



Lighten Up

How to raise your vibration and
why NOW is the time to do it

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Lighten Up

~ The light is the way & you are the light ~

Our beautiful world is far from simple, and these present times are in no way free from these complexities.

All of our existence is represented within patterns and cycles, albeit a series of convoluted patterns and cycles. Within this framework of all that is, everything is overlapping, intersecting and interrelated but there is order to it... there is organisation within this chaos.

Your journey to allowing more light into our life begins here... in taking time to witness your connections to the patterns and cycles around you.

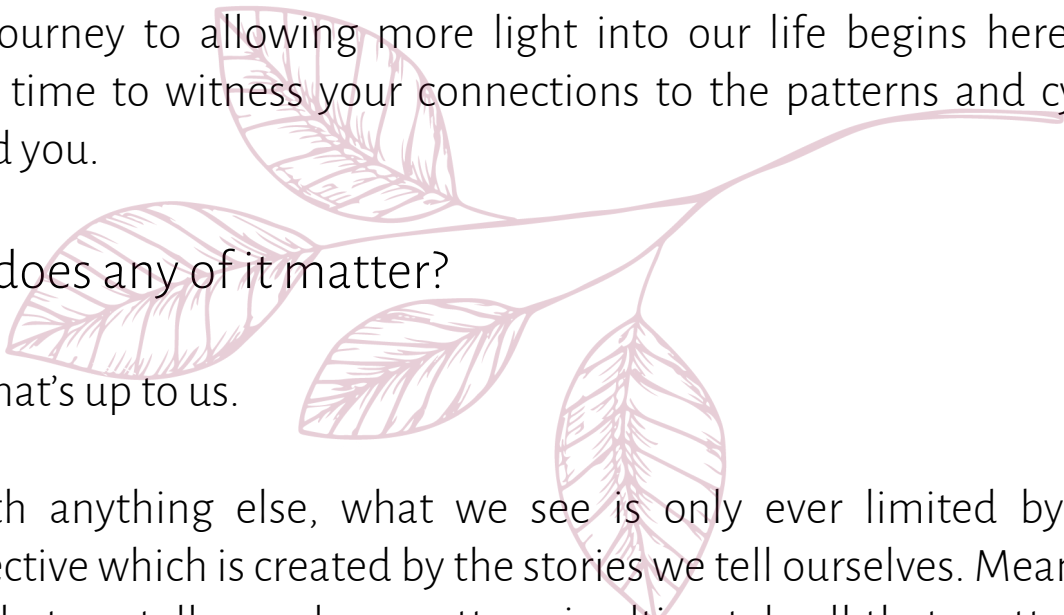
Why does any of it matter?

Well that's up to us.

As with anything else, what we see is only ever limited by our perspective which is created by the stories we tell ourselves. Meaning, that what we tell ourselves matters, is ultimately all that matters or exists as matter in our own lives. You cannot see what you are not willing to look at. This doesn't mean however, that just because it doesn't matter to us, that it isn't relevant to us.

So, to understand what is going on throughout the world at the moment, what if we start by telling ourselves a different story in which all things were not only possible, but probable.

An open mind will always be your greatest asset. Team that up with a willingness to understand and an ability to think critically and you are headed for a very interesting ride.



This e-book is a culmination of ancient philosophies, science, spirituality and new age ideas.

We invite you to grab yourself a drink, take a deep breath and open your mind up to the world of possibilities.

It always starts with energy!

Nothing in this world is just physical... all things are a culmination of constantly moving waves of energy, of different densities flowing in a cyclic manner to create varied forms of matter.

It's worth breaking this down, because once you understand it at its core it can truly help you see the world differently and it will help you to know what you are working with and creating at the deepest, core level.

Everything you see is made up of matter. Trees, cars, cups, people, laptops, foods etc.

Matter is made up of molecules. Molecules consist of atoms. Atoms consist of a nucleus which is orbited by electrons.

Each of these microscopic parts when studied, appear nowhere near whole or solid in any way.

So, we learn that looks can be very deceiving, that seeing isn't always believing and there is always more going on than meets the eye!

Science has proven that all matter is in fact 99.999999999999% empty space which leaves just 0.000000000001% of molecular structure to create our physical reality but in fact... even this minute % of "solid matter" is not even all solid because everything in between the moving parts of the molecule are also made up of energy.

With the development of quantum physics, it has been shown that every type of particle exists within its own vibrational field within which it spins, charges and generates energy. So, everything is energy, even the space in between particles which essentially makes all things one, indivisible and connected.

Enter zero-point energy.

Zero-point energy is the primary energy that works throughout the Universe connecting everything to everything else. It is the energy between all things and within the space within the molecules of all things. All matter exists within and of this zero-point energy.

Every part of thought and feeling, consciousness and matter, human and the external reality we exist in are all present in the same primary energetic field. This field is the beginning and the end, the alpha and the omega of our very existence.

Think of it like lots of tiny bubbles existing within one ginormous bubble.

This concept explains the push and pull that exists within the Universal cycles that keep things in check and balance... weather patterns, evolutionary stages, planetary progressions etc... If a bubble moves within the bigger bubble, all other bubbles are affected and move too.

This is the first step in seeing our connection to all things in existence.

Let's even the playing fields

So here we are swirling and bobbing around in a bubble of zero-point energy along with everything else, each of us uniquely a part of our own series of energy fields and connected to the infinity of other fields of energy.

It is these energy fields that group together systems and cells within the body, and which innately direct each internal process in conjunction with the whole... meaning that a cell of the body would be contained within and in touch with several different fields of energy.

