

Year-long class Files May 2019

Joining Our Heart to the Great Mother's Heart Meditation

Let's put our hands together. Right hand on our heart, left hand on our right hand. We are going to call in The Ones with No Names right now to assist us and the Council of Light and all of the vertical energies of alignment that are going to be working with us this evening. We want to anchor our feet and our heart and our crown right now.

Let's start with our feet connecting into the Great Mother through the bottoms of the soles of our feet into the core of the earth, grounding there deeply and feeling the alignment with the earth. Right from the center of our feet we want to imagine that there are tendrils or roots coming down that are surrounding the rock or crystal that we have our feet on, our footprints within, so that we are literally connecting and interconnecting with the surface of the earth very deeply. This is so that there is nothing between us and the Great Mother. Feel her pulling down on your energy so that you are very much settled and connecting in with her.

Imagine that as she is pulling you down or bringing your energy into alignment that your shoulders are relaxing. Your whole body is letting go of any structure that you are holding, any ideas that you have about your identity and any places within you that are tense, tight, or constricted. We are giving it all to the Great Mother and she is transforming it into light. We are just letting everything flow down and connect more and more in the center of her core.

In the center of her core is a big heart. It's not like the heart that we imagine for Valentine's Day, which is red, and the structure of a make-believe heart. It is the real heart of the Mother. It is pulsing with life and has tendrils or threads that move out in every direction to connect to all life.

We connect in with that heart through our feet being more connected all the time to the center of the earth. Now we feel the heartbeat of the Mother coming up through our body, through our legs, up into our physical hearts. So we are feeling the heartbeat of the Great Mother in a new way, stabilizing that energy within our own bodies and awarenesses, very connected to her, her interconnection and our own hearts. Breathing up into our heart from the Great Mother heart. Every time we breathe up from the core of the earth into our own heart, we feel the one heart more strongly.

Now we are going to breathe the one heart from the earth core into our heart, physical heart, and then up into the crown chakra. We are going to bring the same heart energy into our crown. We are going to have it move up through our centers, through our throat center and our third eye center into our crown. There it transforms into golden rays of light that float and project out from our crown in all directions.

They are unfurling or unfolding or flowing out from our crown in all directions and we are stabilizing our awareness so that we are broadcasting the heart of the Mother in combination with the truth of Oneness from above. This alignment is necessary for the integration of the texture of Oneness that we are here to represent and bring, and we rest in this expansion because it is the most easy way to provide the synthesis of heaven on earth meditated through the heart of the One.

And so we breathe here for a moment together aware of all of these points, aware of the earth core, the heart of the One from the earth, how connected the earth is with all life through the heart of hers, her deep heart. So we follow those pathways out, interconnecting with every single living being and we feel her interconnection with us individually, moving her light and love and truth and order and union, her being, up into our own hearts, broadcasting from our own heart the heart of the One, just like she is in her core. Then also recognizing that in the crown is the same woven interconnection with all of creation.

And then now in one instant we bring all of those interconnecting spaces together at once. Our form dissolves. The different spaces inside of us become the same. Now we just feel the one connection with everything without exception, in all dimensions at the same time, feeling the woven interconnection with everything in this instant. We are feeling the benefit of joining all dimensions together, all aspects of ourselves together and all definitions of time and space into the same sphere of light.

This is all there is. This is the Oneness. This is the deep understanding that we are all making intentions to experience and to create in every moment. As we dissolve into the Oneness, all of the spheres come together. All the universes come together. There is no separation with anything. There is just that Oneness and our hearts are joined together in the Oneness and there is exhilaration, enlightenment, joy, union and deep peace because this is the way that truth and light manifests through the destiny of our own choices.

And so it is.

Year-long class May 2019
Vertical Alignment and The All that Is

We...create a texture in you that does not actually vibrate any longer with duality and cannot contain it or sustain it because there is nothing feeding that. There is no substance inside of you that is choosing that any longer.

Tonight we are going to talk about vertical alignment and the connection that you have with the above and the below at the same moment and the texture. We are beginning with speaking to this one Anyaa, who happens to be on this evening, about the texture of the vertical alignment and how to bring heaven to earth. We want to speak about that a little bit, as well, because she is here and also because it is an important investigation for each of you to have with your realities.

