

Co-Activation Circle II

Eluña Noelle

- 00:00:32 Hello everyone, welcome. If you are joining us possibly for the first time, it is really lovely to have you. I love seeing what you are all saying to each other in the chat and seeing where you're saying hello, that's just so lovely. And thank you, I'm sorry, I don't remember your name now, but thank you to someone who actually welcomed the new people here. It's very sweet to see. Okay, so, a few things, firstly, wow, I have not had a regular human sleep for quite some time. There's been a lot happening energetically and I've been getting worked on by beautiful, Ustokin beings, which is just a fancy name for Mantis beings.
- 00:01:29 And anyway, they've been doing a lot to me, so I haven't really been sleeping. And last night was also one of those nights where I didn't really sleep. Just to be fully transparent with you with where I'm at. And I am no less joyful or excited or grateful to be here. You've been given only the few hours of sleep that I got. So, before we dive in to everything, I want to invite you to close your eyes with me. If you feel called to place a hand on your heart, we are going to bring our awareness to our heart centers. Remembering what it's all about.
- 00:02:18 Allowing your body to relax where you are, all of you, to relax, to be in a state of rest. While your mind stays awake and your body is at rest and your heart is open and relaxed. We are gathering here to become more, to become more than what we have known ourselves to be with the limited awareness that we currently have. We are here to expand our awareness and our consciousness of all of us, our full humanity, our full divinity, conscious and aware of all of it. Welcoming in the creator to be present with us today in all of its myriad and glorious forms to come through each of us and for each of us to see it in all.
- 00:03:49 As divine sparks of the infinite, the absolute, the great observer, we have a body but we are not only our body. We have emotions but we are not only our emotions. We have a mind and thoughts but we are not our thoughts. Today we gather to remember all that we are, to expand into all that we are.
- 00:04:50 Thank you to the beloved beings holding this space guiding us and offering their own frequencies of love and joy. Perhaps you can feel those right now in your own heart in whatever way they are coming through. The invitation from the angelic realm, from our beautiful galactic friends, the invitation for love to be what is guiding us and at the center of all of this at the center of us. With your awareness in your heart, ask your heart to give you a word or a phrase that will support you in our time together today.
- 00:06:00 What will help you to stay open and aware of love today? Your heart answer is very quickly, very simply, so whatever it is that you heard, that is your answer. Thank you, heart and all the other beings that are surrounding us and you, feel your body, your breath, feel this shared space, this shared frequency that we are all contributing to and holding together.
- 00:06:51 Feel your own love and your own heart and continue to feel that and maintain your awareness on your heart as you slowly open your eyes, seeing with your heart through your eyes. So, why

are we here? Why are we doing any of this? Truly, why are you here? There are some beautiful words that I'm reading in the chat to change our experience of this to learn and grow and evolve.

00:08:15 And I want to bring this into the greatest simplicity. We are here on this planet and we are here together in this school, in this sacred temple of light that is being held for us by many beings. So that we are able to get closer to our soul. Very simple. The spark of divinity that is within us and that we carry is what we are wanting to express to animate in this lifetime. Therefore, part of that process is always a spiral.

00:09:12 Sometimes it's a linear jumping ahead and then realizing you have to jump back again so that you can start the spiral. But it is a spherical spiral evolutionary process, which means we go through these levels, these processes, these phases that sometimes feel like, hey, we got somewhere and then we're circling back and we say, what the heck? I thought I had already gotten over that, but we have a new level of awareness now when we are circling back. And because the universe is so loving, we will continuously be given the lessons that allow us to heal and release karma, which is just another way of saying, to heal the fractured soul through the personality.

00:10:12 The personality is what fractures the soul. It is a bit like a mirror that has been broken. So when the mirror has all of these shards and you're looking into it, the reflection of your soul is not clear because there are all of these different shards that are kind of showing a slightly different angle. They're splintered, fractured. That is part of the process that we go through when we descend into this planet. It's part of what we choose to be here, part of the decision that we made. And so in order to come into a fullness with our soul, those splintered parts of our personality must come into wholeness or integration we could also say. There are many ways, perhaps infinite ways to do that work. What you are experiencing here is one way. It's one way.

00:11:22 And it is a guide for you, just as I am a guide for you, along this way, along your own path, for those fragmented shards to come into wholeness. wholeness is another word for love, which means none of this is possible without love being at the very center and the purpose and the answer to all of the questions of how of why all of the questions, the answer is love.

00:12:06 So whenever we are moving through any part of this school of the practices, etc. Love is always an appropriate answer. If you can have no other answer, the answer should be love. I do want you to go deeper than that. And to have an embodied experience, because the truth is love as an abstract concept, as just a word, or someone's definition, we could say, oh, well, it's unconditional love. We could say, oh, well, it's love without condition. But what is that?

00:12:46 What does that feel like within you? There is nothing outside of you that will ever tell you if you have experienced unconditional love, if you are giving unconditional love, it is something that you feel and it is reflected with what is happening around you, with the way that different things appear in your life, with the way people are perhaps impacted by your presence, by what you're carrying. So when we are able to let go of the obstacles that are keeping us from our soul, these fragmented shards, then our soul is able to be what is coming through us, and what is the being that others are really experiencing? I want to give this to you in a another way, and I'm sorry,

they're asking me to do this, so I just need to ask one question, excuse me, should I read that poem first? Okay, they are actually asking me to read, that's funny. One of my beloved and longtime friends, oh, okay, sorry, a little bit of tears.

