

# Mystery School - Field 2

Eluña Noelle

- 00:01:00 Hello everyone, it is so wonderful to be with you. To see your beautiful faces is such a gift and to feel your heart energy even more so. Thank you for joining today on this beautiful Sunday. And before we actually dive into everything, if this is perhaps your first class, welcome to the Living Mystery School, it's very nice to have you in this field and we are only on technically the second class and so you are joining right in time and before I get into what we're going to talk about today.
- 00:01:57 I just want to take a moment with each of you if you are open to just closing your eyes so that we can set a shared intention for the creation of this field today. These classes that we have, I call them fields because that is what we are actually operating in. And it is the most accurate depiction of reality that I can find right now is a field.
- 00:02:30 And because we are choosing to gather in a very focused way and with an intention, I want to state an intention myself that I am holding for all of us here and for my own self and also for you to have a moment to feel into your intention and to share in this intention that I am going to speak aloud here.
- 00:02:57 So in this space today, we are here to hold the energy of divine love, to hold the creator in our hearts and in this space we are here to hold us together as a group today. We are gathering to honor the sovereign creator in each of us and tune into the creator's heart and mind within us.
- 00:03:26 Please divine, teach us all that we do not know. Thank you. Thank you very much for that. So one small thing before we really dive in, it has as I mentioned and as it is in the name, this is the Living Mystery School. And so the reason why I call it that is because it is living and breathing with each of us, with our field and of course with the collective field that we are a part of.
- 00:04:17 And as such, the first piece of evolution from this Living Mystery School field has come into my awareness and that is that we are in need of ever so slightly tweaking the structures of the two different main fields and co-activation circles that we have every month together. All that really means is that during these fields, you are going to be put into breakout rooms more often and during the co-activation circles, you will also be put into breakout rooms.
- 00:04:58 But the thing I am also adding to the co-activation circle is there will be additional lecture during that time. So essentially I am kind of sharing between both. Now that does not, it is not equal in terms of 50% here and there. That is not how it is being broken up. It is of course intuitive and so I cannot give you a percentage but please know that when we do the co-activation circles now going forward, a significant portion of it is going to be reviewing what we have gone over and adding to it, going through Q&A and there will likely be additional lecture that is brand new also during that time.



- 00:05:40 Okay, there we go. If you are confused about that, you are absolutely welcome to either right to my support team later or post it on the discussions page in the initiate sanctuary. Just know that you are going to have more time to talk to each other. That is kind of the biggest thing and there will be new information during both of the times that we are gathering. That is kind of it. It is really all you need to know.
- 00:06:16 One thing that I will just come forward and be very transparent about is that as the other part of this living school is that I am being receptive to how much I am giving you at one time. It can be perhaps easy for me to overdo it as a human myself and so sometimes I can underestimate how much I am giving and if for some reason you ever get to a place where you are saying that said I am overwhelmed and I am done with you. Please before you are done with me, please ask for support either in the initiate sanctuary because perhaps it just means that you actually need to have more discussion about something and so you could be talking to people on there and or if it really comes to a place where you are really struggling, I do not want you to feel like you are just being left behind. Yes, there are many hundreds of people in this class but I am still not going to leave you behind. So if you really get to a place where you are just saying I do not know anything
- 00:07:33 but you want to keep showing up, then do reach out to me and we will I will see what we can do. However, as a Montessori teacher and as a sovereign being, I am always going to encourage you first and foremost to reach out to your peers, to reach out to people on the initiate sanctuary because out of the hundreds of people we are almost over a thousand people here that are in this mystery school. I guarantee you there is someone usually many someone who will be able to help you possibly even better than I could if you were to reach out to me specifically. So I really encourage you to go there first. Do not just let yourself get left behind. If there is a concept that you are struggling with that you want to get down, then please reach out and have discussions around it because all of these things are going we are building on top of them. It's all going to just become more complex and we are going to keep building. It's not random, disjointed pieces of information.
- 00:08:37 Please know that. Okay, that's just your service announcement for today. So we are going to dive in. If we were together in person, I would ask you to raise your hand and tell me who was present at the Ostara sanctuary ceremony and meditation that we had. Last Sunday, last I am not with you in person. Thank you so much for mixing your hands on Zoom. I wish I could actually see the count of how many people are raising their hands. I cannot, but what I will tell you is that meditation if you were not able to be present for that, for really the whole piece of it, the self-activation that came first and then going into the ceremony and meditation, I do encourage you to take a look and to go through it. The story of Inanna, the lady of the night, the queen of heaven, many names.
- 00:09:33 She, the her story is an initiatory cycle and it mirrors many, many initiatory cycles. We are going to be using many different myths so-called and initiatory cycles to frame what we are going through and so I want a very briefly ask for those of you who were there. What do you remember about that story? Very specifically to get even more specific. Please share whatever you remember from that story, especially because people who weren't able to make it will be



helpful for them to read in the chat. But very specifically, what did Inanna have to do to get to the deepest part of the underworld? What did she have to go through? And I would like to just read in the chat for those of you who remember. What did she thank you, surrender? Yes. Navigate the seven gates.

00:10:35 Thank you. Simian, thank you. Navigate the seven gates. The seven gates happened to also be a sacred and hidden place in Egypt, by the way, at the Temple of Karnak. The seven gates are representative of these different things that she had to let go of. And someone also said, Jonas, said, let go of the stories. Yes, exactly. Had to shed all of the gifts.

00:11:04 Thank you, Carolyn. Exactly. Let go of stuff. That's really simple. Thank you. Exactly. Right, shed layers of the self and so many of you are saying surrender. Yes, exactly. Beautiful. Desolve the armor and things that were not her. Thank you, different, Carolyn. Thank you. Exactly. Shed the worldly burdens. Thank you, Pam. Yes. So specifically, at the first gate, the very first thing that she had to let go of was her crown from her head. That is symbolic of her worldly authority and her identity. The second her necklace was removed and that represents the release of social power. And before I keep going, I actually really would like to share with you.

00:11:57 I forgot. I brought this pain. I made a little presentation for you all while I was thinking about you the last two weeks. So here is an image, Abhinana. This is our beautiful queen of the night. This is who the story is about. And this is actually the oldest and most well-capped intact clay inlay of this being. And also one of the oldest pieces of archaeological evidence ever discovered that as you can see beautifully preserved, there's a whole crazy story about this, about this piece. It went through the dark market and lots of things happened, which is kind of ironic because that's your story. But back to what she was removing, you can notice her crown crown. It's an unusual looking crown. I'm just going to throw that out there and leave it alone and we'll see if you go anywhere with it. But she removed the crown first and then she removed her necklace. At the third gate, she had to let go of her will and ambition.

