

**The Emissary of Light Handbook**  
**Second Chapter**

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Through connection with  
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## Introduction: Carrying the Message

I would like first of all to thank you for coming into this field with me. It has been, for me, a journey of finding those who are prepared to carry a message that has no words and doesn't necessarily mean anything if you attach logic to it. A message that has deep welfare of human beings at the primary point of foundation, where it begins in the origin, the origin being the knowing that life is sacred. In many instances in my generation of time and in your generation of time there has been the absence of memory about how precious life is and the sacredness of life is what I carry. It is what I bring. It is what I care about and it is what I want to share with each of you who already understands the sacredness of life so that we may *form together an etheric grid of consciousness that we take out into the world*. This is because, in my estimation, it is time for there to be concerted effort by many individuals simultaneously to transform this planet and to acknowledge that together we can do so and separately we cannot. Yeah?

## Going Deeply into the Earth and Bringing Joy to the People

I am going to use the word must and of course, as 'the one speaking' always says, it is just a suggestion, but it is as if each of us must do something now. Not just about our own bodies and our own nuclear situation in our families, but in the world. We are being called to the world, and so my presence today is about that call. It is about each of you stepping up to your own vibrational knowing, aligning with that, going forward with that, and in a sense, expressing it, celebrating it, and sharing it. But in a more important way dynamically, grounding it on the planet. This is because in my estimation the earth requires our presence sometimes even more than the people require it, because they are all busy doing their whatevers and whatevers. If we go into the world and the energy consciousness held in the earth, and go deeply into that consciousness and lift it up, the people will feel it through their feet. They will want to dance more. They will want to celebrate more. They will want to jump up and down more. They won't know why they are being all of a sudden more joyful, but it will come up through their feet.

So these groups that I'm doing, each group is a little different and your group is very different than the last one. If you would like, 'the one speaking' can send you the last one if you want to have that one as well, from Santa Fe. This is so that you can compare and see how groups are different in different places. This group is about going deep into the earth and bringing the joy of the Mother from the bottom up, lifting it into each place of location. Like when you're walking down a street to your restaurant or you are sitting in your restaurant and you have your feet on the ground. You're walking to the park or the grocery, or whatever you're doing. There is an energy that you want to be springing up and down on! That is the joy that the Mother feels at your return to her consciousness more fully.

I know that you are all connected to her and you all understand that she is the sacred Mother of this planet. Yet, there is more that can be created through the texture of your own consciousness and your own physicality that can support your realization of how strong your connection to the mother is. Realizing how that feeds and sustains you in different ways and how it flows up through your body and out through your arms and your eyes and with which you speak. How you hold people and what you are creating that offers a tangible transformation but also transfer of this energy to the world around you.

### Creating a Synergy Together

You seem to be a hands-on group. You seem to be people who really want to do something tangible through the energy of your own consciousness in a way that will affect many, many people. Each of you seems to have an intention—like you put your nose to the grindstone, you walk the talk. You are really doing your best, endeavoring to foundation new experiences from light and truth through your actions. So I want to talk with you about the connection with the earth a bit, the connection with the heavens a bit. Then about our connection with our hearts just for a bit and then create together a synergy, a wave of connection that allows us to more fully develop our own personal gifts and strength. This is to coordinate and communicate and cooperate deeply in the world together. I am adding myself into the equation because I am not going to leave you, you know.

This would be silly for me to bring this and leave. So I will come with you wherever you want to go, each of you. Then that whole idea of transferring this to

the masses, to the people, so that your consciousness continues to magnify and multiply in ways that you personally feel would then best attune you, your life, your relationships, and your calling in the same frequency.

## Self-Alignment

So we are endeavoring today to support all of the parts of you and your life, your experience and your loves, and the trials you're in and all that, so that everything gets lined up. We will start with the earth. Then we will go into more of the physicality. Then we will go more into the emotion and mind and then we will go more into the spiritual energy so that we hold the container of the ripeness of that, each person. Then you can go out and feel like that cooperation that energy of alignment is there with each other because you are more aligned with yourselves. *This will be then above and below, up and down consciousness, really working with that self-alignment, just like the John Henry. You know, his amazing ability to bring forth an understanding of what self-alignment truly is so that each individual has an opportunity to restore the grace that they were born with and the innocence that they have come to hold for the planet.*

If you approach someone who is having a big, big challenge, you know, people who are perhaps not sure about who they are and so they broadcast other things around themselves to try to figure all that out; if that broadcasting is happening and you stand there in innocence then the pretense dissolves. Everything that everybody thinks they should be and tries to align with and tries to figure out, all those kinds of things just immediately dissolve in the face of that innocence.

