

Now we'll briefly address concepts related to the lightbody.

Many of you are familiar with the Light Body thru our work in the Mastering Alchemy classes; in "Seating the Divine Image", we're continuing this Light Body Activation and also bringing in world service projects to focus, both on as individuals and as a Collective. This part of the talk will be a review and remembrance for some, possibly new stuff for others. Don't worry if you don't understand everything; just let the concepts and words flow through you, and absorb the energies they carry.

If anyone feels confused or wants more detail, we'll be posting a brief written summary about the lightbody - on the website, with the recording of the call. (Incidentally, an excellent, short and very readable book on the subject is "What is Light Body?" by Tashira Tachi-ren, that is - spell name - , which is sold on amazon).

The Light Body really is ONE, UNIFIED, energetic structure. The 3<sup>rd</sup> layers doesn't act separate from the 5<sup>th</sup> layer; the 3<sup>rd</sup> layer isn't even installed or activated before the 5<sup>th</sup> layer. For those of you familiar with Kryon, it's what Kryon would call "quantum". We just label the layers and give them a numerical order because Human Beings, especially our rational minds, are accustomed to linear thinking. In reality, in multidimensional reality - Bits of level 1 get activated, then perhaps more of so-called layer 5 gets added or tweaked, then more gets added or activated for what-we-call level3. Quantum, all the layers interacting with each other simultaneously as a field.

Let's do an ultra-fast, super sped-up look at the LightBody work. For the sake of convenience, rational mind reference points, and communication in a linear language, we'll refer to numbered layers - keeping in mind that it's really not so linear.

1<sup>st</sup> Level Light Body

- Invisible, nonphysical, higher dimensional light and consciousness is everywhere in the universe. An infinite number of light freeways, thoroughfares, avenues and tributaries connects Beings From Everywhere - To Everywhere. You've heard that "everything's connected", and these infinite, light and energetic pathways are one way this happens.

These nonphysical lines of energetic communication with other dimensions and places are called Axiatonal lines. These nonphysical lines come from all over Creation, and pass into our bodies to allow us to receive from, and transmit to, anything in All-That-Is. In the 1<sup>st</sup> Level LB work, we re-connected these communication lines which had always been there, waiting to be hooked up and activated, so that we could re-join and communicate with the Universe in ease and Unity. Likewise, 1<sup>st</sup> level Light Body also allowed us to start experiencing Unity Consciousness.

- In our bodies, these axiatonal lines lie above the meridian lines
  - They connect into the meridian lines thru what-are-called "axiatonal spin points". These axiatonal spin points are invisibly tiny areas on the skin, and also at the cellular level, where axiatonal energies funnel into the body and cells like mini-tornados.
- Also - at this level, we received an Initiation which activated the ability of the pineal gland to create its own Undifferentiated Light for use in the physical body, including creating the applications of its own Nectar Light and Golden Liquid Light
  - This was HUGE, as we previously were only able to use light that came into us from elsewhere. (We could transform, amplify or focus that light, but we could not yet create it). With this new initiation, we took a HUGE step forward in becoming Creators - creators of our own radiance, self-luminous like suns without needing to be fed from without.
- Because the axiatonal lines brought nourishing connections and light into the body and into the cells, greatly increasing the light quotient and vitality of the body at a cellular level,
  - this 1<sup>st</sup> Level Light Body sometimes is linked to the 1<sup>st</sup> chakra, catapulting mere "survival" into "thriving" through the inflow of light.
  - This 1<sup>st</sup> Level linked with the Red Coding (which vitalizes and clears debris from the physical thru increasing vibrations at the atomic level)
- When working on this level, we looked at diagrams of the meridians and acupuncture points, which are major axial spin points for energy inflow. In doing this, we focused on feeling where these points were on the body, and feeling the flow thru the meridians. For many of us who tend to live "outside the body", this exercise helped bring us more "into the body" - important for an EMBODIED ascension where spirit is to flow DOWN, into a ready physical vehicle.