What we began to speak about with Anyaa, before we actually started this course, was the idea that heaven on earth is not an idea. It is an actual frequency. It is an actual vibration and it is a texture. It is a texture. And so as you are relating to this work and this consciousness you want to understand that what you are really creating in yourself is a texture that has very little to do with your identity, which is why you're dissolving, and a lot to do with the energies of your consciousness that are here to provide you with what we could think of as unification.

Now unification is not an idea either. It is a synthesis of different points of light that are connected to different forms of reality. Right? So when you are unifying with someone or something, it is the molecules that are attending each identity that are forging pathways of reconnection to the divine origin of being. Right?

So what we want you to understand is that by dissolving, and we would recommend that every one of you listen to that particular meditation and dissolve. Practice that because when you dissolve you become part of the integrity of creation. One way to think about that would be to think that when you dissolve you are no longer held in the molecular structure of your present consciousness.

Now the important thing about that is that your present consciousness has bubbles in it. It has gaps in it. It has karma in it. It has what we could think of as dysfunction or disease, just meaning, that maybe your hormones are not balanced or your enzymes are not balanced or your muscles left and right sides on your body are not equal or developed in the same way. Or maybe there is a system that is being compromised by something you are eating or your environment or your habits. It doesn't matter what it is and when you dissolve you "come back" to the original or origin of creation so that the molecules, systems, characterizations of your being are restored to their original integrity.

The original integrity has a template, and the template it has is the spark of light that has not ever been altered. When you dissolve and feel the golden key in your *soul seed* and then that golden key or seed then opens into the heart and then comes down to the *soul seed*, it reestablishes the connection between the *soul seed* and the heart. Then it comes down to the solar plexus and establishes a power center contribution there. Those spaces then move out into a circle of gold. Right? The circle of gold

moves out then into your future, into who it is you are, and who you have always known yourself to be and how you would like to show up in the world.

That sense of being connected to that large circle of golden light, which is establishing itself in ways that then fortify your present reality and connect with the future that you want to manifest, have at the same time this order structure of origin which then allows you and your cells to reproduce in that image, the image of truth. The image of God, Goddess, source, however you think about that.

Therefore, what we are working with in all of these different months is your re-mineralization, your reestablishment of balance, the cohesiveness of your system, the recognition of your masculine and feminine in union divinely. We are working with the connection between heaven and earth, and the reality of the future as it begins to play within the cells of your systems so that you have the attributes of creation as part of your daily diet.

You want to have that refreshment. So even if you are very busy, even if you do not have time to do the meditation per se, dissolve before you go to sleep at night. Last thing you do before you go to bed just dissolve. When you wake up in the morning, when you are doing your Activating and Aligning or those things that you are doing, however you are thinking, The Four-level Meditation or some way of bringing union into your system, just dissolve while you are doing that.

Practice dissolving when you get bad news, or when something is challenging or disruptive, or you are in traffic. Just dissolve for a moment. Close your eyes for just an instant and dissolve and then look again at what is around you and what is establishing itself. Look at what you are giving yourself an opportunity to work with, or whatever. Recognize that each time you dissolve is, what you could think of as adding more integrity or depth or structure or characters to your no-thingness. You're then establishing that the foundation that you are creating is what you could think of as an ongoing building of scaffolding so that you cross the threshold of your consciousness and are no longer involved in the experience of separation or definition in any way.

As you relate then to the dissolution process you are also recognizing that you are then establishing a new resolve. You are establishing a new understanding that is going to take you into each area of your life and be able to be applied to that area of your life.

So the idea for you, in this particular month, is that the vertical alignment that we are thinking about is to bring more of heaven to earth than has ever been here before, ever been established in your particular container or system or expansion level. This would mean that as you are relating in the world you are actually beginning to establish this sensitivity between dimensions to a much larger degree.