00:14:29 One of my beloved guides and teachers and longtime friends is St. Francis of Assisi. And maybe one day I will tell you the story of, all right, okay, I'll tell you a little bit of the story of what my relationship with St. Francis, it's very briefly though, because I want to, I need to tell you what he's asking me to share with you. So I was raised with a lot of fear of anything having to do with religion, Christianity and Catholicism, etc.

00:15:04 And there are many other stories that I could go into about that, but there was a fear around that, and so anything that was called a saint was a bit, I kind of stayed away from and had a lot of questions and a bit of fear of when I was 17, I had the opportunity to go to Italy and went to the chapel of St. Francis of Assisi and had never heard of this person, I did not know who St. Francis was. And when I was there, I was overwhelmed with love in my heart, like I had really not ever felt before. It was actually a little shocking and alarming, I had a difficult time managing because I couldn't share with my mother or my family that was with me what was going on and I really didn't understand what was going on. So he has been with me for a very long time and then fast forward to the first time I was ever blessed with him appearing before me and I am so embarrassed to say that when he came before me, just this one day when I was meditating

00:16:25 out of the blue, I knew right away who he was and the very first thing that I thought which he heard of course was, this is actually like it's really embarrassing to say it, but I'm going to tell you I'm going to be very transparent with you. The first thing that my human mind said was they paint you a lot more handsome than you are which is so terrible that I said that, but it was just they do, they give him, they kind of in the paintings, they embellish his looks.

00:17:03 So anyway that was a little embarrassing for me, but he was of course he all he did was smile, there was no judgment. The prayer of St. Francis of a CC is anyone here familiar with it actually, I know don't laugh at me Maria, it was very embarrassing, is anyone here familiar though with the prayer St. Francis of a CC? It is a beautiful prayer Lord make me an instrument of thy peace hmm where there is hatred let me so love, where there is darkness light, where there is despair hope, where there is sadness joy, divine master grant that I may be I guess I'm wondering if anyone else will fill in some of the words in the chat, I'm giving you space.

00:18:24 That I bring love where there is hate, and it's divine master grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love, for it is in giving that we receive, it is in parting that we are parting, it is in dying that we are born into eternal life, and actually I will just ask comfort please if you could put in the chat just that prayer you'll easily find it somewhere online I'm sure just so people can see that and read it. This prayer is saying that firstly make me an instrument of your peace, of thy peace, Lord, so to the creator, make me an instrument of your peace, not human peace, not what we can conceptualize as peace because I want to tell you, the peace of God is beyond human comprehension, it is beyond human words it is something that you cannot express with words, there is no way to do it, it is an experience and so it is with true love, it is an experience, so it is

with bliss, it is an experience,

00:20:19 it is not something that you can categorize last time we gathered when we were looking at the Hawkins level of consciousness chart, it is not something that you can measure and say oh this is where I am today, when we can conceptualize of things in that way then we know that it is still human and there is nothing wrong with that, let me be very clear here, it is important for us to recognize in our own heart when we come to a new place of wow I feel more peaceful than I ever have in my life that is an important recognition, to recognize I can be at peace in this very loud environment and I feel okay that's a new experience for me that is good that is a necessary good peace of information that is reflecting to you some of your evolution and I want you to also know the paradoxical truth that you cannot you cannot describe the feeling of peace you cannot describe the feeling of love you cannot describe the feeling of bliss

00:21:39 it is beyond words because those are experiences and expressions of the true divine, true divine and what I am wanting for each of you and all of us on this planet in fact is to have an experience with the true divine, not some conceptualization of the divine, not going on to google or AI and saying what's the definition of peace and then reading it and saying yeah I think I feel that way no it's okay to be there and what I'm wanting is to bring you beyond that I'm wanting to bring you beyond the words beyond the human constructs and the only way to do that is to choose to have love be at the center at the forefront of what is guiding us so I don't I don't know if I need to say this there's a part of me that's a little bit giggly actually that I'm feeling like I'm gonna say this but I want you to know that I am only here as a being of love and it is it okay for me to all right I don't really like playing

00:23:14 this card what I'm gonna play this card I want you to understand that I am not claiming to know anything more than anyone else because all experiences are of equal value and paradoxically and simultaneously I have been quite blessed with the parallel life experiences that I have had that have been exceptionally traumatizing to my soul which has meant that from a very from the very beginning of my very first incarnation ever as a soul I experienced significant trauma to my soul which is why the healing and fracturing of these personalities as we call them these egos the shadow aspects it's why the path to wholeness is so near and dear to my heart and I am only capable of teaching anything about this because I have walked this path so many times before in this current lifetime and many previous ones that is the only reason there is no way for someone to truly teach you something that they do not know that they have not walked themselves

00:24:39 when we then get into a more recent parallel lifetime when I was in the Pleiades I spent many lifetimes there and went through three different initiations to become a high priestess a high priestess is what is enabling you to be initiated why does that matter because initiation if you recall from the beginning of us getting together it requires a death it requires a letting go a stripping of the clothing that we wear of the ideas that we have the belief systems that we hold so tightly it requires a letting go of that so that there can then be a surrender into the process of allowing the divine to bloom within you and a high priestess the requirements of that at least again as far as I can give you in human terms it requires a very deep level of love and reverence for in this case the human condition as well as a deep love reverence and humility for

the divine recognizing that in order to meet and bridge to that place of the divine there must be a certain

