

From the Cosmic Heart to the Earth Star

Eluña Noelle

- 00:00:00 Welcome everyone. Hello. Oh, so many beautiful smiling faces. Hello. Welcome. Very nice to see you all in your different spaces. Ellen, you look to be in a desert. No, you're by the beach. I see. Yeah. The beach grass. That's lovely. Welcome, Brian. Nice to see you. Hi. John's iPhone. Is that John Shields? Yes. I know that smile anywhere, because that smile comes through in every one of your messages. It's very nice to see you.
- 00:00:42 Ufuk and your daughter. Oh, it's very nice to see you. Hello to both of you. Hi. I know you're feeling a little shy. It's very nice to see you. Hello, Eikers. Thank you for your presence. Welcome, Millicent. Very nice to see you. Hi. And hi, Tessa. Thank you very much for being here.
- 00:01:10 It's nice to see you. Hello, Tessa. Thank you for being here. Hello, Tessa. Thank you for being here. Hi. And hi, Tessa. Thank you very much for being here. It's nice to see you. Oh, beautiful. Okay, our live stream on our website has started. So I will share a few things before I get started.
- 00:01:40 I want you to know that if I could go through each and every individual name, I would do that in person with my voice. But please know that I am doing it with my heart each and every time, because I look at all of you. I look at all of your faces. Thank you all for being here, wherever you are in the world. It is, again, an evening here for me in Bali, for me and my team, actually. It's nighttime. And today was a very interesting energetic day and has continued into this evening. I think that it is the, and what my guides have shared, it is this post-eclipse shadow that we are in. And I actually have not felt the eclipse energy quite so strongly as I did this time. I'm not sure how the rest of you experienced that. And if you feel like sharing, I welcome you to do so in the chat and just kind of express how that was for you. Depending on where you were in the world, it was either very, very early morning on the 13th, or it was on the
- 00:02:49 14th for the majority of the world. And that was just a very, I did not know the exact minute of the eclipse. But during that exact time, I had this kind of rush of energy and I had to just stop what I was doing. I was working and I had to pause and just take a walk. I had to move around and let all of this swishing energy move through me. And then when I went back about an hour or so later, I found out that it was to the minute because I had put a timer on for myself. It was to the minute that the eclipse had started and then kind of culminated that I was experiencing that. So there was just a lot of energy with this eclipse, I guess, for some of us, maybe for all of us in our own ways. So this evening for me, for this meditation is what I'm really getting at.
- 00:03:43 This is, it's difficult to actually put this into words coherently because it feels there is a bit of a weaving and a braiding that is happening with different energies during this meditation, because it's also an activation. And I really don't know what to expect with it. And that makes part of me a little bit nervous because sometimes when my guides don't share everything with me, it's because there is something that's unusual that might take place. And at this point, I am somewhat accustomed to my body and my face doing kind of weird things on camera. So that's

okay.

00:04:27 But if it's really that unusual, then I just wonder what it might be. I have a feeling that I might know, but I'm not going to make assumptions. So we'll just see how this goes. Okay. What they would like me to share is that this is actually a rising up of earth energy that is going to meet your subtle body. And then there will be an activation and an overlay from the Arcturians that is then going to be connected or fused, if you will, is the really a more accurate term energetically of what I see happening. It's going to be fused with this other layer of your light body. So this does not have to feel like anything to you. And it does not have to be overly stimulating in terms of physical movements or anything of that nature. They are saying that any side effects that you may experience are going to be pretty minimal for the most part.

00:05:34 So they're not anticipating anything major in that sense, because the rising of this earth body that's going to take place, it is deeply grounding and it is part of us integrating into the earth. And they're giving me these images, but I don't fully understand what they mean, but they are showing people's bodies being actually fully rooted into the earth. I really can't say more than that because I'm not entirely sure what that means exactly. And I apologize that I don't fully know. I didn't really know this was going to be an activation until just a couple days ago.

00:06:14 I was anticipating it to be a nice relaxing meditation, but there's a lot of energy. So we're utilizing all of the opportunities that we can to bring this through in terms of positioning yourself. If you would like to, the position that they keep showing with the body is you are welcomed absolutely to sit up. If you prefer to do that, if you are feeling like you want to lie down, then they are showing you lying down actually with your knees up, which is interesting, but there is something about the feet being on the ground. So if that is something that you feel like doing, or just pointed toward the earth. So if you're lying on a couch, for example, or even lying on your bed, as long as your feet, the bottoms of your feet are pointed towards the earth, that is appropriate. And if you want to sit up, you're welcome to do that. They are saying that if you do choose to sit up, it is not necessary for your feet to be

00:07:12 toward the earth, but you can choose to do that. The main piece is because of your spine being in alignment. So however you wish, please set yourself up appropriately. Okay. And while you're doing that, I will just share a little there inviting me to share who is present here. So I commonly work with the Arcturian council and it actually started with a group of six beings a year ago. And then that increased to nine beings. And when it increased to nine, I learned that it was nine of 13. So there is a council of 13 and I was honored to be working with nine of them. Thank you. I was honored to be working with nine of them.

00:08:00 That started in autumn last year around November. And now today, actually, this is the first time that I am conscious of this happening. All 13 are present for this. And so they are, sorry, just feeling a lot of energy. They are kind of placing themselves just around our group. The way that they have, we're in a circle.

00:08:36 Okay. So we're in a circle and they are just positioning themselves around us at 13 different points. And then there is also a council they want to say, me to say, of dragon guides that are also present with us. They are holding kind of this outer ring and also above and below our

group, our little sphere that we are in right now. And then beyond that, there are four mantis beings on either side as well, two sides and then the other two sides. So we have quite a group, quite a committee supporting us today. All right. So they are inviting me to begin.

- 00:09:30 So once you have found a position for your body, please close your eyes. Take some deep breaths in through your nose. Exhale and sigh, release your day so far, anything you have experienced. Another deep breath in, filling your lungs. Exhale, allowing your body to fully relax into the position that you're in. Inhale, exhale, let your face relax, let your shoulders drop, let your belly relax.
- 00:10:23 You can let your knees fall inward if they are up so that they can rest against themselves. If at any point during this meditation, you feel like changing the position of your body, you are welcome to do so. Just be very slow and mindful and let your body rest against your body. You can let your knees fall inward if they are up so that they can rest against themselves.
- 00:10:59 As best as you are able, try not to open your eyes, just moving very slowly at any time. Okay. So please bring your awareness to your heart center. Allow your body to move with the energy as it feels called or as it comes through you, no forcing anything, simply allowing whatever wants to arise throughout this meditation. With your awareness in your heart center, call forth the fire of your spirit. Let it blaze brightly before you.
- 00:11:48 Feel the fire of your spirit. Let it blaze brightly before you. Feel the fire of your spirit. Let it blaze brightly before you. Feel the energy of your spirit in your heart. Feel the energy of your spirit. Blazing. This is your heart fire. This is the eternal flame that connects you to all truth.
- 00:12:41 Allow this energy to rise more, growing stronger, brighter, intending for this fire to expand around your entire being, your entire body, allowing it to rise up into your throat. Allow the release of energy to take place in your throat as it needs.
- 00:13:36 Burning away old, limiting ideas that have found a habit through your voice, that have created patterns in your vocal cords. Allow these to be gently released with the flame of truth. Allow yourself to vocalize as you feel called. Release this energy. Release the discordant notes that have been trapped in your voice.
- 00:14:36 If you are finding yourself silent, allow your breath to be how you release these discordant notes. Yes. The release of this energy allows the voice of your spirit to come through with clarity, strength, and conviction. Make room by releasing. No force. Simply allow the release to occur.
- 00:16:06 Bringing the calm, soothing breath through your voice. Let it go. Soften. Surrender to this energy. It is you. Surrender to your own spirit. We activate the star that connects you to the cosmic heart.
- 00:17:18 It sits above your head. This is to bring through your inner voice. Your truth. Through your eighth chakra. Through your crown chakra. Some of you are experiencing a rearrangement of your mental space. Allow. It is your spirit. Bringing clarity. Connecting both hemispheres.

00:18:45 Creating a greater communal network. Expanding the prefrontal cortex. Allowing greater understanding and processing of emotions and experiences in your everyday life. And now we bridge.

00:19:37 Your throat chakra. To the cosmic star. Your heart chakra. To your throat chakra. To your throat chakra. This is an activation of the rainbow bridge within you. Light body activated.

