

# DOWNLOAD PDF COSMIC CONSCIOUSNESS AS THE HIGHEST EXPRESSION OF THE HEART

## Chapter 1 : Tag Archive for "Cosmic Consciousness" -

*Cosmic Consciousness As the Highest Expression of Heart [Mark L. Prophet, Elizabeth Clare Prophet] on calendrierdelascience.com \*FREE\* shipping on qualifying offers. Discover the most sensitive and unique approach to exalted awareness of your true self.*

Our Online Mission To offer online information, media, group activations and facilitations, webinars, classes, workshops, teachings, activations, facilitations and support to connect human experience more sustainably with the ultimate manifestation of Cosmic Consciousness, which is Oneness Love, or Divine Love, our highest nature. These are terms for very expanded states of awareness and pure being that consciousness itself emerges from. First, and very importantly: I AM not limited by these tools, nor do I identify with them. Learn More You will find a considerable number of in-depth explorations into these states of awareness and pure being on my website. Many of them are related to higher-dimensional awareness, metaphysics, sciences and knowledge that can expand your awareness into the larger cosmic perspective. These explorations reveal deeper understandings of the complexity of the dimensional construct of reality itself. My work is now shifting as we head through and beyond. These more complex explorations are what I am now considering my "legacy materials. She is a consolidation of 7 Ascended Masters that her Magna Soul produced in the earthen experience in the past and she is projected only within the 7th Dimension. This form of love is not a thought, feeling or action. It is a pure state of awareness and being that is who we all are in truth. It also has a very nice energy feel to it, everyone seems to take right to it! I also feel that it aligns us right into the New Earth we are seeking to manifest in our experience and in our world. Not only is Oneness Love who we are, it is our common purpose for existence. It is the purpose for the existence of everything in the manifest universe including evolution itself. In early I had a very powerful and expansive mystical experience and revelation which forever changed the way I related and responded to life. This mystical experience came after a series of meditations which lasted nearly 4 months at per week. It began with my desire to know the purpose of life. It developed into a guided inner journey about the nature of life itself. In this mystical experience the entire hologram of the Living Light Form of the Heart of God entered my incarnate being. In that instant I knew many things I had never known before. My awareness was expanded to encompass the very purpose of all existence and manifestation. [Click Here to Join Us!](#) The purpose of existence, manifestation and thus evolution was revealed to me to be to simply provide unique opportunities for the expansion of beauty within the Universal Heart of God. How does this happen you might ask? The purpose of creative manifestation and the spin-off dynamic we call evolution is to expand the beauty, textures, colors and radiance of love in the Universal Heart of God, or the Totality - our own highest aspect of existence and beingness. This occurs through the opportunities that all sentient beings have every single moment to express their true nature - ONENESS LOVE - in some unique set of circumstances, which the ongoing evolutionary activity in the universe keeps providing! No two sets of circumstances are ever quite the same when we express the love we are. This results in unique energy patterns of exquisite beauty and radiance being imprinted or recorded within the Universal Heart of God where they live forever each time any sentient being expresses their true nature in love. Therefore all expressions of our true nature in love create crystalline energy patterns of exquisite beauty that are as unique as snowflakes, no two are quite the same. The Universal Heart of God is complete in love, but its beauty can be infinitely expanded and that is the purpose of all existence, manifest creation and evolution. All other purposes we may have in any given incarnation all depend on how well we participate with this universal purpose for our existence. Becoming a conscious participant in this purpose is the most important thing we could ever achieve. All other knowledge or wisdom we acquire, must in the end be used to serve this one singular purpose for our very existence itself. Cosmic Consciousness manifests naturally to the degree that we have attained an ability to do so. This is therefore the most direct path to Cosmic Consciousness. It takes you into an experience of who you truly are, which is Pure Awareness and Oneness

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Love. I continue to work within the laboratory of self and with others to develop evermore direct and effective ways to help people make the shift into experiencing Oneness Love in their body and being. I share my findings and the protocols and tools I develop on this website and through my email newsletters. If you are seriously desiring to make the shift so you can better consciously participate with the purpose for your existence and experience more of who you truly are as a being of Oneness Love, I know you will find much of value on this website and as part of my global Family of Light here at Cosmic Consciousness Online.

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## Chapter 2 : The Spiritual Heart Centre

*In Cosmic Consciousness, Capricorn is the sign of Divine Power, and is ruled by Saturn. Capricorn represents the crown chakra, the portal of truth that connects with the divine source of conscious power and authority.*

The Crown Chakra is our highest and final of the 7 chakras in the subtle energy system of the human body. It sits at the crown of the head and is our connection to Spirit! When fully functioning, the Crown Chakra is a doorway to the higher dimensions of Cosmic Consciousness! Each chakra center in between offers a significant step that moves us into alignment for enlightenment. We feel the full impact of our spiritual potential not just when the crown chakra is open, but when all the chakras are open and we are able to bring spiritual light down to earth through our human bodies via the subtle energy system. This is how we reach our full potential as human beings – bringing higher consciousness down to earth, manifesting pure potentiality through our human selves in our own unique ways. To be here, in our bodies, fully functioning, we need to have our root chakra open as well as our crown chakra. As the crown chakra opens us to the Divine, the root chakra connects us to Mother Earth, allowing us to bring the light in and all the way through, we are conduits between these two great energies – earth and sky. We are here to be conduits of light, and to learn to tune in to our Higher Self, to keep the channel open so that we may discern what other gifts we have, as well as more ways we can serve. This all comes forth from the opening of and disciplined meditation with the upper chakras. Being here, now, fully in your body implies full consciousness, being Present. How do we get these bodies aligned? Thus, our subtle energy bodies are vibrant or depleted depending on the state of our chakra centers. When the chakras are open and flowing, then the connected energy body is energized. When the whole system is working in sync, we are vibrant, healthy, and highly functional! This level of alignment is required to run the energy. Otherwise, when we wander through our days shut down and shut off – emotionally or mentally, we dim our own light. The emotional and mental bodies then are unable to fully give and receive in the ever exchanging flow of energy in which we live. Then we really do become limited to just our physical being. Basically, each of these energy centers represents a developmental step into becoming healed and whole on every level of your being as they are holistic in nature. The higher your frequency, the more Soulfully present you will be. Thus, we rise up through the energy system in this way – Root – from fear to safety, Sacral – from shame to worthy, Solar Plexus – from disempowered to empowered, Heart – from unlovable to lovable, Throat – from disenfranchised from voice to speaking essential truth, Third Eye – from unknowing to inner knowing, Crown – from disconnected and alone to connected to All That Is! This sacred rainbow of the self shows up in the Crown Chakra as the color white reaching up to The Divine. The Crown Chakra is the 7th energy center and is located at the top of the head or slightly above. The Sanskrit name is Sahasrara, and is associated with higher consciousness and transcendence of limitations. The symbol of the Crown Chakra is a 1, petal lotus, which holds mystical meaning. It is the energy center of spiritualism and universal knowledge connecting humanity to Divinity. The sound – In the key of B, and the frequency of Hz. The three vibrational syllables have many meanings one of which is the representation of the three stages of life: The color vibrations associated with the Sahasrara Center are Violet, which has the highest vibrational rate of the sevenfold spectrum of colors and is the traditional color associated with spiritualism and intuition. White is also a prominent color vibration, and represents purity, forgiveness, and renewal. Together, these colors blend their qualities to enhance your ability to forgive, awaken and hone your intuition, and also cleanse and renew yourself physically, emotionally, and spiritually. The symbol of a cosmic egg is often associated with this chakra as it is a universal symbol representing the primordial source from which Divine energy and the elements for the creation of the cosmos come into existence. It is a sacred sign, honored for both its form and its inner mystery of how an inner substance is nurtured to transform into an active, external and living substance! The Element is Thought! Our Crown Chakra association to thought is different than thoughts of our physical brain! The element of thought in the spiritual sense is related to universal