00:13:18 The fourth gate, she released her personal identity and ego. The fifth gate, she let go of desire, sexuality and attachment. The sixth gate is when she let go of the actual robes that she was wearing around her body and that is letting go of the intellect and control calculation, the whole piece of what makes her up. It was at the seventh gate she's standing there and in the actual story in the poem, the him and the epic of Inana descending into the underworld. It says she stood at the seventh gate naked and bowed low, which is symbolic of her being, completely stripped. She is naked and stripped of everything that she thought she was and that once made her up, she is bowed low out of humility.

00:14:18 This is her being able to let go of the personality and the emotional attachment that she has to who she thinks she is. Now that is, I just want to say that is a very subtle distinction between the personal identity, the ego and then the emotional attachment to who you think you are because there's one representation of how people perceive you and how you come off with your ego.

00:14:49 It is different from how you yourself perceive you, which is quite interesting. Part of what an initiation does, such as in the case of Inana, is it bridges that gap, it closes that gap, it makes



those two aspects united within you. So that the way that you are wanting to come off is actually how you are perceived, more or less. You cannot do much about other people's projections, but there is not this significant separation between who you think you are and how you're actually being perceived and engaging with the world. So that is one of the very first layers that has to be let go of within an initiation, like what Anana went through. So stripped of every symbol of power, every part of her identity and protection she completely surrendered herself in humility and reverence, trusting the unknown, going absolutely into the darkness and trusting it fully.

00:15:55 She was not saying, no wait, actually, maybe I do want to kind of hold on to, no, she was not doing that. She just said, okay, that doesn't mean it was easy, by the way, but she said, okay, I will do this. That is exactly how we must show up if we are going to allow ourselves to transcend the limited experience that we experience every day and that transcendence has to become a daily practice of ours.

00:16:31 These, this descent through the seven gates, it becomes a daily practice where that is actually how we are choosing to live. And at different times in the day, you might need someone who's at the coffee shop and you realize my God, this is my gatekeeper today for gate five and they are inviting me to let go of control right now. That's what's happening. It is all in how you choose to perceive the world around you. Rather than taking it so literally, it can be taken metaphorically and mythologically so to speak, so that it's not so personal. There's not so much human drama wrapped up in the illusion.

00:17:17 Instead, you get to learn from the illusion, you get to learn from this play of life and realize that that's a gatekeeper who is cutting you off in traffic. And they are inviting you to let go of some aspect of yourself. Okay, so this concept of descent, this is something that has been, well, and I should say descent and a scent. This is something that has been talked about for a long time, from no sticks to her medicines, to later Christians, many, many different cultures. Hinduism, I could go on, talk about this concept of the descent and the scent of the human soul. So very briefly, I just want to show to you and forgive this little hears what we're going through today. In case you want to be organized with how you're taking notes. Seven crystal spheres, the sevenfold mystery initiation, as I call it, and the hermetic layers of the psyche and the brain. And I'll just, I'll just be clear, don't be fooled by those three sections. They are

00:18:43 meaty. They're juicy. There's a lot in them, so just know that. And with the descent that humans go through, that is about the soul descending through what some call the seven crystal spheres. They are associated with seven specific planets that we will get into. And this, the idea is that human consciousness is moving through these seven layers, these seven spheres, and being conditioned by that descent. This is where the notion of astrology comes from. It's based on this ancient teaching that when the soul descends through the planets at the time of its birth, it is conditioned in a specific way. That is, that is what gives you your astrological chart.

00:19:53 No matter if you're looking at Vedic astrology or Western astrology, that is where it comes from. It's from this notion. So, along with the conditioning, the, the other pieces that are picked up are vices or shadows, we could say. And then, of course, gifts and strengths that come from moving through those layers. But just like inana passing through the seven gates, when the soul moves



through these seven layers, they get to the end, and they don't know who they are anymore.

00:20:30 Because everything that once made them up is gone and has been replaced and conditioned into a different way of being. That means when we land here on earth, we have forgotten who we are. We don't remember. We get here and it feels all new to us, like we've never done this thing before.

00:20:51 Now, of course, there is a huge shift. Thank goodness, happening in humanity, where that is actually no longer the case. Many, many people are remembering. I have done this before. I feel like I've been here. So, what we are wanting to do is bring the soul back into our conscious awareness.

00:21:14 We want to have a relationship with our soul. And remember that that's the whole reason we set out here to begin with. It's not to play around with the ego and the personality. I'm not saying that's not important. It is here. I love my personality. She is feisty and ridiculous sometimes. It's great. And we are here to strengthen our relationship with our soul. That that is our intention. And that what that means when we choose to do that and we really learn about the health of our soul, we learn how to be healthy with our soul. Health of the soul is rarely talked about and so often focused on the body or the mind. But when we learn how to have a healthy relationship with our soul, we are able to then ascend through these same layers and change or decondition the body, decondition the mind, decondition the personality to be in alignment with that of our soul, that our true nature. And so the descent sometimes is called the stripping of the garments of the

00:22:31 planets, which of course is very appropriate given the story of Inana. We talk about the seven crystal spheres. Here is the soul's descent through them. This is my rendition of it and actually let me be I should share with you. In case this is not obvious to you. Unless I reference someone else's work or research in any of this, please know that this is what my journey has been.

00:23:08 That's where this information is coming from. It's coming from my journey, my reflection and communication with my own guides and very specifically my own soul, which means if you go look this up, you're going to say, well, Elinia's mistaken because this says that that's because I'm not going off of whatever you're looking at. I'm going off of my soul's journey. So please know that and I will give a very specific example right here. This depiction of the soul's descent is not in the order that is taught traditionally, if we want to say, in esoteric mystery schools, in hermetic specifically mystery schools. And that is because of a few reasons that I don't know if I should get into right now. I think we can get into it later and you should really sit with it and think about it. The typical order is called child day-in, CHAL D-E-A-L-D-E-A-N, child day-in order, and that is not the order that I'm going in. So please know that. When we talk about

00:24:12 these teachings, though, the overlap is that each sphere, again, planet sphere, is connected to a certain chakra. And so it is a soul center. These planets are soul centers of the cosmos and consequently soul centers within our bodies as well. Each planet, as I mentioned, just like each chakra, there are these strengths and these weaknesses, these shadows or vices and these gifts that come from both. So when we are able to transmute the shadow aspects of these



different planets, the different chakras, the different layers of ourselves, all the same thing. When we are able to transmute those shadows into wisdom, they become a gift because as we know from the previous field, when we are talking about the seven laws from the caballian, the law says that on the opposite side, there is the same thing. So opposites are the same. They are a variation by degrees, is what is what it's written as. So another way of saying that, a weakness is actually a strength. They're

00:25:51 just on the other side of each other. And the only thing is the degree to which you are applying that and the degree to which you are able to shift and mold or transmute that shadow into being wisdom for you. And it's not all going to look the same, right? Thing goodness. It's going to feel different slightly inside of you when you are transmuting something because one person's strength is another person's weakness. If I am someone who has a tendency to just blur it out and excuse this expression, but word vomit, if that's a tendency that I have.