Cell, organ, body system, human body, thought field, emotional field, collective consciousness, Universal consciousness etc.

A bubble within a bubble within a bubble within a bubble within a bubble... you get the idea.

These connections are what biological science calls 'morphic fields' within which forms of conduct are organised by fields of conduct... much like a well-trained soccer team works together in their separate positions, coordinated and cohesive yet separate.

There are steps, rules and guidelines that get followed to achieve a unified goal.

All living organisms – from cells to trees to animals to humans – tune in to a certain morphic field and through their connection to their resonance, they develop and grow according to the programs, guidelines or blueprints that exist within that particular field, so a human connects to the human blueprint, or bubble, and will not take on the characteristic growth of a plant.

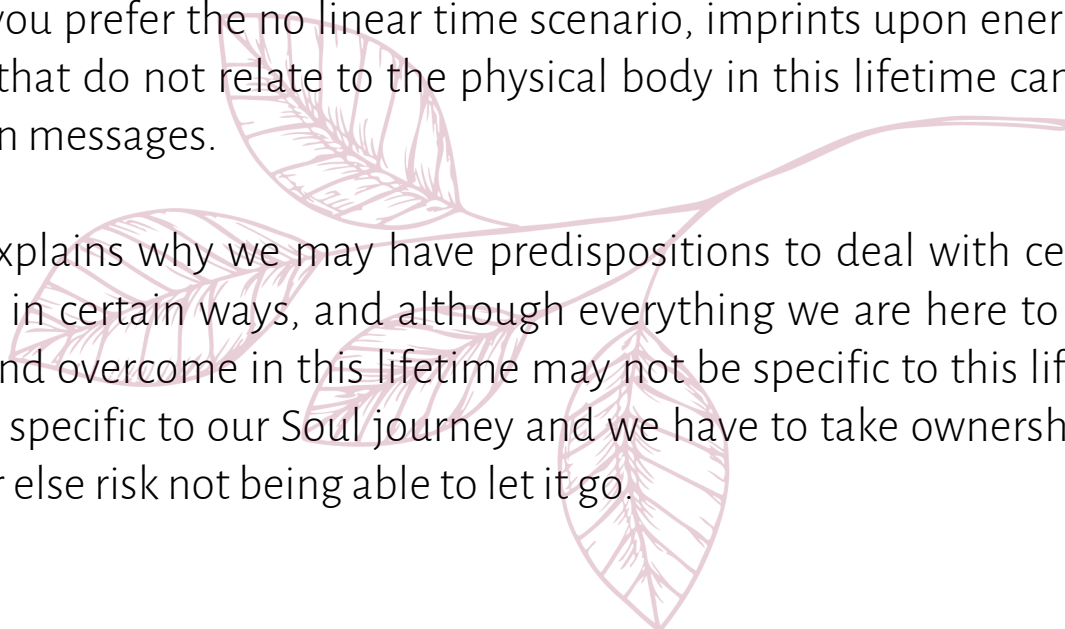
Consider the 100th monkey.

This amazing science shows us how cells communicate to one another through frequency and epigenetics is the development of that communication process.

Epigenetics is the processing language of information between the cells and the environment which can not only be altered and directed intentionally by an individual but can also be passed down from generation to generation without altering DNA. This same way of processing can also be present from lifetime to lifetime, meaning that we can carry imprints forward on our energetic fields, from lives that the physical body no longer exists in.

Or, if you prefer the no linear time scenario, imprints upon energetic fields that do not relate to the physical body in this lifetime can still pass on messages.

This explains why we may have predispositions to deal with certain things in certain ways, and although everything we are here to deal with and overcome in this lifetime may not be specific to this life... it is very specific to our Soul journey and we have to take ownership of that or else risk not being able to let it go.



What we plant in the fields grows in the body

All aspects of the energy body are linked with other subtle bodies serving as a matrix for physical growth and expansion. We can feel the tether to each of these bodies through their corresponding meridian as it is believed that these energetic routes within the body interface between the etheric field and the physical.

We ask you to consider that the etheric body creates the meridians which in turn create the physical body.

Although the human body has several energy fields, the fields we are most focused on in this book are those that are temporary and transpersonal in nature; those being the physical field, the etheric field, the emotional field, the mental field and finally the astral field. Each of these layers contain the electrical impulses of many different biofields/morphofields from within the body that reflect variations of colour which has been known as the aura.

Physical field: Temporary. Lowest in frequency. Surrounds and regulates the human body.

Physical Etheric field: Temporary. Blueprint for the physical structure that it surrounds.

Emotional field: Temporary. Regulates the emotional state of the organism.

Mental field: Temporary. Processes ideas, thoughts, and beliefs.

Astral field: Transpersonal. Between the physical and spiritual realms. Free of time/space.

Etheric template of the Soul: Spiritual. On the spiritual plane. Holds highest ideals.

