

Mystery School - Field 3

Eluña Noelle

- 00:00:00 Good morning and evening and good day to all of you. It is very nice to be with you. It has been too long of a time, actually, since we were all able to be together, although, I did have the deep honor and privilege of seeing some of you in person, oh my gosh, at the channel panel, as well as the new living expo, some of you, but just most recently, it was at the channel panel and wow, what a delight.
- 00:00:56 And also very powerful time that we had together. So I would like to invite you to close your eyes for a moment before we go off into, energy world and come into presence in this moment. Come present of your heart, become present with your breath, become present with, your relaxed body, become present to your posture in your body, become present to, your face, become present to any sensations that are arising in your body, notice these sensations with loving awareness, notice them, with loving awareness, notice the energy in your heart.
- 00:03:46 With loving awareness, notice any thoughts as they drift through you. This loving awareness is the way that the creator sees you, watches over you, this loving, awareness is how you see with the eyes of love, the eyes of grace. When you notice your own self, your thoughts, your feelings, the sensations in your body, with this loving awareness, you bless yourself with the grace of the creator.
- 00:05:33 When you choose to perceive others, their behaviors, their words, their choices, with this, loving awareness, you bless them with the grace of the creator, the energy of wholeness, comes upon you and them in equal measure, allow yourself to return to this loving, awareness throughout our time together today, become familiar and allow this feeling to, grow within you, the feeling that accompanies this loving awareness.
- 00:07:14 It is the light of your conscious awareness that allows this flower to bloom. So be like the sun and gaze upon yourself, gaze upon others and our planet with the eyes, of love and see what grows around you. We are present in the heart of the creator gathering here today to come into greater awareness.
- 00:08:44 with our heart to become one with the heart of all. Please beloved creator, teach me all that I do not know today. Allow your awareness to rest in your heart. As I speak these next few words to you, today you enter the temple of initiation. The last three months together have all been preparation, allowing a new perspective, for you to see the world through, to declutter your mind from old ideas and patterns, to release some of the burden that your heart has carried from patterns that have been given, to you and ultimately to gain a new awareness.
- 00:10:47 And it is now that you are ready to enter your temple and begin the journey to the holy, of Holies. This is the integration and the journey of the fragmented self becoming one. This is what allows your soul's expression to come through. Your feet upon your path, taking the steps each

and every day, no more waiting for an invitation, choosing to enter fully and consciously into becoming your path.

- 00:11:58 Your soul, a pure expression of divine wholeness, incarnate in physical form, what you were born to do, what you came here to express, your peace of wholeness. Upon reaching this innermost sanctum, the holy of Holies, over the next nine months together. Remember that every beginning is also an end and every end, a beginning.
- 00:13:05 We walk this path, knowing that we will enter into the deepest part of ourselves, never, to be the same, knowing that the path goes on. There is always greater love, more joy, deeper awareness, greater surrender. And so we walk this path with humility and patience and joy, knowing that there is no end, to the creator's mind and wonder and mystery.
- 00:14:26 And in that majesty, we have been created to experience it all. So there is no wrong step on this path. We arrive together at this beginning. Each of us walking beside the other in the scene and the unseen, supporting, encouraging. And together we will arrive at yet another rebirth. This first experience today is you reclaiming your own holy temple.
- 00:16:17 Many stories, many people, many centuries have attempted to wipe this memory away from humanity. But you are the temple, you are the holy of Holies, and so it is a remembering, a return, to what you already know. And this path takes humility and courage, because you must let go of what you think you already, know.
- 00:17:23 So that something new can enter. So will you allow something new, gazing upon each piece that you are offered in our time, together with the same loving awareness that the creator looks upon you with to bless, everything you receive, whether it is understood by your mind or not. That is what you will practice today.
- 00:18:39 While you learn more, hear more, remember more, practice this loving awareness for yourself, and all that you receive and experience today. Being aware of your heart energy again in this moment, aware of your relaxed body, you are safe here, coming back to your breath, coming back to this shared space with, beautiful beings walking beside you on this path home.
- 00:20:05 And when you are ready, gently opening your eyes. So as I mentioned, the last three months have been preparation.
- 00:20:42 Perhaps some of you thought we would be staying in that analytical world. That is necessary to release and fill your mind with different information so that you, are able to have a new perspective to see more clearly. So today we are working with the energy of Heddu or Horace The Younger, the Divine Child, and Isis, the Divine Mother.
- 00:21:40 The Earth Mother forms of her anyway. So I will share, I did create a small presentation for you and it is more important, that when you are receiving this, I encourage you not to try to understand or take things, in with your analytical mind. We have been doing a lot of analytical processing and you have received a lot in your conscious, mind and it is far more important that

you allow this to just come into you and hold, it very lightly rather than really working to understand what we are talking about today.

