plane</u>	<u>Consciousness Level</u>
First	Elemental/molecular consciousness, rock and mineral devas
Second	Plant consciousness/devas
Third	Animal consciousness/devas
Fourth	Human and cetacean body consciousness/devas ³ , all “matter” in the physical plane usually vibrates at this level (as well as the third and fifth, sometimes), the EM field
Fifth	<i>Chi</i> -meridians, the Primal Imprint, some ghosts ⁴
Sixth	Chakras, some ghosts
Seventh	The Akashic Imprint, some ghosts

Appendix II: Inhibitor Structures

These structures vibrate 5th-dimensionally (causally) and originate from the 5th-dimensional level of the etheric blueprint. They look to 5th-dimensional vision like perfectly balanced geometric forms, many of them looking like 12-sided double-terminated crystal rods.

They are inserted through the etheric template by the soul during the birth process to limit access to certain skills and abilities, usually psychic. This is to prevent the kind of confusion and distraction that can result from being psychic without proper support and training. We currently do not live in a society where psychic talents are nurtured and trained, so being born without the psychic inhibitors is usually a recipe for insanity and struggle. Still, the soul likes to try and take on challenges, and so we have schizophrenia and other mental disorders as the personality tries to come to grips with the increased psychic access. They are predominantly located in the skull and the upper chest.

³ **Humans and cetaceans (dolphins and whales) are the two species on the planet who carry individuated rather than hive souls. Therefore, the devic consciousness for these species is a bit more sophisticated than that of other animal devas. The devas for mountain gorillas and elephants are almost evolved to the level where they can be ensouled.**

⁴ **Ghosts as experienced by psychics and ghost hunters on reality TV are not souls that have failed to “move on”, as is commonly believed—or, at least, not entirely. After death, the soul disperses the fields and returns its focus to the astral plane (4th dimension). However, in some cases of traumatic death or attachment to the life just left, where the soul may be caught up in review in the lower levels of the 4th dimension, an imprint of the personality is left for a time in the upper levels of the physical plane. While the soul recreates experiences on the lower astral from the life just completed, it feeds energy to this imprint. When you “send a ghost home”, you’re actually breaking down the imprint and returning the energy to the soul who generated it. The higher the level of the ghost, the closer the originating soul is to re-integrating it. That’s why ghosts of the recent dead can seem more active than those dead longer—the more recent the death, the closer it is in vibration to the mid-physical, material plane, and therefore they produce more of the physical “phenomena” beloved by reality TV producers.**

Inhibitor structures can be removed by a practitioner who is aware of them and has the etheric surgical skills to safely take them out. Also, sometimes the soul will release them gradually as the personality becomes more awake and actively seeks to develop the talents inhibited by the structures. Once they are removed, they generally don't return unless a parallel incarnation resets them during the parallel integration process, or Spirit judges that the lack of them is causing too much disruption to the personality and blocking the life plan.

Sometimes they rupture, like the Jade Pillow, causing symptoms of pain and dysfunction in the head, spine, and chest. Broken inhibitors can cause heart pain and arrhythmias and neurological dysfunction. In those cases, the soul will either clear the remnants of the structure and replace it or send the person to someone who can do that if the breaks impact vital time-bound structures like the power pack, the pranic tube, and the instinctive center wiring. Often, if the structures break, the soul will not replace them, as they lose cohesion because the person is trying to access the psychic skill in question.

There are also structures that limit how much of Spirit's energy can reside in the body. These are often removed if the person develops capacity for more Spirit through being on a particular path that helps them generate it. These are called "embodiment thresholds". They are predominantly located in the lower body, legs and hips/pelvis.

Appendix III: The Birth Process

Birth is the beginning of a miracle of cooperation between the deva of the human body and Spirit, of the finite organic body consciousness interfacing with the eternal consciousness of Spirit.