The one speaking, when she was giving this evening's meditation, took you into the heart of the Great Mother in the center of the core of the earth. So one of the things that you might wish to focus on in this month of May into June is to recognize that in the core of the earth is the heartbeat of all life. It is not just *oh, this is very nice. There is a heart there. It is symbolic and it connects to everything and everything gets its life from here. What a great idea.*

It is much more that the heart of the Mother Earth is beating for you and with you. As it is beating for you and with you it is offering you a much clearer indication of what Oneness actually is in the physical structure of interconnection. Not the ideation of interconnection but the physical structure. So what is it like to be in the heart of the Great Mother where the heart is actually establishing life on this planet?

If we go there and stabilize there and then feel that that heartbeat, the heart energy or essence or the absolving nature of this beautiful compassionate being, the Great Mother, what we call her, is able to be stored in our cells, in our systems, in the minerals that we are receiving from her and we actually bring that up through our legs into our physical heart, we then have the different reality base to structure our vertical alignment upon. This is because it is not just grounding feet on the earth's surface and thinking that we are doing a really good job or maybe putting a few roots down and imagining that we are a tree and that the vertical alignment is really all set now.

You see, we go to a deeper level and in that deeper level we actually recognize that the earth herself is our heart, is the heart of all life on this planet. It doesn't exist without that heart beat energy aligning with it in the purposeful focus and intention of unification, which is the future of humanity and the super-conscious and the evolutionary spiral. It is all about how the Oneness is lived by humanity to represent the actual Oneness and the integrity of life itself. It's not about the ideation. It is about the actual representation of what this has really been structured as. You know, it is the beginning, the origin of life itself here. This heart that is not separate from any other heart.

As you are thinking this month about being vertically aligned, the movement into the center of the earth and into the heart of the earth is of primary importance because that is where your feet actually want to rest. You actually want to be bringing up the heart energy from the core of the earth, up through your legs into your physical heart so that the heart of you and the heart of the earth is beginning to beat in the same way.

Now this is a really interesting concept because if you think about your heart and the heart of the mother beating in the same way you recognize that every breath you take, every focus you have mentally, every area of consciousness that you have been dealing with in your experience and the momentum that each and every one of your levels of reality is making now possible with talking about how the momentum is picking up and so forth, we realize also that when the hearts are in alignment the evolution is speeded up. So each of you is speeding your evolution up. Your future is coming more quickly and more easily and more dynamically the more you actually align your heart with the Great Mother, which actually means you dissolve yourself. You become the one heart and the one heart then becomes the physical heart that you actually are carrying in your physical body.

So you are getting a heart transplant, actually, and that transplant has to do with the power of the Great Mother. It has to do with assembling a different reality than you have been living to this point. And it also, in a very dynamic way, means that your system, your physical system, is not the physical system any longer that you are dealing with. You are dealing with a much greater physical system that can nourish and support you and expand you and elongate your life and work with all of the joints and the systems and whatever else seems to be up for each of you so that you don't have that happening any more. This is because the heart of the Great Mother is going to pump through you in a much more dynamic way than your own physical heart ever could. That then allows you to have new life coursing through your veins and arteries and aligning you in a way that normal individuation does not allow.

Think about the core of the earth and all of the molten fire of consciousness pouring into your own heart through your legs, basically, because you are going to be pulling that up from the earth. She is going to be assisting you to move it that way. She's moving both directions so she is helping you move it up, as well, because it has to go back up to heaven because that is where it is going to be restored in a different way, which we will get to in a moment.

But right now we are in your heart and your heart is going to actually have the composition of the balance necessary for life. It doesn't matter what is on the surface of the planet any longer because you are restoring the balance of all the enzymes and substances, hormones and all the substrates. Everything that you need in your body and minerals you are getting from the earth herself.

So you are restoring and that is an anti-aging process, actually, and that brings a lot of energy and restoration. Then that restoration is rising up through your throat and your third eye into your crown. When that restoration rises it actually opens dimensions in your consciousness that have to do with your crown energy, which is the golden energy. We call the golden energy the crown these days because the old way of looking at the crown was that it was a rainbow color—it had all color, no color in it. It had all sound, no sound in it. It was like silence. It was this expansion. There was white light and everything. Well, now it is golden light because the golden light is the “unifying color,” the aspect of all the colors at one time.