- 00:22:53 I have created this presentation simply to support those who are visual learners and could, use some visual prompting while I am speaking about many things today. That is really the reason why I made this. Otherwise, I would just be speaking to you, particularly if we were just together in person.
- 00:23:16 I would just be talking to you, there would not be anything that I show you, but I am doing, that to support the fact that we are in a quantum and on virtual space today. So please know that, so remember what we are evolving through. This evolution of frequencies we could say energy, we can also say awareness which ultimately, is an evolution of our consciousness.
- 00:23:52 That is the same thing. We are evolving from survival instincts to a transcendent consciousness. Not transcendent because we are above others, it is because we are above the programming, that has been given to our bodies for decades and centuries and eons. That is the purpose. And actually it was Yeshua who said that only those who are able to walk with humility, are able to be truly enlightened because pride kills enlightenment.
- 00:24:52 Plato, philosopher, plato. He wrote about something he called the Tripartite Soul, which is just a fancy way of saying, a three-part soul. And described how we each have these three aspects to ourselves that serve as different, functions and also that each part needs something different and has its own strength and, weakness.
- 00:25:28 So the soul of appetite, that is the soul that we would say is in the lower chakras, specifically, the lower two chakras. And that is about our desires, our instinctual reactions, the survival paradigm essentially. And that also is where the divine child lives. And remember that is where we are focusing on today.
- 00:26:03 The soul of will would be in the solar plexus and entering into the heart and slightly, into the throat chakra as well. It overlaps. And the soul of will is about how we are directing our energy in the world. So if our third chakra, our solar plexus and will center, is still being influenced and, bound up by survival emotions, then our creative energy that comes from our heart is going, into things that are not necessarily things that we would call beautiful or creative.
- 00:26:48 It tends to go into things that are more about survival. Now that there's anything wrong with that at all, there's no wrong. It's simply that we are not able to create as much as we could. The third soul, he called the soul of reason. We would say that this overlaps with again the throat chakra and then entering into the, sixth and seventh chakra.
- 00:27:13 So it is about our ability to reason in the world and the perspective and lens with which, we are perceiving the world through. Now again to remind you, the evolution of frequencies, aka the evolution of consciousness. Your souls, as Plato would call them, are going to evolve as you choose to become conscious, on this path of evolution.
- 00:27:48 That is naturally what's going to happen, which means your sense of reason as Plato calls, it or as even the stoics would refer to it is also going to evolve, which means the idea, and the

definition that you have right now of what reason is going to change. We open to it changing so that it can.

- 00:28:19 These different aspects of self or souls as Plato liked to call them. When they are brought into harmony through the use of these virtues that we just went, through in our last meditation and little class together the beginning of the month. If you remember what those virtues are, please write them in the chat and I will check, what you're saying.
- 00:28:57 We got two courage and temperance, courage, temperance wisdom, justice, thank you all of you exactly. When I talk about justice, I really like to say non-judgmental justice. Again, because the definition that you or I have of justice in our human mind at this, time is not the same definition of justice that the creator holds.
- 00:29:29 Be open to that. This wisdom is really considered a mystical state because it is something that goes beyond, anything that you can see physically around you and yet it is inherent to everything that, it's physical around you, paradox. And so wisdom is the overarching or the virtue that holds everything together and it is, achieved or at least touched into when these other three virtues are brought into coherence, with each other.
- 00:30:26 Each virtue builds upon the other and strengthens the other when you practice it, when, we practice courage, we also learn how to be more temperate with what we are doing. Just the other day, my beloved was saying to me, I am learning that it is actually when, I'm in a place where I'm surrounded by people where it's challenging to be around them, and they are saying things that feel really triggering to me.
- 00:30:58 I'm learning that it's actually more important what I don't say and how little I speak, than what I try to say. That awareness is a form of temperance coming out to balance, which is what temperance is, to balance the words and the expression and that takes courage because when the ego gets triggered, and is feeling all kinds of emotions, it feels very justified, talk about justice, feels, very justified in telling them exactly what they think and how wrong they are about whatever, it is.
- 00:31:41 Perfect example of virtue coming through and then a greater wisdom is able to come upon the, person who practices virtues in that way because they see things from a different perspective. Now that they are not having the same habitual reactions, now that they are tempering themselves, they are able to have a different perspective.
- 00:32:09 So we are going to be moving with the awareness that there are many aspects within us. Many fragmented selves live within us, live within our bones, from our ancestors, live within our energy field, from the conditioning that we have had in this human body and live, within our greater awareness and field, from every parallel life we have ever experienced or ever, will experience. So that means that when we are moving through this, the stories that may, accompany any of those aspects are not where we put our attention, they are not where we put our, energy. Our energy is on the destination. If any of you have ever written a motorcycle or a horse, the direction that you are looking is the direction that you will go.