00:26:44 Then one of my weaknesses actually is the overactivation of my throat chakra. A weakness that I have is actually not being in control of how much I am speaking. But another person who never says anything and is completely shut up and shut down within themselves never opens their mouth that is a weakness they have. Both need to transmute in the same place, but it's going to look and feel a little different for each of them. Now, the only way that you can know that of course, you are the one who knows what your strengths and weaknesses are. But you can only know if you are genuinely willing to show up to yourself, stripped naked, bowed low, with absolute humility to truly look at yourself and say, yeah, no, I have that. I that is a weakness of mine. We must be willing to look at ourselves, really truly look at ourselves and say, I absolutely have that. I word vomit all over people. We have to be able to admit that to ourselves

00:28:18 not out of shame, but out of the genuine desire to really look at how have we been conditioned in our descent to this planet, how have we been conditioned? And based on that conditioning, where can we take ourself? Where do we want to take ourself? And how do we get there is the transmutation process that again, slightly different for each person? So, while we are going through all of this, please keep that in mind. And here is a depiction of the shockers as they align with the planets. And for those of you who are, I don't know who are a cancer, you're saying, well, why my planet is the root chakra. Why does that have to be? It's actually quite beautiful.

00:29:23 And yes, the other questions about what about the other planets? Don't worry about that right now. Thank you for asking, but don't worry about that right now. I would encourage you to familiarize yourself with this and then see how the other planets fit in, perhaps at some other time. So, just to share a little bit about this here. The moon is connected to the root chakra.

00:29:51 Oh, that's true. I didn't include that. Well, maybe I'll ask you anyway. The moon is connected to the root chakra, which is connected to our instincts, base instincts, of course. And here's the other piece thank you that I have to tell you that some of you, again, it's okay. If the way that you want to show up to this class is to be in super combat of resistance with me, that is all right. I am a double capricorn. I'm very happy and very capable of going ahead to head, holding my energy of totally, really. It's like playful for me. I'm very happy to do that. And if that is what you need, then I'm here for it. If you don't want to show up that way, then I encourage you to receive



this information and say, maybe there is another way that I haven't thought about before, which is the whole reason why I'm here in the first place. So, the root chakra, it is connected to the reproductive organs.

00:30:55 I know the stories go, no, alunia. The second chakra is the reproductive organs. No, it's not. I just want to be very simple. Every chakra is connected to a gland or multiple glands in the body. The lowest gland and the gland that is connected to the deepest level of instinct within us is the instinct to reproduce. That is a biological fact that if you don't reproduce, then you're going to die. And if you don't evolve, then you also die. And so evolution continues through reproduction. The root chakra is connected to the reproductive organs. The second chakra is connected to the digestive glands. Oh, see, this is where I wish I could see you guys writing or talk to you. Take a guess at what you think the witch glands, the third chakra is connected to.

00:32:04 Just based on what you know, the third chakra. Solar plexus chakra has to do with will and ambition, control. Control is a really big hint. Let's see. What are you saying? Oh goodness. Thank you Teresa. And if anybody else said this, adrenals and Ayisha, thank you. The adrenal glands, exactly, because if somebody needs to be super in control of something, they are probably stressed out and anxious. Your adrenals are going to be going, Craig, Craig. Your adrenal glands are what produce cortisol. I won't go into all that right now. It's very, I love talking about the adrenal glands actually, but I won't go into that right now. So adrenal glands are your third chakra.

00:32:51 And of course, your fourth chakra, the sun, it is your heart. The fifth chakra, Mars are communicator for the throat, Jupiter. Good planet. The planet of expansion, that is connected to your third eye or sixth chakra, which is which gland people. Don't let me down. Thank you, Penil gland. Yes. And Saturn, of course. This is the master gland. Thank you. Yes, Tatiana. I believe, Petuotary. The seventh chakra, the crown of your head, the crown that you know on a removed, is Saturn. That is the seventh chakra and it's the Betuotary gland.

00:33:45 The Betuotary gland is just to let you know, does not actually sit at the top of your head. I just want you to know that, biologically. That's not where it's located. It's actually located like kind of down here up a little bit in the brain. But we access it through the top of our head, the crown of our head. That's where energy is received. So to speak. The Petuotary gland is known as the master gland because it is like the hormone control center of the whole body.

00:34:21 And we're going to get into it. See, here I am getting ahead of myself because I love talking about this, but that just know that. Just hold on to that. Now, what I'm showing you here, as I said, this is not the traditional child day and order of planets. This is the alunia order of planets. And I really thought long and hard actually, maybe too long about if I was really going to teach this in this way because this is anywhere else. But I do feel strongly about this order and I'm going to talk about why partially these planets align to these chakras. And the chakras were not really discussed previously in hermedic teachings and hermedic mystery schools.

00:35:19 It wasn't as talked about. And neither was the anatomy of the brain, but we're going to get into that too. So that's why it's a little different. This is to me coming up with where we are as a collective right now. That's how I would describe this. So that's where we are. Is anybody



familiar with the work of Doctor David Hawkins? Does anybody familiar with?

00:35:59 Great. Beautiful. Exactly. Thank you. Map of consciousness. So here is what I want to go into is connecting this because I figured some of you would be familiar with it. And again, part of the intention here is to bring this information so that we are not only living in the abstract kind of mythological world, the 5D we're living in both. That's what I'm attempting to do here is bridge that. So when we look at this, I will go back to the previous slide. When we look at this map of consciousness here, this is just to be clear, not the original map of consciousness developed by David Hawkins because that's copyrighted. This is a rendition that I made so that it's not copyrighted. And I wanted to group these different emotions together, these different, yeah, different emotions so that you can see where we are moving through. Now, as both a collective but also as individuals. So for those of you who are unfamiliar, I'm going to familiarize you

00:37:19 with this chart right now. You can see on the far left side, the group that I have created. Spiritual paradigm, reason and integrity, survival paradigm. Okay. Then the next column is the name of the level that is simply the emotion, the name of the emotion, the name of the frequency, the name of the state of consciousness, all the same thing.