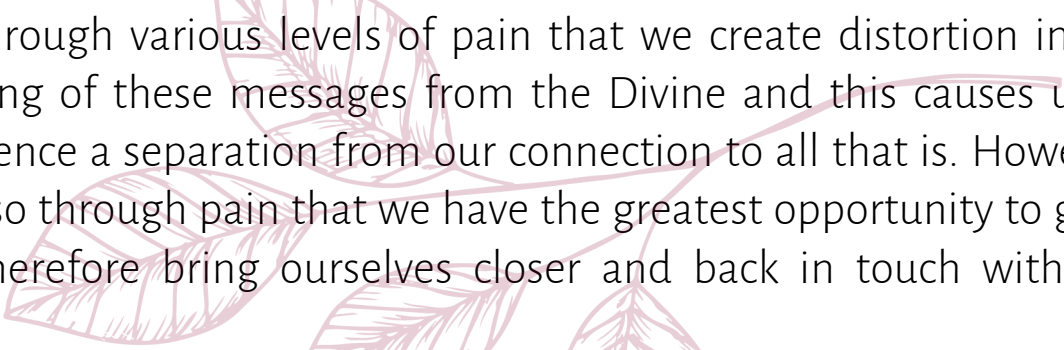
Celestial field: Spiritual. Accesses universal energies. A template for both etheric fields.

Causal field: Spiritual. Directs all lower levels of existence. The Golden Egg – Higher Mind.

Beyond these are; *Buddhic Field:* Spiritual. *Atmic Field:* Eternal. *Solar Angelic Field:* Eternal. *Monad:* Eternal. *Solar Logos:* Eternal.

It is the Causal field or The Golden Egg that acts as a correspondent between the higher and lower aspects of self as it attempts to fill us with the vibrant and blissful light of the Divine Creator.

It is through various levels of pain that we create distortion in the receiving of these messages from the Divine and this causes us to experience a separation from our connection to all that is. However, it is also through pain that we have the greatest opportunity to grow and therefore bring ourselves closer and back in touch with the Logos.



Tending to your field of dreams

The ultimate goal is to clear the distortion from each of your fields and to experience life from the higher aspects of unified mind, heart and Soul.

First, tending to and activating your light body, does not remove you from a physical existence. Instead, it offers you a broader perspective through not just believing in but actually feeling your connection to all other things and being able to freely, lovingly and wholly express the Truth of who you are.

Imagine a world where we don't hurt others, not even in the smallest way, because we recognise that they are us.

We do not fear, we are not jealous, we trust, we belong, and we are free.

Let's look at each layer, what its role is in relation to our present life and start to understand how we can work with it.



The Physical Field

This is the temporary 'Temple of the Soul' and a vehicle for manifesting the expression of the Soul here on the physical plane.

As the densest aspect of ourselves, it is important to support the body in its evolution so that it is prepared for contact with the higher vibrations or else risk illness and dis-ease due to vibrational discrepancies.

There are two associations we choose to make at this point, one is that of the babushka doll... layers within layers, yet if the smallest,

densest one within is not present, then the set is not complete. The second is two octaves within music, as it isn't the goal for each aspect of self to vibrate on the same level, merely that there is cohesive resonance and harmony between them.

Sounds beautiful doesn't it.

7 suggestions for tuning the physical body

1. *physical movement* – take time to discover what works best for your body. Some people will thrive on maximum exertion, others will not. Walking, dancing, yoga, weight training, qigong, running... make it yours.
2. *clean eating* – the same principle applies here, one person's body systems, blood type and metabolism will process foods very differently to another's. Find what works for you, just keep it clean (fresh fruit, veg and wholefoods).
3. *proper sleep* – again, whether you are a person who needs 5 hours or a person who needs 8, it is important to pay attention to your body's sleep cycles and when it is asking you to rest.
4. *feel the sun* – natural source of vitamin D is essential for ultimate health. The natural light of the Sun initiates Soul reminders within every cell that you are connected, and it is vital to your blood, heart and immune system.
5. *good hygiene* – respecting the 'Temple of the Soul' shows gratitude for the process of which you are privileged to be a part. As you keep clean, you help your body rid itself of impurities that can become trapped. It is the physical process of the energetic clearing.

6. *limit distractions* – excess stimulus of any kind can distract the body from its natural state of flow by affecting the vibration. Be it from electronics, sugar, caffeine, alcohol or other drugs.

7. *have fun* – joy is the ultimate expression of the Soul. It is one of the closest emotions we can experience that is aligned with the vibration of bliss. Take time daily to express joy and witness joyful moments in your life.

The Etheric Field

This body is an exact replica of the physical body and exists as a blueprint for the creation of the physical body. The function of this field is to harness the rays of light and heat from the Sun and to move them into the Spleen Chakra, (now closely associated with the Solar Plexus Chakra). The Spleen Chakra is the point of entry for life energy, qi or prana into the body. From here, it energises the physical spleen, transfers energy to all other parts of the body and allows the body to overcome illness.

This field is connected to the body via the web of intertwining nerve channels or Nadi and offers a barrier of absorption between the physical and astral planes.

As it is the battery pack of the physical body, the etheric field is susceptible to congestion of power when energy is not properly and efficiently used. This congestion can lead to a lack of mental clarity and many forms of dis-ease which can be brought into balance by practicing right thinking.

Most diseases of the physical body begin in the Etheric and Astral fields.

7 steps for clearing the Etheric field

1. *Meditation* – a simple practice of stillness can remove or ease negative thoughts for a period, allowing the etheric body to initiate recovery from such patterns.
2. *Body Scan* – be still and move your attention around your body, if you find an area of tension or pain, breathe into the area and visualise the tension dissipating.
3. *Avoid toxic Environments* – the subtle bodies are susceptible to the energies of the external environment. When you need a little healing, give yourself time to do this by avoiding places and people that have a negative energy and leave you feeling exhausted.
4. *Energy sweep* – this is an easy practice of sweeping your hands over your body. Begin with a sharp clap of your hands in front of your chest and feel the energy come alive in your hands. Then, as if you are sweeping down your body, begin at your head and brush out this field clearing any stagnant energy.
5. *Uplifting music* – music is the vibrational communication of the cosmos and every genre has its place. Let the bass, beats and strings resonate you into a rhythm that feels good to you in the moment.
6. *Uplifting movement* – while the music is on, why not help shift the stagnant energy by dancing to the rhythm. This is an act that transfers energy from your heart so let loose and have fun.
7. *Tend to the physical body* – as the etheric relationship with the physical body is cyclic, meaning that they rely on each other, taking care of one also assists the other. This field is associated with the physical senses so on top of the steps for tuning into the physical body, allow your senses to be stimulated and to feel alive... warm sun, tasty food, beautiful landscapes, rich scents, a cuddly pet.