1. During the delivery, the soul links itself to the neurological system of the body. Conditions around the birth form the **Primal Imprint**, which determines how well the soul will be able to express through the body and sets any genetic conditions the soul wishes to have the body experience. It is at this time that the etheric blueprint is set into the body.
2. The soul anchors to the pranic tube, from the upper chakras to the base, activating the seven major body chakras. Using axial lines, the soul connects the emotional, mental and spiritual bodies to the pranic tube.
3. The soul activates the electromagnetic field of the body through the Alpha and Omega chakras, anchors it with axial lines into the pranic tube, and links the spiritual body to it through the higher meridian system.
4. The soul infuses the amount of *prana* it projects will support the planned lifetime and activates the *chi*-meridians. Learning how much energy is required to fulfill the tasks for the life is a skill, perhaps an art, and the more experienced a soul becomes during a grand cycle of incarnation, the better it gets at gauging precisely how much energy will be needed. Sometimes, the soul underestimates the amount of energy needed, with the result that the person is rather low-energy throughout the lifetime. Sometimes it overestimates it, with the result that the person may be overstimulated with energy, making it difficult to concentrate and maintain focus on the life tasks.
5. The soul activates the brain circuitry and the neurological interface between itself and the body's nervous system.
6. The soul anchors the higher meridians to the body through the electromagnetic field. (If the soul is placing any kind of inhibitor structure (usually for limiting psychic abilities and full embodiment) into the body, it does so at this time. Psychic inhibitors are fairly "standard issue" at this point on Earth.)
7. The soul overlays the **Akashic Imprint**. The Akashic Imprint derives from the 5th-7th-dimensional etheric body, and vibrates at the upper physical-plane level. It holds the incarnational "soul history", and is the reason why past-life trauma can somatize in our bodies even though the trauma took place in another body and lifetime. The soul uses the Akashic Imprint to fulfill any plans it has to burn karmic ribbons during the lifetime, by directing it to the individuals with whom it is engaging in the karmic "payback". It also gives the soul easy access to its past experience for purposes of navigating the current life. If a person is experiencing physical issues due to past-life trauma, it is healed by working through this imprint. Psychics and practitioners who receive visions of past lives are usually tapping into the Akashic Imprint.

Throughout the stages of this process, the soul infuses each cell of the body with its essence as the birth process begins, whether through vaginal delivery or caesarean section, “lighting up” the fields and preparing for life. It fully anchors into the body at the moment of first breath. Although a soul will sometimes enter a fetus in the womb during the final trimester to more deeply anchor the neurological connection to the body, it usually only commits itself fully at birth.

Birth is a traumatic event under any circumstances—the soul is focusing the majority of its consciousness into the physical plane while leaving a “skeleton crew” on its home plane of the astral, and the narrowing down of energy from an expanded state is painful. But current Western industrial medical practices add unnecessarily to the trauma, for the benefit, expedience and convenience of health corporations and medical personnel.

Some of the methods used to induce passage through the vagina—using hands, tools, and/or drugs—deform the soft infant skeleton in ways that are difficult to address later by traditional methods. And drugs as well as EM from the medical equipment can disrupt the delicate process of the soul bonding to the body properly and prevent proper “setting” of the pranic/meridian linkages.

Some cases of autism are triggered by EM and drug interference with the Primal Imprint during the birth process.

Rebirthing techniques can be useful for “resetting” anything that didn’t imprint or set correctly during the birth process, as long as such techniques address strengthening the neurological linkages between the soul and the body.

The **Ancestral Imprint** is passed from mother to child, and holds ancestral/familial karmic patterning, as well as the soul’s karmic history. It is only imprinted in a vaginal delivery; caesarean section births avoid this imprint. If the soul is not planning to burn or receive payback for any karma during the life, it often finds it advantageous to avoid the ancestral karma from the line of the mother (carried physically in mtDNA) that is also part of this imprint.

Appendix IV: The Death Process

If birth is a contraction of our souls into finite physical space, then death can be seen as our expansion back into our infinite spiritual presence, a homecoming. While events surrounding a death may be traumatic, the actual exit itself is blissful, as the soul releases its attachment to the physical plane and fully focuses on the astral plane, to review the life just lived and plan the next rotation on Earth. Usually, unless the soul is surprised by a sudden death, it detaches from the body before the body actually dies. In the case of death from sudden trauma—say from falling off a cliff—the soul is out of the body before the body is hit by the killing trauma.