- 00:33:18 Playing and simple, that's how it works. So if you are looking at some deeply wounded aspect that, comes from any lifetime or experience from this life or an experience from one of your ancestors, lives, then you are going to get stuck in that story in that wound because that's where you're looking.
- 00:33:45 It does not mean that we disregard the wound. It does not mean that. It means that we acknowledge it, with the loving awareness to bless that wound with the grace and presence of the loving observer. The creator. And we remember that where we're looking is too wholeness, is too unity.
- 00:34:19 We're not looking to other places for separation. We're looking to places to become whole. So you are going to meet many aspects of yourself during this journey and it is going to, require of you that you hold your energy. Think about all the things we have learned up to this point.
- 00:34:45 It has been for this moment and for what you are going to enter by choosing to walk this path. The creator is so loving that you are going to be given exactly the experiences that you need, in order to move through this journey to bring yourself into wholeness. Which means when you say, I want to practice courage, I want to practice the virtue of patience, any soulful quality. When you ask to practice that, you will be given those experiences.
- 00:35:31 And it requires the awareness of, oh that's right, I asked for this. There is always a great gift, available in any moment. So how will I access that gift to receive that blessing? Many people want the gifts and the powers, whatever we want to call them, that come from a transcendental state. They just want the mountain top experience, but they don't want, to climb up the mountain. And I just want you to know, with all of the love in my heart, that if you are here, you are climbing up a mountain. I am right here with you and please know, that you are still the one who is walking up that mountain.
- 00:36:31 The more that we become aware, the greater energy we are able to hold. The more energy we are able to hold, the more expansive our consciousness is, that allows us to be given gifts from the creator that are more and more pieces of, responsibility, which I love that word, by the way. We get to become more responsible for even, more when we are able to hold more. And that is a gift because greater things come from that, responsibility. So we are and that responsibility means that we now have an even greater influence, on the collective. The greater coherence that we are able to hold, the greater the influence we, have on the collective. It is the difference between taking one grain of sand and throwing it into, a pond, the ripples of that grain of sand, they are there. They are making an impact.
- 00:37:47 I want to be a stone. I want to cast ripples of love that are wide and reaching, into the collective. That requires greater responsibility and a willingness, goodness me to walk with humility on this path. And so today, as I mentioned, we begin as we have all begun in this life. As a sacred and holy innocent child, with headoo or Horus the younger, the son of Isis and Osiris.
- 00:38:47 And we are going to come and touch with our own sacred child and move through the, evolution of frequencies and consciousness. So the divine child, initiation begins when you are, willing to leave certainty behind. We could also call the divine child the full archetype. If you are familiar

with taro or the archetypes, the fool, the one who sits on the very edge of the, cliff, almost falling, blindfolded, taking a step anyway. Guided by instinct, pure instinct, is what the fool is guided by, which is why you will see many times the fool is depicted, with a dog near it because that dog represents instinct. And you may ask, but if the fool is, guided by instinct, then why are we trying to evolve beyond it? Good question. Because our, instincts have been muddled greatly. Everything that makes us human has been muddled and has, been attempted to be taken from us to be perverted, distorted, deeply. So we are returning to pure.