We will cultivate some of those aspects together today. Then I'm going to give you an assignment should you wish to work with it to practice every day the four things that we do together today, so that you can actually feel that alignment more strongly. If there is any time when you need that alignment, it is now. The basic reason you need the alignment is because the duality and the reality of your world is expanding, deepening and becoming much more loud and incomprehensible in some ways. This is because people are generally in a very fundamental way wanting safety, wanting to have good food, wanting to have love, and wanting to have a purpose. When duality is this cantankerous, as it is in your country right now, there is an energy of pulling apart. A pulling apart really

requests us to stand in the middle so that when the rubber band of that breaks the dichotomy is so extreme that things fall into the center. We are there to build the momentum for self-alignment for all individuals who've just fallen into the center, are lost, maybe upside-down, not sure where they are and what they need to do, and so forth.

## Emissaries and The Great Mother

We are going to start, as I said, with the earth. The Great Mother, as you may know and probably do know, was approached in the beginning of the beginning by a group of Emissaries. Some of you were those Emissaries coming to the earth and saying, *would you house this free-will experiment. Human beings are going to come and this is what they are going to do.* And so the Great Mother was shown what would happen in that process where people came and destroyed this and contaminated that and all these cantankerous things. She said *okay* anyway, and what is important right now is that we return to her and give her some solace, give her some grace, give her some love. Support her in holding together the structure of consciousness on this planet so that she can do her job more easily, but also so that our hearts and our compassion and empathy surround her. 'The one speaking' likes to use the image of her as a stone woman with very flexible joints and hands and arms and face and hair and everything. But she is stone, yeah? She is down in the middle of the core of the center of the earth and she has a hearth that always, always, always, has a fire in it. She never has to replenish it. It is always just burning.

When you go down to the earth, the center of the earth, there is there an absolute place for you to stand on that has your name. It has a beautiful crystal, and everything is there. You just put your foot right into that crystal or stone or beautiful space. You know it could be something beautiful like this geode here on the table. You are standing in it and it has your name and it has your exact foot print and you stand there. The Mother comes over to you and she has these vines. She has these arms and she just puts her arms all around you and cherishes you and welcomes you. That is kind of how we could start a little meditation or visualization. That is the connection we want.

Then we imagine that the Mother is right straight across from us. We want to do the same cherishing for her in whatever way you'd like to. So you are sending your heart to her. Now we are talking a few minutes here, in the earth, a few minutes in the body, and the cooperative energy and with family and with the transmissions that we give and with the above, which is the light coming down through. So we are maybe twenty minutes. We have this idea together that even if we are walking around and not going to sit down and meditate, and we are not going to sit down and visualize, and it's not on our schedule that day, that as we walk around we're aligning these different points. We are becoming these light-bearer energy Emissaries that have to do with restoring grace and order and balance to the earth. This has to do with bringing her order and balance through us so that our bodies are aligned and clear and then having this beautiful energy flowing through us so that our body gets aligned. Our emotion is calm, our mind is clear, and our spirit is very open so that we can flow all of this out. It goes all around and includes everyone in our environment. So it includes our family, it includes our peers, our co-workers, our neighbors, people who run the shops that we attend to when we go to buy something and all humanity eventually is in that transition with us.

### Our Partnership with the Earth

The idea here is that we approach the earth as a friend, as a partnership, as something that is going to collaborate energies from us to them and it is going to specifically align all of our parts with the earth. This is the deepest healing that an individual human being can receive from the earth herself because the stability and clarity of earth consciousness has order in it. Order is the primary space within our bodies that aligns all of our systems and cells and structures and functions. So all of that is a very important idea; that we're committing to alignment through earth consciousness. It also makes us more present, more available, more stable and also opens us to celebrate more because the earth is a consciousness that doesn't stop. It doesn't stop and start. It's not like, *well I think I'll celebrate today, I'll celebrate life right now, but maybe not tomorrow.* You know, the earth is constantly nurturing humanity and all life, right? It just stays there. *So we are going to bring that up through our bodies as a way to activate*

*this intention for action in accordance with the divine order that is the basis of our life here.* Very important. And anybody that you want to teach this to, share it with, is fine. It is absolutely fine because we want this to ripple out and we want people to be stronger and more healthy, more grounded, more present, more available and more connected. Yeah?