The soul releases whatever remains of the *prana* in the pranic tube and uses it to propel itself away from the dying body. This is the source of the “bloom” so often seen in dying people right before they die—the soul starts drawing the *prana* in advance of the body’s death. It takes energy to transition from one dimension to another.

The death process is basically a reversal of birth. It can unfold gradually, if the death is a slow decline, or all at once, in the case of sudden trauma. Since the soul exists in simultaneity, it doesn’t matter how sudden or protracted the exit, it will always unfold from the body in the same way.

1. The soul reabsorbs the Akashic Imprint into the 6th-dimensional level of the etheric blueprint. This transmits the karmic record for the life just lived back into the general Akashic record for later processing.
2. The soul detaches the axial-axiatonal system of higher meridians from the body. This process can take as long as a couple of days if the body is prevented from dying through technological means. During this phase, the fields start to look crazed with random lines, like the surface of a cracked eggshell.
3. The soul breaks its neurological link with the body and the brain starts to die.
4. The soul uses all of the remaining *prana* in the pranic tube to begin focusing itself on the astral plane.

5. The soul deactivates the EM field, detaching the last of the axial lines from the pranic tube and The soul shuts down the chakras and releases the emotional and mental bodies from the dying body.
6. The soul lifts the etheric blueprint and the spiritual body, unfocusing its vibration from the field of Earth. At this point, the death process is irreversible by current means. Up until this point, modern revival methods might bring the soul back into the body, but once the etheric blueprint is gone and the spiritual body detached the chances for revival drop to almost zero.

Most people fear death because of the instinctive patterning of their bodies on a primal level, and due to fear of the unknown on the mental and emotional levels. Although the soul enjoys being incarnate, it also welcomes death when it comes as a release from the density of the physical plane. Leaving a dying body is like laying down a burden that we've carried for a long time. We feel satisfaction that we managed to carry it so far, and relief that it's time to put it down for awhile.

There is an integrity to the body as it breaks down, and an important learning opportunity for the soul. The way in which the body dies is often a reflection of the way in which the personality denied the soul during the lifetime, and much validation and insight can come to the soul during death. Current Western allopathic medical interventions with the death process often frustrates this integration, especially when the body is forced to die unconscious, paralyzed and comatose through the use of powerful drugs.

We always want the most conscious people we know present with us when we die, because their light and love can help us find our way quickly as we transition, and they help transmit through their physical presence and consciousness the energy and information denied to the soul through well-meaning medical intervention.

Appendix V: Parallel Dance—We, Ourselves, and Us

Our egos were designed to operate in linear time and space, but the soul operates from simultaneous time and no-space. Therefore we are only focused on the life we are living, and consider it to be the “real” one. However, the soul explores choice in all its permutations using parallel selves and universes. Every choice point has two or more branching paths, and all options are explored by the soul for comparing and contrasting the consequences of different choices. In this way, the soul evolves its consciousness and understanding of itself, which in turn advances the consciousness of All That Is.

Earth has countless parallels, spun off from individuated souls in bodies enacting their free will on the physical plane. Sometimes these parallels look very similar to our “Prime” parallel, and some of them look vastly different. There are individual parallels and planetary parallels. The planetary parallels explore the results of collective/historical choice, while individual parallels explore the result of personal choice.

Parallels collapse and emerge constantly. When an individual choice is explored to the extent that suits the soul, it is collapsed back into the soul matrix as available energy. And new parallels are constantly being “spun off” from the Prime parallel. When a planetary parallel collapses into another, the energy is made available collectively.

To the soul, all parallel incarnations are equally valid, part of the overall expression of itself across time and space. To the personality—which survives by focusing exclusively on its own experience—only the parallel that it is currently focused in is “real”. We think of other parallels merging into “us”, but actually we merge into as many other parallels as other parallels merge into ours. It's all just the flow and dance of energy, to Spirit.

Parallels are merging and splitting more or less constantly, in a dance choreographed from the 7th dimension that is so smooth and fast that our personalities usually never notice a transition from one parallel to the next. However, at times of especially heavy activity, as during a Chaos Node (see www.councilofone.org for more information on these), there is so much activity that the process is less smooth, and the personality notices more inconsistencies. It may even notice the integration of a parallel self, which is usually done so smoothly as to escape all conscious perception.