### 2nd Level Light Body

- corresponds to the 2nd chakra
- corresponded with the Blue Coding (of emotional body)
- Through more Initiations, the 2<sup>nd</sup> level Light Body started the activation of dormant parts of our DNA.
  - The newly activated DNA is the bridgework between the form and non-form levels, allowing a more direct connection with the OverSoul through the Higher Self.
  - This all brings a higher level of the Holy Spirit Shekinah into us
    - which allows a Knowing of oneself as a Christed Being, the Divine Image of All That Is

### 3rd Level Light Body

- corresponds to the 3rd chakra
- corresponds to the Yellow Coding
  - which relates to the Christed functioning of the mind
- The first 3 levels of the Light Body are concerned with the physicality of the body.
  - Recall that the Light Body serves several functions. While one function, or result, is to increase our connections to the cosmos and thus expand and raise our consciousness, another function is to UPGRADE the BODY, so that it vibrates coherently and consistently at a higher frequency - a frequency compatible with and hospitable to the Soul, and eventually to the Christed Soul-Spirit.
    - Thus, much of the work targets the bodies of the physical realm (physical, mental, emotional bodies) - and involves clearing, refining, upgrading and maintaining these in their upshifted form. We must be cleared; we must be clear, crystalline receivers, transmitters and generators of unsullied light at all levels of our Being, if we are to walk as Christed 5-6-7D beings in form...if the Soul-Spirit is to find our mental-emotional and physical bodies hospitable enough for long term residence.
    - In a similar vein - Through more Initiations, we progressively gain more access to the OverSoul and to the Causal Body with its memories of everything we have ever achieved

### 4th Level Light Body

- corresponds to the 4th chakra and the Green Coding of Love
- It's overseen by AA Raphael.
- In this stage, Metatron activated more of the dormant DNA and also activated the 4<sup>th</sup> Eye of All, which is what we now call the Sapphire Blue Star Tetrahedron
- In the 4<sup>th</sup> level Light Body, the energies of the Sacred Heart and Unconditional Love opened.
  - We began to become conscious both as an individual and as a Collective Consciousness

- This 4<sup>th</sup> level is the foundation layer of the Light Body and anchors in all the other levels.
  - We recall that Love is far greater than an emotion - is a Universal force, the cosmic “glue” that holds and connects things together; the first, primordial movement, impetus or driving force. So, the presence of this Sacred Heart energy, this Love, is necessary to establish and maintain the other LightBody layers.
    - Why do we want to establish axiatonal connections with the cosmos? Our enthusiasm, curiosity, and wonder are varients, stepped-down versions, of Love.
    - When we align and merge Personal Will with Divine Will in the 5<sup>th</sup> level light body, Love must already be a strongly present energetic - lest, otherwise, an empowered personal Will act purely from selfish ego and perpetuate 3D distortions in the use of power. These are just examples.....
  - In this 4<sup>th</sup> level, you take on the power of the Christ and the Element of Love.
    - We know that, in the higher dimensions, creation procedes from the heart. Before being released into the world, the creation must incubate in, be seeped in and saturated with, the frequencies of love - so that the product of our Will and our (hopefully divinely aligned) thoughts uplifts and resonates with the higher dimensions. Having a crucible in place that’s filled with Love is the first step, a safeguard prerequisite, before any real steps towards creation can be allowed.

### 5th Level Light Body

- corresponds to the 5th chakra
- At this point, Master El Morya helped us use the 1<sup>st</sup> Ray of Divine Will and Power. Our personal (3<sup>rd</sup> chakra) Will and Power merged with the Divine Will and Power (5<sup>th</sup> Chakra) - so that what we communicated, what we expressed, aligned ever more fully with the Will of Creator, even though that creation still retained the stamp of our individuality. With the support of Divine Will and POWER, we could stand strong like pillars of divine fire - potent and radiant in our certainty....emanating creations inspired by Divine Imaging coming thru the upper chakras and inspired by the individuality of our lower chakras, but also imbued with Divine Love, issuing from the Heart that had been newly enlightened during the 4<sup>th</sup> layer work.
- Mother Mary introduced a seemingly more “feminine” means of creation, wherein all spirals into, is magnetized to, and swirls or radiates out from, the center of the womb, the void that teems with consciousness and expectant possibility.
  - And - Yeshua gave us that gift of Love, the Element of Love - with which to imbue all creations
- This 5<sup>th</sup> level Light Body activates the full 14-chakra system and bridges the 5<sup>th</sup>/6<sup>th</sup>/7<sup>th</sup> dimensions.