00:40:32 instinct, the instinct where the gut knows and you can listen to it. There is always a place for, children at our table, which means we are not leaving the child behind. No, we are simply, integrating the fragmented aspects that likely stem in childhood, but also can come from any other, time in your life. As I also said, beginning and end, one in the same always, thank goodness for this, infinite experience. The eternal traveler, love that line, the eternal traveler, such as your soul. And so when it reaches its conclusion, so called, the destination, so called, it returns again to the beginning, but at a higher octave, at a higher level of understanding, and awareness. That is the initiatory work and the great work that is done in alchemy.

00:41:50 The key qualities of this archetype, I believe I wrote down, we would say innocence before knowledge, just like a child. Children are able to learn the most because they are fully innocent and deeply, curious. And they are just there saying, please show me. There is radical trust in the divine order, mat, the logos, knowing that is the all-pervading force no matter what it looks like, outside of you, or feels like inside of you. There is divine order. You must simply become, aware of it and allow that to be your place in consciousness. There is freedom from social, conditioning. If any of you have children or have ever had the pleasure of watching children, observing children or working with children, then you will know that they do not care about social, conditioning, particularly when they are very young. That is not important to them. When they, are left for their spirit to be free, I should add. When their spirit is allowed to be free.

00:43:12 children do not care about social conditioning. They are fully authentically, wholly themselves. I hope that you can remember that feeling from when you are a child. There is a willingness to walk the unknown path. There is an alignment with cosmic truth, rather than social expectation. That is perhaps one of the greatest pieces.

00:43:43 Not thinking about what you should be doing, what you should look like, what you should sound like, based on any title that you have given yourself or that you have received through your lifetime, whatever it may be. You are aligned to cosmic truth. Not when anyone else tells you, something is supposed to look like. And the divine child does not attach to stories or, identities. Very important here. Every day one a child wakes up. It is a fresh day. They are not, thinking about yesterday when they fell down. Again, I want to be clear here. The child, that is allowed to just be fully themselves. I have worked with plenty of children who have been, in situations where that has not been the case for them, unfortunately. But when a child is just, allowed to be, they wake up and they are not thinking about yesterday. They are also not thinking, about tomorrow. And that allows them to be free of any story, any identity. They just are what they are.

00:45:01 Full presence with no attachment whatsoever. That sounds a lot like the creator. Full presence with no attachment. So, what I would like to invite you to do now is to go into breakout rooms.

And while comfort is preparing these breakout rooms, you are going to be there for around 10 minutes.

- 00:45:40 And what I would like you to do is talk about the qualities of childhood, of the divine child, of what it means to be living without story, to be living without attachments. What does that feel like? What does that mean? And I would really encourage you as best as you are able to feel your answers and then share what, comes from that rather than trying to think your way into what it means to live without identity.
- 00:46:17 Remembering that you are holding the awareness of the loving observer. I'm asking a lot of you right now because here we are. So, you're all of that. Is what you're going to enter with and comfort anytime you're ready. I, welcome you to open the rooms. See you here in 10 minutes, which is, you don't have to pay attention to, the time. We have you on a timer. But 10 o'clock is when we'll come back.
- 00:46:52 Welcome back. Goodness me. You know, when I drop in on your conversations, it is so deeply inspiring in so many ways. In so many ways. So inspiring. To hear the courage that is present and the awareness that is present in this group. Wow. Someone said, this is where we abandon our logic. Thank you for saying that. I'm sorry that I, don't remember who that was. Thank you for saying that phrase. If that was you, please type that, in the chat. Because really, this is where we abandon our logic. This is it.
- 00:47:39 If you're logic or your analytical mind, try to come in and direct you, are going to miss, the mystery of the creator. I assure you, I assure you that the creator is illogical and non-sensical. Yes, that is why we are practicing and regaining our ability to be with our non-sensis.
- 00:48:11 The senses that are not based in the physical world. The creator lives in the invisible. And when we are able to experience the invisible, the visible takes on a whole new meaning. Wow. It looks very different. Walking in both worlds. So, I will show this, I suppose. Since I prepared it. Let's look at this here.
- 00:48:49 Remembering that this is the outline of one temple in each of which is the Temple of Bandeta. Now, what you do not see is everything that comes before these bottom, excuse me, before these, what look like bottom columns here. This is the main door. Where my cursor is. And these columns, are actually facing outside and then there are windows between. So, it's a very open space in the, beginning. At the front of the temple, it's very well. At the front of the temple, it's very open.
- 00:49:31 But before that entryway, there is something else. And it is called a pylon. I'm going to, now that you have seen this again in stop sharing because we're going to be moving into something, different. There is something called a pylon, which stands at the entrance of almost every temple.
- 00:49:56 They look different based on the temple that you're going to. But in essence, they are massively tall. Massively tall pillars or arches and gateways usually made out of, sandstone, other times granite. And that is the first threshold that you actually cross, is that far outside gateway through