00:26:20 level of discomfort to allow for something new to come in how do I know that it requires discomfort because if it didn't it would be easy and if it were easy everybody would be doing it it's really that simple initiation is not the easy way now why am I starting with initiation why again does it even matter for us to get in touch with our souls it's because the world this beautiful planet and the consciousness that is present here is evolving at such a high rate that I realized hmm if there are humans who are not prepared in a three-dimensional way to meet the incoming cosmic energies they are going to be very overwhelmed and it will take a longer amount of time because in some senses it can be quite traumatizing disorienting to receive such an influx without the proper training which is why mystery schools exist of course that's why initiation exists in ishiotic paths and guides and priests and priestesses that's why they are here it's too allow that to happen

00:27:52 so I am the reason why I said in the beginning that I don't really like playing that card is because I don't necessarily want to give any sort of title that could then bring up different connotations and therefore limitations but also projections in someone else's mind as to what does that mean to be a high priestess which is why I really stick with the word teacher but I really want you to understand if you don't know that already about me because perhaps you are only coming upon me recently I want you to understand that about me that is where this is coming from and therefore it is coming with a significant amount of love so now that we've had that little intro and we're all coming to the same place same page is my intention we are going to talk about quite a bit of what we went through last week to just go over it again and see where you're at before we do that I would love for you to go into the breakout rooms right now and have a conversation about the contemplations specifically

00:29:22 not the practice I want you to wait to talk about the practice until after but in the breakout rooms I right now I want you to discuss the contemplations that were given to you regarding the Michelangelo video that we watched the last time we were together so you are going to enter a breakout room and you will have about seven minutes eight minutes we'll say we'll say eight minutes to have this conversation so maybe pick one of the questions that you for just yourself that you really want to talk about or you can go through all of them however you want to self-organize trust you but yes comfort please do share the breakout rooms for people thank you here we are coming back thank you all you know I sometimes I don't say the same thing every time to the new people so forgive me but sometimes I do pop around I will drop into your rooms and you drop on you so sorry that I didn't warn you that I'd be doing that okay so there

00:30:36 were some interesting takes on just that painting and some of the answers here so how do I want to begin because there are a few pieces to touch on yes firstly who here knows who Sophia is and what Sophia means can you please write that in the chat wisdom thank you wisdom so the place where we get philosophy from Sophie Sophia is wisdom phyllo is love philosophy is a love of wisdom that is why we are using some philosophy to support our work here it is to gain a love of wisdom and again not wisdom from the logical mind description true wisdom truth the capital T wisdom with a capital W Sophia to understand that which goes

beyond words many times it is a task to put true wisdom towards that is where the masters that we are following in the footsteps of come from because they have had the ability to put true wisdom into words even if it's not fully understood by the mind they have still done it so Sophia is wisdom now I will just make one note

00:32:21 that part of part of us as a collective part of you gaining and returning to a place of sovereignty means that you remember your own internal power that you are not seeking power outside of you to give you an answer at the time on this planet when our consciousness is the most available to receive wisdom or practice a new psychic gift of some kind is one a new form of technology gets rolled out to distract us from the inability that we have that would come online at that time I'll give you a historical example the telephone came out in 1867 and at that time telepathy was actually the most available gift for humanity to learn but all on behold telephone comes out so no one is practicing telepathy I don't have to say what the most recent technological advancement is that has been given to humanity at this time that is prolific and everywhere right now that is cutting you off from receiving your own wisdom if it is used to answer

00:33:55 the questions of your soul so all of that being said part of you gaining sovereignty remembering really your sovereignty just to be clear it's not earning or gaining you have to you have to earn belief in yourself so that your sovereignty can be present with you but you are already sovereign already as you are part of that process means that you are able and willing and choosing to consciously go out and find the answers to questions that you don't know the answer to so this part of this process here when we're together is I'm going to give you things as a teacher the things that I'm giving you they are not random they are extremely thoughtful sometimes too thoughtful sometimes they keep me up at night because I am going back and forth and other times of course they're really coming from my guides it's only when I get in my own way that I wiggle back and forth with things but they are thoughtful and intentional and they are meant to

00:35:12 stretch you so in order for you to really experience the most amount of awakening in all of the ways a mental awakening a heart awakening a soul awakening you're going to have to meet some of the challenges that I give you with fortitude and with I don't know the answer to this but I'm going to find the answer to that and that is true of any questions that you're given any practice it's not you're not meant to look at it and say wow I don't understand so obvious what kind of an attitude is that to life goodness me to just say oh I didn't get it so come now come now so perhaps you don't know perhaps you've never even heard the word corpus classum or basil ganglia I don't even know if I think I actually took that question out talking about the basil ganglia but if you don't know the answers or those definitions then what could you do to solve your own problem is to research that to find out what that does