During a Chaos Node, in extreme cases, a parallel self merging in can “snag” on the fields and fail to integrate to the soul's core energy. In these cases, the parallel self's energy “ghosts” the fields, creating drag on their spin, and can cause physical, psychological, and energetic symptoms of distress as the body is

confused about which signals to obey. If this happens, it's better to call on the assistance of a skilled practitioner, as these can be hard for the soul to process through the Omega Chakra without physical plane assistance to help ground it.

Exercise: Working with Parallel Mergers and Splits

1. Unify your fields using the Unified Field Meditation.
2. Use the Connecting with the Inner Altar of the Heart exercise (www.councilofone.org) to enter the inner altar, focusing your consciousness on the Threefold Flame.
3. In the inner sanctum, there are many doors or paths. Set your intention to locate the one leading to the 5th-dimensional parallel grids.
4. Allow yourself to experience how you visualize or sense this space for a moment.
5. By intent, activate your Omega Chakra and connect it to your parallel grid of incarnation.
6. If there is anything you would like to manifest into your experience, ask Spirit to locate any collapsing parallel selves that fit what you are requesting, and magnetize the energy of the collapsing vector into your core in the center of the heart from the Omega Chakra.
7. If there is anything you would like to NOT have in your experience, ask Spirit to spin that off into an appropriate splitting parallel to carry it away from you through the Omega Chakra.
8. Repeat this as often as you like, for as many requests as you like.
9. When you feel complete, allow your consciousness to return to the room.

Appendix VI: The Observation and Transformation of Closed Systems Using the Transpersonal Spiral

Closed systems can be defined as ideas that have been locked into belief structures, thus negating their fluidity and ability to move, expand and evolve. Often, the human species on Earth can be as territorial about these beliefs (mind-spaces) as we can be over literal physical space and the resources contained therein.

If you try to go up against a closed system, it will try to destroy you.

When the closed system perceives any energy, idea, or person in opposition to it, defense mechanisms engage without conscious direction on the part of the personality as a whole. These defense mechanisms can range from verbal to psychic to even literal physical attack. War can actually be seen as the closed systems of nations clashing on a massive scale.

Look for closed systems wherever there are thoughts or expressions of "This is the way it is", absolutism, and conviction with a great deal of emotional energy attached to it. A closed system is formed when a decision is made about reality based on experience, after which no new information can reach it for change and growth. For instance, because of a bad experience in college, we decide that romantic relationships are more trouble than they're worth, and a closed system is formed that blocks the possibility of new experiences to come in.

The way that these defense structures engage can be very obvious, but can also take more subtle forms. One of the more subtle, insidious, and widespread defense mechanisms on closed systems is the need for agreement.

Agreement can be defined as the act of manipulating or coercing conformity with one's own beliefs, thus validating the closed system so it can maintain its closed and locked-down state. The need for agreement is frequently an engagement in the dominance-submission polarity game. "Agree with me, and I am right, and my ego is validated, and I am superior." When we agree with someone in order to gain acceptance on a personal or social level, we engage in the other half of the polarity position—submission to the ego of another.

Frequently, if we stimulate another being's closed systems, either with words, action, energy, or mere presence in their vicinity, the attack of their closed systems will stimulate the defenses of our own. This tends to create a feedback loop in the energy exchange where communication and communion is made far more difficult, if not impossible. If we utilize self-observation, it can be helpful to look for what kinds of energies, ideas, people or situations stimulate our own closed systems. That way, we can trace them back to the separation orientation that holds them in place and release them, working on ourselves through the transpersonal orientation.

Contrast agreement and alignment: in agreement, the beings involved are often working from a socio-political ego level. In alignment, masters engage in the expression of thoughts and feelings that are offered unconditionally for the purposes of stimulating insight and expansion into Divine Expression. In agreement, conformity with beliefs is often the goal, usually to manipulate action of some kind. In alignment, co-creation and the free exchange of energy and ideas is seen as a form of Divine Play. In agreement, the being seeking agreement often perceives personal rejection and threat if the desired ego-validation is not given. In alignment, ideas are offered freely and if the idea is not accepted the being offering the idea does not take it personally. In agreement, you are navigating through the realm of the personal. In alignment, you are dancing in the sovereignty of the transpersonal.