the pylons. And the pylon is a Greek word by the way to describe, to describe the temple, the temple gateway. But that is what it is, the first threshold.

- 00:50:42 So, I just want you to know that. So, that you can have somewhat of that in your mind, because you are about to enter your own courtyard and your own temple. I am going to take give three minutes to use the restroom if you need to. Get an I mask, if you need to. And if for some reason you came here without a writing utensil, hand a journal, then also to get that because you will end up wanting it after.
- 00:51:19 And so, we will come back, let's say at 10 o'clock. Please go take care of yourself and return at 10 o'clock. Thank you. Okay, hopefully you have returned. So, you are going to be experiencing some of your inner world that perhaps you have never, experienced before. And you are held in this container of beautiful light, with myself as a human guide and also with many other beings that are here to guide you.
- 00:52:19 And to guide each of us. So, please know that. Please return to that, truth in a soft, relaxed body so that you are able to bring your nervous system into a, complice. If for some reason during this experience, you see things that are quite surprising to you. Allow whatever emotions arise to arise within you, whatever they may be.
- 00:52:49 Knowing that you are perfectly safe, that you are perfectly welcome, exactly as you are, with all that you are, and all that you are not, you are welcome here. So, you are going to be led through a meditation, an activation. You are being brought into your the courtyard of your temple and you're going to meet some beings there.
- 00:53:28 So, if you have a blindfold or something to cover your eyes, I encourage you to use that. It can be very helpful and also it's not necessary. As long as you are able to simply bring, your awareness inward and not be distracted by any lights outside of you. And if you have a preference to turn off your camera, of course you are always welcome to do that.
- 00:53:57 It is possible like I said that there could be emotions that come up and I encourage you as, you practice and how we opened and are currently practicing to give loving awareness to any, emotions that arise, to bless them with your loving awareness. I encourage you to stay sitting during this meditation rather than lying down.
- 00:54:29 There will be a time to lie down at the end. It is not a requirement, but if you have a space to, lie down, then I will invite you to do that so that you can integrate everything. The position that I encourage you to be in is a supine position, so that just means on your back, with your arms on either side of you, with your palms up. Very specifically is supine position.
- 00:54:56 The reason for that is it is this state of absolute surrender and just allowance. And so, everything that you are able to integrate can land more easily, more gently when you are in that position. If you do choose to lie down, I encourage you not to open your eyes. Don't rearrange and make a whole bed for yourself and then lie down. You stay in the sacred, energy and awareness that you are in. The state that you enter from this experience, you are going to stay in that and slowly allow yourself to find a position to lie down.