00:36:32 so just as a tip throughout all of this an encouragement is to approach things that way when you don't know the answer find the answer and double check your sources also don't accept the first answer that Google AI gives to you please because I'm telling you right now there are so many times that it is wrong it's just wrong I can see that I have checked this so I do encourage you to find a better location or source one place that I do trust is Google scholar those are scholarly peer reviewed articles that you can go to gain information from research papers and it takes

quite a bit to have a peer reviewed journal come out so that is at least some amount of trust that we can have is from the source Google scholar it is just like Google it is a search engine that searches for scholarly articles okay moving on so the other piece that I want to mention with this painting of Michelangelo that I didn't hear anybody talk about so I'm

00:37:40 going to bring this up and I'm trying to think of see surferences Saint Francis of a CC wanted me to talk about this initially and so but it feels appropriate to talk about it here and I'll ask it to you this way what does Horace Isis and Osiris represent as a whole what do those three beings represent divine family beautiful the Trinity mother father child thank you yes so that is one lens to look at the holy Trinity from is through Isis Horace and Osiris within our body what's the holy Trinity what is the child what is the mother and what is the father within our physical being haven't seen it yet I've seen two of the three answers I love that just throw up pineal gland it will be the right answer at some point but no thank you oh I got to go back I got to go back where are you who said that Marilyn O'Malley either Scottish or Irish sister thank you that's right got heart mind the gut is the child the gut is Horace the gut is where we feel an instinctual

00:39:48 knowingness to run to hide to do your gut immediately is there and tells you something has to happen if there is a threat in our environment now the rest of our body of course comes online physiologically I'm not going to go into all of those processes I do encourage you to look that up it's a very fascinating experience what is happening biologically and physiologically when that is activated the gut is the child so you know when we get when we're tired and hungry we get cranky our child is frustrated and wants to take an app and have a snack the heart is ISIS or the mother I think that's quite self-explanatory the father this consciousness of direction focus that is the father so we could of course break that down into other terms of divine masculine divine feminine etc we could keep we could keep coming up with different ways of describing this there are so many expressions of the holy Trinity of the divine family so many

00:41:05 expressions of that what is important to understand is that in order for us to not only be the child that we have been raised in condition to be which is what has set up our lower three shockers programed our lower three shockers we must activate our heart and our mind into a state of coherence so that is a big focus of this is how on that this human level the alignment and coherence that is created with all of that allows us to then be in direct communion with our soul which again as we started is the point of this to be in direct communion with God with the divinity within us and living as our soul okay and let me just ask was there anything else you want to go okay good Francis is happy there's nothing else that I need to go over there so now I want you to talk about what your experience was with the practice that you did from the last time we met around this emotion thought wisdom transmutation

00:42:31 instinct emotion thought wisdom transmutation process what happened for you did you even get it didn't even make sense because it's okay if it didn't but talk about your experience and come for please make breakout rooms for everyone you will have eight minutes to talk about this and then we will come back and I will pop around we're all coming back now thank you all for your beautiful very heartfelt chairs I will say it's so I hope it is equally healing for me to witness as it is for you to experience just a safe space to be open here and I heard so much wisdom in these rooms one person was sharing and said that the power is in the pause so talking about how

when we have a pause before we just react based on some emotion that has arisen within us that's where the power is so that we are no longer and I really want to extrapolate on this because when the power is outside of us when the power is externalized anything in your environment

00:43:56 can trigger something within you and now you are going down some emotion train going off with possibly some stories in your mind and you are no longer in control of your power now the emotion based on some instinct and or possibly a past traumatic experience that you may have had now that is what's dictating how you are directing your energy that means that your powers being taken from outside of you and telling you where to put it toward which might be pain or hatred toward the person in traffic it might be a lack of forgiveness and no compassion for your mother who said that thing to you when you are seven anywhere where your power is being externalized your energy is being ciphoned I'm going to say that again anywhere that your power is being externalized your energy is being ciphoned we are going to get into kind of the nitty gritty of what I mean when I say that hopefully well throughout the school we will the second piece is that someone said

00:45:23 that when they were doing this practice they were both observing and sitting with the emotion and he was saying it was a little it was kind of it was both and he was having a difficult time actually even kind of explaining how he was able to do that and of course that's because that's a paradox it's paradoxical to a both observe something and be fully present with something and that is actually what's going to bring us into the next piece that I want to talk about which is a paradox what is a paradox oh like that that's such a simple definition both and that's right both and both things are true and typically that is it is some kind of statement that is self-contradictory and illogical or maybe even absurd but when you really think about it when you feel into it you realize there is actually a deeper underlying truth that is present in this seemingly on the surface absurd and illogical phrase very simple example

00:46:45 when you hear people say less is more that is a kind of a traditional English saying so if that is not something that you have heard in your own country then forgive me I will explain it less is more it's essentially saying that simplicity is greater than extravagance that simplicity often gives more than extravagance or lavishness or being over the top with something so seemingly it's clearly contradictory less is more that's illogical that actually doesn't make sense but we understand that there is a truth there that is the nature of the divine the divine is paradoxical there is no way for our human mind to comprehend or define it and that also means that the little fragments the glimmers that we are able to see of the divine they give us some semblance of it but it is not the whole truth it cannot be wholly understood but it does bring us closer to it such as the experience of love the experience of peace of bliss true peace true love true bliss