### 6th Level Light Body

- corresponds to the 6th chakra and entire head
- for those unfamiliar with this work - think of the halos depicted around saints' heads. As the energetics expand, the Arc expands beyond the head to envelop body's entire auric field and eventually the earth.
- In the 6<sup>th</sup> level, we activated the Arc of the Covenant, the Ze particles of Light and Ze'On particles of Thought, and used them to clear the lower emotional body. The Arc allows the actual process of Ascension to begin.
- Here's the sequencing for activating the Arc of the Covenant:
  - We bring the Undifferentiated Light into the medulla oblongata (which is also called the Ascension Chamber).
  - The medulla activates the Arc of the Covenant. Think of electrical sparks, which ignite an electrical arcing that domes over/through the entire head.
- Why is the Arc and Arcing important?
  - Recall that thoughts are electrical; this arc-ing is electrical
  - This arcing allowed US to create Ze particles of Light - which are a stepped-down version of Undifferentiated Light...that are usable in the physical body in a variety of ways
  - In Addition - We combine these Ze particles of Light with the On particles of Thought; the On particles emanate from our SoulSpirit and Christed OverSoul level of Thought
    - Likewise, we create Ze'On particles of Thought which are usable in the body...
      - Undiff Light, stepped down into light particles that are usable in the body (Ze), join with Divine Thoughts (On).
    - The body now thinks the Thoughts of the OverSoul, Christed OverSoul. We truly think as Christed Beings; the electrical/mental system is upshifted to resonate with the Christed Mind.
- With the higher electrical frequencies created from the Arc of the Covenant, we now can draw in the magnetics of the 10<sup>th</sup> Ray of Creation.
  - Emotions are magnetic; thus this MAGNETIC ray works on the emotions. It removes from the emotional body all emotions not at the level of the SoulSpirit/ Christed OverSoul - ie, not at the level of the thoughts in the Ze-On particles
  - Thoughts and feelings, the mental and emotional bodies - are SYNCHRONIZED, so that both function at the same (high) vibration, without dissonance between them. An even greater Unity of the mental and emotional bodies occurs
    - Such unity of emotional and mental bodies is vital if we are to Create in mastery - and not have thoughts (the divine Imaging) get short-circuited or misinterpreted due to "dirt" in the emotional field.

### 7th Level Light Body

- corresponds in some ways to the 7th chakra and 3<sup>rd</sup> Triad
  - But, it's also WAY WAY more..... for -
  - In the 7<sup>th</sup> level Light Body, we begin activating the Merkaba
- In these final sessions of the Light Body installation,
  - we received another activation of our dormant DNA
  - This 7<sup>th</sup> strand of DNA being activated lies in the middle of the physical DNA helix and allows a multidimensional state of consciousness within the physical body.
- *What is this Merkaba?* The Merkaba is
  - your individualized field of energy Light structure,
  - a field of consciousness
    - that allows you to eventually navigate all dimensional realms of creation
    - At first it will be used to navigate consciousness and knowing.
    - Later it can be used to navigate parts of the physicality.
- Lord Metatron told us
  - we can enter into our Higher Collective Consciousness Unity at any time simply by focusing our attention into our Heart space
  - “this is not the end..... it is the beginning.... as time passes, there will be more to come”

In a few minutes, Mary and Jody will lead us on some meditations:

- In one exercise, we'll clear the lower two thirds of the emotional body of emotions not at the level of the SoulSpirit/Christed OverSoul. This includes any emotions that resonate with resentment, fear, jealousy, despair (any so-called “negative” emotion that you can think of), which are not aligned with Christ Consciousness or with 5D creation of Heaven-on-Earth. Recall that, in creation, emotions are magnetic. If an emotion such as “rage” is in your field, you will continue to attract people, things, events and energies into your field that align with and feed rage - and your Creation will be infused with and resonant with anger. Hardly Heaven on Earth!
- In this exercise, we use tools and energetics introduced during the 6<sup>th</sup> level Light Body work. We combine these with use of the Luminous Sapphire and White star tetrahedrons and the whirling Unified field of the MERGED Triadic system.
- And, as we learn how to be BOTH individuals and parts of a Collective movements and energy flow, we join with other humans - in the physical and etherically. We're in-training for the multi-dimensional life of 5-6-7D, where one fluidly and instantaneously flows between Being-in-Individuality and Being-in-Collective.
  - So, in our meditation, We stand in a Collective circle, using the Shield of Michael that we use to reinforce our Collective group. This is not a shield of battle. Rather it is a Shield of Truth and Certainty. It says “I stand strong....in the certainty, Command and Seniority that's only possible when Personal Will is aligned with and fortified by Divine Will to support intentions born from the Love of the Heart. And with each among us fortified in this way, how can our collective be anything but strong, courageous and free?