The Emotional Field

Emotions do not exist beyond the physical body, instead they are a physiological form of awareness. As they permeate and interact with fields beyond the physical, they are recognised as feelings, sensations and perceptions.

The emotional field is the translator between physical and non-physical experience and so is highly influential on the physical body sometimes causing it to compensate to the point that it may alter the physical appearance or posture of the body.

This field interprets the feeling language of the observer consciousness (higher mind) and the persona consciousness (lower mind) and allows us to experience reality, meaning that it dictates what you will perceive as real and what is not.

This is how emotions get trapped and how we find ourselves replaying the same story on the same trauma over and over again. As we experience an emotion on a physical level, we attempt to integrate it for growth through the emotional field, but as the spiritual aspects of ourselves does not see us in the same light, the feeling is reflected back again into physicality in order for it to be reassessed and transformed into an expanding or higher vibrational feeling.

We truly are our own mirror.

It's important to note here that healing of the emotional field does not imply fixing it in any way, because you are not broken, there is nothing wrong with you and no part of you needs to change. Rather, healing involves the complete embracing of all feelings and emotions as valid, worthy and important. They show up for a reason and that reason is to propel your growth and integration.

7 steps for integrating the emotional field

1. *Be alone with how you feel* – give yourself a time out daily to check in with how you feel or you can do this anytime you feel particularly emotional.
2. *Observe* – pay attention to every sensation, feeling and emotion present within the body and feel their intensity grow as you focus on them. Breathe in a nice steady flow through your nose and just be here with your feelings.
3. *State your support* – create your own mantra of sorts that offers support and comfort to your emotional self in its present state... nothing to fear, nothing to hide, every part of you is valid and beautiful... “I AM here with you” – “I AM completely present for you”. Repeat it silently or aloud until you feel a shift.
4. *Conscious feelings* – Ask yourself how you feel and bring these feelings to your conscious awareness. Give them a name so that they have a clear identity and you have a name for what is happening within you.
5. *See the pattern* – Recall another time you felt this way. Just let the answer arrive without going looking for it. Then again, without seeking the answer, remember the first time you experienced this same feeling in your life. Be patient.
6. *Write about it* – Using a journal to track your interactions with your emotional field can help tether the healing and also initiate further integration. Keeping record shows consideration to the importance of your feelings and helps you to further understand the experiences and patterns.
7. *Recognise the messenger* – It is rarely the case that what triggers

your emotional reactions is the original cause or source of your pain, they are merely the messenger reflecting back to you what is still an undealt with, tender wound within the emotional field. Take a step back and return to step 1.

The Mental Field

The development and refinement of the mental field is done through conscious willingness, desire and attention along with focus and discrimination. This field is associated with the mental plane and relies heavily on clear thinking in all areas that relate to your personal life, humanity and our existence.

Clarity means being able to create through forms that assist humanity therefore it is important to learn how to calm the mental field so that intuition can flow through freely from the higher mind and find a receptive consciousness to embed themselves in.

7 steps for establishing clarity in the mental field

1. *Perseverance* – the mental field can become one of the most cluttered and complicated if due diligence is not given therefore, an unwavering mental strength should be developed. Don't expect clarity overnight, clearing this field takes work.
2. *Mental diet* – what you allow yourself to consume mentally can create massive distortions in your mental field. Every idea and opinion coming from your subconscious mind or from the minds and mouths of others should be carefully looked at to decide whether or not it is in agreement with your own inner Truth or if it is illusory.
3. *Discernment* – be ruthless in what you allow entrance to your mind, meaning be super mindful about what thoughts are yours and

what are programs and beliefs belonging to others. Deny negativity and allow only positive thoughts to grow in this mental field.

4. *Stay vigilant* – the potential for mental distraction is everywhere... on television, social media, school, work not to mention that everyone has their own opinion and likes to share it. Being mindful is an ongoing process in which the more you practice clarity, the more clarity will become your normal.

5. *Know your power* – thoughts create your reality because it is the field that connects directly to the greater blueprint of your Soul and the higher mind. Complaining is a form of denying where we are, who we are and the power we have to overcome and move forward. Practice being complaint free... wear a complaint-free band... join our 30day complaint free challenge.

6. *Smile more* – Smiling allows for the dissipation of negativity. The expression ‘fake it until you make it’ can work here meaning smile on the outside until you feel the smile take over on the inside... within your heart.

7. *Practice breathing techniques* – yogic or qi force breathing exercises are a powerful way for clearing negativity as they engage a cleansing of both mind and body. Practices that invigorate your body system can be used to generate heat which incinerates negativity and techniques that involve deep cleansing breaths can be used to expel the ashes of burnt out negative charges.

The Astral Field

The Astral Field connects your physical body to the astral plane which includes the aspects of your dreams and emotions but more on a functional level rather than an expressive level.