- 00:55:44 That is the idea so that you are not breaking your state in order to go into a lying down position. If that is not possible for you today, simply because of where you currently are, that is okay. So, remember loving awareness, please remember there is no wrong, there is no right, there is simply your experience. So don't get lost in that, come back to what I am guiding you to, come back to your heart and what is arising for you when you are entering this new space.
- 00:56:31 So, please find a comfortable position, close your eyes, allow your body to relax, soften the belly, slowly allowing your inhales and exhales to be longer, slower, relaxing the face muscles, the neck and jaw muscles, with each exhale, softening your body, relaxing into your body, allowing any sensations that arise from your body to be looked at with loving awareness, observed into love, without story, without attachment to these sensations, allow any thoughts to be gazed upon with loving awareness, like a butterfly flying by you, gazing with love, not attaching, relaxing the body softening, bringing your awareness to your heart, become aware of the energy of your heart, feeling the love within your heart, feeling any other emotion or energy that arises with love, remembering that each emotion, each experience, brings you closer to love always, in compass, every energy, every emotion in your heart, with love.
- 01:00:58 wrap your loving awareness around every emotion, loving it into wholeness, you see a path emerged before you, are outside, this path is leading you toward the massive pylon of your temple, the outermost gate of your most sacred space, stay soft in your body, relaxed in your heart, as you walk toward this gate, arriving at this gate, you stand in the shade of a tree, able to gaze up fully to take in the height of this pylon, the stone glittering in the sun, feel the energy of this gate in your heart, this temple has been waiting for you, ever patient, ever knowing you would return, you feel the presence of ISIS beside you, the divine earth mother, walking beside you, hand in hand, you cross the threshold of this gate, you are aware that your root, the lowermost chakra is active and awake, as you move through this courtyard, the energy of your heart, the love of the earth mother, feeling your root chakra, with a new energy.
- 01:06:12 the energy of wholeness, stay present with your heart and your root chakra, feeling the energy of this holy love, walking toward the entrance of your temple, holding your awareness, in your root chakra, your heart chakra, and the energy of wholeness in both, as you walk toward the door, you notice there are figures waiting at the entrance, as you get closer, you notice more characters coming from behind the temple, who do you see first, what do they look like, what other characters do you see.
- 01:08:50 how are they behaving, do some of them pair off or go off alone, some may not even look like people, notice, take a moment to see if there is anyone hiding behind the statues that sit at the front of your temple, who stands out to you among all of these figures, choose two to three, catch your attention, that seem interesting, observe them, what do they look like, what are they acting like, you gaze upon these beings with loving awareness.
- 01:12:10 and realize these characters are all parts of your personality, they are the fragmented aspects of yourself, perhaps some of them seem familiar to you, approach one of them that seems the most interesting to you, see them with loving awareness, with compassion, ask them this question, what do you want, see what answer it gives you, now ask, what are you afraid of, listen for the answer, now ask what do you need to be whole, listen for the answer, listen for the

answer, gaze upon this being with compassion, and love, offer these things that it has asked for to it, give it what it has asked for, this being for the wisdom, it carries, and it's willingness to enter wholeness again, feel complete with that interaction, you notice the sun shining even brighter, and a special light surrounds every character, that you see around you, feel a sense of wholeness, lightness, as your heart expands, with greater compassion, greater patience.

- 01:17:44 greater love for all parts of you, this energy fills your heart, fills your root chakra, fills your heart, ISIS offers wings to the parts of you, that are ready to be integrated, not everyone will get wings today, but you know everyone will, one day, your entire being relaxes, as this truth settles deeply into your heart, return to your inner sanctum.
- 01:20:01 to the quiet place of rest and solitude, that secret place in your heart, where only you and the creator are, feel the sense of peace and strength in this place.
- 01:20:55 allowing your awareness to rest here, finding a place to gently lie down with your awareness present, in your quiet place in your heart, allow yourself to rest, allow your consciousness to drift away, gently coming back.
- 01:24:01 aware of your body, aware of your breath, bringing your awareness back to this shared space, and when you are ready, gently opening your eyes, please take the next five minutes, to write and reflect on what you just experienced, who you met, what you felt, we will take five minutes, please finish your final word.
- 01:28:46 you're final line that you are writing, knowing that you can come back and encourage you to do so, if you have more to say, do yourself, what I would like to share with you now is just, of three more three practices, essentially, that you are going to be self-guiding through, until we, they, some of them have time limits and until we see each other again, so what I would like to say first is that the voice is the expression of our soul, there's one of the reasons why singing in front of people can be so terrifying because it is your soul, coming out, and just like we are programmed and our bodies are conditioned to hold certain, contractions and certain positions out of fear, out of all of the conditioning that we are given, so to it is with our voice, our voice, our neck muscles, our throat muscles will hold a certain position, and then the voice will come out in a certain way, based on all of the conditioning that we have had.
- 01:30:35 the more that we relax and the more that we open and intentionally open our voice, the more our soul is able to come through without all of these obstructions and filters in the way, of it, so throughout our time together for the next nine months, you are going to receive a variety, of practices, each are dependent upon what we are moving through at the time, but one type of, practice that you will always receive is a vocal activation, if you are already a singer, then your voice tends to be more open, that is not always the case, because sometimes we get stuck, in a pattern of singing a certain way, and so that is still limiting the expression of the soul, but for those who do not sing on a regular basis or in front of people to express yourself, and particularly if you are one who does not talk very often, either just with yourself or with others, these vocal activations will be particularly important.