00:37:47 That's that column. The next column, the energetic log. That is the measurement that was developed and taken by Dr. David Hawkins after, excuse me, after my research and actually having his own spiritual awakening really. He was able to map these levels of consciousness from basically one to one thousand. Now, the thing to know here, the reason why it's called an energetic log is because it is a logarithmic scale, which means when you see 75 down here at grief, and then you see 100 at fear, that is a logarithmic scale going up by 10. So to the 10th power with each ascending level. The reason why that's important, unless again, we get into physics and the effect that has on the field and the measurements therein, we're not going to do that today though. But if we did, the reason why that's important to understand is because of the level of energy that each one of these emotions is carrying and the then effect will say that it has on the

00:39:09 field and on the people around you. So just know that. But for now, forget that it's logarithmic, just look at the numbers. That's really enough. The next column, the predominant emotional state. So where a person is more or less within their emotions in order to be at that level of consciousness.

00:39:33 Their potential view of life, just a possibility. There are many words that we could add here, their view of God. Again, possibilities, many words could be out there. And then the process that they're in, in terms of their ascent or decent in consciousness, the process that they're in with the removal of their own egoic layers, we could also say, same thing. Again, many words could be added there. Those are just a few words that I chose that a line that are more universal, I would say, in what people are going through. So if we are living in the survival paradigm, this bottom area. And so we are more or less. And let me say, I am going to speak very plainly here.

00:40:36 I'm talking to you all like you are my friend. That is how I choose to interact with you. So if again, that means that you might get irritated with me. And that's okay. It's all right to feel that way. But please know that. I'm not going to censure myself. That's why I did this. If you are living in the



survival paradigm, which means more or less every day or every other day, you are getting coffee and coffee, you're getting irritated, you're getting frustrated, you're living in the survival paradigm. Now, there is nothing wrong with that. It is simply important to know that is where you are. It's so necessary to take a self-inventory, like what I mentioned at the beginning, and be really honest with yourself. Where are you on a day-to-day basis? Primarily, the vast majority of our brothers and sisters, in our human family, are living in the survival paradigm. That is a fact. And I'm not discounting any of you or myself from that either. I'm just

00:41:51 saying the majority of this planet lives in that paradigm. Therefore, because we are all affecting each other, sharing a field. It's very easy to fall into these emotions. It's very, very easy. The world is also designed to make you feel a certain way. There are pieces in this world that we're going to keep getting more into that nitty gritty that doesn't feel good, that are made to make you feel shame and guilt and frustration and fear. They are programmed to affect you that way. And you are programmed to receive it that way. As I'm I, we are programmed to receive those messages and then feel shame, feel guilt, feel afraid. That's why we're doing this right here and now is so that we are changing those programs. That's the whole point of this.

00:42:59 So, if we are to change the program, we have to recognize what program we're in, primarily, which is why it's so important to be very honest with ourselves. And I, on a day-to-day basis, living in a state of fear, living in a state of stress. I can tell you right now, that is the primary way that I was living my life for the majority of my life. That is absolutely every single day, that is how I woke up. And it, it absolutely felt normal to me. I did not know that there was another way to feel. I didn't know I could wake up and feel grateful. Whoa, that was life-changing to wake up and feel grateful. I, I thought my God, this is what it's like to wake up and just be okay.

00:43:44 I didn't know. You don't know until you know. Waking up and immediately being stressed out, immediately feeling upset, or thinking of all of the things that you have to do that day, or that you didn't do yesterday, or that are still on your mind from yesterday, so that you start to feel guilty. I didn't get that thing done. I told myself I would and I didn't do it again. So, now you wake up feeling like a failure. All of that survival paradigm. Very low vibrational state.

00:44:17 It keeps you in a place where you are not able to engage with the field with life in a creative way. You're simply not able to because what you are creating is just more of the same. So, sure, you are creating. You are just not creating anything beyond where you are and beyond what you have already experienced, which is this anger, this frustration, this guilt, this shame, whatever it is for you. Maybe all of those things. Whatever it is, you're not able to get beyond that.

00:44:58 When we choose to deprogram ourselves, the program that has been running the show is absolutely going to push against you very strongly. It is going to say, absolutely not, what are you doing? I don't like this, and it is going to want to keep things the same, which means just one year ready to start making a significant shift. I am, I already know, without even being psychic. I already know that many of you here have gone to make some change in your life, only to find that the moment that you were ready to go into it, you maybe you had one day, and then it fell apart. You didn't keep going. You talked yourself out of it in some way.



- 00:45:55     Somebody else talked you out of it. You felt like, no, that's actually no, that's not for me. Now, no, I thought I wanted to do that, but actually no. That is the ego. The part of you, the program, the conditioned part of you that descended down into this earth, that is telling itself, no, that's actually not for me when really it's because it is afraid to change.
- 00:46:24     So that can stop you from the gecko. But let's say you actually master that hurdle. You get over it. You come up over yourself. You overcome the ego in that moment, and you say, no, you know what, I am going to keep going. And then as you keep going, wow, you get angrier and angrier, you start to feel more ashamed of yourself. You start to feel more guilty. And then you say, wow, that is definitely because Alunia is, I don't know what, some dark entity, and she's the one making me feel this way, or whoever it is, whatever teaching you're doing, or practice that you're trying to start in your life. You say, no, that's definitely not for me.
- 00:47:14     Nope. It doesn't feel good. I don't feel good, and I actually feel more angry. I don't feel like I know who I am anymore. Yeah, that's the part of you that is still trying to keep you down. It's trying to keep you in the same place. And I want to tell you right now, from personal experience, I absolutely know how convincing it sounds. It is so, so convincing, and it's so good at telling you exactly the thing that will make you feel justified in letting the practice go, because it's you. It's the most cunning shadow aspect of you that is truly there so that when you come up against it and you fall for it, it's like that's right. I got it.
- 00:48:11     We're staying in the same place, but when you come over it, when you overcome that part of you, you call power back to you. No longer is the power coming from this program, this conditioned program, this shadow aspect, which is a program. It's no longer coming from that. Now your power is inside, and you are saying, you know what, Alun, you told me that I was probably going to get upset with her, and I didn't believe her in the beginning, but I feel pissed right now, and I've been angry with her for the past several weeks, but she told me this would happen, and I'm actually going to keep going, even though I feel really angry, and I don't know why, and I want to blame Alunia, or whoever, whatever other innocent person in your breakout room, or someone in the initiate sanctuary, the road of discussion, that's what it will do, because it will try to keep you down, it will try to keep things the same. When we move out of that,
- 00:49:18     and we choose to take our power back, we are able to leave this survival paradigm. I know that you've noticed that there is one specific word here that is circled. That is the level of courage. Courage was found to be this threshold point, where if someone could bring up enough courage within them, to overcome the survival emotions, to overcome the conditioned program, the shadow, if there was enough courage to say, you know what, I'm going to stick with this anyway. I'm going to wake up at 330 in the morning, because it's the only time I have to meditate anyway. When someone shows that courage, it brings them into a place where they are actually able to lift themselves into a higher state of consciousness into a higher level of energy. That is what is able to happen.
- 00:50:20     So, we're going to talk a lot about courage, because it is one of the virtues. We're not going to get into that today, but we are going to get into it. It is, from my perspective, because we are talking about the beginning of this journey, it is the most important virtue that you could develop is the virtue of courage, because it is what allows you to overcome anything, to get over



yourself. Guys, the biggest hurdle of all is getting over ourselves.