If this field is allowed to dominate your energy, then you may find your emotional body running your conscious mind rather than your conscious mind having mastery over your emotions. If this is the case, you may struggle to find the connections and reasoning to use emotions for the purpose of Spiritual growth. Everything will be happening to you and you will feel overwhelmed and unable to deal with how you feel.

The Astral field receives the impressions of every desire it comes in contact with on every field of your existence. Your goal is to train the Astral body to hold onto only the aspirations of your Spiritual self, not those of physical, temporary desire.

This field determines whether an emotional energy is either habitual and reactive or developed and responsive. This is the field that decides whether a particular emotional energy is still on automatic and needs further reflection or if it has undergone sufficient training and is now balanced and ready for integration.

7 steps to find clarity in the Astral field

1. *Sound resonance* – using the powerful combination of sound and affirmation can stimulate deep remembrance that prepares the Astral field for receiving and passing-on of powerful information from your Soul.
2. *Emotional awareness* – having a deeper awareness of how and why your emotions are present in your life moments can allow them to settle into a secure serenity where they are unruffled at easy flowing. This leaves space for the higher mind to communicate more clearly with the astral field.
3. *Dream work* – your Soul speaks to you through your dreams. Keeping a dream journal can help you learn the language of your Soul

and connect more directly to your journey. When you understand these layers and feel clear and ready, you can begin to experience astral travel.

4. *Grounding* – moving vast amounts of energy around at this level makes it vital for you to stay grounded. Get outside, get barefoot and connect to the Earth's powerful reservoir of negatively charged electrons. Doing this allows the body to balance the positive charges created between your energetic fields.

5. *Practice gratitude* – sharing gratitude is one of the most powerful ways to extend any positive vibration present within your energy fields across all other fields, collectively raising your vibration. You can never be too grateful.

6. *Learn your intuitive language* – extending your senses into the realms of the astral field closes the gap between what you think you want and what you actually need. Practice feeling further into your senses... hear more than you can hear- follow the sounds beyond what is loudest – what's beyond that? – what's beyond that? See more than you can see – use visualisations – practice focus exercises – train yourself to see auras. Know more than you know – ask a question and allow the answer to come to you.

7. *Self-reflect* – Astral healing is not the same as the other ways of engaging in emotional growth. Rather, this reflection requires the application and teamwork of inner wisdom to understand when and where to increase emotional energy flow and then a willingness to ride the wave. With practice, this can become your natural growth cycle. When illusion and glamour are overcome, there is no need for a separated self so ego disappears and the Soul merges with the physical body.

Let there be light

When there are wounds that weaken an aspect of any of our energetic fields, one or more of the other fields will compensate which eventually leads to a severe dissociation within oneself causing the self to feel fragmented and fractured.

We cannot move on to where we are heading in this manner.

We are here now... ready now... to connect to this lighter way of living. Letting go of everything we have carried, stashed and stored for so long. This means we are ready to physically allow more light energy to be held within our cells, we are ready to energetically feel more connected to not only our truest self, but to each other and we are ready to Spiritually recognise our place and purpose in the Universal cycles.

Through your willingness to open your heart and your mind, to heal every wound, purify every thought and release every judgement you will literally lighten up and ignite the integration and merging of all lower aspects of self.

This is the journey of our Soul and it is unwavering in its vibration. Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, "Who am I to be brilliant, gorgeous, talented, fabulous?" Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. And as we are liberated from our own fear, our presence automatically liberates others.

- Marianne Williamson

Be the light and surround yourself with those who are activated in their own presence.

Uplift each other.

Your desire to activate and engage with these aspects of yourself cannot be initiated by anyone other than you. This is about finding your personal way of being YOU as is intended for every living Soul who wishes to pursue the path.

The collective consciousness is in fast forward at the moment yet at the same time it is on pause. Our expansion towards Oneness has allowed the world to slow down so that everyone can catch up... on a physical sense and an energetic one... and this has never happened before.

More than ever before, people are integrating ancient teachings, practices and philosophies into their lives on every level and never before have we been so willing and able to globally share, open up and be completely transparent. This transference of information is just another definition of bringing light to a situation.

Humanity is ready for this subtlety. You are ready to begin a path to mastery.

So, let's talk "light body activation".

This is not some mumbo jumbo, hippie Soul, blissed out nonsense. This is a combination of astrological, esoteric, physiological and biological science... sprinkled with a little of that spiritual love and light stuff.