So if you are working as a healer with someone that has a red ray or a blue ray or a green ray or a yellow ray or whatever, and they are working with all these dynamics, the golden ray works with all types of rays. It is the ultimate ray coordinator, if you will. So when your heart energy opens enough to feel that restoration, which is a vibration, so you can know, *okay, in my heart I have the vibration of restoration because I can feel the Oneness in my heart because the Great Mother's heart is now joined with mine*, that's going to lift you right up into the central core of heaven or alignment with the truth of origin, same thing. As it goes up there, as this heart energy goes up, it spouts a golden fountain. It's this beautiful golden energy. The golden energy has no confinement. It cannot be confined.

The vertical energy that you are really aligning with, in this particular idea for this time that we're working with, this concept is that the earth heart, your heart, and the heart of creation, the golden energy around you is fortifying the texture of your consciousness. This is so that it doesn't have any ideation of separation in it but it also doesn't have the experience of separation in it any longer.

One of the things with the vertical alignment is that it takes the place of the other ideas you used to have, the other ways that you used to think and what you used to believe you had to do or be, and that's gone. So the dissolution process and the organization with the Great Mother heart and the connection with all of the systems inside you is basically to replace duality because that's the purpose of all the work that we are doing this year. It's to create a texture in you that does not actually vibrate any longer with duality and cannot contain it or sustain it because there is nothing feeding that. There is no substance inside of you that is choosing that any longer.

Instead of working with you to dissuade you from thinking dualistic thoughts or for you to forgive this one or think about that or the other thing, we're saying forget all of it. Just dissolve it and organize your reality in such a way that you no longer have to think that the commitment that you're making and the energy that's coming for you has to do with you being good or bad, right or wrong, up or down. It's about you knowing that the heart of the One is everywhere, as are you and is everyone and that's what you're seeing. So when the golden light is opening out from your crown chakra, it's got rays everywhere, going everywhere, touching everything and there's nothing left out of that.

Part of what that means for you is that you no longer have to have an ideation that you have to do something to be whole, to align your stars, to connect with your destiny, to fulfill the promises to create or to manifest, to have the resources you need, to have the love you want, it doesn't matter. None of

that matters any longer because all of those ideas are based on duality. They're based on *I don't have that yet. I haven't created that yet. That's out in front of me. I'm not there yet. Oh, that was behind me, I should let that...* all those things are about duality.

In the vertical alignment one of the things that's most profound about this is that we no longer have duality as a theme. We no longer are thinking about transcending duality because duality is no longer a reality. Because it's not a reality then we are able to stand in the vertical alignment of union between these dimensions, broadcast that golden light from our crown, and feel the Oneness from our heart and our feet at the same time with the Great Mother. Having her inside and having her above us and having light above us and heaven above us and then amazingly, it's just going to come right back down into the core of the earth and then come right back up. Whether you think about it as one line up and down or you think about it as a circle, it's going to just continue, and the Oneness that you feel is going to continue to grow.

It isn't necessary for you think about what you want to create in the future. It's more helpful to combine last month's imagery and this month's imagery so that as you feel yourself dissolving and the golden energy happening, that the golden energy is aligned both with the heart of the earth and with your heart, and then thirdly with the crown energy of the gold so that the golden field becomes total. Everything is gold and contains the heart of the One.

Therefore, you're not going to any longer be able to think about what is ahead or behind, is or isn't, you know? It's going to feel as if everything exists simultaneously in one ball of light or in one circle of consciousness or in one way of being. It will feel like everything that you have brought together and worked with and organized and even desired or thought about is happening in a, let us just say, spontaneous way. This is so that things are coming to you, people are coming to you, ideation is coming to you—awarenesses, resolutions, absolutions. Everything is coming to you and you are not trying to take it apart any more to decipher what it is that is here and there and everywhere because in doing that you perpetuate the separation. *Well, that's not here yet. And that's about that. And that's about this.*

So now we really want to say, okay, for the next month what I really want to do is to integrate reality so it all has the vibration of the heart of the One, either in the feet, in the heart, or in the crown. It doesn't matter— it's just all one vibration. We are going to join those vibrations together and because we can join them together then we can also add into that and dissolve into that all subject matter, all relationships, all challenges, everything goes into the ball of light that has the consistency of truth and origin in it. This is so that there is no time, no separation, no differentiation—just this state of being.