- 00:50:56 That's the thing that is the hardest to do. So, you are going to have an opportunity to talk more about this. I want to give you some time right now, with everything that I just said, take a moment, take one minute, to just reflect with yourself. About everything that I've just said, what stood out to you, perhaps what emotions arose within you, just take one minute. Please.
- 00:51:37 Okay. Feel free to continue finishing your final thought. You are going to go into a breakout room with some people from here. Talk about this chart. I encourage you, so sorry, that I forgot that Zoom does not allow me to broadcast this image to all of you. If you can just take a quick picture, if you want to, with your phone or on your computer, if you would like to look at this chart while you're talking to people. If you feel like it, not necessary, but if you want to, feel free to do that. You're going to go into the breakout rooms. Have 10 minutes or so to just have a very lively, lively popcorn style conversation. Not like, let's, if you need to go in a circle, then go ahead and go in a circle. But just have a conversation about this chart, about everything that I've just said, around all of this, about courage, etc. And then we'll come back here. There will be a timer. And for those of you who are surprised last time, yes, I will be
- 00:53:04 popping by and eavesdropping on you. Obviously, I'm going to come into those rooms and listen to what you're saying. Of course, I'm going to do that. So don't be surprised if you see me. Just ignore me. I'm just there. Eavesdropping. Okay. Thank you, comfort. Go ahead and make the rooms, please. I will stop sharing. Well, that was, as usual, so beautiful and enlightening to listen to so many of you talk about your own perspectives and experiences. Just from looking at that chart, either previously or just in this moment. And being able to listen to you around the things that stand out the most around it, in one of the rooms, someone was mentioning that the column that they liked the most was actually the God view column, because he was explaining that if you are kind of unsure of where you are, then looking at that and recognizing that, oh, maybe if I feel like God is indifferent to me, maybe there's actually some pride that's happening. So it's almost like reverse engineering,
- 00:54:05 being able to work yourself backwards and noticing how do I feel about the divine. And if that's easier for me to identify, then maybe it's I can through that. I can figure out where I am currently energetically. That's a beautiful way. I had not thought about that. Beautiful. Thank you for the teaching.
- 00:54:22 So let me come back and share this. So we're going to come back to this again. I want to go back to this situation here. Now that you've had some time to consider those levels of energy and the emotions that are connected to them, here again is this chart that I made, the planets that I have spoken of, the typical vices or shadow that are connected to those planets, the virtues that can come when you are able to overcome those vices or shadows, and then the kind of lesson that is associated with that. I of course love this because and I very intentionally chose lesson because I am a student of the universe and I love learning and I love teaching and I really find it very helpful to perceive one's life in a sense of learning and teaching and we can use that same metaphor but with any words. We could say that your life you are a painter and life is your canvas. Same thing. I am going with teaching and learning because



- 00:55:56 I happen to love teaching and learning the most in my life. So when we look at this chart, the moon, which we know is connected to the lower chakra, the root chakra, illusion, emotional instability, is this vice and when you're able to become more receptive and like purify this part of us, not from the not from the the, I'll say religious or dogmatic perspective of purification. From the purification of you are able to just freely and fully feel whatever is moving through you and that doesn't mean that you're acting on it. That is a level of purity and any emotion moves through you and you do not act on it. That's a mastery of the subconscious. Because subconscious is another word for the conditioned programs, the descent, the shadow, it's all the same thing. It lives in your subconscious in the psyche.
- 00:57:07 So there's a mastery that comes over that. By the way, throughout any of this, it's not that you go through that and then you say, great check, I mastered the subconscious. No, no, this is a living process. You continually come back again and again to each of these levels just so you know that. It's not like a checkbox. Believe me, I wish it could be that way too, but it's not. So the next one is Venus. The vice or shadow is lust or attachment. Sacred love is the virtue. There is a heart awakening that comes from that.
- 00:57:47 When you are able to just be love, to just be love, and you're not, you're not being love because someone's being nice to you. You're not being love because you got what you asked for. You just are. Sacred love. Regardless of circumstances, conditions, and people around you, regardless of the environment, you are love. Mars, solar plexus chakra, wrath and aggression.
- 00:58:20 Deeply important, by the way, you are talking to a very fiery person right now. Deeply important to be able to move through anger. It rage to let that move through you. That does not mean that you have that wrath and aggression come out on your people. We learn how to channel that above our people so that they're not getting blasted by the flames.
- 00:58:50 That takes discipline and a level of will to control and master the fire that wants to come out of you. If you happen to be one of those people, and if you haven't tuned into that yet, then perhaps during this class, you're going to get two months in and say, my God, I'm way younger than I ever thought I was. What did you do to me? That's okay.
- 00:59:13 That's actually you tuning into the inner fire. That's within you. That might happen. I've seen it happen loads of times when I travel around the world of people, and it's a good thing. It is then a new level of mastery. That allows you to have sacred action. This focused purposeful, directed will. The sun, when we get to the fourth chakra, the heart, this just what the kind of vices of Leo really we could say. The star sign Leo. This pride, ego, inflation. I don't know better than you sticking your nose up to people when you're able to move beyond that. You're not using the map of consciousness and saying, you're probably at like a level 75 right now. The other day when I was talking to someone, they told me that I was at level 500. Maybe just check your energy. That is not a sovereign and loving way to move through the world. No matter how justified you may feel in that expression, that is an inflated ego. So when we come back just to ourselves and recognize our own sovereignty,
- 01:00:35 that this is this emotion, this is about us, and whatever someone is going through right now, I am not, I actually don't have any reason to make a big deal about that. I can just let them be



where they are. That's their story. You take again the power from the external, you bring it in, and now you are developing and establishing a divine identity. Because now you are you, regardless of circumstances around you, you are you, you are not the program reacting to what is around you. That is a divine identity. We have lost our identity to a program. We have forgotten that we are a soul. The sun, the heart awakens that. When we get into Mercury, that is our communication. Now again, something I'm very familiar with, both in the receiving and the giving in my previous years on this planet about this manipulation piece, this feeling like you're being tricked or lied to, very common in my family. And so when we move beyond that, that is actually

01:01:51 how we, number one, if you were raised in something like that, you have a very high truth meter, right? Your BS meter is very sharp. It's very sensitive. So you are easily able to discern what is real and what is not. Now of course, that is that discernment is only real, so to speak, accurate, in other words, if your ego is not getting in the way of that. That's the piece here.