00:48:14 is a divine experience another example or definition we could say of a paradox and I particularly love these are called cones the Japanese or Zen cone that is a paradoxical anecdote or question oftentimes sometimes it's a whole story that is used in Zen Buddhism as a meditation tool to override the conscious rational analytical mind and get into a state where you are not confined anymore to all of the conditioning that you've been given that has formed the way that your mind works so it's to get you outside of this logical thought now I will share with you a little

secret that's actually what much of channeling is much of channeling is to get you outside of logical thought now I will just share that as someone who loves their analytical mind and loves using their mind that was quite challenging for me in the beginning to get over that my human mind was rather resistant fully let it happen but still would like push back a lot

00:49:43 and question a lot and stop things a lot that we're coming through simply because it was illogical a lot of channeling does that though it gets you into this other state of mind but you don't need to listen to channeling outside of you can contemplate a cone within you to bring yourself into that state of being and contemplating on the very nature of love itself is a paradox is a cone how and why I can't explain that to you with words but when you feel it you're going to know that's it so I'm going to talk about is this a good time to talk about it I'm going to talk about I'm going to share my screen first and foremost and my sound I want to apologize the last time that I was with you all this box to share the sound for my computer was unchecked so I'm sorry that the sound was not very good on that video but that won't happen this time content here we go here is the map of consciousness that we talked about now I'm going to tell you something paradoxical

00:50:58 in contradictory so don't get upset with me because I'm just I'm just taking after my creator although this beautiful map of consciousness can be quite helpful and you can see these energetic logs please do not get lost in those numbers I really encourage you to not go into this and say all right what number am I at today I think I'm at this please I would really encourage you not do that because if you do that you are limiting yourself to be anything else so I really I really encourage you not to do that now the reason why I want to use this however is to come back to talking about something that is tricky and the reason I want to talk about it is because this is the time to talk about it that's really all I can tell you so what we see here with courage we're going to talk about courage today it's one of the four virtues of stoicism and we're going to talk about the importance of that in many ways we could say that it's the foundation

00:52:20 it is the very first virtue in a lot of ways that must be established in order for any other virtue to take root within a person and also in order for us to move beyond the logical mind the mind that needs to know everything the analytical mind the neocortex is just a prediction machine constantly observing what's going to happen what's going to happen and analyzing and predicting what's going to happen we want to get out of that so that we can live on the edge of the cliff facing the unknown facing the divine and allowing the divine to draw us ever closer to it that's the only way to get to it though is to live on the edge of that cliff of the known being held up by the wind of the divine knowing that we are not going to fall that's our journey that takes courage and it takes courage to live beyond the programed conditioned responses that we have in our body from our inner child and of course when a child

00:53:42 is throwing a tantrum we do not yell at the child if any of you are parents and or educators perhaps nannies if you've ever worked with children yelling at a child that is screaming and crying it does not support that child's nervous system it does not help that child to not be scared to not be upset so the same is true with our self when we have an emotion or a reaction of some kind come up within us we do not want to get upset with ourselves we don't want to go into shame into guilt around feeling that we want to lovingly observe acknowledge fully okay there is

a part of me key word there you phrase there is a part of me having the experience of rage right now okay what does that part need that is the heart meeting the child asking what do you need but the only way we can do that is if we also use our rational mind rational as a stoic term here if we use our rational mind to not get lost in the

00:55:14 irrational behavior of the child that is throwing a tantrum so the father in here brings order and the pause as one of your peers brought up the father brings the pause and says whoa something is going on the mother in the heart asks what do you need what do you need from me I am here for you and I want to tell you that sometimes I won't give a percentage because it is absolutely different for each person I will simply say that for myself I found the majority of the time the only thing that my inner child needed and sometimes still needs is just to be witnessed that's it there actually is nothing else to do there is some part of us that was not witnessed and was not acknowledged when that same exact emotion was brought up when we were a child and so it's coming back again because it is seeking resolution it's seeking the closing of the circle and all it needs is for the mother to say I understand honey it's really okay for you to

00:56:34 feel that way and I'm right here I'm never going to leave you I'm never going to leave you no matter how strong your emotion is I am right here and the same is true with the father within us that level of love that is how we are meant to raise our children on this planet and most of us did not experience that because that's part of our evolution and so we are here to bring that conscious path into our own being first and foremost when we are walking around from that empowered state knowing that we do not have to identify with the child having a tantrum because we want to show up as the loving parent to it and make it feel safe when we are in that place we are no longer burdened by all of the things that the inner child is burdened by the fear of the unknown being too hungry being too tired not getting our way someone cutting us in line someone interrupting us whatever it is that brings on frustration irritation mistrust fear all of those things the inner child no longer is the

00:58:07 only thing who has the attention because if that's the only thing we experience then in essence you are living in a house mother father child and the only thing that can be heard in that house is the child screaming their head off all the time and father is off doing who knows what and mother is off doing who knows what and the child is screaming that is a nervous system in a state of constant needing of repair disorientation disregulation the biological term is there is no homeostasis there is no physiological balance in the body but the child is seeking that we must trust and know that is exactly what the child the nervous system the body wants it wants to feel calm but it has to be met and the only way we can do that is if we are lovingly showing up and courageous enough to not be overwhelmed by our own emotions and not be swept away by them because if a mother is afraid I have worked with parents for a