The other thing that we do after we go into the earth is to bring that earth energy up through our physical body and allow it to merge with all of our organs and all of our structures. We go down, we cherish the Mother and then we bring that energy up. Sometimes you want to see vines going around your body, that her arms are with you because there is no separation between these levels. That is very important because when we get finished with this process you will feel as if all of those levels have joined together and they are ready to go. They are active and provide you with a synthesis on all those levels that is extremely important. So you bring that up and through all of the cells of your body and you allow that flow to come in.

The second thing is actually defining the parts of your body where this energy of order and connection to the Great Mother is moving through our bodies and our systems. That is like a weaving that happens.

The third thing is that the heart opens so that there is cooperation and connection between all relations that you have. So the pouring out initially happens through the heart energy so that the individuals in your field receive the same grace, connection and stability that you're carrying. And as I said, it's nonverbal. This is going to be something that you are. You bring it in and you don't have to define it for anybody. You don't have to say, *well this is what you should be doing*, or whatever. You just do it yourself and you watch what happens in the environment around you. This is because you're bringing the Mother up into your heart space and therefore when you are connecting with women, men, children, animals, environment, air, elements, whatever, the earth energy and the stability is flowing through you.

## Our Instructions!

First you stabilize your own systems. Second you stabilize the environment around you. The third thing that you do is stabilize everything in your world. This is a key to actually taking your quantum leaps, taking your next steps, inviting everybody that you know to actually receive all this energy and catalyzing the space that you're in in the moment with the power and energy of the whole universe, because that's the order. That's where it comes from. So you open that all out and immediately there is a foundation that happens in you that transports you to this "Emissary of Light" kind of status. Not to be hierarchal anyway, but it brings you to the place where you can receive the divine light, and be an Emissary as we all have indicated that we would like to be. Then, the light comes right straight down through. What you have is the marriage of heaven and earth, the connection between the above and the below. Everything in your being lines up so that you can actually be present in the world without duality or self, without the need for any outer reassurance, approval. You know, all those things that the mind tells you *you have to have* because you all seem to be rebels of some kind or another and so this is a, let's just say it's permission to be who you are! It is also permission to act in a way that is in accordance, this is a very important concept, in accordance with the next steps of those with whom you reside or have interaction or work with or whatever.

To say that in another way, and to reiterate it in capital letters, when you have this divine energy flowing through you, twenty minutes a day, maybe more if you can, less if you have to, what happens is that *you forget that you've been labeled with these labels; too big, too small, too tall, too large, too small, too thin, too that, you know, age-wise and marriage-wise, and education-wise, and money-wise and all that.* What I want to do is wipe your minds clear right now of who you think you are in terms of outer relationships with stuff, with labels, and with ideas that you carry that limit you.

## Clearing Our Fields

We can just take a paint brush and clear paint, something like that, clear light and just allow all of that to go because it can. This is a very secret thing. We are talking about a very, very secret thing here. The idea is that if you go into the core of the

earth, as we have been discussing, and flow all the way up into the sphere of the Emissary. Hold those spaces in one body singularly as an alignment, right, up and down like this. What happens then if you have this alignment, and listen carefully now, it replaces your conditioning, the labels you've been given, the outer voices that you've heard and the ideas that were brought to you in any way other than the truth.

This alignment is going to be extremely important for you in walking diligently, clearly and in a very strong way into that space of the world, because the world right now is split in half; not just this country. What is split in half is the idea that union, Oneness, and peace is really possible. I want to say half the people believe it and half the people don't, but you know, there are these percentages. But some people think it's too late. It's not going to work. Some people know that in order for it to work we have to make choices to support what will work.

The idea here becomes that you honor both sides and stay in the middle so that you draw the two sides together. This is because you know how it is. Those who are aspiring for peace and those who are negating its capacity or presence just begin to, in some way, find a middle road. This has in it a course of consciousness that is all about reality but it's about naturalness and acceptance and interconnection and all those things that we know are so important in the process.