01:02:25 And because this is about trickery, your ego can deceive you into making you believe that you are discerning the truth. But your ego cannot help you with the truth. Your soul is what tells you the truth. Not your ego. We get to a point where our ego becomes divine. It becomes a divine ego. It evolves to a place where it is serving, if you will, the soul, and there's still deception there because that's how we grow. We'll get into more, the more complexities of that. But no, that when we move through this, the clear perception is what comes from that lesson. So Jupiter, Jupiter is about the vices of it anyway are about kind of keeping everything to oneself because Jupiter in its, in its exuberant and exalted state, it is just fully open and giving. It's just giving and expanding. So the contrast to that would be keeping things to oneself greed. And also this desire to kind of from that greed, the hoarding of power, to dominate people.

01:03:32 We can see that in our history, the non-written history. This is connected to our third eye. So people who developed a high level of energetic mastery, then abused that power and used it against people at Lantis. That's an example of that. When we come to a place justice, we're going to talk about justice because that's another virtue. When we get to a place where justice as in right action, let's be clear, the human definition of justice, that doesn't have to mean that that's what's just. I just want to be, I just want to be very fair about that. And that's why we need clear perception to understand actually what is just, what is just here? Because without clear perception, anybody can say that something is just because it's based on a perspective.

01:04:34 So then there is this right rulership, the awakening of the sovereign king queen ruler within you that you are able to become connected to the pineal gland. Interesting. The final one, Saturn. I know all about Saturn being a double capitalist, fear, despair, limitation. All to do with kind of the negative aspects of boundaries really. And also this constriction with time.

01:05:21 Saturn is the teacher and the master of time. That's what Saturn is known for. So as a capricorn, very poignant right there. And that can become a chain. It can bound us into limitations if we allow it to. When we move through that wisdom and transcendence is the virtue that comes.

01:05:44 There is then a liberation from time, a liberation from the physical boundary that we find ourselves in, from matter. We move beyond that. Amazing. Again, the opposites, varying only



by degrees, the strength and the weakness, the gift and the vise right there. We can be absolutely constrained by our perception of time and matter. And yet that same teacher is the liberation of that. I just I love that paradox. I love it. I love paradoxes. Okay.

- 01:06:29 What I want to do right now is give you three minutes to take a break and then come back. Three minutes. I'm going to leave this right here and then I'm going to jump right back in again. Okay. Ready or not? We're going. So I actually am going to, I want to come back to this map of consciousness. Next time. Again, to go deeper into it. There are some things that I want to talk about, but for now, let's leave it where we are. Okay. So here is what I want to talk to you about, regarding the type, the levels we could say of evolution that we're moving through because the way that I see it, again, this was not talked about previously, but we're coming up to modern times now people. So this is how I want to talk about this. Don't worry about drawing on my presentation. It's fine. So each of these layers that we have talked about with the planets, the seven planets, I correlate them to these seven levels that I have moved us through.
- 01:08:03 The moon being instinct, instinctual emotions. Again, the instinct to reproduce, to run away and hide, to get really angry, survival paradigm, instinct, moon. Emotion is paired with Venus. The will is paired with Mars. This directed action. The heart is connected to the sun. The mind is connected to Mercury. Jupiter is connected to wisdom. Saturn is transcendence. Now, I don't want you to get overly hung up on this and start picking apart what this is.
- 01:08:42 Just because it doesn't have to be taken literally. And if you're looking at this new saying, no way, then that's okay. That's fine. Let go of the planets. Please look at these words. That is truly the most important thing that I want to be on the same page about, is that these are the levels of how we are evolving our frequency. It is through this. And yes, it is appearing on a straight line. But of course, nothing in this world is a straight line, unless it's man-made. This is a spiral process that you come back to that sometimes you zigzag and cut across, but this is the process. These seven layers, it can be this simple.
- 01:09:34 So, one of the my most favorite places in the whole world is the Temple of Dendetta in Egypt. And it was at this temple, it was actually before I even went to this temple, that I had a, I was given a message and a vision. It was the first time in my life that I had ever experienced really something like that. And it's the reason why it was the reason why I was invited to go to Egypt was from this vision. And the Temple of Dendetta is where part of this vision, significant part of this vision took place. And right here to be specific, and this hallway, right there on the wall is where the vision took place. Now, when I went to that temple, one of the many downloads that I received is that the Temple is built as, and this is only one depiction of what the Temple was built as, but it was built as a brain.
- 01:10:50 And it was also built within these seven layers that I have shown to you. What I have understood is that the seven gates that we pass through in an honest descent are the seven gates that we move through when we enter a temple in Egypt. A temple, again, we've talked about this at the beginning first class. This that you are in right now, this is a quantum temple.
- 01:11:30 It is part of the reason why so much change and rapid downloads and also rapid emotional changes can happen here and now and throughout this process of us being together because



it's a temple. So hyper activated space. Everything outside of your temple, everything outside of this space right here and now, that is the world that is running on instinct. It is the chaotic world that has not yet found order like what we are creating and exchanging in this place here and now.

01:12:12 There is no coherence like there is here. So everything outside of the temple, that's people moving on instinct. The animals, when they enter a temple, they're not, they don't automatically go into some reverent state. That's not what happens. They're just now they're just in another building. But humans, we have the ability to come to shift our state, which is always what I teach when I am taking people to sacred spaces because we are asking for permission. We are setting our intention like we did at the beginning of this call before we go into that temple to make it very clear to the energies that hold that space what we're doing there. Why we are gathering in whose name? So to speak, are we gathering and what we are hoping to receive and experience while we're there. When we let go of instinct, when we move out of this place of the survival paradigm and we move into the world of emotion, which many of you and many people in the

01:13:24 so-called new age spirituality space, we could say, this is where they are right now. And this is where a lot of you are. And that's beautiful. You're in the emotion stage. You are bound in determined to tell me that emotions are the absolute thing. And that's good. Because that is the level that is necessary for the mass majority of the planet to understand that emotions actually hold wisdom. They are important to feel. We cannot repress them. We cannot deny them. We have to be in relationship with them and let them move through us. As you can see, that is actually for those of you who have not been there, where you see emotion written, that is the outside door that leads into the temple. So all of this in here, this is just the first room in the temple. It requires getting over the survival paradigm and being willing to enter the world of emotion that you're able to go into the temple. If you are just in chaos, fear and survival, you cannot get in there.

01:14:42 If you ever traveled to Egypt, might you step through the building? Sure. You might walk through there. You are not going to be interfacing with the energies and the field of that temple. If you are bringing all of your chaotic energy in there and the same is true with this temple right here.

