

PURPOSE AND RESULTS OF THIS NEW GROUNDING PROCESS

On August 1, 2018, Archangel and Lord of Light Michael updated the new grounding process we had received in our two preparatory pre-conference calls in May, 2018.

In those calls, we were instructed to bring the contents of our Soul Star down through the entire chakra/Triad system to the Earth Star and then back up, three times, in order to notice how much that increased the amount of SoulSpirit we could hold in our body. This was to prepare our bodies to be able to hold the high frequency Energy of the 6th and 7th Dimensional Templates we retrieved this year.

Archangel Michael clarified that the SoulStar contains the Essence of our Soul and the Essence of our Spirit. It contains the all inclusive vastness of who we ARE, including Christed Mind, OverSoul, Christed OverSoul, etc.

In this August update two months later, the steps have been changed a little and have been made more precise. This revised process allows us to dock from our Earth Star, which now holds the consciousness of our Soul Star, into the Earth's 12th Dimensional Soul Star and to draw those 12th Dimensional Christed Energies into our Soul Star. The memory codes in our Soul Star are stimulated to open further to our original state. Our Soul Star then imprints our consciousness, as the physical body consciousness is ready to hold these energetics, in order to assist the transformation of the physical body to become a 5th Dimensional Christed vehicle capable of supporting our full 5th Dimensional Consciousness.

We are training our body's consciousness to follow our attention points and raise its consciousness to 5th Dimension. We are creating new Light Pathways in our body, similar to axiatonal lines, but their purpose is to give the body pathways so it can transform in Ease.

We are training ourselves to have sovereignty in our body and to instantly change the direction of our attention points. So, for instance, if your attention point is wavering in the lower levels of the emotional body, with doubt or fear or confusion or any other lower emotion, you can immediately change your attention point to that 2nd chakra and fill it with Light, Love, Unity, and the Olive-Green Color Code.

MAJOR STEPS IN THE NEW GROUNDING PROCESS

(1a) We put our Grounding Cord into our own personal Earth Star which is a little below our feet (which holds the elemental energies of earth, air, fire, and water).

We appreciate the value and power of those Elementals.

We ground our lower four chakras and reprogram them in this procedure.

SoulSpirit filters those grounding energies and keeps them at a high frequency, avoiding any contamination of our Earth Star or the Earth's Soul Star.

(1b-e) We then create four separate loops between our personal Earth Star and each of the four lower chakras which are essential for our life in a body on Planet Earth.

As you do this, notice the flowing energy in the Light Pathways that you are creating and notice how quiet and responsive the body becomes.

In this state, we have sovereignty over all our bodies.

We create a loop between our personal Earth Star and the 1st chakra.

This increases our vitality and our awareness of Self as a Christed Being.

We then create another loop between our personal Earth Star and the 2nd chakra.

This raises the frequency level of our emotions and increases our self-validation.

We then create another loop between our personal Earth Star and the 3rd chakra.

This increases our power and confidence to create and to make changes.

We then create another loop between our personal Earth Star and the 4th chakra.

This increases our Self Love and our ability to notice the Beauty that we are.

(2) Once we are grounded in this manner, we then focus on bringing the Soul Star/SoulSpirit down (only) through the entire Triad/chakra system, and we anchor it in our own personal Earth star, so our SoulSpirit resides in our entire energetic system and bodies. This process is all about unifying and uplifting into 5th Dimension the consciousness of the body, creating Unity in the Presence of the Element of Love.

There is variation in how this happens for each person on a given practice session: how long is spent in a given Triad or chakra and whether loops are made between various chakras during this process. Remember, our chakra system is spherical, not linear.

(3) We then DOCK our own personal Earth Star with the Earth's Planetary Soul Star, which holds full template of Planet Earth as a 12th Dimensional Christed Planet. So now in our Earth Star, we are in the consciousness of our own Soul Star and docked into the Earth's Soul Star.

Joan added this clarification: This allows an influx of that 12th Dimensional Planetary Christed Energy into our Soul Star, which has a greater capacity to hold this energy than our physicality has. The memory codes in our Soul Star are stimulated to open further to our original state.

The Soul Star can then imprint our consciousness when the body consciousness is ready to hold it.

After we receive these energetics, we disconnect from the Earth's Soul Star and move back into our Earth Star.