00:20:28 Raising the vibration for many of you to meet this. Outdated cellular programs are being released. An upgrade to your cellular matrix for some. An upgrade to your cellular matrix for some. An upgrade to your cellular matrix for some. Ah You Ah

00:21:42 Deep breath. Now there is the connection to the earth. Rising. This layer to meet. Your spinal column. And the bottoms of your feet. You may experience significant heat in these areas. It is an influx of energy. It is an influx of energy. Allow this recalibration to take place in your nervous system.

00:23:07 Connecting more deeply with the nervous system of this planet. There is an integral connection between your nervous system and the nervous system of earth. Many in this world are cut off from this connection. Many in this group have a strong connection. And it is being amplified at this time.

00:24:01 To increase your capacity to carrying light and anchoring it on this planet. Allow your body to relax as best as you can.

00:24:35 Allow your body to relax as best as you can. Mm. Allow your body to relax as best as you can,

00:25:03 still allowing free movement and any vocalizations to come through you. A connection from your heart chakra

00:25:37 to your solar plexus chakra, bringing your will into alignment with the will of your spirit. Invite softness into your belly if it is contracting,

00:26:19 allowing the energy to release as it needs and allowing your body to relax as much as you can. Bringing this energy, creating a connection

00:27:16 into your sacral chakra, slowly. It weaves itself into this space, bringing you a sense of complete safety within your vessel. This body, this gift of life, the home of your spirit, the home of your spirit. Allow the sorrow to be released. Allow the grief to go with ease. You are safe to come home in your body.

00:28:45 Allow the sorrow to go with ease. Allow the sorrow to go. Forgive yourself for any shame with your body.

00:29:25 Open to the wisdom of your body. It is the wisdom of this earth. It is the wisdom of this earth. It is the wisdom of this earth. Claim this sacred vessel as your birthright, as the gift from the creator that it is. It has always held you. It was designed to be the perfect instrument for your soul in this lifetime.

- 00:30:40 It was designed to be the perfect instrument for your soul in this lifetime. Acknowledge it as such. Thank you.
- 00:31:45 Waves of compassion. Allow them to wash over you now, softening you, allowing you to surrender more deeply. Allowing you to open even more. Love and compassion overflow from your heart.
- 00:32:46 Allow them to wash over you. This is the love from your own heart. The compassion of your spirit. The purest medicine that you could give your body. That you could give yourself. Allow it to flood your system. To saturate you. Allow it to flood your system. Ah.
- 00:34:13 Allow these waters to move through your sacral chakra. To flow down and into your root chakra. Allow your root chakra to open beneath you.
- 00:34:55 Allow your root chakra to open beneath you. Connecting you to the Earth Star Chakra beneath your body within the Earth. Notice the energy, the feeling in your body being connected to your Earth Star beneath you. A natural sense of well-being, of belonging. We welcome more light into this Earth Star Chakra
- 00:36:16 for each of you. A bronze light growing brighter, strengthening you, strengthening you, strengthening you, strengthening you, strengthening you, a bronze light growing brighter, strengthening your root chakra and your connection to this Earth. Allow yourself to be strengthened, empowered by this connection.
- 00:37:01 Welcoming greater energy into you from the Earth. Joining with the energy in your root chakra. The strong bronze energy from the Earth meets with the waters of compassion here in your root. Feel this joining. Feel the connection of these energies meeting as one. Strong with compassion. Soft in your empowerment.
- 00:38:20 This is the natural state of humanity. This is the pure state of your being on Earth. Familiarize yourself with this energy. Notice the feelings in your root chakra and in your body. You are strong with compassion. You are soft with compassion. You are strong with compassion. You are soft in your empowerment.
- 00:40:08 We welcome your Dragon Guides beside you now. We welcome your Dragon Guides beside you now. We welcome your Dragon Guides beside you now. They too hold this energy with you and for you. Remember them when you have forgotten your humanity, when you have forgotten your humanity, your true nature.
- 00:41:27 They circle you now, holding you in this energy. Thank you.
- 00:42:27 Using your light body, the Earth, the sun, the moon, the sun, the sun, the sun, the sun, the Earth, with the energy from your Earth Star and Cosmic Star aligning and creating greater coherence in your system. Thank you. Thank you.
- 00:44:07 Guru Ananda Srinaya Nayo. Ma Akta Nii Naya Shii Nahao. Guru Naya Srinaya Manda Hai Sii Nayao Guru Naya Abre Pandayo Abre Pandayo Naya Nasi Shii Naya Shii Naya Nasi Guru

Naya Abre Pandayo Naya Ma Akta Nii Naya Sii Nahao Mii Nayao Guru Naya Nasi Shii Naya Shii Naya Guru Nanda Sii Ma Ayana Abre Pandayo Nasi Guru Naya

- 00:45:43 Sii Naya Mii Nayao Guru Naya Nasi Naya Shii Naya Guru Naya Sii Naya Guru Naya Nasi Guru Naya Nasi Guru Naya Nasi Placing your hands on your heart and one hand on your belly if you feel called.
- 00:47:07 Allowing yourself to integrate what you have just received. Taking some deep breaths. Coming back into your body slowly. Letting yourself land back. Feeling your body under your hands. Feeling your body resting where you are. Nice and slow. And in your own time. Coming back to this shared space.
- 00:48:45 And when you are ready. Opening your eyes. I do not wish to take anyone out of any process that they are in right now. If you feel like writing anything down or just resting where you are, I welcome you to do that. I also welcome you if you feel called. If there is something that feels meaningful that you would like to share in the chat, I welcome you to do that.
- 00:49:49 It's important to me as a guide to know how you have received this. And it's also important if there is something meaningful for you that you want to be witnessed in to simply share that here if you feel called. And then someone else may be able to feel like their experience is more easily understood because perhaps they went through something similar to you.
- 00:50:20 Only if you wish. I often find that I am unable to share after experiences like this. Even coming back to speak like this is difficult and I'm the one guiding it. So do not share if you do not need to. And if you want to take a moment to just integrate rest or write down, I will just read the chat.
- 00:50:48 You're welcome to be here, remain here as long as you would like. Hmm. Okay. It's beautiful. Some people are sharing that they did some breath work today. Me as well. It's very nice. Hmm. Yes, Tina.
- 00:51:41 We all in fact, Tina says that it felt like we went through a portal. We actually were the portal. And energy moved through you because you are the portal. So very good. Accurate experience. Hmm. Yeah. Green Tara. Hmm. That's lovely, Anna or Anna. At a vision of bugs walking over you.
- 00:52:18 Well, I think that's lovely. Maybe not everyone would think that. Hmm. A lot of gratitude being shared. Gratitude from me to you as well. Thank you all for being such powerful beings of light to allow this to come through. That was a very. I'm still processing this experience. So thank you all.
- 00:52:57 Hmm. Yeah. Grandmother dragon. That's beautiful. She is the one who spoke through me actually. There at the end. Hmm. It's beautiful. Hmm. That's beautiful, Chantal. A star that crosses over to become the tree of life. Indeed. Hmm. Yeah. Undulating energy. Some of you are mentioning.
- 00:54:19 I don't know if I can fully explain what that is, but I can share that happens to me as well. And was happening actually before I came on here. I was doing a shamanic drumming journey with

myself and that is what I was experiencing as well. Hmm. Thank you all very much for sharing. Thank you for sending the messages of gratitude and love for sharing your experiences.

00:54:55 And thank you just for sharing the space for allowing me to guide you through this guide. Also myself through this. Because each activation is also an activation for me that I am receiving. So thank you. Thank you. I am a bit at a loss for words right now. There is a lot of energy still kind of swimming through my mind. It feels.

00:55:22 Hmm. So, is there anything that you want to mention? Okay. I just wanted to ask if there was any particular guidance around just integrating this. And it is the Arcturians who are saying it is kind of the, I guess, standard grounding practices, if you will. But they are particularly highlighting a lot of water. So I would encourage you to get your hands on some very refreshing water and electrolytes, I suppose, if you have that too, or maybe adding some salt to your water.

00:55:56 And lime, if you feel called. So, I will leave you all wherever you are in this peace, in this energy. And thank you again. It is such an honor to guide. Thank you. Thank you for this honor. I am sending you all my infinite love until I see you again. May you remember your magic today.