01:15:03 It won't work. I will just share that with you. If you're constantly in resistance, it won't work. We have to move through the emotion. Honor. Continue to see where are we? Perhaps the map of consciousness is a good gauge for you to check yourself. Where am I at right now? Not because you're going there and saying, I'm only at an 80. Not because of that. And feeling badly about yourself just being again very transparent. And aware, wow, I am really feeling this way right now. And when I look at my relationship to God or the people around me, that really is how I'm feeling. I feel like they don't care about me. I feel like they're out to get me. Whatever it is that you might be experiencing, you're able to engage with that and move through this room and move into a greater level of understanding of clarity, of logic and reason, the next place that's there, you're able to move to that space instead of being dominated by the survival emotions. When we have chosen to cross this



- 01:16:13 threshold, we are allowing ourselves to have greater ability to then harness our emotions like what we saw with Mars. We harness all of that energy and we are able to move that toward a directed will. So now we are crossing the threshold of will and when we continually choose to be in coherence, to be with an in alignment and in a coherent state and direct our will toward love.
- 01:16:57 And toward the divine, we move into the heart. When we have moved into this heart space and again, we are coherent and as our heart chooses to open as we choose to continue to open our heart and then direct and allow that to be what our inner compass is and tell us where to go. Our mind and our heart become one. They become one working unit because in fact, of course, they are.
- 01:17:33 They become one coherent communicative relationship and it's collaborative between them. That leads us into wisdom. With our emotions balanced and just able to be there, when we have our will guiding us and directing us toward greater levels of coherence and harmony within our heart and our mind, wisdom naturally moves through you. You do not have to seek it.
- 01:18:12 It just is you. That experience leads you into transcendence. It is here, you may be wondering, all of these are on a threshold and transcendence is where. Transcendence is in the place called the Holy of Holies. It is in this far back room that wisdom is the threshold for. That within that room, there was, in every single temple, a large granite box that is a very small room that you would sit inside of to receive transcendental wisdom, insights, downloads, connection to the consciousness to the cosmos, excuse me, etc. This temple is within you.
- 01:19:12 This is your process into your own temple and the odds are high that you have already made this journey many times already in this lifetime and now you're coming back to it, experiencing it with me with this group, with a certain lens to have a certain amount of guidance as you are moving through this.
- 01:19:37 So this process can also be understood as the Wheel of Samsara. There are certain people in this world who do not get past the emotion. There are people who still don't get past instinct. Let's just be real about that. But there are also many people who just don't ever get past the emotional aspect. They get kind of stuck there. There are also people they make it through all of this.
- 01:20:04 They get to the mind and then that is where they live. They just live in their mind. And they say, no, this is it. This is all I want. And so now all the other rooms of the temple, totally black. They are unknown to this person now because they are choosing only to live in their mind.
- 01:20:21 And when we break ourselves free of this instinct, this past conditioning, the descent that you made as a soul. When we get through that programming, when we transmute every pain, every fear, every trauma into wisdom, that is when we transcend the human animal experience. We become something more. This is what we're going for. We become homogenous.
- 01:21:10 The divine human, human divine. Human first divine. However, you want to say it. The human divine, the divine human. We are firmly rooted in this beautiful earth and in our bodies and we become an example of what is possible. Every time you choose to align yourself with the energy of your soul, every time you choose to overcome the anger, the guilt, the shame, you no longer



act on those things and react to people, to stories, to your own self.

- 01:22:03 You overcome. You come up over that pain that part of you that has been conditioned. So why is that different? And how is that not bypassing your emotions? Because you are recognizing and remembering that it's an illusion. There is a part of me feeling shame right now. And the only reason I am feeling this shame is because I have been conditioned to feel shame. My soul does not experience shame. That's not an experience that my soul has. So how do I, as a soul, honor this feeling that is in me and still move toward my soul? How do I do that? That's a practice of awareness and of you getting more intimately familiar with you, with your inner world, with your inner temple and the places that still have a shadow. That is of course part of this journey that we are all on together.
- 01:23:22 That is part of what you're going to be doing. So and really currently are doing, I should say, to be very clear. Goodness gracious me. How is it 1040 guys? Okay, so I want to show you one final piece. I really tried so hard. There's so much more that I have here and anyway it's okay. My hair is all said, you won't get there. Let it go. I didn't let it go. It's right here, but I'm letting it go now. So what we're going to do is I'm going to show you this video.
- 01:24:07 And I'll just, I'll just let it sit and then we're going to talk about it. For a lot of people who are watching this, they're already aware of at least one famous precedent that was set for brain anatomy being depicted in the Renaissance artwork and that was with Michelangelo's painting of the creation of animal assisting chapel.
- 01:24:36 So the precedent was set in the October 10, 1990 issue of the Journal of American Medical Association when a doctor Frank Meshberg had an article published in which he presented a theory that Michelangelo had depicted a brain in his painting of the creation of Adam on the ceiling of the Sistine Chapel. And he made a pretty obvious observation that when you look at the figure of God in that painting and all the figures that surround him and the forms that surround him that you're looking at the sagittal cross-section of the brain.
- 01:25:16 Meshberg's paper demonstrates a direct correlation in both the external form and at the same time that's sagittal or cross-sectional view of the human brain. In this comparison, we see that the compositional elements correspond to specific structures and features of the human brain. The first correspondence we see is from the main axes in this comparison that we claim of the Cerebrum is indicated in the composition.
- 01:25:54 In relationship to this is the axis or sweep of the God figure a match with the sweep and angle of the corpus Colossum and the brain stem. The area corresponding to the brain stem indicated here in the painting are rendered in a lighter, more white palette, compared to the areas corresponding to the Cerebrum which are darker and rendered with a red, peach and orange palette. This is the suncas or fisher or space between the parietal lobe and the occipital lobe. In the corresponding area of the painting, the folds of cloth and the arcing posture of the Cerebrum indicate the same line.
- 01:26:45 The sweep of God's left arm corresponds to the shape and location of the corpus Colossum, the eye line and mouth of Sophia continue the line and reinforce the correspondence. The right leg



of the Cerebrum behind God's right shoulder is similar in shape and location to the front of the singular gyros. The hard articulation of God's wrist is a clear correspondence to the screen of the corpus Colossum. The left hand is reaching down towards the sun figure in this holy trilogy of Father, Son and Holy Spirit. This gesture corresponds to the relationship of the corpus Colossum to the Cerebrum, which the sun figure brilliantly embodies. Another indicator that the sun corresponds to the Cerebrum is the placement of the fourth ventricle in the arrangement of God's legs. Notice the distinct triangular shape. Here, the quadri-genital system is indicated. The pinel gland sits in this cabin, which is located above the fourth ventricle.