(4) We then circulate this Christed Energy in the same four loops as in Step 1b-e: between our Earth Star and the 1st chakra, then the 2nd chakra, then the 3rd chakra, and then the 4th chakra.

(5) On a given day, this process can be repeated with some variations more than once, either in one sitting or at different times during the day, depending on each person's needs and time that day. Step (4) can either end the process or be used to start another cycle of the process.

OUTLINE OF ATTENTION POINTS FOR OUR NEW GROUNDING PROCESS, AUGUST, 2018

(1) Step 1: -- Creating four separate loops between Earth Star and lower four chakras:
Focus on your own personal Earth star and the elemental energies of earth, air, fire, and water.

Bring those energies up to the 1st chakra and create an ongoing, never ending loop circling between your own personal Earth Star and the 1st chakra.

Do another loop between the Earth Star and the 2nd chakra.

Do another loop between the Earth Star and the 3rd chakra.

Do another loop between the Earth Star and the 4th chakra.

(2) Step 2 -- Bringing down the Soul Star through the energy system, grounding it into your own personal Earth Star, with daily variations in the length of time spent in any given area and whether you create more loops between chakras:

Command your entire Triadic system to begin to spin and open.

Place your attention point on your Soul Star where your SoulSpirit & its Wisdom reside, as a beautiful whirling energy of Light, of Source Energy.

Direct the Soul Star, SoulSpirit, to descend into 4th Triad, picking up the vitality of YOU as that Christed, wise Soul in charge of your vehicle.

Direct the Soul Star, SoulSpirit, into the 3rd Triad, the Higher Mind, Universal Mind.

Your crown is wide open to receive and the central column is as wide as your body.

Direct the Soul Star, SoulSpirit, into the whirling 2nd Triad, where you create Light.

The Medulla Oblongata opening is a massive Light vortice.

The Flame in the 3rd Eye and Pineal burns brightly.

Direct it into the 1st Triad, to the Throat chakra, and merge your will and Divine Will.

This is the center for communicating your instructions to your body.

Direct it into the Sacred Heart Consciousness,

where it picks up the creative Element of Love.

Direct it into the 4th chakra of Self-Love, where

you see your Beauty and your value as orchestrator of your body's consciousness.

Direct it into the 3rd chakra, your personal power & will center merged with Divine Will, and part of the spinning vortice of the 1st Triad.

Direct it into your newly activated Solar Center, Chi center, about 2 inches into the body, engaging the vital energy of Solar Fire in the spinning vortice of the 1st Triad, with its passion for life and for creation directed by your SoulSpirit.

Direct it back into the 3rd chakra, where it enhances the function of that center with creative passion and the element of fire from your Solar Center.

Direct it into the 2nd chakra, the seat of the emotions, part of the spinning 1st Triad, so the Element of Love and the other four elements are present, especially water.

Direct it into the 1st chakra, the power of your individuality and your vitality, so that your mind merges with the Universal Mind and Magenta Flame of the Sacred Heart.

OUTLINE OF SPECIFIC ATTENTION POINTS FOR OUR NEW GROUNDING PROCESS, cont'd

(3) Step 3 – Bring all this spinning unified vortice energy down into your personal Earth Star and direct it to DOCK with the Earth's Soul Star.

Pause here and draw from that Earth Soul Star that beautiful 12th Dimensional Christed Energy into *your* Soul Star.

Feel the difference in your entire energy system:

There is no mind chatter;

The body is alert, filled with vitality, waiting with attention for your next command.

When you have received this energy to the fullest of your present capacity, then disengage from the Earth's Soul Star.

(4) Step 4 – Repeat Step 1, flowing this 12th Dimensional Christed Energy in four loops from your Earth Star into each of the four lower chakras, each with its own separate loop continually flowing to and from your own personal Earth Star.

Your Soul Star transmits this energy through your Earth Star into your physical body as your physical body is able to receive it, creating an environment in the physical body for it to transform into 5th Dimension.

(5) Step 5 – As time permits and according to your needs, repeat this process if desired.

The four loops between your Earth Star and the four lower chakras can end the process or begin another cycle of the process.

The time you spend in various Triads or chakras depends on your needs of the moment. Feel free to create loops among the chakras if your internal guidance directs you to.