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consciousness, enlightenment and wisdom of understanding your higher purpose. Physical Signs of an Energetic Imbalance The Crown Chakra is associated with the pituitary gland, which works with the hypothalamus to regulate the endocrine system and is closely associated with the brain and the entire nervous system. When the Crown Chakra energy is blocked or out of balance, physical manifestations can show up in the body such as migraine headaches, neurological disorders, nerve pain, thyroid and pineal gland disorders or insomnia. Mental Signs of Energetic Imbalance The Crown Chakra is where you connect to higher states of consciousness so when blocked, you may experience a sense of disconnection from spirit, close-mindedness, and cynicism about what is sacred. There may be a pervasive sense of destructive feelings such as alienation, frustration and depression, lacking the spark of joy in life. When Sahasrara is Open and Flowing we feel in alignment with our Higher Self, we sense that our lives are divinely led, and we are able to ask for and receive spiritual guidance. We begin to embody an essence of gratitude, trust, and peace. Additionally, our illusion of separateness dissolves and we sense an innate oneness with everyone and everything. We realize that we are indeed a part in the cosmic web of life, and that everything is a part of us. These peak experiences are not easily attained; but when we have these magnificent moments in which overwhelming love is experienced, we have a sense of being lifted up, feel larger than our usual self, and we know in these flashes that this otherwise incomprehensible love is real! There then remains in us a longing for that openness, that sense of belonging, of pure connection. When our crown chakra is open, it is possible to have that full-on Spiritual connection. Our chakras are an energy system: We feel the full impact of our spiritual potential not just when the crown chakra is open, but when all the chakras are open, and we are able to bring spiritual light down to earth through our human bodies via the subtle energy system. Working with your Crown Chakra Powerful ways to work with the energy of the Sahasrara Center for clear vision and insight: Surround yourself with the colors violet and white. Regular meditation and prayer is important to balancing this chakra. Visualize a brilliant white or violet light flowing in through the crown of your head, washing away any blockages. Or hold the image of a white and violet 1, petaled lotus sitting on the top of your head, and hold the intention that as each petal unfolds, it unfolds gratitude, beauty, and love for your life. Work with crystals that amplify the higher energies of the Crown Chakra: Diamond, quartz, amethyst or other white or purple stones. You can hold them while meditating, wear them as jewelry, or have them placed on your meditation alter or around you in your physical space. Bring your awareness the top of your head and begin breathing as if you were drawing the breath in and out of your Crown center. Visualize breathing in white light, letting it fill your crown and let Divine Radiant Light flow down through all of your chakras, connecting dimensional consciousness of the crown to the physical world of the root chakra. Essential oils to help cleanse and invigorate the Crown chakra include Cedarwood, Frankincense, or Lavender. Using affirmations In working with your Crown Chakra, hold your focus on the affirmation as you breathe in white or violet light. Then as you exhale, release the tension that was holding old beliefs in place and blocking the flow of energy. Do this for a few breaths until you begin to notice a release of tension and an increased sense of relaxation. Affirmations for the Crown Chakra 1. I am part of the Divine 2. I honor the Divine within me 3. I listen to the wisdom of universe 4. I trust my intuition 5. My life moves with grace 6. As the fourth and middle chakra, it is a bridge between our lower three chakras that have to do with our human self physical body, emotional body, and mental body and our higher three Spiritual Chakras that have to do with our spiritual development Spiritual Connection, Inner Knowing, and Divine Expression of our gifts, talents and abilities! This star symbolizes a union of opposite principles or energies such as male and female, Spirit and matter. The star is formed by two triangles, one pointing down, representing the grounding of energy Spirit into matter. The other triangle is pointing up, representing the liberation of energy matter into Spirit! As we grow to know and understand this Self as ourself, that we ARE indeed a synthesis of Spirit becoming matter as well as matter becoming Spirit, we grow into our true nature as a being of unconditional love and unbounded creative potential! This is the alchemical magic of the heart center. For this heart center is energetically a very special place, a place to rest in love, to be held, uplifted, connected with the living essence of All that Is! This loving connection is our bridge to feeling the

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interconnectedness of all things, and recognition that we are part of something larger and universal. The element associated with this energy center is Air. The qualities associated with air are lightness, openness, movement and invisibility. In this way air appears magical, much as the other energy most associated with the heart is love. These lower energies can result in a heart center which is shut down, offering no refuge for the refugee aspects of the self which come here seeking solace. The higher energies stem from the Soul-self that resides here in the Heart Center. When the heart center is at least somewhat open and flowing, the splintered parts of self the refugee aspects now have a beautiful resting place to gather the sanctuary of the soul! In this Sacred Garden the fear based parts of self are greeted warmly and offered healing via the Higher Self this is a magical healing place, radiant with Divine Light and healing vibrations. In this open, loving heart space, all healing is possible, and all parts of self are loved! A Beautiful shift happens as we begin to live from our heart center rather than our lower ego-mind Solar Plexus self identification. As we healed the Solar Plexus and dropped the struggle of duality, we lifted up into the spaciousness of Oneness that is the heart center. We now move into the reality in which we are enough just as we are. We are loved, lovable and loving. We are an integral and important part of the whole. We matter each one of us! At the heart center, we are standing on the brink of opening to much much more all the higher chakras above with their etheric and spiritual natures. Much Love and Many Blessings!