### Emissary of Light Definition

As you relate to this idea that there is a way to actually walk in the world that does not separate anything from anything, that's the Emissary of Light consciousness. So you are no longer judging anything. You are no longer deciding yes, no or in-between about anything. You are no longer saying *I can't do it yet* or *I have to do this because*. It all goes away. We are clearing with this lovely, clear paintbrush of light. Everything is gone except the knowing that when you create that structure and hold that space. You are creating the deep connection with the core and the high light of consciousness as an Emissary. Everything in between gets clear, gets aligned, and is ready to go. It's not hard. It doesn't take time. Each of you is ready to hold that space or I wouldn't be saying it to you. It really takes away the consciousness that things are wrong, that separation is real, and that

there is nothing you can do but pray. That's one thing we can do but it's not the only thing you can do.

If we go into the core of the earth, meet the Great Mother, give her our heart, this is not a one-way street. She is going to cherish us. We are going to give her our heart. Together we're going to ascend up through the crust of the earth into our physical bodies, up through our feet, into all the cells of our body. As we do that, our heart opens and we begin to create this circular field of light that moves out from our *soul seed* in the center there. It moves out and creates this vortex. It's going to suck people in, that amazing core energy of *this is how it works. This is what it is*. This is a fundamental truth about connection and interconnection. There is nothing else that's real. And then that ascends more into the Emissary energy that originates from the lineage of the divine feminine up there. Then that comes down through again and restores the earth. So we have this up and down motion.

The idea that we want to go away from here today with is that each of you has a key to opening that corridor of light in a way that doesn't cost anything. It doesn't need anything. It doesn't have to go anywhere in terms of *oh, I should do this, I should do that*. Everything becomes very neutral, very clear because this energy of alignment is going to guide you from now on instead of your head. It replaces all of the ideas about how you make decisions and what you think is more important than anything else. It's all just going to refresh itself like when you do your computer screen. Well, I added something on the internet and I added something else and I added something else and it's not there. Why isn't it there? I'm waiting for it to be there, all those things. Oh, I have to refresh the screen because I have to start again because the things I added need to be added in and they are not added in yet.

So you think about refreshing your screens all the time. Think about the consciousness of all that is aligning with you so that you don't have to do anything anymore. The action comes from your state of being.

## All Action Comes from Your State of Being

When you are thinking, oh, (a John Henry statement), All of my action comes from my state of being. All right? All of my action comes from my state of being. Feel that. All of my action comes from my state of being. Feel how your shoulders relax when you say that. Feel how your mind is no longer trying to figure it out because all of my action comes from my state of being. I'm glad you're writing that down because 'the one speaking' will forget it and you'll have to give it to her later. The energy of the state of being carrying you forward.

Listen ladies, I know how tired you are. Feel that tiredness. You're tired. You're tired. And you work really hard and you care a lot. When the state of being takes over the doorways unfold.

In the last week or so 'the one speaking' was traveling and had this experience where it was almost like when she wrote *I Remember Union*—serendipity, coincidence, things falling together, ease and grace. Every time you need something, whoosh, here it comes. I want to promise you each that so you can stop trying and doing and whatever, and just be and allow all of this being to be the origin of the consciousness that you carry.

## Unifying Our Fields with the Above and Below

You are in partnership with the universe, not working to try to survive in a universe. I want to scrub off all the survival shit you carry up here, whoosh—All of that. *I have to do this to do this to do that*, whatever. You may wonder how that is possible. *Well, I have to work or I have to this or I have to do that*. So the idea would be that you stand, in your psyche anyway, we can sit here, but you're standing. See yourself standing very straight and tall, light coming in the top, earth coming in the bottom. It is mixing and matching, moving and then circulating around you. You are standing there and the divine is above and below you. The Great Mother is above and below you. Great Mother Sophia, Great Mother earth, phew, through you. And you see that. *Oh. Okay I get that*. Now take a deep breath and they, because they are present when I am in my state of being, I begin to merge their energies in my state of being so that my actions come from that merging.