00:59:27 long time if a mother or father is afraid of their child's emotions that child is so scared because there's no parent there to meet it and it's the child itself feels out of control it does not know what to do with its emotions that could be you I'll just tell you that was me I did not know what to do with my emotions that was not something that I was shown and so through this practice both internal and it happens to be external in my case with helping parents and children I have come to understand consistency is what builds trust confidence and safety in a child that is what we

must give to our own child to our own gut to our own self and that takes courage because we're going to have to show up in a way that maybe we never have before and that perhaps no one has ever shown to us before and it for myself I will just tell you it felt very strange there were times when I would be meeting my child because it's having

01:00:46 whatever tantrum it tells me something that it wants maybe physical comfort like a hug and the moment that it tells me that I'm almost embarrassed I'm fully alone but I'm almost embarrassed on my behalf that I'm sitting there hugging myself because my mind is saying this is so weird what are you doing and that's what my child needed and I'm so grateful that I always overwrote that feeling of embarrassment because if I had just allowed myself to be like no that's embarrassing I'm not going to do that I would not have the loving relationship that I do with myself and with my child okay so there's the 3D now remember it's all connected so now I'm going to bridge to something that may seem totally different but it's not that why is courage so important oh my so these lower levels here and actually let me make sure that I'm we're all on the same page I'm just going to look at this very quickly hmm yes thank you Emily it's because of you that I wanted to look at the chat thank you

01:02:16 Emily said it seems the father part in our self also needs regulation hmm yes I wonder why my guides me chose to include stoic rational thought and practice it is to help regulate the father and I am wanting you to use your minds like I expressed earlier about using your own sovereignty and seeking answers also as a means of training if you will the father and of course that also comes through meditation practice that we do together and more that we will get into later that is about that so thank you very much for bringing that up because yes indeed it does require regulation all of us does all every part of us requires that so thank you very much for bringing that up and now okay so how do you want me to all right the survival paradigm that you're looking at here hmm now I'm going to say this and I and I want you to use your rational thought and not get all wrapped up in fear now if you notice fear start to arise

01:03:47 within you maybe you notice fear is arising in you right now just because I'm talking about not being afraid that's possible if you notice fear rising within you then please give your body and your belly some comfort relax your belly while I'm talking to you deep in your breathing use the tools that you have to be in a calm state to really hear what I'm saying and not go running away with stories part of the reason why we are practicing emotional regulation and courage to do so along with all of the third dimensional pieces that we just went over in the five fifth dimension or beyond third dimension I should say negative entities or dense thought forms feed on lower vibrational frequencies I can blessing our curse I can see basically everything in many dimensions and over the years that I have been working with people my ability to see things that are extremely dark has grown a lot and it's because my capacity to not react

01:05:18 in fear has grown when I very first started this work seeing entities feeding would have been extremely off putting for me to say the very least but negative entities do feed on these lower emotions so if someone is choosing only to identify with their irrational heartless temper tantrum throwing child within that is where negative entities love to be love it that is a buffet for them now let's just let's just be very straightforward here there is nothing there is nothing that can damage your soul there is nothing that can taint your soul that can hurt your soul your soul is a piece of

the whole of the divine there is nothing that can harm it so it doesn't matter on the soul level how many negative entities are around someone on a soul level that is the truth I just happen to be someone who absolutely deeply loves my human family I love you all so much humans I love them I love you so I really do have a fairly strong feeling around not wanting negative entities to be around

01:07:14 people because I don't like it as a human I don't like seeing someone suffering in that way it bothers me that's a piece I'm still working on working on the our hat path to not be bothered by that and I have to remind myself of the truth that I said on a soul level there is nothing truth fully happening to that person there isn't that's a human experience of what's taking place there and I care about the human experience so in order for us to grow in direct communion with our soul we cannot be hanging out in these survival emotions for extended periods of time it does not mean we never experience anger it does not mean that it doesn't mean that we don't go through grief or feel prideful or feel shame it doesn't mean those things there are times when it comes up within us because we're still working through an evolving beyond whatever that piece is I will tell you though many people say oh but it's not realistic to live as a human without shame or without

01:08:35 desire or without anger we are going to have those temptations I will say come up in our life for the very purpose of giving us the opportunity to draw our power back to us and say I am actually not going to react or participate in that so when we are gifted the opportunity of experiencing a lot of anger let's just say impatience we won't even get into anger we'll just start with impatience we are gifted with the opportunity to experience impatience when we choose to say okay there's that part of me feeling impatient and I am actually going to just relax into my heart right now I accept the fact that there is a part of me feeling impatient and I am actually going to move even more slowly I'm going to slow my breathing down and I am going to really withdraw my intention into my heart in order to calm my body and not react out of impatience in this moment that is power that is power that is a level of control of choosing the center of the

01:10:01 being over what is happening in the external world around us so why does that matter what is the point of practicing that level of centredness that level of control entities both dense thought forms as well as other entities that are on this planet in existing in multiple dimensions or just different dimensions beyond the third they do have a desire to see humanity fail that's their desire and it's not about I personally don't need to get caught up in the game of that's evil and that's this and that's that it is what it is this is the experience we chose that's what matters to me and the most important thing we can do is decide how we are going to move through this world and if we are going to allow the outside world that is highly influenced by these entities to control us or are we going to reclaim our sovereignty and walk as a master walks I assure you when Joshua was walking his path or Jesus if you don't know the name Yeshua or