- 01:31:56 So as usual, I encourage you to find the vocal activation that feels like it is expansive for you, and expansive means just as the full sits and teeters on the edge of the cliff, your ability to be challenged while simultaneously feeling supported is how any practice should, feel to you. Should be on the edge of your challenge, the edge of what feels between, easy and challenging. That's how you know that something is teaching you is guiding you is building, you. If it feels easy or like you already know it, then it's not going to expand you. If it, feels a little unusual, a little uncomfortable, then you know that it is in some way growing you.
- 01:33:02 So the truth is that if you are someone who talks a lot or who sings, the vocal activation, might actually feel more difficult for you because you're really going to have to find your edge, of challenge yourself because I am not there in person to identify it and that is part of mastery.
- 01:33:27 You self-identify. Where is your edge of challenge? You self-elect to bring yourself there, and you stay conscious and courageous while you are standing on the edge of that cliff of challenge. And that goes for any of the practices that you are going to see and be encouraged to do. So this vocal activation, I am starting very simply with just saying these words aloud.
- 01:34:03 Again, if that is not where you know that you should be beginning, then please start some more us. If saying this is very feels very easy, it feels very true for you. Can truly tune into your heart, and say, I am safe in my body. If that is a truth for you already, then this is not the vocal, activation for you. I am starting here to meet many people where they are. And as we progress through, these nine months, the vocal activations are meant to become increasingly challenging.
- 01:34:45 This is for this vocal activation is to support your root chakra. There are many ways that you, can do that. Kirtan or yogic chanting. There are specific Kirtan songs or chants that are, directed toward a feeling of safety, a feeling of physical belonging. And there is also the, vocal sound that accompanies the root chakra, which is Lahm, LAHM, it's how you spell it in English, characters. Lahm, using that word and that sound with your awareness directed toward your root chakra, is a way of opening and stimulating it. And I also encourage you to use whatever your native language, is to also bring about a conscious change within your mental state around your safety. So it's both, because we are changing our thoughts to accompany a change in our behavior as much as we are, changing our energy. They go together. I welcome all aspects of myself into my heart.
- 01:36:03 The experience that you just had, of entering that courtyard, you are able to go back to that place, at any time. To meet other aspects of yourself, to see who else is there, are no matter, where we are in our human development. There are always aspects of self to be integrated.
- 01:36:35 That is this infinite journey that I spoke of. There is always more love. There is always greater, wholeness, which means there are beings within you seeking integration. The next practice is this embodiment practice. This is a very physical, act of self love that is meant to be done with that attention. So it says for the next seven days, each night before bed, give your feet a massage, focusing on each part of your foot, with the loving awareness that you have been practicing all day. Gazing upon your feet, with the eyes of love, expressing your gratitude for all of the places that they have taken you in, your life, that they have taken you in that day, all of

the places that they will take you in your, life and in your coming days, truly using your hands of creation, to massage love and gratitude, into your feet. And as you bring that energy into your feet, the energy of disconnection, a fear of separation, of a lack of safety, leaves, it leaves your feet, it leaves your body.

01:38:25 it leaves your field when you intentionally and consciously bring in and massage, truly, with the energy of love coming through you. Now I have said seven days here, because over the course of seven days, you at the minimum, you will notice a difference in yourself. If you truly follow these instructions, you will notice a difference.

01:38:58 And so seven days is this kind of minimum time so that you are able to go through this, and then at the end of seven days, really notice how you're feeling, and please keep going if you want to. Don't stop at seven, you do not want to. But seven is, the minimum recommendation so that you can actually assess how you feel, and it does not have to be, a 30 minute massage. Please know that. It requires that you become very conscious and intentional, like when you are entering a meditation, you become relaxed, and you are turning your attention, and focus entirely on what you are doing. So that is really what determines the amount of time, that it will take you, because if your attention keeps going somewhere else, but you're there for 15, minutes, you're not going to notice as big of a change. And also see how your attention changes, over seven days. Is it easier for you to get into that space of loving awareness and focus.