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## Chapter 3 : New Earth Predictions: Abundance for Heart Centred Beings - Melissa Belle Rollo

*In Cosmic Consciousness, the 10 o'clock hour is represented by Scorpio, sign of Physical Love, where we bring our focus to our higher consciousness and visualize our world from there. As we envision what we want to create from that highest perspective, we manifest it into being through the energy of Love.*

Ready to Discover Your True Self? Feel into this message and its connections, as it is the last of the year. A PDF version is provided below. The intention is to provide clarity and comprehension of what is about to occur. Our Gatekeeping and Gridwork took on a strong Solar focus over the last few years. This process was twofold; it anticipated the changes in the SUN as well as the trajectory of Gaia to become a more Solar entity. The intention was to activate the ancient structures, Solar temples above and below ground, crystal beds many of them containing off-planet crystals, and unify them with the crystalline grid, Solaris the SUN, and interdimensional stargates. This was fully activated with the August eclipse. The SUN serves as our primary local stargate, and is reflected in our Christed heart centers where pure Source consciousness resides. As the SUN changes, the core of Gaia changes, the New Earth experience is amplified, and open and prepared hearts shift into the Christed experience. The messages have been consistent: Embodiment of the Christed Self will change the HUMAN heart grid, and provide the new experience as a palpable reality for all willing hearts to align with. It works in tandem with Gaia and the SUN; a collective cosmic trigger which reveals reunification with Source. Changes in the Universe without, changes the Universe within. And vice-versa; we are in the direct path of Becoming. To witness the steering of stargates and the Solar system, and to participate, was an unexpected event this year. As we say; expect the unexpected. The Progression which leads to a Culmination Point For clarity and comprehension, let us review excerpts from the intel this year related to the evolution of Solaris, Universe, Galaxy, Solar system, Gaia, and the HUMAN Heart levels. This will assist in connecting to the final message about the culmination of our Sacred Seven weeks. This is how we communicate with the SUN, Beloveds. Many of you are experiencing the reunification with much Higher aspects of Self that are deeply involved in the cosmic trajectory of this planet and Solar system. Solar aspects being affected include: This is directly related to the holographic nature of our experience, the projection of planetary consciousness, dimensional bandwidths, timelines, and the illusion of an individual experience. Think of the SUN as a film projector running several films at once. Your Higher Levels are using the projector. Your Higher Self projects several versions of lower self through the SUN, and through your Heart center, which also serves as projector of realities, onto the mirror-like screens of Gaia, allowing for multiple films at once. Gaia supports many versions of your personal film, as well as the collective films, and reflects back collective outcomes. Your personal screen shows the film or films which your consciousness is capable of focusing on via your vibrational perception. The Heart Center operates like a Solar projector, altering your external film to meet your internal vibration. Perception is based on personal vibration; we see clear examples of this as the realities divide. We have seen the new projection of 5D Gaia, we know it exists already. Altering personal and collective projectors to only show 5D films is done through our Heart Center and our DNA resonance. Participation in the Ascension process, the increase in photonic light, and our location in the Galaxy activates these markers, allowing for an entirely new projection through the SUN, Gaia and our Heart Centers. They will change the projectors, altering the way in which we co-create our reality into a purer, unified form in alignment with the background energy of Love. This is why so many Gatekeepers had visions of the SUN exploding back in January; the energies are already affecting our realities, and our perception is changing as we take on our new HUMAN templates. This Solar shift affects consciousness; our experience and perception of creation. That is why embodiment has been a focus of our Ascension process. It must be willingly anchored into the HUMAN heart grid and crystalline core of Gaia to initiate the quantum domino effect. This exquisite higher vibration will shine through all choosing Ascension, and lift the veil on the reality of New Earth for many. Evolution of Realities Miracles happen outside of the constraints time-space; this is why Gatekeepers

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train to be open conduits. In a pure state of focus during Gatework, the higher and lower realms unify to work as One. Gateways traverse the boundaries of dimensional layers and densities, so we often experience the time-has-stopped sensation. In those moments, much larger operations may do the good work and reveal higher aspects of your own Solar heart center. Cosmic Stargates Cosmic Stargates hold the intention to dissolve distortion by utilizing geometry, light and advanced harmonics. As with all of our experiences, this is fractalization; reflections of what is occurring at much Higher levels of consciousness. As we enter the vicinity of the Cosmic Stargates which provide a pure Ascension experience, the dynamics of Solaris will change. We have seen this throughout the decades as the SUN went from a golden hue, to a platinum hue, and now a more crystalline hue. We are witnessing the effects of the energy on higher dimensional beings, similar to the effect on HUmanity and Gaia. The prism widens to allow the Oversoul to project higher dimensional realities, which we currently experience as timelines via our DNA. If you are in alignment with the vibrational field and frequency of the New Earth holographic projection, your Divine DNA can be reclaimed, rebundled and support the perception of a higher experience. The higher, formless realms of light where the Ascension and cosmic rewrite have already been experienced are communing, communicating with us as we collapse time-space to create the New. It redefines our intellectual notions of the Higher future Self merging with the lower Self. These realms cannot be described without diminishing their vibrancy, nor do they adhere to our numbering systems 5D, 12D, etc. Solstice Entry to the Eclipse Gateway The grand experiment of experiencing a dimensional shift through the body is a unique endeavor; we feed this information back to Source. The Universal completion of a creative idea and the birth of a new one is reflected in our present experience. It looks planetary, then Solar, then Galactic, then Universal as our conscious awareness expands to comprehend higher multidimensional aspects of consciousness. Transcending Archetypes Lower timelines drop away as the higher realities of Christ consciousness are embodied. The archetypal realities of Old Earth are rapidly transmuted. The templates for spirit-in-form have changed. Applicable archetypes which bridge the worlds, like the Solar Cosmic Christ, are embodied en masse as the new templates emerge. When enough of us choose to embody the new type "the Divine HUman" we shift into high gear on a collective level. She will be stimulated by influxes of Light, then emanate that Light forth to fully activate the crystalline Grid network. We will be experiencing light codes from both off-planet Solar and Cosmic as well as planetary in a New way. Connect with Gaia and Solaris often; remember to align with the pure organic Ascension. Christ consciousness is a bridge between worlds, which is why it has the savior connotation, and why masters said we would do All this and more. Just like a Primary Christed Ascension timeline, we utilize it as a Gateway to a new experience, because it bridges dimensions and densities. Aligning with the Cosmic Stargates Cosmic Stargates are pathways of pure light which prepare the gateways of Ascension, the primary Christed timeline experiences, and assist in our transcendence to higher levels of consciousness. These stargates unify dimensions and densities; the grounded work of Gatekeeping here, and the higher vibrational Gateways of New Earth and beyond. The Cosmic Stargate influence during this passage is strong. Strong rays of pure light, very present in visions, beam through the body, Gateways, Grids and Sacred sites, and into the crystalline core of Gaia. We surge this light through all Universal levels, Galactic levels, Stellar levels, Solar system levels, planetary levels "unifying our own Solar system in peace and goodwill. Direct the Sacred cosmic flows into Gaia, with the intention of revealing her Ascended Self as a palpable reality for all concerned. We have High-level escorts as we pass through the edges of this vibrational barrier; like tugboats guiding a giant barge through lock systems. My Team expresses these Galactic structures as giant photonic pure Heart-of-Source light octahedrons within multiple torus fields. Each Cosmic Stargate flow is threaded to a torus field with different functions, preparing us for a dramatic shift in particle expression when we arrive at the trigger point of the vibrational hot-spot within this massive Galactic octahedron. Sometimes other geometries present which assist in rewriting timelines and outcomes. All is purely photonic; the demand for order feels autonomous within that structure. Convergence of many Cosmic Stargates "Galactic and Universal" are coming into play to shift personal trajectories as well as collective unfoldments. Council meetings have been frequent; the