01:11:36 Joshua when he was walking his path that are were absolutely moments where he was afraid unsure of himself angry shocked by what he was seeing of course that happened of course that is something that he experienced and yet he chose his own power he chose the divine again and again and again the divine if the divine were just angry if that was the divine's true nature we would not know love the true nature of the divine is something that we call love that cannot

actually be named and in order to arrive there we have to keep choosing that again and again and again and having this source of power the divinity within our heart within our brain be what is guiding us be what we are choosing how we are going to respond to something how we are going to take information in so that we are living above the survival paradigm and I again I will just say the entities on this planet they do not want humanity to live above

01:13:22 the survival paradigm so every time you choose courage and you rise above the survival instincts and the survival paradigm that is an act of revolution it is an act of evolution on behalf of the entire species and it is also an act of peace of awakening you are saying this is what I choose this is where I choose to put my energy not toward anger not toward hatred only the coherent divine mother father has the ability to make that choice consciously the child with the temper tantrum simply does not know that is an option and that's okay it's not for the child to know that the child is learning from the mother father we have been called humanity has been called the children of the universe because we have been kept in a very closed state of being an understanding our level of understanding in so many ways is that of a child it is it's that of a child and that's that is not an offense to children those are my most beloved teachers

01:14:53 I am simply saying that it is very simple it is a very simplistic way of understanding we are wanting to evolve and just to put that in a human term that means we are wanting to mature into our multidimensionality like if evolution feels like too big of a concept for you say that's a really I don't even know what that means great I just want you to mature that's all I want is to become more mature to not allow only the child in the survival paradigm who knows nothing else to be what is guiding us so when we are vibrating at a lower frequency or a higher frequency we are attracting those frequencies into our lives and therefore creating more of that frequency within the whole that's how we are participating in a collaborative way with all of creation that's what we're doing in this relationship this shared field that we all have as I mentioned and I will remind you we are going to be moving through a lot of emotions

01:16:16 not only because of what we are going through here in class but also given you with your own personal life outside of this school paired with what is happening in our collective there will be many energies that arise and we want to be here and present and coherent because that's what we want to create more of there was a question that came from the last class when we were together that I would like to address it's quite a brilliant question it was from Anne and Lynn Hart and Anne asked is every shadow instinctual such a beautiful question and I would actually love to ask you all what do you think is every shadow instinctual and Jackie I'm going to come back to your question okay is every shadow instinctual thank you so let's see here hmm okay so we have yes is no beautiful when it comes to all right I'll explain let me say they are asking me well actually it's I didn't know that Saint Francis was going to be here with us all day but here

01:18:09 he is he's asking me to explain something that is not well discussed darkness is pure just as light is pure darkness is also pure hmm that might have to sit with some of you for a while that's perhaps paradoxical and maybe you have to let that sink in and contemplate that means actively use your mind to think about what is that me in the darkness is pure so when we talk about shadow selves that is or an or an ego sometimes we could say in our child right we can use so many different words for the same thing I want you to find what language works for you

and use that with yourself that is very important if it's not the language I use to describe what that inner experiences then please find yours an ego a shadow self an inner child those are aspects of self that live in a limited way that only experience the world through a limited level of consciousness and awareness that is what is the most important to know about them and since we are here to consciously evolve into the

01:19:41 greatest expansion of consciousness we must become conscious of all of the parts of our self that are unconscious that is quite a task and some of you say that's impossible no it's paradoxical but it's not impossible that is our task so thank you very much for that question and really please keep contemplating that it is so important for us to have our own contemplations and reflections about these things and see what we come to not because when we arrive somewhere we say all right now this is what I believe it's just to say okay here's the next point of arrival I wonder what other information I will gain and how my perspective will change over time that is absolutely how I approach the world I am not here again telling you that I have the way this is a way and this is I am explanation and the way that I have figured out how to explain it to you and by the grace of God it will continue to evolve otherwise I have stopped evolving so I wish

01:20:49 the same for you as well we do not have to arrive at destinations of belief we can just get up another step or reach another perspective and say okay yeah this perspective this view looks pretty good too I wonder what comes after this one let's say no attachment to where we are the question that Jackie asked about where these beings feed off of that is actually quite an interesting question I love that you are asking it in that way so let's break it down so in the most general sense and forgive me the full question that Jackie asked is where in the body do these negative entities or dense thought forms feed off of that was the full question so to be general and then all get more specific they feed off of our energy playing in simple we have many energy is that accurate to say yes and no we have an energy body and there are layers to this energy body which is why it's a little bit difficult to explain

01:22:09 because we could say that it's multiple bodies we could say that it's just one body that we're trying to integrate so take that as you will but since we're working with the Holy Trinity let's just say we have a child body and a mother body and a father body perhaps we say that and perhaps you can discern which shock rows those bodies are associated with now the survival paradigm here the energy that beings love that lives in the lower three shockers so very specifically those places are where the energy is going to be taken from in a physical location sense that is where it's being siphoned so when I have done energy work with people I have noticed that some people have a hyperactive solar plexus or sacral chakra that is actually there's actually so much energy in there it's really spinning when I first saw that I thought I don't what why is that happening and I realized it's because they had trained themselves on an in an unconscious way to put so much