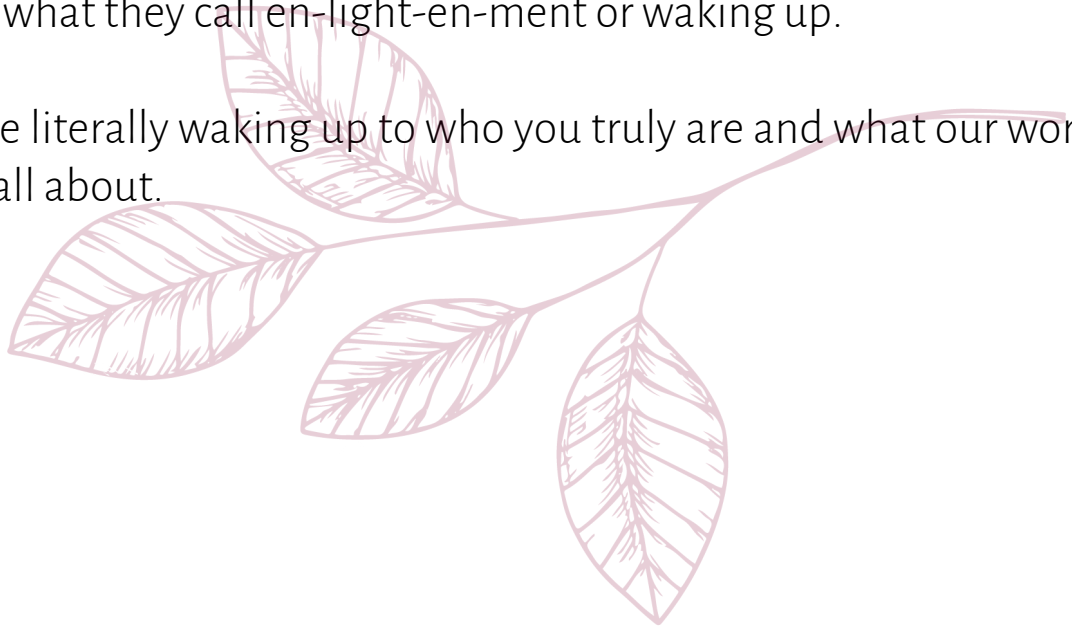
The Universe is a creation based on mathematics, symbols, equations, shapes, patterns etc. The energy fields that surround your

body contain light molecules that are held in a set or grid of geometric patterns electromagnetically tethered to the physical body. Through these light bodies we can uncover our hidden talents and Soul purpose by decoding the data within.

Activating your light bodies means to integrate the processes and powers that these bodies use thereby bringing more information, understanding and wisdom to your physical body. This creates a reorganisation of your molecular structure, so that your body becomes less dense and you are upgraded to an organism that has clear expression of your Truth to the Universe.

This is what they call en-light-en-ment or waking up.

You are literally waking up to who you truly are and what our world is really all about.



It only takes a spark

The term for the geometric grid surrounding your body is the Merkaba which comes from the Hebrew word for 'chariot' or 'throne' and phonetically translates to 'light, spirit' body' essentially meaning a way of transporting light, body and spirit.

The symbol for the Merkaba is a shape made up of two intersecting tetrahedrons that face and spin in opposite directions creating a three-dimensional energy field. It has also been known as Metatron's Cube, a star tetrahedron or the star of David.

This field provides protection and transport for integrated consciousness to higher dimensions and so reminds us of the power we can wield when we unite our own energies in pursuit of connection and growth.

This is the reason we have to work to achieve this gift. We have to prove ourselves worthy of such power by showing discipline, love and wisdom in the face of all other things.

Within the physical body, the Merkaba is formed from the pattern of the first eight cells of your very existence and the geometric centre of these cells rests within the base chakra which also forms the centre of every energy field directly connected to the physical body.

The sacred geometric patterns within this design transcend time and space as it interfaces with the Astral field. Once activation of the light body is initiated, it is these same patterns that specify the resonance of each cell in order to re establish a higher connection to the light and so it begins to balance the dualistic masculine/feminine aspects of ourselves.

This is the Law of One.

As you continue to choose to bring more light/love/wisdom into your life, the spiritual bodies descend, meaning that a greater part of who you are comes into being within your physical body. Consider this like you are getting picked up by the higher aspects of yourself in order to start your journey together back home to source.

Light body levels are measured by a cell's ability to metabolise Light and the way this cellular activity is measured is through the amount of adenosine triphosphate (ATP) in the cells. When a Light body mutation is triggered, such as in the case of a flu pandemic, a series of DNA codes begin to give new directives to the cells, the first being to recognize Light as a new energy source.

There are 12 layers of activation and as each is initiated, the light within the cells must become fully integrated and balanced physically, emotionally, mentally and spiritually before triggering a pause or period of nothingness wherein an aspect of the lower self is released. During this time of pause you may be prone to headaches across your brow, flashing colours, humming sounds or visualise geometric shapes. Use this time to centre the new energy in your physical body through experiencing all forms of joy.

Getting in touch with your body and the cycles it connects to is so important.

Refer back to the steps for working with each field of energy as you need to.

First Level Activation

A spark or light bulb moment telling you "it is time". You may not know exactly what you need to do but you feel like there is more to life and that you need to be doing something. Your Soul is initiating your journey. This level may come with a new sense of elation for life

and a period of cold or flu like symptoms to release old toxins and emotional trauma being stored as mucus from within the physical body.

Second Level Activation

Flu symptoms may continue along with feelings of disorientation, disconnect and exhaustion. Most of what you are experiencing is primarily physical. You may have an underlying feeling that something or someone is calling you trying to show you something. Synchronicities may be showing up if you are willing to see them.

Third Level Activation

As your cells have increased the receptivity of light, a higher understanding and curiosity is forming. Your physical senses are gaining strength meaning a pull towards certain scents, clothing that feels sensual and rediscovering the joy of sex. Everything that is happening is still very centred in the physical body and whether you are aware of it yet or not, a reciprocal conversation with your Soul has begun.

Fourth Level Activation

The beginning of the mental stages. This stage will trigger massive changes in your brain chemistry and the electro-magnetics of your brain. The corpus callosum is the bridge between the two hemispheres of your brain and it is now enlivened with sharing signals of information between the two sides, the left and right, the masculine and the feminine, the logical and mystical. These chemical and electromagnetic changes may cause further headaches, flashes or tingling sensations on the top or back of your head. You may have flashes of telepathy of clairvoyance and just about everybody develops a deep sense of empathy as a deeper connection to things

and people is experienced. You begin to get a sense that there is a purpose to your being here.