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eclipse shifts are deeply tied to the September Equinox and December Solstice outcomes. Cosmic Factors Affecting our Ascension: The List Apply hyperdimensional logic to all of this; the cosmic perspective soothes the Ascending Soul. This is an ongoing Solar rewrite on a stellar, planetary and incarnate level. As the gates converged on Solaris the SUN during the eclipse, it altered its prismatic effect, which in turn will change the way form is projected on Gaia. We use the SUN to project our consciousness into these denser realities. The Crystalline Grid is a sentient structure. It activated to full capacity during the August Gateway, creating pathways to the interuniversal, intergalactic, and interstellar Gateways. Thousands of crystalline pyramids, crystalline structures, temples, crystal beds and etheric geometries were activated and continue to activate. You may see them in your visions. These ancient structures are encoded to activate in tandem with the crystalline grid to usher in the Primary Timeline experience and the Divine Christed HUMAN template. Some of these Solar-encoded structures appear to be rising in visions; awakening to the clarion call of zero-point photonic demands. These structures are not treating the SUN as a God. The overarching prophecy, the higher vision, views the SUN as a direct reflection of Source and the Solar aspect within. Also in this article: It is an unshakeable Now experience, unifying the multidimensional Self and Source as a simultaneous awareness. They are encoded with the pure Christed dynamics, and overwrite the denser experiences of past, present, and future. The boost from cosmic factors triggers our DNA to open to the new experience. DNA creates personal, collective, and multidimensional experiences in form. It becomes a photonic light receiver-generator. We are still crossing the outer bands of this Galactic hot-spot.

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## Chapter 4 : Cosmic Consciousness | Gates of Light

*To offer online information, media, group activations and facilitations, webinars, classes, workshops, teachings, activations, facilitations and support to connect human experience more sustainably with the ultimate manifestation of Cosmic Consciousness, which is Oneness Love, or Divine Love, our highest nature.*

The first three states – waking consciousness, deep sleep and the dreaming state of sleep – are known to every adult human being with a functional nervous system. The last four levels – transcendental, cosmic, god and unity consciousness – are usually not available right away. These states become accessible only as one engages in regular practice of meditation. What are these higher levels like? Here are some essential points from Jerry Freeman, student of Maharishi Mahesh Yogi for over 40 years. To cultivate the ability of the nervous system to sustain that. Eventually, that becomes stabilized and it becomes a permanent state of consciousness which Maharishi called the Cosmic Consciousness. My sublime self is actually that pure, eternal consciousness. My little ego that motors around and feels so important – you discover that oh, that is not what I am! And yet it is still just one unfoldment, just that first permanent awakening. But because now there is this connection with the deepest within, this creates the capacity to see more deeply. As the perception of the outer world becomes deeper and more subtle, attention goes to more and more pleasing levels – subtler is more pleasing, more unbounded, closer to that pure level where everything is bliss. The heart can overtake anything. You begin to approach that same silence that you found within yourself at the subtlest level of what you see outside. Any contact, any experience in the material world – even the scolding of a black crow – becomes delightful. It may come out as a deep devotion in a religious sense. It may be in a more generalized sort of way – a heart goes out and is overtaken with the perfection and the beauty of everything that is encountered. That is called God Consciousness. What does modern science say about reality? It will always keep on unfolding – in the way of expansion and deepening. In Unity Consciousness, myself is the Self of all. There is only one Self. One discovers that this Atman which was once inner, is actually all encompassing. Everything which is in myself is myself. There is no other. Jerry Freeman explains the four higher levels of consciousness. Maharishi Mahesh Yogi, the founder of the Transcendental Meditation program, expounded on seven states of consciousness to set pointers for practitioners. Jerry Freeman is presently working on a book tentatively titled: However, the great insights about awakening, human consciousness, enlightenment, etc.

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## Chapter 5 : Astrology and Chakras

*If cosmic consciousness has been experienced then the mind is expanded, and pure consciousness is integrated into the clear mind so that it is experienced as pure clarity, pure transparency, boundless and centerless.*

Awakening the Brow Chakra Third Eye Awakening your Third Eye, or the Brow Chakra, opens the door to understanding the language of symbols and connecting with your higher mind, along with other gifts that may be lying dormant, just awaiting your focused attention! The sixth energy center of the body is located at the Brow Center. The Sanskrit name is Ajna, meaning to perceive or command. Our Brow chakra is the home of our visionary! Symbols of the Brow Chakra: This symbol has two petals opposite each other, signifying the two primary energy channels that run through your body – the Ida and the Pingala, which circulate the balance of masculine and feminine energy through your subtle energy system. Ida and Pingala also represent two aspects of the mind – the material world and the Spiritual world – the manifest and the yet un-manifested, still residing in the spiritual realms. These aspects of mind are also known as the lower mind and the higher mind. The petals connect through the center circle to indicate that in this Third Eye energy center, duality ends and unity is achieved. In the body, the two petals are said to represent the pineal gland, which regulates the circadian rhythm and the pituitary gland, which is the master of all the endocrine glands which are important in regulating hormones – metabolism, growth and development. Consider the implications here for the Spiritual counterpart to the work of both of these powerful glands in regards to our Light Body! Imagine the job of the pituitary and the parallels for regulating growth and development of the energetic body – perhaps regulating the rate of vibrations, the developmental stages of spiritual growth and the journey of expansion for this highest aspect of self! Our third eye is regarded as the seat of the soul, and is the namesake of a sacred symbol throughout history – the pinecone. The spines of a pinecone spiral in a perfect Fibonacci sequence in either direction – sacred geometry, a doorway into seeing the interconnectedness of all things – which is a higher aspect of our Brow Chakra. The color vibrations associated with the Ajna Center are deep violet to indigo. Options for doing so are as varied and creative as you can imagine – wearing the colors, lighting a candle with the colors, working with the colors in a creative project, to simply closing your eyes and imaging the color in the center of your Ajna Center! The Element is Light! Our Third Eye utilizes higher light frequency from the Cosmic sun to see the spiritual essence of life around us in much the same way that our physical eyes use light from our sun to see all that surrounds us. What we do know is that it is light that gives us vision and creates color! In truth our understanding of the world is based on the way our eyes and brains interpret it. All objects are either luminous – objects that generate their own light, or illuminated – objects that reflect light back to the eyes. Nothing around us, including ourselves, could be seen without light: An appropriate higher understanding of light is that our body is an illumined object via the light of our Soul, our own personal reflection of the light of the Divine, or the Cosmic sun which is the light of all light! Reflection is also how mirrors work. What we see is an optical illusion! Once again, when we apply the same spiritual principle to this understanding, we begin to see that as our inner sight grows, so does our understanding of our outer sight. We begin to make sense of the world around us in new ways, with greater possibilities for our evolution along with the evolution of all beings. The animal symbol for the Third Eye is the hawk! The hawk flies high and has laser sharp vision. The inner critic sees flaws where the visionary sees possibilities! When the inner critic is running the show, illusion and confusion tend to dominate our perception, and therefore thinking. As we learn to raise our awareness to our higher mind, we understand that life around us is but a reflection of the current state of our mind. In this way, we are able to experience both small and large setbacks as lessons for our growth and expanded understanding. We grow into clear seeing that everything happens for a reason, and insight or inner sight dawns about the intricate design of our life, and the interconnectedness of all things. As this center becomes activated and expands, we become more Self-Realized. This is the path of connecting with the light of our

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Soul, and even the light of Divine Spirit, and the Spiritual purpose of our life! Powerful ways to work with the energy of the Ajna Center for clear vision and insight Surround yourself with the colors blue violet and indigo Meditate regularly to awaken your inner vision Work with crystals that amplify the higher energies of the Third Eye: Bring your awareness to your brow center, breathing into and out of your Brow. Breathe light into this chakra for cleansing and clearing, breathe in the light of the cosmic sun, filling your third eye and then your whole being with light Toning, vocalizing the seed sound, OM Essential oils to help cleanse and invigorate the Brow chakra include rose, lavender, sandalwood, cedar, or Clary Sage Participate in healing and therapeutic work on your lower chakras, because stuck patterns of lower energies in these energetic centers will block expansion of the upper chakras in significant ways. Of particular importance is releasing the voice of the inner critic which can pollute the energy of every chakra, allowing room for the voice of love and encouragement to flourish and nourish the disparate wounded parts of self. Three affirmations for aligning with the higher energies of the Brow Chakra I am Light I am guided by my intuition and clear knowing I create my own reality Enjoy your awakening “ there is much to explore here in the world of the Third Eye! Much Love and Many Blessings! As the fourth and middle chakra, it is a bridge between our lower three chakras that have to do with our human self “ physical body, emotional body, and mental body and our higher three Spiritual Chakras that have to do with our spiritual development “ Spiritual Connection, Inner Knowing, and Divine Expression of our gifts, talents and abilities! This star symbolizes a union of opposite principles or energies such as male and female, Spirit and matter. The star is formed by two triangles, one pointing down, representing the grounding of energy “ Spirit into matter. The other triangle is pointing up, representing the liberation of energy “ matter into Spirit! As we grow to know and understand this Self as ourself, that we ARE indeed a synthesis of Spirit becoming matter as well as matter becoming Spirit, we grow into our true nature as a being of unconditional love and unbounded creative potential! This is the alchemical magic of the heart center. For this heart center is energetically a very special place, a place to rest in love, to be held, uplifted, connected with the living essence of All that Is! This loving connection is our bridge to feeling the interconnectedness of all things, and recognition that we are part of something larger and universal. The element associated with this energy center is Air. The qualities associated with air are lightness, openness, movement and invisibility. In this way air appears magical, much as the other energy most associated with the heart “ which is love. These lower energies can result in a heart center which is shut down, offering no refuge for the refugee aspects of the self which come here seeking solace. The higher energies stem from the Soul-self that resides here in the Heart Center. When the heart center is at least somewhat open and flowing, the splintered parts of self the refugee aspects now have a beautiful resting place to gather “ the sanctuary of the soul! In this Sacred Garden the fear based parts of self are greeted warmly and offered healing via the Higher Self “ this is a magical healing place, radiant with Divine Light and healing vibrations “. In this open, loving heart space, all healing is possible, and all parts of self are loved! A Beautiful shift happens as we begin to live from our heart center rather than our lower ego-mind Solar Plexus self identification. As we healed the Solar Plexus and dropped the struggle of duality, we lifted up into the spaciousness of Oneness that is the heart center. We now move into the reality in which we are enough “ just as we are “ We are loved, lovable and loving “ We are an integral and important part of the whole. We matter “ each one of us! At the heart center, we are standing on the brink of opening to much much more “ all the higher chakras above with their etheric and spiritual natures.

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## Chapter 6 : 7 LEVELS OF CONSCIOUSNESS: Know the potential of your mind

*Cosmic Consciousness is a term often used to denote a higher or particularly spiritual level of awareness and consciousness. This type of awareness may be associated with an experience of "knowing God," or of transcending the five senses and finding a hidden consciousness or reality which is beyond the perceivable world.*

For the week of June 25 - July 1, Welcome to a dynamic week ahead, revealing and redesigning the overall context and structure of our personal journey through this wormhole passage and beyond. Our current relationship with physicality is being altered, elevated to a higher frequency in alignment with what matters most. The awakening occurs when we open our eyes, pause from the daily routines and statutes quo, and start to see from the heart, the truth behind our current manifestations. Universal Love calibrates Unity Consciousness, which is the lens of higher vision that reveals everything in plain sight. In order to awaken beyond the matrix of illusions, distractions, and distortions, we must consciously discipline our minds to think, act, and lead as Love, to come from a context of unity, instead of fear or separation, conflict, and polarity. From that pause, we can choose to elevate our consciousness back to Unity. How we engage our mind, and our current quality of our thoughts, is what materializes matter in the physical dimension. If our subconscious mind is rooted in fear, or deeply embedded in a karmic story with heavy emotional residue, we project that story onto the current landscape through our frequency, which manifests as our current reality. Every ending is a death, which is a doorway to rebirth through alchemy. Everything is energy, everything is an exchange. Clarity and truth restore power. This wormhole passage and Mars retrograde passage is an important time to take action to clear the air and clear the density of our physicality, restoring the balance of power and authority in all relationships and situations, with Love. The New Earth requires an elevated shift in consciousness, and that shift is the calibration to sustainability and Love. Any time we take action, there is a cause and effect. That cause and effect creates karma. When we take right action from the consciousness of Love, we become the embodiment of Love in Action, and we transmute karma with every breath. Mercury and Sedna aligns our inner network of communications with the cosmic record keeper, the most crystal clear resource of truth. The Sun Saturn bridge activates our inner guru for the upcoming Full Moon tomorrow, and shines the brightest light of emotional power into our dignified seat of authority and divine power. This alignment is crucial in restoring equality and ownership of authentic power. Capricorn represents the crown chakra, the portal of truth that connects with the divine source of conscious power and authority. The polarity, Cancer, represents the root chakra, emotional power, the connection to the Earth Mother of pure yin energy, and our connection to the elements and our physical incarnation. This Full Moon is calibrating our antenna of consciousness, of which we all have unlimited power and authority to awaken, elevate, awaken, expand and refine. No matter what is occurring around us, we can choose to take ownership of our reality, to be divinely inspired and at one with the universal energy that flows through us. When we choose to align with our true nature, our authentic source of power, we become a lighting rod of awakened Light on the planet, nourished and supported by Mother Earth. Mercury brings our operating system into the light of gratitude, allowing us to see clearly through the lens of emotional Love, which begins to illuminate the infinite intangible realm that exists right in front of us, always. This clears the illusions and misqualified energies from our previous manifestations, as the Black Moon enters the sign of the great awakener, downloading the humanitarian vision of equality through freedom of expression, intimacy, and visibility of all voices. Everyone matters, every voice is divine, and everyone deserves the respect of being seen and heard. The shadows or messages that have been hidden, suppressed, or invisible are showing up now to be seen and heard as divine messengers awakening higher consciousness. The higher truths are being revealed, and unity consciousness is taking root as the sacred Tree of Life. Whatever has been hidden or invisible is being awakened and revealed, and our hearts are the alchemical shape shifters that manifest new potential through the divine law of Love. The practice this week is to breathe in the violet flame and floss that light through your physical body each day. Inhale through your

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crown, exhale through your spine, through your tailbone, and through your root system Inhale through your left hand, into your heart, and exhale through your right hand Inhale through the sole of your left foot, up to your heart, and exhale through the sole of your right foot The violet flame is a transmutational tool for clearing karmic density, and by aligning our mind with our breath, we can circulate this frequency throughout our entire body, calibrating our physical cells with the alchemical purification of Love. For more information, contact [www](http://www).

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### Chapter 7 : The Becoming: The NOW Embodiment Events | Sandra Walter - Ascension Path

*Cosmic Consciousness Weekly For the week of October 30 - November 5, We are manifesting the new world this week by rooting ourselves AS the consciousness of Love, through the awakened heart.*

At the top is The Fool and the remaining 21 cards are in seven columns of three cards each. The second row represents agencies, or activities. In the bottom row are the conditions or expressions of the principles of the upper row manifesting through the agencies of the middle row. As we previously mentioned when covering this Key, The Chariot is also the summation of the six Keys from the Magician to the Lovers on the top row. Temperance is the embodiment of the Law of Verification. Or, in other words, what is consciousness beyond thought? Our language is created to express piece-meal experience. Herein lies the dilemma. There is no vagueness in the experience of this consciousness. It is crystal clear, sharply defined, free from the least suspicion of haziness. But we have no words to convey its fullness of meaning. The Way is an Art. The consciousness beyond thought is a gift of the Life Power, but we receive that gift through the working of another gift. We have been given the ability to take natural conditions as we find them and adapt them so as to produce novel results. A city symbol always means human use of natural forces and materials. A city is a collection of houses. It is the mode that puts existing conditions together in a new order. The chariot is the vehicle that carries us from thought to the consciousness beyond it. By the slow process of evolution, the Life Power brings us to the point where, by thinking, we may discover the laws of hidden forces which are manifested in the conditions of our environment. To go beyond those conditions we must make a new combination. We have to begin where nature leaves off. Before we can see the Glory we must build a house for it! We build the inner temple. We build the Chariot. The Way leads within. Where you are, there is the Chariot. Follow the advice of the Chinese teacher: Then, no matter where you are, you may enter the Inner School, and do the Work. We must do the Work. Art must complete what nature has begun. This is primarily an art of speech. By words the body consciousness is controlled. Through language the patterns of the Temple are communicated to the subjective mind. The objective mind must grasp the intellectual statement of the law, and formulate the plans. The highest expression of occult speech is found in special exercises where thought, sound and color are united in words of power. It progresses the transmutation of the body-consciousness from the illusive, race-consciousness of separateness to the true reflection of the Inner Light. With this change in consciousness comes change in function, and change in structure. Nerve centers that are clusters of cells assume specific forms. The completion of the Work is the transmutation of the corruptible body into one that is incorruptible. But long before this, connection is made with the Inner School. This Key shows plainly that the path of unfoldment begins on the physical plane. What you may not understand is that the path ends on the same plane. Our aim is not to get away from the physical plane. But this spiritual body is one that we can use on the physical plane. We need to learn that the physical expressions of the Life Force are as spiritual as the others. We must know that the separation of the ethereal from the gross is not permanent. When we are perfect we shall be able to take up our physical bodies and lay them down at will. The separation we use in following the directions within the Tarot are really tools of classification. It is getting things in their proper order. Where will you put the dividing line between the physical and the higher aspects of Spirit? It is all arbitrary, a convenience for the sake of classification. The symbolism of this picture tells the same story. The wreath is artificial. Both are red, to show the cyclic motion of the Kundalini, or Mars force. The 8 symbol is what we see over the heads of the Magician and the woman in the 8th Key, Strength. The Magician fastens the wreath at the top and the Woman fastens it at the bottom. By further examination of the wreath, we realize that every leaf is a lingam symbol, while the oval shape of the whole wreath makes it a yoni symbol. Thus we have the union of the two modes of the Life Power. On the mental plane the lingam represents objective consciousness, and the yoni stands for subjective mind. It also suggests the productive power of cosmic imagination, for it is green, the color of Venus. And just as it symbolizes the union of subject and object in a consciousness for

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which we have no words, so does the traditional interpretation of the dancing figure at its center indicate the same thing. It appears that this is a woman, but tradition says that her scarf conceals masculine reproductive organs. The consciousness beyond thought transcends sex-differentiation. The personal mind, in union with the One, is swallowed up. One does not think at all. One simply knows the full meaning of the I AM. To enter the consciousness beyond thought is to be One with the Father of Lights, to be a conscious participator in His government of the universe, to see the Great Plan and share it its realization. Put this quest before every other consideration. Nothing else in Life is quite as important as to be a citizen of the Kingdom of the Life Power. There is no sacrifice. It is simply a question of relative values. The Way to Freedom is open to you. Are you merely interested in occultism? Only you can answer these questions. To forsake all is to gain ALL. For the forsaking is only an illusion. Nothing is really lost when ALL is gained. May my words encourage you to follow the Path of Liberation, and make this sure knowledge yours!