Now vertical alignment in that case is the three-in-one. So it is the ball of light that the heart of the One inside the core of the Great Mother signifies, which is the origin of light here on the planet. It is the minerals and the substances that create life here. So it is water, it's air, it's nature, soil and microbes and all those things. Then there is the heart, which in a symbolic sense beats the Great Mother's heart in relationship with the identities and the forms of the world that we are in. Then the third point is the point of creation, which we establish in a kind of metaphysical way with the crown chakra of each individual.

So that creation energy and the crown chakras of everyone is this kind of third point. So if we take the ball of light in the core of the earth, which is the heart of all life and the individual heart and the

individual and collective creation, (the individual heart also being connected horizontally to all life here on the planet), then we take all three of those together and they dissolve again. You see, they just become one ray of light that flows in every direction.

So that idea that we can take these separate parts because they are in vertical alignment and organize them so that they become one light that diffuses the rays of consciousness to everything all the time, then also signifies that because we radiate that energy and light we are also activating our own past, present, and future. We are activating our own resolution and absolution, our own bringing forth of creativity, the substances that we are carrying. We are bringing those together in a way that makes it a stronger foundation because there is nothing missing. There is nothing that we need to put together. There is nothing that needs to happen because it is all-present and it unfolds naturally without us trying so hard to create it.

In this instance now for the next month we start out in the feet. We go to the heart. We go to the crown and then we just dissolve it all into golden light with lots of rays. We send those everywhere there is and we allow ourselves to dissolve into that more and more so that the only thing that reality offers us is the foundation through which all life is created. Then we no longer have an ideation that anything is out of reach or we're not enough, or we don't have this—all of those ideations that have defined us—our identities, histories and stories and traumas. None of that exists anymore because we are vibrating at a rate of speed that has to do with the integrity of creation itself and with the sustenance of life and with the interconnection of everything that is. So we graduate our consciousness into a place where nothing is needed. There is nothing missing and there is no time.

So we will practice that in a few moments and we will offer you the opportunity to have questions or share now whatever you would like to discuss.

Year-long class May 2019
Meditation of Allness

Let's put our right hand on our heart, our left hand on our right hand and feel into our physical heart. Breathing in and out. Feeling the rhythm of the heart, not the beat of the heart, but the rhythm of your heart. It has to do with how you breathe, and the in and out of your heart.

Now imagine that you can take your heart and the rhythm of your heart and the in and out of your heart—there is the size of your heart and you can expand the size of your heart so it is expanding sideways and up and down. When you breathe in and out the sides of your heart actually expand so that the breath, as it enters the heart, opens the field of the heart much more broadly. Alright? So we are having this experience where the heart size changes according to whether you are breathing in or whether you are breathing out. So breathing in we bring the heart together with all of the substance of the heart and then when we breathe out we extend the perimeter, the measurements of our heart way out into the universe.

So as you are practicing the rhythm of your heart in and out, imagine that inside the physical heart that we were just focusing on now, we can extend and expand the size of our heart so big that the heart of the earth is already inside of our heart. This is because we put it there at the beginning of our session this evening, didn't we? So now, as we breathe in and out we are the heart of the Mother. There is no longer a distinction and we begin to have a different feeling about our heart, a different sensation in our heart, and a different quality that we are experiencing in our heart.

Just for a moment as you are expanding, be with what is now different in your heart. Be aware of what the heart rhythm is doing, what's in there with your heart now, how it feels very different than it did a couple of hours ago. Feel that now.

Feel how the oceans are now in your heart. The mountains. All life is now in your heart. All directions. All species. The Great Mother spoke last time about remembering that you are actually nature. You don't go out into nature because you already are nature.

Now feel how the nature in your heart now is speaking to you of nature. See how, right now, because your heart is so big and because all life is inside your heart now, because you have the heart of the Great Mother, all life flows within your own heart now because it can and because you no longer are distinct from life itself. Feel the quickening of your heart now, the way that your heart is actually aligning with the rhythm of all that is.