Energetically, closed systems may be observed as geometric structures resembling dark cubes. Often, these cubes will be surrounded by matrix, structures, and dense accumulations of cloudy energy that are karmic in nature and represent the lockdown of the beliefs and the defense mechanisms surrounding it. The matrix can look dark in color, and "feel" sticky. When Higher Truth from Spirit is infused into these structures, either directly or through the facilitation of a being holding a transpersonal orientation, these cubes naturally open into a more expansive geometric structure. The exact structure can vary depending on how open the geometry becomes—octahedra, star tetrahedra, dodecahedra, icosahedra and finally open upward spiral (in order of level of openness, as I have observed them through my experience working with the energy fields of myself and others).

For those people who are more kinesthetically oriented, the activation of a closed system, in your own field or others, seems to result in a full-body contraction, an instinctive response to threat. If the closed system is in another, our power chakras will flare powerfully and move out into defense-attack positioning, and our heart chakras will contract. If the closed system is in ourselves, our power chakras will send this attack-defense energy burst directly back into our bodies, causing us to interrupt our interaction with and our perceived threat to our own closed systems. The mental body will very likely engage in defensive behavior, through mechanisms of denial, avoidance, and re-assertion of the threatened belief. Remember that though all of this may seem very personal, and that our mental bodies may judge it all as "bad", actually it is just a conditioned energy movement and is not intrinsically negative or positive.

(For those familiar with the Michael Teachings (www.michaelteachings.com), closed systems are the primary means through which the chief obstacle asserts and retains control over the personality. Therefore, any work to soften or eliminate the influence of the chief obstacle must involve dissolving these structures in the fields to be successful.)

So how do we break ourselves of this conditioned response? As soon as we notice a closed system engage in our fields or the fields of others, we immediately initiate the Transpersonal Spiral (q.v.). By doing this, we are centered fully in our beings and polarity becomes inaccessible because we are in a state of unity. Then, not only are we in a state where attack cannot reach us (if we are holding it strongly enough it will be in fact almost physically impossible for any attack to be carried out against us), but we are in a position to act as a conduit for Spirit to bring Higher Truth to the closed systems and transform them into more open, less polarized states. In real terms, this allows the being holding the closed system to have an opportunity to open the structure to receive and possibly integrate insight into their own chosen filters on their experience of reality.

Please be aware that the Transpersonal Spiral is *not* a defensive technique. It has nothing to do with such polarities (as a non-polarized, unified state of consciousness, it is about unity rather than polarity

positioning), and using it in such a way usually ensures that the Transpersonal Spiral will become unattainable. Ideally, it is a more-or-less constant orientation of consciousness rather than one invoked “at need”. It is a state of being, a positioning of unity, and a centering in your Spirit. As a result of holding this positioning, we may gain many, many benefits. However, if we utilize the Transpersonal Spiral as just another defense mechanism, it will not be effective and we will not see any results from its use.

The transpersonal orientation to other people, events, and even oneself is a great spiritual technique, one that takes a great deal of conscious effort and dedication to master. It’s not an attitude, or state of mind, or dissociation, or any kind of mental state at all. It’s an actual orientation of your energy fields—in other words, it’s not an affirmation (which is often just a way our mental bodies attempt to self-manipulate), but actual effect.

Basically, when our souls take on an Earth human body, we are entering a polarity game, where we learn more about being love through the union of what appear to be opposites. This means that we engage in karma, which is an exchange of polarity, essentially. If you abrogate the free will of another through your choices and actions and impose the intensity and limitations that result from that, you will at one point experience what that feels like on the receiving end, in some fashion. Energy always balances out eventually—it works that way in the other dimensions, too, not just the physical.

What happens in the energy field when karma is engaged is that it meets and looks for its energetic complement.