01:23:20 energy into one chakra and it was because they needed that energy because it was actually feeding an entity and they just didn't know that now again I want to I'm going to bring this up be in case any of you are feeling afraid right now please remember that within your own physical gut on your eyelashes actually there are little microbes and parasites that live on you please

remember that that's just that's part of the world we live in so don't be too overcome by what about the entity taking this in this for me please don't be overwhelmed by that because it's a natural part of being and it's actually supportive of our evolution into sovereignty that is the piece that I want you to keep with you that is an invitation to say oh wow I can actually show courage and no longer will I be feeding that entity so let me give an example when it comes to desire which I would say actually is maybe one of the perhaps one of the

01:24:31 emotions that was the most difficult for me to understand why that might be negative in some way or a or a and part of the survival paradigm because I thought but desire feels kind of good when you want something or if you're experiencing sexual desire how is that how is that something that would be unwarranted I understand now however that is because it's coming from a lower chakra it's it is a desire of like wanting taking rather than of giving when we want to give from the heart whether that's in a sexual experience or any other experience that might bring up desire that is a heartfelt offering that's not the same as desire and one day I will talk with you more in depth about divine masculine divine feminine and kind of the I'll say intimate intricacies of that dance playing out in relationship in self I we will we will have a workshop about that soon enough but that is just something for you to consider and

01:26:00 okay I was looking at this final question and determining with these last few minutes that we have um okay so what I'm going to actually talk about instead of going into this thank you for your question your questions what I'm going to end with though is this discussion around courage so courage as I mentioned is one of the four virtues in stoicism and it is another way that we could describe it is fortitude so being able to face fear being able to confront pain within our self as well as outside of us and adversity with endurance and without hesitation now even if you hesitate but you do it anyway that's still courageous the point is that we move into it fully when we choose to do something we fully move into it and it involves resisting the urge to just give up when things get difficult when we don't understand something when we don't agree possibly with someone in our home or wherever we don't just say on evermind time just I'm just

01:27:34 not going to I just won't do that we are courageous enough to continue in the face of pain adversity fear now we could say that it is perhaps the most noble of all the virtues I will say that if there's one human word that we can use to describe the soul it would be noble the soul is noble true truly noble elegant aware just it is noble and the only way to truly gain nobility is through the belief in yourself and that only comes when we continuously show up for ourselves and that requires courage to show up in that way and to face off with some part of our self that we didn't know it's the hero's journey right the hero's journey requires courage to leave the world that we once knew behind to enter into this whole other world and allow whatever guide or psychopomp or elder teacher whoever to be there to lead us through this unknown world requires courage the hero cannot become a hero sitting at home

01:29:02 doing the same old thing every single day that's not a hero that's not a hero's journey and it is a hero's journey to return to our soul in this lifetime conscious in our body are you going to go back there one day anyway yeah you will you absolutely will it is true that is the ultimate destination right is just going back home so that's why there is no writer wrong it's your choice if you want to live as a noble hero or hero in this world and show up for all of the multi-

dimensional beings as well as our own human family our animal beautiful earth you don't have to at all you do not have to do it it's your choice but if you do it requires courage choosing courage in any situation whether that is a challenging conversation with a friend or some experience that you're going through at work or in your family also means that we have the courage to admit to our own selves when we have caused harm

01:30:25 to another or when we are causing harm to ourselves by continuing or perpetuating a behavior pattern of some kind and that requires love that requires that we are showing up looking through the eyes of love with the courage to really look and see what's there that is true within us on in our own individual selves and that is true with what we need for the whole world to look through the eyes of love with enough courage to see what is really there that is what humanity is being asked to do at this time and that is what we are practicing here so before we part I want to share with you this practice which is about you being courageous and it's really quite simple any opportunity hmm okay sorry they're asking me to tell it to you in a different way hmm when you wake up in the morning set your intention and ask the divine to give you an opportunity to be courageous please divine today give me a chance for me to show up with courage

01:32:04 and when you get that opportunity because you will if you leave your home if you leave your home it might be that leaving your home is the current courageous act but once you're outside and you're and you are in the world you will be given the opportunity to be courageous if you ask for it so ask for that and then show courage no matter how scary it is do the thing that feels scary to you show up with courage override that part of you that says no way override that give it love and say I totally hear that you're freaked out right now and that you're scared and I know that we can do this together little child inside of me we are going to do this and then do it now the practice of course I'm asking you to do that it's them they're coming up with this which is why by the way it's unwritten so forgive me they are giving all of us some spontaneous homework here but this practice is for you to do and write about it after

01:33:16 you do it and see how many times you can do that how many times do you show up with courage until I get to see you again which is a while from now I will tell you it's a little too long actually at least until we meet again in this in this capacity write about it and see how long see how many times you can do that now the next time that we meet it will be it will be next Sunday we will be having a beautiful meditation and activation together that they are going to share with me at some point the following weekend I will be an escondito in southern California at an expo the channel panel expo being a speaker and doing some things there so if you want to join you can do that but otherwise I'm going to see you when I come back the following weekend which will be May 17th I can't believe it's that long that I'm going to see you but that means that you have lots of opportunities to be courageous and this again is truly the most important virtue it is the only way to walk this path

01:34:31 on this planet is with courage so until I see you again I hope that you have a beautiful day a beautiful week and I hope that you asked for many opportunities for courage I can't wait to read about them love all of you with my entire heart I love you so you all again very soon bye for now