01:40:02 as you practice this over the course of days? The next practice is an earth practice. This, for some of you, might say right now with that first line. No, I'm not doing that. And that's okay. It's your transformation. So that is this is entirely in your hands. The earth practice is to wake up before sunrise. Doesn't mean the middle of the night, but just before sunrise. Bring some food and a drink with you, and take a walk right, outside of your front door. No matter where you live, take a walk right outside of your front door, with no destination in mind. Allow your feet, the ones that you've been giving your loving, awareness and heart to, allow them to guide you and see where you end up walking as quickly or, slowly as you feel, stopping whenever you want to, along the way, to look around with love at, anything around you. And in various moments, tune into your body, tune into your root chakra.

01:41:29 and ask it to guide you to beauty, walking as a child, in innocence and joy, as you do so. Now this practice you see I did not give a time limit on for a number of days, because it should be as often as you are able to. Doing something completely new and out of routine, for yourself is one of the fastest ways for you to change, to transform, to become something new.

01:42:11 Which is the only reason to do any of this. Is with that in mind. If we were going to stay the, same, then we might as well not meet. So each of these practices are addressing different layers, of yourself. So these practices are going to be also put online, so don't feel like you have to, write them down in this moment and I'm going to stop sharing. And I want to tell you this as, closest I can to looking at you. And it does make me smile because it's something that has, for a very long time been very funny to me. As a person in the position that I am in to be doing, this to be guiding you. If you have come into this space to not follow directions, then I don't know why you came. It's quite humorous to me. Something that I have seen throughout, my entire lifetime

of people at all ages, adults, ally and children, lessons, etc. Coming into a classroom, and choosing not to follow the directions that the teacher has given, that the guide has given.

- 01:43:38 I use those words interchangeably. If you're going to do that, then I cannot help you. Because the things that I am giving to you, they are here to assist you. They are here to, awaken something new within you. And so if you are entering a class thinking that you already know, everything, there is no room for something new to come about. So please know that and also know, that when you're waking up before sunrise, if you feel really angry with me, but you choose to wake, up anyway, that is wonderful. You are allowed to feel however you wish about me. I am very accustomed, to it. So you are allowed to be upset with me. And if that is the way that you need to leave your house, truly, walking and stomping around, feeling frustrated that you are up before the sun.
- 01:44:42 But you do it anyway. You're going to find a new part of yourself. You're going to find a new, level of willpower and a new state of courage and from that a new ability to overcome things. And so if in that process, you need to be upset with me, then I fully welcome it. I am here for that.
- 01:45:03 I fully welcome it. But please do the practices anyway, because I am curious you want, but massage, your feet. See what happens. Don't be confused by the simplicity of these practices. Remember that wisdom is simple. It is about the awareness that you hold that wisdom is able to come through.
- 01:45:33 I only want to say, lastly, again, how deeply proud I am of each of you. The choice that you have made and the choices that you are going to continue to make, to meet yourself and to meet this world with courage and an open heart. Thank you. Thank you for choosing the path of love again and again and again.
- 01:46:22 That is how we will transform this world. I am deeply touched by your sincerity and your commitment to walk this path. And deeply honored that I get to be your guide as you do so. The only thing that I want to leave you with is that on which is unrelated to this mystery school, but feels important nonetheless. This Thursday, the community of Dr. Joe dispensa, if you are familiar with him or not, is holding a 15 minute meditation to give love and energy, to our sacred earth. There is a free download of this meditation that he made that is only 15, minutes long. And so people all over the world are going to be doing this meditation, throughout the day on Thursday. And the entire purpose of the meditation is to give our love and, energy to the earth. So if you would like to do that, again, it is free. It is something that you are, easily able to access online. And I am going to put the link here for you.
- 01:47:44 If you would like to join. And again, it is whenever you are able to. So anytime, all you do is go to that link, you register, so that they can send you the meditation and then you do it. And how powerful it is when thousands, of people hold the same intention. The result that comes from that and the level of coherence, is beyond what one person can do. Hence why we are many, hundreds in this group walking this, path together. