

# Mantis Activation

Eluña Noelle

- 00:00:25 Good morning everyone. Welcome. Thank you so much for being here. It's so good to be with you all. Right now my heart is bursting, my eyes are flooding with tears and we haven't even started anything yet. It's really nice to be with you all right now. I've missed you a lot.
- 00:00:47 Feels like a very long time since I've been here with you. It's nice to see you. I was I taking my time looking at your faces during that. It's nice to see you, Karen. Welcome. Hi. And, Keith. Welcome, Keith. It's nice to see you.
- 00:01:08 Many faces from the Omega Institute workshop. I see you. Thank you all for being here. And welcome. Herman. It's nice to see you again. It's been too long. Hi. And, Syd, welcome. Nice to see you.
- 00:01:29 So I'm gonna stop crying. Maybe. And I would like to share with you some exciting news. I will tell you all first, because you're here, and it just came to me. I, as I mentioned a little while ago, I just finished my first Omega workshop.
- 00:01:52 It is. Omega Institute is a retreat center in Rhinebeck, New York, upstate New York. Out in the forest. And I was invited there last November to hold a workshop sometime this year. And it fell just after the July 4th weekend. And it was absolutely magical. And I am still overflowing with gratitude and just absolute delight and honor to be able to have led people, really the majority of who are from the circle during that event.
- 00:02:26 It was so beautiful and fun and inspiring. It was so inspiring for me to get to spend a week with people from the circle, because you guys are really deep, and it's amazing to get to go into more complex topics. I, I love it. I have been told a few times that what I teach and what even what comes through me, either just with my own self, from my teachings, or what comes through from channeled beings that that speak through me.
- 00:03:00 They they tend to be topics that are very complex, that are a little beyond. Where a lot of people are right now and, and I fully understand that. And it's just a joy to get to do very deep work in person with people. It is my favorite thing to do. And for those of you who are curious, that will happen again.
- 00:03:23 I have been honored to actually be invited to two different retreat centers that I will announce and talk about more later, but Omega will be having me back next year, so when the actual details for all of that are worked out, I will let you know and it will be for a much larger group. So there will be more space available. And I would love to see you there, because it is a lot of magic that happens in a space filled with magical circle members, I can tell you that.
- 00:03:50 And it's a lot of love, a lot of hearts bursting and realizations happening and what I would say is real transformation taking place, because it's it is a space where you are able to go into practice and not not just sit there and receive information that only gets you so far.
- 00:04:10 You're actually able to go into practice with different things, and a lot of magic happens and a lot of growth happens. And today I was trying to do what I always do, which is guess what this meditation might be about? And when I was trying to feel into it last night, I said, oh, maybe it's I think it's going to be a chakra meditation.
- 00:04:32 And my guides just immediately said, no, it will not. Just so, so straight faced, no emotion. No, it will not. So it's not a shocker meditation. And then this morning when I

was tuning in, the mantis beings came through very, very strongly and my mantis self came through, which is probably why I'm crying and laughing so much.

- 00:04:55 That tends to be what happens when she is very present in me. And it's a little difficult actually to hold it in my body. Just because it's a lot of energy. And so what they would like to do is they would like to do an activation today. And it's it's really a lot of energy.
- 00:05:16 I they were walking me through it. They were taking me through it is what I mean before I came on camera. And it was a lot for me and it still is kind of going through me, which is why I'm having a little bit of difficulty with my words right now. And my body is very fidgety at this time, just because it's a lot of energy. But that is actually what we're going to do today.
- 00:05:38 So I hope that doesn't disappoint you. But we're actually going to do a mantis activation and not a meditation. And I'm please forgive I can't it's very difficult to stop laughing so much. Sorry. It's just the energy is it's difficult to hold it all. So what they would like me to tell you is to.
- 00:05:59 You can find a comfortable seat or you can lie down flat on your back either. Yes, either one would be good. And it's really it's based on what you are comfortable with. So either way, either flat on your back or you can be sitting up up straight. Okay. That's helpful. If you have something to cover your eyes, then you could do that as well.
- 00:06:23 It's really helpful to to block out the the external world. And it also when you tend to have something over your eyes, it tends to prevent you from peaking because it can be easy to get distracted and want to see what's happening on the screen. But that's not where you want to look. You want to look on your inner screen, because it's very easy to have visuals that come through from these mantis beings.
- 00:06:46 They just the way they work because they operate in every dimension, they really are able to give a lot of visuals. So if you are interested in seeing a visual, perhaps then I would encourage you to cover your eyes and just block out the light so that you don't you don't see anything. And yes, blocking out the sound. Treating this like you would a meditation where you're also blocking out the sound can be helpful, because you may also receive messages that don't come from my voice, but that come from another being.
- 00:07:14 So just as a tip, if you want to try that as well. Okay. So they are very ready, as am I. So if you would like to close your eyes. And let your body find stillness, find a relaxed position.
- 00:07:42 Bring your attention to your heart center. And begin by deepening your inhales and exhales, breathing into your heart center. And out the back of your heart center with every exhale.
- 00:08:09 Feeling a rise of energy in your chest. In your heart center. You may feel this as heat welcoming in this love, this love of the mantis beings. Let it fill your heart.
- 00:08:29 Let your body relax into this. Remind your body that you are safe to receive this. Any emotions that want to be expressed during this activation. Let them be expressed freely.
- 00:08:52 Hold on to nothing. Not even the voice that you hear. Let yourself drift into your own energy and be taken by a new energy. Through your heart center.
- 00:09:13 Breathing deeply. Feeling this energy. Expand. Feeling your heart field. Expand. Growing in diameter.
- 00:09:35 In the middle of your chest. Opening to receive. New love Unevolved love.
- 00:10:03 Opening to receive new energy into your heart center.

00:10:25 Allow your breath to come to a soft, natural breath. Easy rhythm with your attention still on your heart center.

00:10:51 We will begin by bringing energy up through your feet. This may feel like heat to some of you or tingling or movement. Welcome this energy through your feet.

00:11:24 Establishing a new baseline of safety from the ground up. You belong here in this body. Feel this energy rising through your feet.

00:11:46 Entering the inner meridians of your legs, through your ankles, through the inside of your calf and shin. Through the inside of your knees. Through your inner thighs.

00:12:13 And folding out to your outer hips and around your pelvis. Allow this energy to continue to flow through you.

00:12:36 Establishing a new baseline of safety. You do belong in this body.

00:12:59 This body. Your sacred vehicle for consciousness in this lifetime. A temporary home for your spirit in this lifetime.

00:13:21 Welcoming more energy through your feet and inner meridian of your legs. Allow any tension to be released. If there is tension or discomfort in any part of your body, bring your awareness there and allow the energy to move through it.

00:13:57 Release with each breath. Allow your body to relax.

00:14:19 To surrender. To this feeling of safety. At home.

00:14:52 Allow this energy to continue to move up. Through the front meridians of your body, circling into the second chakra. Allow this energy to move through your second chakra and the inner organs of the surrounding area of this chakra.

00:15:26 Moving the energy up. Toward your third chakra. Allowing the energy to spread. To the inner organs surrounding this chakra.

00:16:04 Allow the energy to move to the outside of your rib cage. Moving up your diaphragm toward your armpits. Entering the lymph nodes of this area. There may be slight discomfort for some of you.

00:16:32 This is a clearing. A build up of toxins. Ready to be released.

00:16:59 Release through the breath. If there is discomfort. Allow this energy to move through your chest.

00:17:20 Circling into your heart. Allow your body to relax. Surrender to the energy in your heart. Center.

00:17:44 Feel this energy. Allow it to fill you.

00:18:07 Allow it to lift your spirit. Allow it to move you. To awaken your heart again.

00:18:36 We share our love for life with you now. We share our joy of creation with you.

00:19:02 The beauty of life that we hold. We offer to you in your heart. Allow yourself to feel this energy.

00:19:27 And to let it move you. To express through you.

00:19:54 Awakening. The love of creation again. Awakening. The joy of life.

00:20:17 The beauty of life. All around you again. Feel this love.

00:20:40 This joy. This beauty. Allow this energy to grow in your heart.

00:21:22 This energy will continue to grow in your heart. Allow the energy to continue moving through your throat.

00:21:47 Softening the muscles in your neck and throat. Allowing more openness in this space.

00:22:12 Allowing yourself to express freely. Allow this energy to move through your throat.

00:22:38 Through your chakra. Release. Making space.

00:23:02 For a new voice. For a new energy to emerge through you.

00:23:38 Clearing through the throat. Slight discomfort for only a few of you. We are removing that which no longer supports your highest evolution.

00:24:20 Breathe. Relax the body. Surrender to this energy. Continue upwards.

00:24:45 Allow this energy to fill your face. Up through your temples. Around your forehead.

00:25:14 Minor adjustments must be made. Before continuing. Some of you may notice this in your inner ear.

00:25:38 We are bringing through a new fractal of light to support your evolution. To hear the beauty of life in a new way. The beauty from within your being as well as without your being.

00:26:14 Slight pressure on the temple for some of you.

00:26:40 Breathe. And relax. Allow this energy to continue up the back of your head. Now. From your spine, through the back of your head.

00:27:04 Meeting your temples on either side. Coming across the middle. Meeting the middle of your forehead. Connecting both hemispheres of your brain.