For instance, if your soul is interested in experiencing what being betrayed is like as a karmic method of growth, part of your field will resonate at that specific vibration and frequency. When it’s “opposite” and complementary vibration/frequency is found in someone else’s field—the field of someone whose soul is interested in experiencing what it is like to betray someone—the two fields lock themselves together. Congratulations! You are now engaged in a karmic process—the classic Betrayer/Betrayed karmic monad, in fact. So as you can see, it’s really not personal at all.

Although the soul will sometimes recruit a specific being to play that role for you by prior astral agreement and because of past karmic history, very often just anyone who happens along with the right frequency can and will serve the soul’s purpose. I call this the “horizontal” orientation, where field connects with field and karma and polarity are exchanged.

There is nothing intrinsically bad or wrong about this. This horizontal field orientation is very useful to the soul, obviously, and not to be transcended altogether. It is, after all, part of the toolbox of limitations we use to enable our souls to grow and evolve here. But we can work with it, and gain spiritual growth from that as well.

The transpersonal orientation is about connecting Spirit-to-Spirit rather than field-to-field (I call it “vertical” because like most people I tend to erroneously envision Spirit as “up there”). From there, you can and do act from that place of unconditional love, where all is one and no polarity exists. It’s the state I consciously go into every time I’m in a session with a client, in person, in dreamstate, or on the phone. Without it, I wouldn’t be as effective a practitioner as I am, because when I release my attachment to my client’s outcome, paradoxically it makes it more likely that together we will achieve the highest possible outcome we can get. I also use it in my personal life, with fantastic, measurable, and obvious good results. So here is the technique I use for getting myself to that place. Staying there...well, that’s where the time, focus, practice and effort come in. Once you read through the technique, it will become clear to you why it’s such a good thing and why it works so very well.

Exercise: The Transpersonal Spiral

1. Unify your fields using the Unified Field Meditation technique or by intent if you have already entrained your fields to do so.
2. Allow your consciousness to drop down into the center of your heart chakra in the middle of your chest.

3. Allow your consciousness, from the heart chakra, to move in a spiral up your chest and neck and out of either the top of your head at the crown chakra or the back of your neck under the occipital bump (what's called in Taoist medicine the "Jade Pillow"), whichever "feels" right to you.
5. Let your consciousness spiral "up" into your Spirit on the 5th dimension. This is because if you connect with your soul astrally (4th dimensionally), you're still engaged in polarity. The physical plane directly springs from what is constructed by us on the astral, after all, so it's actually the place where polarity originates for physical experience! So, yeah, don't stop there. Once you merge with Spirit on the 5th, you are in the place where no duality can exist—only oneness is perceived. Allow your merged consciousness—your "ground crew" and Spirit—to merge with the Spirit(s) of the person/people you are engaged with, whether they are standing in front of you at the moment or not.
6. Once you feel your energy "click" into the other's Spirit, allow that merged consciousness to spiral back "down" into your body, through head or neck, and down into the center of your heart chakra.
4. From the heart chakra, radiate that merged energy in all directions through your field.

You are basically radiating the merged 5th dimensional energy of yourself and the other. The effect is immediate and obvious. This feedback makes it very easy to determine whether or not the technique is actually "working", or if you have to try again. And again. And sometimes again.

And sometimes, despite all your best efforts, you can't attain this state. Then you just surrender and tell yourself you're having a "personal day" today, and let that be okay. Sometimes, you're supposed to be horizontal!

Although simple in explanation, it is somewhat trickier in execution. While it takes practice and focus and time at first, once you've entrained your fields to it, just like the Unified Field technique you will be able to enter it quickly and easily, almost automatically. It feels very good to be in this state, almost pure bliss at times, so that is an excellent incentive to do the work.

Keep in mind that it's easy to be transpersonal with that homeless guy on the street whom you don't know and frankly don't really care about. It's much more challenging to practice this with our nearest and dearest. So don't be hard on yourself if you don't "get it" immediately. Practice, practice, and more practice.

Once you've gotten a good grip on being transpersonal with other people, you can start working on the advanced techniques—holding a transpersonal orientation to events in your life, and then, most difficult of all, to yourself and your own process. In both these advanced practices you use the same technique, only instead of merging with another person's Spirit you're merging with the energy of the event(s) or with your own Spirit, and then you spiral back down into your heart and look at yourself and/or the situation again from that space.