Decisions you have to make. Should I do this? Should I do that? Should I move over here? Should I do that? Should I love this one? Should I let go of that one? Should I whatever? All those ideas and decisions and next steps and what's going on, all those, all those, and you probably have 50 or 50,000 a day depending on who you are. Those stop taking your energy, stop driving you away from the moment and collapse you into this column of vertical stability. This is so that as you are ready to act there is a beingness about how you act so you are not anxious anymore, worried, concerned, pretending, putting on a face, trying to do this, trying to do that. It's all gone. So you let go all the stuff that human beings have habitually created as a way to interact with themselves and each other. Right? So all that goes away and you're just there.

### Benefits We Receive

In the being just there, the first thing that happens is there is a calmness and a peace. Second thing that happens is that the ideas that come to you are about actions that work, that don't need all kinds of things you don't have. You know, like money and time, whatever, location, place, and clients. It doesn't matter what it is, you know. Not that any of that applies to any of you, just that stuff is not there anymore because the divine Mother above and below is flowing through you at your heart creating a whirlpool, which calls people into it, stabilizes your energy and it basically tells you, *Ah, this is what's next. And then this. And then this. And then this.* You find yourself skating along in life, taking the steps that need to be taken in ways that support you and the world and your family and the earth, simultaneously. Now that's good news for the one speaking because she has all of these like dichotomies. Do I stay home with my 8-year-old granddaughter or do I go off and do my work? How do I balance all of that, right? So what we are saying to her we are saying to you, which is that alignment is next in your life experience as a bringer of the dawn.

I'm here today to tell you that you can have it all and include in that having it all a balance with all the aspects of your life because it's all going to work now, provided that you are in that alignment. The serendipity, the coincidence, the simultaneity, the sense of everything working with you is happening when the

universe opens its consciousness to you and you open your consciousness to “it” and there is a marriage, a divine union above and below. It all flows together.

My deepest desire is to hold all of you in a way that you feel cherished and loved, accepted, empowered and strengthened. There is no reason why each of us cannot hold that absolute formula all the time. There is no reason on this planet for that not to be possible.

Your intention for being here in this room whether your mind knew it or not is actually to begin your life again without fear. Live without separation from whatever it is you’ve loved most, without conditions, without trying harder to do xyz and not knowing how you are ever going to do it, feeling inept or overwhelmed or whatever. Let’s not go there anymore.

In order not to go there anymore we really do request that our body cells, systems, organs and beingness align so that we can activate that and move that forward into the world, because that’s why we came here. Since there is no time you haven’t lost any time. It’s just the proper moment for you to do this. Okay. So let’s go.

### Divine Heaven and Earth Meditation

Put your feet flat on the floor. Now right in the kidney one point, the point right between where the balls of the foot are there is an indentation. Imagine there is a bubbling spring underneath your foot. This earth energy and this water energy is bubbling right underneath your feet, both sides, like when you have your foot on a little water machine. When you go outside and somebody has a water spigot but it is not from a hose, like to stand and drink water from a little container that has a little metal thing, the water comes up, like a little water fountain, you say.

So this idea is that underneath your feet you have this bubbling spring. When you walk remember the bubbling spring. It brings your energy right down to your feet, connects you to the earth, and connects you to the element of water. This is very, very important in the process of Tai Chi, which is extremely good to strengthen your legs, have your legs strong. Okay. So you’ve got your energy right there on the bubbling spring.

Then because it is water, it dissolves and you dissolve with it. Just imagine that you are flowing down this channel of water, very gently bringing you to the center of the earth. So your feet just follow that fountain down to the center of the earth. You find that your feet are on that beautiful crystal that we described with your name on it. You are just going to stand there and the bubbling spring is still there underneath your feet. It is coming right up from the earth now and you are so strongly connected to the earth that it is like there is a pull. You just go deeper and deeper into the core, so you're so strong and so aligned. All around you are individuals who *remember that they are light and working with you to create these groups of origin. Origin remembrance. They know why they are here and how to use their being in ways that provide clear actions and strong levels of resolution on the planet.*

Because the Great Mother is so diverse, she comes around you, all of you at the same time and individually. She comes around you and you see her for the first time or you remind yourself of what she looks like if you've seen her before. From her eyes is the most amazing love you have ever felt. Every part of you is loved, held, and cherished. You feel that all around you is her love and cherishing and compassion and empathy and guidance and support. It's all around you and she is flowing her hands down your back, over your hair, your face, over your body. She kind of made you, so it's okay. If she touches your body, it's all right, you know. It's the touch of the Great Mother and she supports you. She acknowledges and connects to you and you feel that love and cherishing very strongly. Your shoulders relax. Your body relaxes. You feel the bubbling spring and you are really connected to the moment with her in a very deep way that allows you to forget any reservations you had about being able to do anything or whatever. You just get it and you're there.