- 01:28:12 Indicated here in the painting is the pituitary. Inside the sweep of the corpus Colossum in the arm of God arising from the area corresponding to the third ventricle is Sophia symbolic of the wisdom of God. Each point provides an even deeper sense of reverence for the profound aesthetic genius the painting demonstrates. So, why just for your own consideration in this moment, why might Michelangelo have hidden this information about the anatomy of the brain, which was not known at the time, why would he have hidden it in this painting? That is a fascinating contemplation to really just ponder for some time. I would say that very clearly, the very least, there are some kind of significance to the brain. Why is God there? Why is Sophia there? Now, I'm going to, as I said, I'm going to come back to we are going to come back to the rest of what I have here and hopefully a few other things when we meet again because of the way that I'm
- 01:29:42 slightly shifting this, our time together in class. So, this is what we're going to get into is what I have broken down is the hermetic layers of the psyche and the parts of the brain that it is correlated to. And the other piece that we will come back to is regarding the virtues like I said and we're going to get into a little bit of a deeper look at another perspective of the soul because as we have talked about this dissent, there are these other aspects of the soul that come through from this conditioning. So, until we meet again, some contemplations to take with you based on that video that we just watched, which you will have access to, it will be posted in the course page for the mystery school. Some of these questions, why is the God figure sitting in the space of the Corpus Colossum in the brain stem? And if you're like, I don't know what the Corpus Colossum is, great. I know that you can do something about that. Why is Sophia depicted beside God in the
- 01:31:03 Corpus Colossum? Interesting. Why would an angel or cherubim, as they call it in this video, be in the location with the eyes forward of the singular gyrus in front of God. Again, it's okay if you don't know what the singular gyrus is. It's all right. Why is the sun figure behind God embodying the cerebellum in the brain? Why is the pituitary gland shown as a figure's head?
- 01:31:34 That's all you see in the painting. And finally, why is the pineal gland shown between God and Sophia? They talk about it being the third ventricle. Why is the pineal gland shown between God and Sophia? And then the last question that actually did not make it on here, any other patterns, anything else that you notice that stands out to you in this painting, whether it is connected to brain anatomy or not, what stands out to you? What questions arise within you from looking at this painting?



- 01:32:08 Study it long and hard. Just like in Egypt, the paintings and the depictions, whether it is a hieroglyphic etched into sandstone or a painting in this case, when done by masters, they carry activations within themselves. So taking time to gaze upon this painting by Michelangelo, will only expand you. It is not a waste of time, I assure you. No matter how many times you've seen it.
- 01:32:46 And then in terms of practicing, the practice is to gain a new level of self-awareness, regarding your instinctual emotions, and then the thoughts that come up there, and how you can begin to practice this level of transcendence by bringing wisdom into that experience. So I've given a very little example here. So when an emotion arises within you, first identify which instinct it is connected to. For example, the instinct to feed oneself to protect oneself, to provoke, to run away and hide, etc. Which instinct, instinctual aspect is coming up when a survival paradigm emotion arises within you. Then identify the thought that led to that emotion and or stems from that emotion. You might not be able to know at this time what thought brought you there, because it's so buried in the subconscious that you don't know.
- 01:33:57 You just all of a sudden you feel angry, but you're you actually are not aware as to what brought you there. That can happen. But once the emotion arises, what thought comes off of that emotion? And then identify the wisdom that can transmute it. So the example, you feel stress. All of a sudden, you're stressed out. You can tell that your nervous system is going off.
- 01:34:23 Then you realize, okay, the reason I'm actually feeling stressed is because I'm super hungry right now, and I actually need to feed myself. Okay, so the instinct is to feed yourself. Then the thought that comes up from that, because maybe you are stuck in traffic. So you're not able to get home as quickly as you feel like you need to in order to eat. So now you feel like there isn't enough for me.
- 01:34:54 I'm not going to be able to feed myself, and there is not enough for me to feed myself. In some fashion, in different words, perhaps, but that's the thought. So then you become aware, okay, that is the instinct and the thought that this emotion of stress is rising from. So how can I transmute this in this moment through the wisdom that I know to be true? I will be able to feed myself. So how can I transmute it by affirming within me the truth? What is the truth? The truth is that I live in an abundant universe. Okay, then that's what I'm going to affirm within myself. I live in an abundant universe, and there is more than enough for me at all times. Always.
- 01:35:47 Breathing slowly, calming the body down, calming the vagus nerve. If you know what that is right now, down to reinforce that affirmation that it is true. Because if we're still feeling really stressed out in our breathing a shallow and we're like, I live in an abundant universe, I live in an abundant universe. That's not going to calm the body down, and it's not going to affirm that is true in you.
- 01:36:13 So we have to be calm and regulating ourselves through our breathing in order for an affirmation to sink in and to start to take shape in the memory of our heart and the memory of our brain. So, that's the practice. That's the contemplation. And as I mentioned, let me stop sharing so I can look at you all more easily. When we come back, I will invite you all to share some of what you experienced, especially with the contemplation, the practice specifically, what



you experienced with that until we meet again. I am going out of town this upcoming weekend. And so I will be at the I should remember what this is called, new living expo in Santa Fe, California. I'm doing a free workshop there and a panel with many other psychics and a beloved actually colleague of my name Debbie Solaris. She and I will be on the same panel. So I will be doing that this upcoming weekend, otherwise I'd be meeting with you in class. So that's where I will be and then when I come

01:37:45 back the following weekend, when we all come is when we will all come together. And we will again learn even more. So there will still be time for Q&A during that and just know that we are going to also go through things that are new. So it's going to be again a lecture. That's how I'm kind of shifting the way that we're doing these two classes, these different in the month, these two different times that we're meeting. And then the only other thing that I want to tell you is that on the 22nd, yes Wednesday, I might be saying the wrong day, it's the Wednesday following the upcoming one when I come back. I will be doing an online two hour workshop with the Omega Institute. They are presenting me, if you will. And it is called Prima Materia, it is about the original source code. So actually deeply tied to really what we're talking about today. Really it's the soul's descent. I talked about the journey and Prima Materia is talking

01:39:03 about before the journey. Basically what happens before. So you may wish to come to that if you would like to, the information I think is going to be in the chat and then also you can find it on the Omega website. It'll be an online streaming thing and I'm sorry I don't actually even remember what time it's at. I'm really the worst. I'm so sorry. It's happening at some time. I think on April 20. It's the Wednesday that I come back. I'm sorry. I'm not good at this. But I'm going to be there and if you want to come then you can join too. Other than that, that does that covers everything.

01:39:47 So I hope that you have a beautiful rest of your Sunday or Monday depending on where you are. And maybe I will see some of you in person in California. This this upcoming weekend. That would be beautiful. And if not, then hopefully I see you during the Prima Materia event. And otherwise I will see you back in class when we join again for the co-activation circle. So thank you all very much for your beautiful insights, for your hearts. And for moving through all of this and letting this land with you. Until next time. Bye for now.