Fifth Level Activation

You may have flashes of doing other things and the way you dream begins to change. You will notice old thought patterns shifting and falling away and your dreams may become more vivid, lucid, memorable and perhaps even prophetic. A new way of thinking might be having you questioning your existence and the greater existence and relevance of all things. At some point you may feel you are 'losing your mind' as you experience non-linear thought processes and a lot of the survival patterns arise out of the mental body.

Sixth Level Activation

You may be feeling like nothing is really real as your Soul continuously brings you into contact with people, places, situations and occasions that will assist you in increasing your own understanding of present light integration. Compassion is dominant for yourself and others as you begin to recognise the individualisation that comes through connection to all other things. You may undergo a re-evaluation asking yourself, "Do I really want to be here?" "Is this what is best for me?" "Is this what I want to be doing?"

Many changes may come about at this point in your life. You make new friends with those who are far more in alignment with you, while others drop away. You may be more aware of those suffering and complaining as you realise that some who are beginning to experience "Heaven on Earth," will be existing side by side with those experiencing "Hell on Earth". This is the most powerful and important moment of choosing... either get with the program or bail out. This is where a majority of Souls are now.

Seventh Level Activation

In this level you begin to enter the emotional stages of Light body focusing deeply on opening the heart centre bringing a childlike playfulness and complete presence to your nature. The brilliance of synchronisation continues yet you are more aware of it now and may sense the full awareness of your Soul. As you feel safe to open the heart, a feeling of connection with the planet opens up and at this point, if you still have blockages within your emotional field, they really begin to show up... consistently.

As you move towards expressing your divinity all things that block the way must be released so you may become more emotional. The emotional body always dwells in the past and the mental body lives in the future, but at this level of activation you begin to really live in the now. Physically, you may experience chest pains in the centre of your body as the heart chakra gateway opens. If the Heart chakra dominates the chakra system and allows a merging of all other chakras into what is called the unified chakra system, the emotional, mental and spiritual bodies will be further supported in their integration. The chakra unification is so important as you continue your journey from here as it will allow you to handle any amount of energy within the physical form without any damage.

The pineal and pituitary glands begin to open at this level, and so you may feel a pressure on your forehead or at the back of your head. When the pituitary is functioning at the seventh level, you may appear more youthful. It isn't unusual to yo-yo between feelings of all encompassing; "I'm a divine, multidimensional being" and feelings of worthlessness: "I can't do anything right" as you are learning to balance the feelings of your multidimensional Oneness and the feelings of separation held within your physicality.

Eighth Level Activation

At eighth level the pituitary and pineal gland begin to grow. Ask endorphins to be released to assist with the pain. There is an activation of the seed crystals at this level which receive Light languages from the higher dimensions. Two of the crystals are located above your eyebrows, directly over the pupils, the third is just below your hairline, in line with your nose. You may experience tingling, burning, sinus or liquid sensations in these areas and suddenly have a lot of information and no idea where it came from.

The pituitary and pineal function together when they are fully open, causing what is known as the “Arc of the Covenant” , a rainbow light that arcs over the top of the head, from the fourth eye to the third eye area. This is used as one of the decoding systems for the light language

Your brain functioning changes again and you may perceive in terms of geometries and tones. Short term memory may fail you and you may struggle to find the words you need when you need them as all of the pathways you are used to using are becoming rewired. You may experience tones in your ears, bands of light, colour, geometry, symbols or equations. These are all communications for Spirit and you can use the unified Chakra technique to ask for translation. As you continue on your journey, translations will be more accessible to you on a verbal level.

Ninth Level Activation

As you develop translation skills, you begin to understand tonal languages, geometries and patterns as you are now beginning to embody divinity! You may experience lower back pain or hip pain and a feeling of density in the pelvic floor as the seventh-dimensional structures are shifting into alignment with your Oversoul.

New levels of chakras are opening around the physical body allowing more energy to pour in. There is most often a mass descent at the beginning of ninth level that can be very difficult as it is the final surrender to Spirit. You will understand that you do not control everything on a personal level and that you are a divine instrument; you are “Spirit in action”.

At this level, you are becoming that which you have never been before, being your own truth, being unconditional love, and Light and power. This is called the ‘Threefold Flame’ and it exists in the heart of everyone.

Tenth Level Activation

This is the first of the “spiritual levels” and where your fields are completely unified in your I AM presence. In the tenth level you can be exactly where you want to be, when you want to be because you are fully conscious and one with Source. You feel your connection to everything through planetary consciousness and you begin to build the Merkaba vehicle.

Eleventh Level Activation

It may feel as though time has sped up. At this level, your Light body structure is made up of lines of Light, intersecting in beautiful geometries and over the course of this evolution a whole new circulatory system will have been built. Cellular regeneration will have been accomplished. You will know your past lives and no longer view them as linear but rather as other lives existing now but in a different resonance. By now, you will be expressing the joy of your Spirit and manifesting your vision of Heaven on Earth. Every time you choose Light in any one of your parallel lives, it affects every single life you are a part of. Any person choosing Light in any lifetime affects