You feel yourself softening. All your edges are being dissolved. She gives you a beautiful hug and you just melt into her and she transmits to you her strength and she tells you it is all right. There is nothing else you have to do. You are here and she will always be with you and you can rest in her arms all the time. Every time you go to sleep at night and when you wake up in the morning, she is always there.

Then with the breath you draw up her energy, the energy of the deep core of the earth, the stability of this planet. You draw that through your feet. She rises up with you, you know, kind of dancing around you with her arms and her vines and whatever. You just bring the earth energies up into your body, inch by inch, stabilizing your body, getting really clear impressions of her presence inside your being.

Anywhere you have a glitch, you focus a little bit harder on her presence there bringing her energy up and the earth itself up through your body into your heart. When this energy enters your heart your shoulders relax. Your body is experiencing the strength that supports the integrity of your back, your bones, your joints, ligaments, and your fascia. Everything is receiving this beautiful, restful strength so it releases all the tension in your body, which you don't need to carry any more.

As your heart opens, there is enormous gratitude for the consciousness that is being made available to you from this moment on. As your heart opens, you begin to feel the spinning happening from your heart. It goes over out to your left side and in front of you and to your right side and behind you, then your left side again and there is this clockwise motion that creates this field that we can all share in and all carry together and all carry individually that joins us now forever. It joins us to the grid of the earth, the grid of the sphere of consciousness, and the grid of the Emissary of Light energy, as well—all of this. And it is circling and circling and circling and getting bigger and bigger and bigger. You share in this with each other person in the group now. Your circles are spinning. You feel them locking in together and creating a larger grid.

You realize that this is what peace is. *Peace is the outflow of the heart energy joining with all life without exception* and it's exciting. It's pulsing and we send it out as far as we can send it to include this whole universe and galaxy. Every time we breathe in, we breathe in the experience of being in our state of balance and providing that back out every time we exhale. So this balance is in and out.

Now as the circle moves it incorporates more light and the light, just like a lasso, moves up into the upper energy centers of our body, the upper three above the heart. This is still clockwise. We imagine coming up, going all the way home, wherever that is to us, the origin of our own light. We move to that place and

touch into that origin and then it fills us from the top down, flowing over us, deepening within us, and allowing for the deep rest and strengthening that the above and the below provide when they are joined.

Each of you will create this alignment in your own way. Some of you will breathe in from the earth and up at this point. Some of you will breathe from the top down, inhaling from the top, exhaling once you get to the earth, then exhaling back up. Some of you will continue with the heart spiral. Just let happen what happens to balance your own system. Try out different ways. See what feels the best.

Now as this flows up and down and around, we place our mind, our thoughts, our worries and concerns, our identity, our conditioning, all the duality, everything we have, place it in the heart spiral. In other words bring all your mind stuff down into your heart and let it spin out. Spin it out. Imagine again that paintbrush clearing your mind. There is nothing but your heart energy opening out to all that is with nothing else there. You are just absolutely open and free.

### Acting from Our State of Being: The Union of the Above and Below Within Creates Union in the World

So again this idea... All of my actions come from my state of being. This is my state of being. My state of being is peace. My state of being is balance. My state of being is presence. There is nothing I have to do to be seen, nothing I have to think about in order to be accepted, loved, approved of. *I bring approval and love to the world from my essence.*

I guarantee if you do this for 21 days up and down, in and out and through, not only will your life change, as they always say, your life will change. Not only will your life change, but your rhythm and your obstacles and your habits will transform. As you sit in this space recognize that everything in the universe will now come to you because you have laid bare, made central the ultimate consciousness of creation in your body and life. This is ultimate energy.

I know you have lots of meditations to do and lots of things to think about and lots and lots and lots. Perhaps you can see how when you create a connection between the above and the below like we just did some of the things that were

most important to you; strivings and challenges, all these things, aren't there anymore. What's there is the breath, the rhythm, the connection and the expansion.