Now imagine that your heart and the heart of the Great Mother, as they are One now, are also One with creation. As you are breathing in and breathing out, as you breathe out the circle of golden light and creative essence is also now joining with your heart and the heart of the Great Mother. This golden energy is just pouring into the earth space inside you, to the heart space you are experiencing. The golden light is making a transformative field around your heart and the heart of the Great Mother, so that now everything is saturated with the golden light. The golden light comes in and out just like the breath, just like the awareness of inhaling it in, exhaling it out—that feeling of rhythm. Now it is just all gold. It is not located anywhere in your body. It's not located anywhere in the earth. It is not located in heaven. It is just one circle of life, one rhythm of being and it is expanding you into everything and the in

and the out is the rhythm of life itself and creation but it is not necessarily thought about as being the in and out of you. It is more as if it is representing the inexorable force of creation as it is imbuing life into everything and then extending life out from everything into everything.

So we have this fluidity of in and out without the constraint of ideation so there is nothing to think about now except it is just moving in and out and it is all gold and everything is there. And there is no place that you are not. There is nothing to focus on now. Everything gets dissolved in this because there is no other focus so that is obviously not something that you have to think about doing. It just happened because that is the way it is and as it expands and opens you have this sensation of grace because that is what creation brings.

So as everything moves in and out there is a fluidity. There is an expansion and there is this inclusivity that is basically what you could think of as Oneness and yet, in a sense, it is everything-ness. And so Oneness becomes an ideation that is opposite of separation so what we are just doing is the allnesses, everything in a non-dual sense, everything is nothing and it is all just there so we don't have to think about the opposites anymore. It is just there.

So be with the just there for a moment. Let all the ways that you got here dissolve, as well. Don't think about necessarily anything that got you here. Be in the Allness.

There are no thoughts in the Allness. There is nothing to do, nowhere to go.

Notice that whatever happens, whatever impulse or input comes, you can return right away to the Allness. There is power here and purpose and presence, and this is also an opportunity for everything in the Allness to bring whatever it is that you would request in the Allness without your having to request it. This is the texture of the vertical alignment with which we wish to instill the texture of the Allness for you because this is where Oneness is experienced by those with whom you will relate in the world. So you want to emanate this Oneness. Emanate it. This Allness. You do not have to speak it. You do not have to describe it. You do not have to define it. You just radiate it, emanate it. This is what brings people home to the texture of the Oneness, heaven on earth and the union of all aspects

When all of you are in the All, there is nothing but the All. As you relate from the All then you are free to be involved in how the Allness is expressed and again the invitation to share that with each other is very profoundly offered as a suggestion that you continue to live the Allness and that you share what the Allness is like for you. You don't have to explain it like each other doesn't know what it is. It is much more to relate how the profundity of it is affecting you so that you can be witnessed in this and share with others the intention to spread it; you know, like peanut butter on bread—that idea of the Allness permeating duality so that duality has no ground upon which to stand.

Know that in the Allness we are with you 100% and part of what you will feel in that 100% of Allness is the integrity of the universe that supports you in ways that you have not yet felt us. So an extension of the Allness in this Oneness of infinite union is the coalition of forces that will affect your world much more profoundly. And it is not questioned actually, that that is now a mandatory offering to your fellow human beings and to all species that are on the verge of extinction and to the earth herself who is struggling to maintain balance.

This is not just for your own spiritual evolution or so that you feel better alone. This is so that the experience of Allness is transmitted to enough individuals that the force of light begins to work in very

direct ways to assist in the bringing together of the diversities and dualities that have defined separation until this point.

So, again, go into your heart. Expand it out. Feel the in and the out of that expansion. Breathing in. Breathing out. When it expands imagine that the heart of the Great Mother is inside. Just like we did in the very beginning meditation. You are inside her heart. She is inside your heart. When you expand out it is one heart.

Feel every part of life, every part of nature, everything that is alive in your heart now as part of the rhythm of your own heart. Now as you breathe in, it is just gold. And as you breathe out the gold radiates in every direction and all there is, is gold. Then as the All that is is All that is, the All that is is All there is.

No matter what you are thinking you return to the All that is and as you return to it, it reminds you that there is nothing else and you can rest here infinitely in peace and alignment and begin to take this with you wherever you go as your new way of being.

And so it is.