

<p>2/26</p>	<p>C 2/19 [10]</p>	<ul style="list-style-type: none"> • Comments ... had a few surprises for me.... <ul style="list-style-type: none"> ○ Remember to keep a journal of the events that are occurring for you, especially noting exceptional contrasts in your meditations. It appears that such contrasts have been a common occurrence for a number of us... ○ Also remember to write down your dreams as well...several situations ... where material has "fit together", apparently being given in pieces to several members.
	<p>R 2/19 [#105]</p>	<p>Overview</p> <ul style="list-style-type: none"> • movement of those forces affected by the lunar ... movement of those forces as have been released by self and allowed to be guided ever higher... caused an effect... the chakras and the glandular centers. • Now ... new moon unto this the full moon... you have some latitude, a plateau ... encourage you to ask, to seek, and to anticipate that you are being guided ... know that you will receive in accordance with that as ye believe and as ye have sought. <p>Next</p> <ul style="list-style-type: none"> • Next ... journey of movement back into the Earth until ... new moon [3/10/24] ... <ul style="list-style-type: none"> ○ ...movement of your consciousness ... creates the opportunity for you to become balanced... as relates to the energy centers, the chakras or glands or glandular centers. • ...asked ... you ... visualize a series of steps ... did not specify the number... <ul style="list-style-type: none"> ○ The number of steps will generally indicate positions within your physical relationship to the Earth, where there is greater activity or intensity or need than the others. ○ ... stopped at the fifth center...indication at the fifth is that there is a need for action at some level which is likely mental, spiritual, or emotional, as opposed to being a creative work in the Earth. The counterpart of the fifth, then, being the first or the reproductive center. ○ ... different step... draw the parallel ... ○ ...chakras are the power points of an adept [profoundly skilled, but not a Master.]. ... one [chakra] is greater or lesser than the other, the consciousness tends to be drawn to that point.

- use this period ... plateau, to explore what it is that this could be telling you.
- ... so much guidance and assistance from here ...

Moving Forward

- ... the descent ... second half... a mirror image to the first.
 - ... point of hesitancy on the way up... potential reaction on the way down.
- ... there is always within and about self the answer... when accepted, completely balance that which might be imbalanced ...
- ...on the movement upward ... interacted more ... with the physical, ... the glandular centers. On the descent... much more purely with the energy centers... called chakras
- Returning to the ... plateau... full moon, and the three to four days, approximate, which follow it... actually have until the first ... do any works you wish to do. After that, you'll find less opportunity to do the works, for you will be responding or reacting... dealing with energies in the Earth and from the spiritual consciousness, so to say.

Technique

- Before meditation [exercises]
 - Standing erect... twisting or bending ... flex ...spinal column
 - ...second option ... head and neck exercises ... Edgar Cayce. ... head forward about three times, to the right three times, to the left three times, backwards three times, perform a counter-clockwise and clockwise circle each three times...
 - The third exercise...your breath,
 - And fourth... create a focal point in your mind... see the steps again, and this time, number them as you step them off, as seven, obviously correlating to the chakras as a reference point. ...
- ... at this point... prepared for your meditation.
 - soft music
 - illuminated candle The candle is to be symbolic, also, of the spiritual presence of God
 - a clear glass of water - symbol of the spirit of God in the ...

Attunement during plateau period

- ... move up the steps ... notice once again certain ... points ... unique reactions ...
 - You are strengthening and preparing yourself to bring an awareness, a consciousness, back into the Earth, on the descending side of this experience.
- Beyond what we have given, you are yet encouraged to follow whatever of your own methods you find of pleasure
 - From this point on there will be entities present with you constantly, to assist
- as you are moving down from this plateau, be leaving certain energies, certain consciousness, at each of the centers. (chakras)
 - ... the next full moon [3/25/24 (eclipse),] [over the next 29 days] you will have brought an array of gifts or energy down—literally and symbolically—each of the seven centers. And, then, brought the greatest of these gifts into the consciousness of self.

Summary To Date

- What you [will] have brought back into the Earth...from next [New Moon 3/10/24] to next Full Moon [3/25/24] ... completeness.
 - This first schedule... [2/9] new moon to [3/10] new moon, has been directed towards the material, the physical, the emotional, the attitude, the thought—as they relate to self in the Earth.

Next

- Once we have completed this, we shall next move to the level of thought, of mind. And thereafter, we shall move to the spirit, to the aspect which is eternal in all.
 - There have been efforts here to heal, to bring understanding, to bring wisdom... In order that this could be done, it could not be stated to you as such. For were it stated, you would begin to think about those things, and that very thought would have created some degree of barrier unto the work.
- Thought, then, our next adventure...

- now we have a foundation of pure eternal strength upon which to build...
- we have builded this not only in the physical, but in that which builds the physical...
- All that exists, exists through the willfulness of the spirit and mind working in harmony, hopefully, to create a state of ease as the expression or result in the Earth.
- ... the physical... dealing with the creative result.
- We have stated very often that mind is that which builds, and that the physical is the result.
 - But in this instance we have used the unification of your realm and these realms to essentially accelerate this.
 - ⇒ the time of delay for thought to become reality, varies with each individual, and the need or desire or power that that entity or individual gives unto that thought, that need, that work.
 - ⇒ By working together, we have collectively enabled that to be significantly shortened, to the point where, if your will was such as to be open, thought could create instantly.
- ... encouraged you to look for two entities...
 - continue ... during the descending period...
 - begin to feel in your own body... in your own energy centers, what level that entity is functioning at...
 - helping you to use your own energy centers to detect the activity and to place the level of its primary need or force in those whom you are seeking to serve.
 - ... a tool ... you can use later.
 - ... appropriate point of your own attunement to best serve them as a channel of blessing.

Continue

- ... continue to follow the lunar cycle, once again back up into the full moon, and once again back down to the new moon...

- meditate, as you feel guided and at that time and in that place as you feel best. ...continue to hold the general 2:00 a.m. meditation as a power point...evermore

Group Consciousness

- Certain bonds have been formed which cannot be broken or destroyed.
 - ...greater than bonds between entities;
 - they are bonds of consciousness, and they will grow and they will expand.
- ⇒ Each time one of you prays, all of you will have prayed. ... Each time one of you is given a blessing, all of you will receive a blessing.
- ...You may feel, however, a gentle pull, a gentle tugging... you may choose to respond with a prayer or meditation to open self as a channel, flowing towards that need, not drawing from it.
- ... any of you whom have a desire, a wish, a need, a habit, or condition you wish to change, do so now. The descending period of time is the bringing of power, of healing grace, back into the Earth.

Group Consciousness Beyond the earth

[Steph comments]

- During the plateau period of this first period, you will also create a light in these realms.
 - The point at which your soul entry or intersect with the Earth, an illumination will begin.
 - First, softly, and then grow to brilliance.
 - This will remain here, illuminated, and cannot be extinguished unless you extinguish it, which you can do by returning and ascending once again and willfully drawing off that light.
 - The only other way that we are aware of, in accordance with the records and laws before us, for that light to be removed, is for you to depart from the Earth plane, whereupon you would gather that light as you left and take it with you. It is your life force.
- One of the methods which we are permitted to use when seeking to do works for the Father in the Earth, is to find a channel of blessing.
 - We find these by the point of intersect of the soul and the consciousness at the transition point.

		<ul style="list-style-type: none">▪ The Channel is fond of calling this the veil ...○ It's the veiling point of demarcation which keeps separate the current consciousness in this your current Earth incarnation, and that of your collective consciousness from the past and/or from the soul.<ul style="list-style-type: none">◆ But when we perceive this point as illuminated, we know that to a greater or lesser degree—dependent upon the brilliance of the light—that here is a channel of blessings whom is open to service unto God• a healing done together, between those here in this realm and those in your realm, is a healing done in both realms...<ul style="list-style-type: none">○ Contributive to all the realms which are in the inter-between,<ul style="list-style-type: none">▪ that is between your realm and the realm of consciousness at which we find your soul illuminated.
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