*So when you take this energy into the world you recalibrate the structures of the earth herself.* Everywhere we walk we are going to be having the bubbling spring and the bubbling spring goes into the earth and says *Here I am. I know you. You know me. We are doing this work together. Here we go.* That starts the lower leg connection to the earth, it brings you more stability, more centeredness and more physical strength—life force flowing through. Then you take it up into all of your organs, open your heart and you let everything spin out. Then you open to light and all of that works together.

When you walk in the world with this kind of alignment people will stand next to you and come into alignment because they will somehow energetically and osmotically and kinesthetically feel, *oh this is the way it is*, but they may not be able to define it. There will be a shift in them and there will be a shift in the earth wherever you walk. What's important is that you recognize the impact that you're making with every step, every breath, every connection, and every relationship. You really want to understand that this is a powerful tool and teach it. Get used to it so much that you have your own words for it perhaps. You have your own way of doing it. Make your own CDs, whatever you want to do.

Share it because this is a meditation of origin, how the origin gets transplanted again on the planet, how does the planet respond to origin? How does your body and your world respond to origin? Keep notes and share with each other and build this container with more and more people to walk this into being.

### Self-Alignment Creates Outer Alignment

I gave this to you today because it's mandatory for the planet, for you and for humanity. We have to somehow get the energy of alignment back into our spines, our connections to above and below, and in our relationships with others. I have a theory, you know, long-tested and very deeply proven, that if one's spine is aligned, one's relationships are aligned.

What do you think of that theory? Does it make sense that if you are standing there in alignment everything around you is going to line up or go away? So the people who cannot align with you may not be ready to align with you. If you know that your alignment is steady and you're not going to misalign to align with them, immediately there is a force that comes through that says *yes, baby!* You know, *I'm here and I'm in alignment and I'm not compromising that for anybody or anything.* So one stands in that place of total honor and total respect for oneself and one's conscious choice to make this the way it is instead of the other way out there, you know, where everything is a little bit wishy-washy, unstable, and undependable.

So your spine is straight, the world is straight. You hold that space wherever you go, particularly with children because then you teach them how to align themselves. The thing is, in utero or in very, very early years, children align themselves with those around them. So their wishy-washy backs and health and emotion is the reflection of those with whom they've grown up, been alive with, and had as family. If you are intending to assist in the evolution of this planet and bringing more consciousness in, you are straight. No offense to anyone about that. Your spine is straight and you're standing straight. Your consciousness is clearly above and below holding that space. Then your heart can love anybody because everybody is lovable and there really are no rules anywhere in the universe about not loving whoever you want to love either. That's a human thing. That is not a divine thing.

You can see how when you are open like this, it's all okay. There is no judgment. There is no room for judgment because you are too busy celebrating the consciousness of alignment, which feels damn good. You know, it really feels good.

### The Group Consciousness of Our Origin

So I come into this picture holding a template for each of you. This is my job, holding a template for each of you of Divine Emissary Light so that when you walk in the world this Emissary Light protects you. In other words it flows over you and it stabilizes who you are so that you walk in the world and you are honored and it's feeling sacred to people. They pay attention and they want to be part of what

you're part of. I'm also inspiration. I am the light of inspiration so I am going to prickle your mind like little firecrackers to assist you to have these blooming great ideas that come in and they spark.

The idea of the origin group that we are creating here today is that you help each other with the sparking. You listen to each other. You support each other because too much, in my opinion, too much of what you live in this world you do in separation from other people. There is always somebody in the group you don't like as much as you like somebody else. There is always somebody in the group that is late and there is always somebody that is early. There is always somebody that doesn't do this... Do you understand what I'm saying? Do any of you have that experience with groups? Family? People?

(No response from the question.) You're a very quiet group.

*That's because we all love each other so much.*

But the mind has those reservations or labels or conditionings, whatever. It doesn't matter what it is. There is no judgment here. I am just trying to give you a little sample of what I mean. So when we do the alignment and we help each other reflect that alignment in a very real, and clear, direct and constant way, not by criticizing but by standing in alignment ourselves and fostering that alignment over and over again. Then what happens is what happened with me and the Christ energy. There wasn't anything else except that divine union and I believe that each of you can meet each other in the same way. That's what origin is.