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## Chapter 8 : What is Cosmic Consciousness? - Definition from Yogapedia

*Additionally, the five main expressions of the Earth Heart that were given to me as, Joy, Hope, Kindness, Passion and Peace, by Shi'Ra EL'Fa'Na, are what all human expressions of the heart are comprised of as vessels of that which is imparted through them by the higher dimensions of the heart.*

Lessons related to the material world Quantity of physical energy and the will to live. These seven stages of personal initiation or development represent inherent powers that man is meant to actualise - powers that we need to consciously utilise and employ in meeting the specific challenges that life presents us. Some years ago, American astrologer Ray Grasse, proposed a model for correlation of the chakras and astrology based upon what he had learned through the teachings of such as Goswami Kriyananda and Paramahansa Yogananda. So in effect, eight chakras are viewed as main chakras in this system Traditionally there are only seven. The Sun and Moon of course corresponds to Leo and Cancer respectively. If you require details of the astrological background of the correspondences, please have a look at the Planets, Signs and Houses Page for their respective characteristics and qualities. The following diagram should help to clarify these correspondences: A wonderfully diverse and detailed anthology titled "Eastern Systems for Western Astrologers" pp. If you now look at the natal planets in their signs in relation to the qualities and characteristics of the chakras as described above, you can see where the emphasis of chakric activity in the life path of the individual lies thus adding a new dimension to your astrology. As you can see, the Grasse Model corresponds astrologically through the characteristics of the Planets and Signs with what is known of the chakras in terms of their respective energies and characteristics. The only exception is that in esoteric teachings, the left side of the body corresponds to the feminine polarity and the right side to the masculine. Looking at the Signs as represented from right to left in the diagram, it is clear that this concept does not correspond with traditional astrological thought on the matter, and gives pause for further thought and discussion on the subject. In this respect if we consider the fact that the chakra spin alternates as we rise from base to crown this reversal of spin may well be seen to correlate to astrological thought, but it must be remembered that in esoteric thought, the chakra spin also alternates between the sexes Much like the practice of astrology in reading an astrological chart, it is of no avail to view the individual chakras as though they are actually separate, for they are indeed part of the whole or Unity. The chakras are connected via Sushumna - the subtle current within the spine - hence the Base and Crown chakras may be regarded as the two poles of the physical body and the specific energies that it represents. When balance exists, the way is clear, that is, the intervening chakras have been sufficiently awakened opened - think of the blossoming lotus , spirit and matter unite in harmony. When this occurs the Kundalini energy flows along a twin serpentine pathway following the spine think of the caduceus symbol as carried by Mercury to visualise this - the sceptre is the spine and the serpents the reciprocal flow of energy. The flowering of all seven lotuses brings about awareness of the connection to the Divine, a mystical or cosmic consciousness. I mean the adaptation of the Personality or Lower Self, to the Ego, or Higher Self, the dominating of the Personality ray by the ray of the Ego and the combining of their tones. I mean the blending of the primary color of the Higher Self with the secondary hue of the Lower Self until beauty is achieved. At first, there is dissonance and discord, a clashing of the colors, and a fight between the Higher and the Lower. But as time progresses, and later with the aid of the Master, harmony of color and tone is produced a synonymous matter , until eventually you will have the basic note of matter, the major third of the aligned Personality, the dominant fifth of the Ego, followed by the full chord of the Monad or Spirit. It is the dominant we seek at adeptship, and earlier the perfected third of the Personality. During our various incarnations we strike and ring the changes on all the intervening notes, and sometimes our lives are major and sometimes minor, but always they tend to flexibility and greater beauty. In due time, each note fits into its chord, the chord of the Spirit; each chord forms part of a phrase, the phrase or group to which the chord belongs; and the phrase goes to the completion of one seventh of the whole. The entire seven sections, then, complete the sonata of this solar system, - a part

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of the threefold masterpiece of the Logos or God, the Master-Musician. If you wish to explore this beneficial practice, check with your local library for the books listed in the references at the end of this essay, or you can purchase them through amazon. See also the Course in Developing Psychic Ability In Western medical terms, physiologically speaking, energy is produced in the body by various cellular metabolic processes chemical interaction at the molecular level. In effect, it has been scientifically proven that emotions and memories are stored in every cell of the human body. To some it is the emanations of the original Word. As in all things - what is currently known is not all that will ever be known, and this is an area of study which merits much more attention. Transworld Publishers, Ealing, London. Scribner, New York, NY. Hodder and Stoughton, London. Quest Books, Wheaton, Illinois.

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### Chapter 9 : cosmic consciousness Archives - Sacred Healing Journey Archive -

*Cosmic Consciousness Weekly For the week of October 23 - 29, Welcome to the heart of the via combusta, the alchemical fire of transmutation that completely changes everything, elevating our reality to a higher frequency, if we can allow it.*

For October, Welcome to October, the tenth month of the year, month of alchemy and transformation. As we envision what we want to create from that highest perspective, we manifest it into being through the energy of Love. It is time to accept the fact that we are co-creators of the world we live in. As creators we must search our hearts for the Truth that lives there, and allow it to shine forth. The Truth is, we are One with Source, there is no other. We are Unity ItSelf, undivided, whole and limitless. The circle, the endless end and the beginningless beginning, represents this unity; it is pregnant with possibilities. The 1 is creator energy. Ten is the number of Divinity. It is no coincidence that Haumea, the 5D planet representing wholeness and unity consciousness, is egg-shaped. We access unity consciousness from the unlimited Love each of us carries within our hearts; out of this unity we set our highest vision for the good of all. Our task is to call on Source as a re-source to keep our hearts open and pure. This inner Light transforms us from within, en-Lighten-ing and freeing us to become conduits for Source to act through us. We become aware of our interdependence and connection to one another. Node for the 9th time. Venus and Juno also go retrograde, turning inward and Source-bound for upgrading and attunement of the heart and recalibration of our perception of unity consciousness. Both planets change signs on their clockwise journey. That makes 3 divine feminine planetary bodies going back and forth over certain areas of our consciousness, providing us the opportunity to integrate and master the divine feminine expression in those areas. In October Mars recovers his shadow arrives at the degree he began the retrograde , and Mercury begins his own shadow period the degree he will retrograde back to, and begin direct motion. These are pivotal points, as Mars completes a cycle and Mercury begins another. In addition, there are 6 new cycles new expression of the planetary energies involved and 3 recurring conjunctions that are part of larger cycles. As we work with and integrate unity consciousness and the divine laws into our lives, we see them expressed through us in the world. This is the alchemy that ultimately changes everything. The Sun our consciousness and Ceres the midwife who births something new are here also, as well as Mercury our mental and communication systems. It is considered to be an intense and difficult passage, yet it contains two very benevolent fixed stars, Spica and Arcturus, at Libra. We are coming to know what we truly love, what we value, what opens our hearts and what closes it, moving from a comfortable, loving place to learn how to love those who hold different views or who make us angry or uncomfortable. This is where we learn to apply the realization that everything is our own reflection to the act of envisioning and thus creating a world that manifests this realization. Mind and heart come from different directions to create a new balance in consciousness as the energies shift between these two signs. Our collective access to the divine feminine entering into the realm of spiritual wisdom creates unlimited possibilities in the way we see our Selves and each other. By choosing to incorporate the divine feminine into a new, more authentic way of thinking we are evolving towards a higher, broader vision of our Selves as spiritual beings having a human experience. Any sudden revelations can be used to connect our inner intuitive Knowing with Source. That means every transit up to that point will be revisited 3 times. Today, at 11 Scorpio, Venus begins her retrograde journey, moving clockwise towards higher ground for the next 6 weeks. Pluto, representing our ability to transform, is the dispositor of Venus in Scorpio, where she is most uncomfortable. From now until the end of the month we get to reevaluate and clarify the stuck places in our hearts, face and clear them. We have the opportunity to focus on the higher perspective to manifest Love into the world. The lesson of the Venus retrograde is to open our hearts so wide that we can put Love in the darkest places within our Selves and in the world in order to love the unlovable. Since we are all One, we must find some small commonality, the uniting thread, to begin to establish connections to those who seem so foreign to us. This speaks to the