00:27:32 Allowing for new growth to take place. For new synaptic connections to take place. Supporting your evolution. You may feel pressure in certain parts of your head.

00:27:57 Welcome this new energy.

00:28:25 Opening up communication pathways in the brain. Establishing new neural networks in the brain. Releasing unused clusters.

00:29:11 Highlighting the pineal gland. Opening and Awakening.

00:29:38 Restoring your pineal gland.

00:30:05 This center. Gateway. Restoring the pituitary gland.

00:30:32 The Crown Chakra. Energizing this center with new information. With new energy.

00:30:59 Bridging the hemispheres. Closing doors of duality. Within the mind.

00:31:20 Bridging the feminine, the masculine within one.

00:31:47 Allowing a flowing circuit of information to move through this center and all centers of the body. Now. Feel this energy moving down your spine.

00:32:08 And back out through your feet. An open circuit of flowing energy.

00:32:29 Notice the harmony in the body. This is your natural state.

00:33:03 This energy has reawakened dormant systems, has established heightened sensory input through your chakras, through your brain and your physical body in support of your highest evolution.

00:33:24 A seed has been planted within your heart center. Feel this. That space. It will bloom in its own time with your attention.

00:33:47 As the sun and water. Nourishment for this energetic seed. Unevolved love. That is the seed.

00:34:13 Reunited with trust. Safety. With the love of life. The joy of creation. The beauty of life.

00:34:40 We are always around you. And when you have forgotten this love, this joy, this beauty. Call on us. And sit with us.

00:35:04 While we help you remember again.

00:35:25 Be mindful of your head this day. Tender for some.

00:36:26 Take a deep breath. Slowly coming back to your hands. To your feet. To your body.

00:36:50 To this shared space. And when you are ready. Opening your eyes.

00:37:15 Thank you all very much for allowing me to lead you in that. That was beautiful. I saw things I've never seen before.

00:37:38 I will have to sit with those. I saw the way they are, the way our pineal gland is being upgraded and it looks like. In this what I was seeing, it looked like an eight pointed flower.

00:38:04 But it was a black hole in the middle, because there's just an infinite amount of information that can come through, which makes sense that our pineal gland would be a black hole. Actually, our heart center is too. So. Yes.

00:38:24 And all of our chakras are upgrading. So I guess it was time for the pineal gland, at least for some. I encourage you to write anything down that you experienced, and that you wish to remember can be easy for these things to slip away after a little bit of time, and sometimes the mind will try to talk you out of something that you experienced if you don't write it down.

00:38:53 But writing it down while it's fresh and while you're still feeling all of this, it's very helpful for you. It's beneficial. I highly encourage you to do that. And one note that they are also sharing with me is that you may find that random flashbacks of memories or stories from your life start to come up over the next 3 to 5 days and weeks, three weeks, 3 to 5 days, and then in up to three weeks total.

00:39:26 You may find that that is happening for you. That is that is a part of this recalibration that has just happened. My head is a little achy right now. I don't know about any of you, but it's a little achy. Yeah. And that may happen for the next few days or up to three weeks.

00:39:46 And so if it does, it's just part of the recalibration and let it go. I always recommend extra water. And if you have if you have trace minerals or some other additive to put in your water that brings more minerals to it, such as electrolytes. Those work as well. Just try to get one without sugar.

00:40:08 That can be an artificial coloring that can be difficult to find sometimes, but if you can get that, that's very helpful for the body. It's more hydrating and always I recommend drinking purified water filtered water as best you can. So are restoring more fluid to the body is what I recommend. It's what I am needing.

00:40:30 Thank you all again very much for allowing this to happen. This was a very unexpected surprise and I hope that you find and allow yourself just a few moments of rest here.

Maybe just five minutes to journal to integrate everything. If you're not lying down, then maybe lying down for just five minutes to let your body receive all of this.

- 00:40:54 I really recommend not just getting up and moving on to the next thing, because you'll miss some things. Part of the way that activations work are your your light body is what has just been upgraded, and your light body is connected to your chakra system as well as the other parts of your your energy body.
- 00:41:18 So if you move your physical body very quickly and you get up from where you are and you just move on to the next thing, your light body is still sitting trying to receive the upgrades. It's trying to integrate. So what you want is to give yourself time to let your light body meet your physical body and then move.
- 00:41:44 That's the most simplistic way I can describe what's happening on a quantum level. There's more happening. But from the most simplistic level, to just understand why giving yourself some time before you move. That's that's the way I would say it. So let yourself just be for five minutes, whether you're journaling or whether you're just lying or sitting with your eyes closed.
- 00:42:12 And until I see you again, I'm wishing you all a beautiful week, beautiful day ahead of you. And I will see you all very soon for the next live event that I have. I love you all.