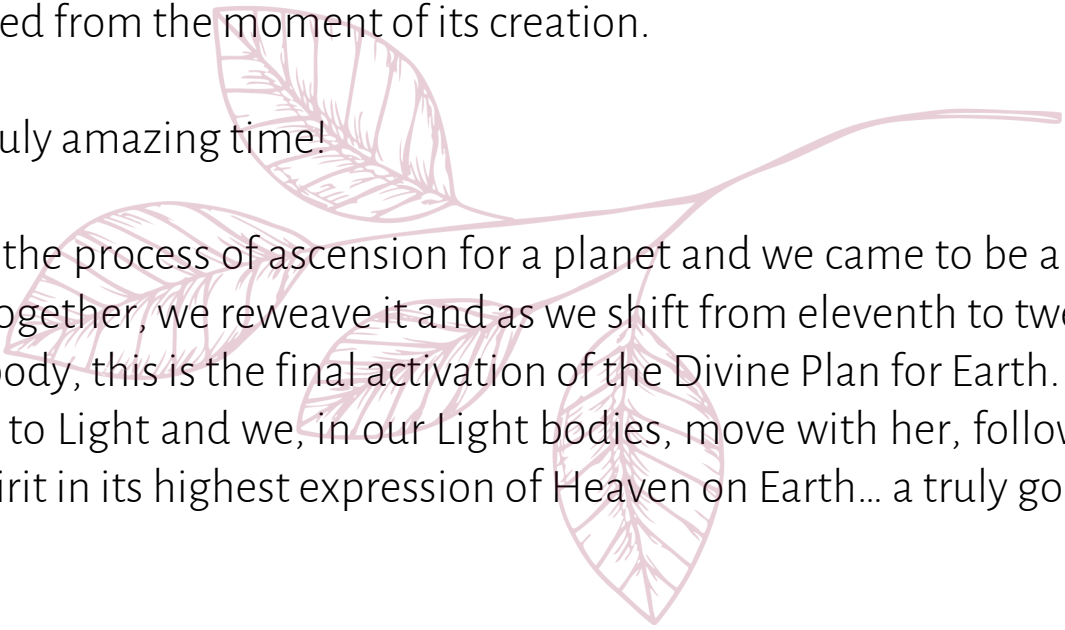
the entire planet across all parallels. That's how powerful the light is, and that's how powerful your choice is.

Twelfth Level Activation

At twelfth level, you act on your decision about what to do next. Every time you make a choice that is not aligned with Spirit, both yours and Spirit's choice will occur, but in separate parallel realities. So, there is potential for an infinite amount of alternate realities, but... as you awaken to the rhythm of Spirit, each parallel reality begins to merge and this is where we are now, living in this merging of all other parallels. We are quickly moving towards the path that Spirit intended from the moment of its creation.

It's a truly amazing time!

This is the process of ascension for a planet and we came to be a part of it. Together, we reweave it and as we shift from eleventh to twelfth Light body, this is the final activation of the Divine Plan for Earth. She moves to Light and we, in our Light bodies, move with her, following our Spirit in its highest expression of Heaven on Earth... a truly golden age.



Be the light

If you haven't worked out by now, you are integral to this process. We are all integral to this process, but the task is not too big!

The moral to the story is that Spirit brings us the situations and circumstances in which we can have the greatest impact, meaning that if you are noticing a pattern within your life of not being listened to, then turn the light on the situation and see what it is you are to learn or overcome.

We all have patterns but each time you choose to overcome as an individual, you grow, and that growth is amplified in its expression within the bigger, Universal picture.

Helping a person to their car with groceries is not a small act.

Calling someone just to let them know that you are thinking of them isn't nothing.

Saying 'no' when something doesn't feel right isn't unkind.

Saying 'yes' even when you are scared and out of your comfort zone isn't bad.

We each have to learn to create within our own lives what it is that we truly desire... within our families, within our communities and within our countries. In order to be able to create a shift, we each as individuals need to manifest clarity at the micro level in order to experience the same energy and ideas at the macro level.

Cycles within cycles, within cycles.

This is how we share the light... by being the light and being the change.

We cannot fight for those who starve without food when we refuse to take care of our own bodies.

We cannot detest war and fighting in other countries when we still allow abusive battles within our homes.

It's contradictory and it just doesn't work that way.

Instead, be the vibrational expression of that which you want to create more of.

The journey of others is not your concern... nobody needs to be saved... they have things to learn... they too are on a journey. They will all wake up and they will go through this too.

This process is NOT optional; if you are incarnate here... now... you are evolving.

We are fully aware that some of the information within this book may require a rewiring or reprogramming of sorts of the subconscious or hidden beliefs, yet we hope you have managed to keep an open mind throughout as what you consider unbelievable today may just become the spark you need tomorrow. Your energy will continue to expand and as you innately learn to process more and more light, we hope you find yourself re-reading these pages.

We appreciate you being here and hope you find value in what you have learnt and embrace the tools shared within for continuing on your journey at the pace you choose.

Remember that the system of bodies that make up you, is in its entirety, a perfectly designed system capable of healing itself, upgrading itself and drawing to itself what it needs but you have to learn to get mentally out of the way and to calm the waves of emotion. Clear the interference and let it do its job.

There are always ways to work with your energy bodies that require little changes to your everyday life, one is to use a series of powerful and intentional affirmations combined with tones designed to gently awaken and activate your cellular codes.

We hope you use and enjoy our Light Activation Affirmations.

If you use the exercises within this book for no other reason other than to create personal health and ease in your own life, you are doing amazing things! We know that when you are ready, and when the path presents itself you will grab hold with both hands, and we hope you know that when that happens... we will be right here to support you.

Wherever you are and whatever you are ready for next, we welcome your willingness to share your journey with us.

We empower others to embody their authentic self and remember their Soul's unique journey.

Don't be afraid to shine... the world needs your light.



Kylie, Ebony, Lara & Tracy x