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deep healing of the wholeness of unity consciousness and the awakening that results. This new cycle occurs just outside the Via Combusta and it resources the Great Attractor, forms a great eliminator with Neptune, and a stepping stone with Sirius. This new consciousness is multidimensional, requiring an open heart and a disciplined detachment, coupled with the choice to take the road less traveled, rather than holding on to and protecting our illusions. Also on this day Mars, co-dispositor of the divine feminine, recovers his shadow, beginning a new cycle of physical expression in the world. What a great opportunity to rise above the emotions caused by her emergence, and integrate her into our lives. The Sun and Moon are co-dispositors of our spiritual body and represent the two aspects of our consciousness, which reflect each other. A New Moon in the sign of the Mirrored Self, conjoined with Ceres, is the perfect vehicle for taking to heart pun intended the realization that I am you and you are me, and we are One. When we choose this perspective, we bring enlightenment and greater consciousness to our Selves and the planet. These create a frequency that eventually shifts the energy: Uranus is the higher octave of Mercury, taking our mental operating system to a higher level, sparking new insights. The Varuna Soul Star new cycle in Leo forms an intersection formerly T-square to this bridge, giving us another much more elevated observers perch from which to gain perspective, and another road to take to help us cross this bridge. The Soul Star Chakra moving towards and conjoining with Varuna reflects how we are evolving towards a higher view. This new cycle manifests with Salacia, a new 5D archetype that speaks to the divine feminine essence of the ocean, which relates to our emotions. Gemini is the quality of consciousness that seeks to connect, gathering information and ideas and connecting them, bringing them to the world. With Juno here we have the capacity to share unity consciousness. During this period we get to apply mental wisdom to our relationship with everything by choosing a new awareness of unity consciousness. This conjunction is another step in delivering us to the new feminine way of allowing the heart to move us into action. Black Moon and Vesta connect with the new cycle, bringing clarity and devotion to this new beginning. When mind and heart are balanced, ascension occurs. Things can change in a heartbeat. Haumea is the 5D representation of our Oneness and how we all fit together to make the Whole. More and more we are awakening to that knowledge. Black Moon is traveling towards Source; our divine feminine is focused inward, clearing old attitudes and beliefs that created the karma we are now collectively dealing with. This conjunction forms a bridge with the Varuna Soul Star new cycle, resourcing Salacia. As we clear the old energies we are becoming more aware of how we create shadows in our lives, which we can now face and correct. Today she reenters Capricorn, sign of spiritual power, accessing the highest authority of the Divine Feminine Creator. New thoughts create new realizations. Right now, many shadows are coming up for clearing. With the Sun, Venus, Mercury and Jupiter in Scorpio the way we think and feel is changing, and with that, so is our social consciousness. Here we review our practice of perceiving the underlying unity in all our relationships by following our intuitive guidance and looking out for ideas and emotions that separate us. Today also, the Black Moon goes direct at 23 Capricorn, in a stepping stone with Eris. Intuitive guidance and practicing stillness would certainly be helpful now. Venus resources Saturn as well, bringing up issues of Self-esteem and heart-based authority. Limited ideas and beliefs around divine feminine attributes are falling away as a new social order comes into view. This is a good place to practice non-attachment and observe the birthing of the new world, along with the disruption it brings. Every aspect that occurs from this point through mid Sagittarius will be repeated 3 times. Our mode of thinking and communicating will be transmuted and upgraded by the end of the year. Today she enters Aquarius for the 2nd time this month, immediately conjoining the Earth Star Chakra once again 9 , at the all important 0 Aquarius degree. This conjunction forms a stepping stone to Uranus, dispositor of Aquarius. With each Black Moon Earth Star conjunction we take down the shields and defenses around the divine feminine part of our Selves. There will be another one next month and a new cycle in December. Jupiter represents the part of us that is the Truth Seeker. Jupiter expresses as wise, optimistic, expansive, aware, abundant and benevolent, seeking growth in an outward expression. This conjunction with Mercury speaks to our expanded capacity to speak the Truth in accordance with our highest vision. Venus has been going deep within, and the insights received are revealing what the

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heart is made of. We stand at the crossroad of past and future, this world and the next, and only Love can show us the way. Today both planets move into different qualities of consciousness: Mercury enters Sagittarius, and Venus reenters Libra. Mercury crosses the physical Portal of Knowledge into a sign he is uncomfortable in. Sagittarius is where we clear habits that prevent the expression of our higher Selves. Being in our heads too much and not in our hearts is a long-standing habit we must continually work on. Venus leaves Scorpio, a difficult placement for the heart, and crosses the physical Portal of Strength back into Libra, her classical sign. When we transition to a new state of being we are no longer in the old state, it is done, ended. Non-attachment frees us to welcome the next moment, which provides the potential for anything to manifest. Suddenly we are in the state of being totally new, reborn, with no preconceptions, expectations, or roadmaps. We are in a new world. October is all about alchemy, transmutation from one state to another. Life flows in cycles; we are always in a state of transition from birth, growth, death, and regeneration. As we change within, the world reflects that change. The divine feminine teaches us to accept the transmutation, bless the old and let it go, creating space to welcome and allow the new into our lives. Last month we nurtured and grew our relationships, forming stronger friendships, being supportive to those around us.