*[The Origin Oath: You take the Na, Na, Na's and throw them away and you say I'm not doing that anymore. I'm holding each person in direct and clear alignment with source and with the earth and we are going to walk this in differently than other groups. We are going to pledge our support and presence to each other as if our lives depended on it. We are going to go forward and not make other things more important than the job we signed up for, which was bringing light to earth.]*

So each of you has a little bit to go with that or a large bit to go with that and actually that doesn't matter because you will find that whether you have a little bit to go or a large bit to go, it all collapses and condenses, flows down through your being into the earth. It comes up stronger and reveals to you how to provide

the impetus and the catalyst for the transformation that is so important if we are to balance this planet.

I don't mean to lay burden on you. I wanted to come today to actually prepare you for the necessity to step up and do your part. That is your choice obviously. It's your choice but *the priority here is to transport consciousness in every moment*. That's the priority, however you do it.

See the thing is you need each other and not just to hear your stories, but to form some kind of a group. You can all go in your own places and form your own groups. It has nothing to do with me, in that sense, like I don't have to do this. You can do it. You can take whatever you want from this and whatever and you can go do it. *The idea is that if we don't come together as human hearts and souls everyone will be wandering around trying to figure out what the truth is.*

[What is the truth? What should I do? The world is turned upside down, so what do I do? Instead of navigating a course that actually sustains, as it creates it sustains a new way and it's the way you all know we will have to do this. It is from the above and the below, steadying our hearts and connecting in a container that is strong enough to empower people that don't know what a container is.]

Well, I am hoping I didn't lay it on you too much so that you are intimidated by it at all. It is basically the way to heal your bodies and I'm not talking about feeling a little bit better. I'm talking about feeling a lot better. *Talking about actually replacing things that don't work with this energy and having things work better and it's very important.*

### Living from the Primal Energy of Union

You know, the bubbling spring, going to the core, bringing the Mother, holding her energy and bringing her energy up here. *That creates an equilibrium between the earth and the core and you know how important that is. Right? Then your heart is part of the Mother.* Now the Mother cherishes you. If you felt that she cherished you in a way that has absolutely no condition on it and when she is in your heart you are cherishing everybody else, and your heart spins around just the way she is because she is there with you doing it. See? Then when you go with me and the Emissary of Light energy, you've got Christ and all the avatars and all

the sacred ones, it doesn't matter, and we are bringing light down through you. That light is mixing up in your vortex here, in your core, in your central channel of your being. It is mixing all up so when you pour that out that is completely heaven on earth. You are walking around like that.

If you hold each other in that space, even if you get together for half an hour and just be quiet and hold each other in that space. If you get on the phone and hold each other, you don't have to be physically together. *Get on the phone and hold each other in that space. Do origin calls and then we will do them all over the country and everybody will get on the call at the same time. Everybody can be vibrating at the same rate of speed.* This information is the first time, so this has to be shared with the first group and the first group's energy has to be shared with your group and then we come together and we begin to expand this origin energy. It is primal energy of creation. That is why it can redo your bodies.

Why does everybody talk about heaven on earth? Because the primal energy is in the connection between heaven and earth. It is not just one or the other. It's in the connection because your circuits opened you up, spruces you up, you know. Vital energy like that, click, click. Who doesn't want click click, you know? Everybody wants it, click, click.

So everybody is alive, well, connected, noncompetitive, sharing together in the heart of the one. I have to be quiet now because it is time to go.

Please know that I'm always with each of you. I never go anywhere else anyway, so I'm always here and if you ask for a sign I will give it to you if you don't believe me that I am with you. Listen to your body. Listen to the energy. Listen to what it does. See it. Feel it, however you want it to come together and understand that the balance of this consciousness that you're carrying is being reflected from above and below. You will have huge auras, huge energy fields that go out and touch many, many, many, many people because you can, but also because the energy of being in this vortex is unlimited.

So I am giving you the key today, the secret key today to how to use this unlimited energy for your own healing, for your own balance and for the clarity with which you can move forward and not have any more questions. This is because the universe plops everything right in front of you and you just keep skating home.

Okay. Alright. Know that I am always with you in your prayers, in your thoughts, in your deep energy experiences. I carry the Christed energy with me so the divine union is always yours with each breath and each intention to transport people to the energy of this divine union.

Thank you. Thank you for being in this place to receive this message, to take it forth and spread the word because it's not a secret anymore.

(Many mutual thank yous).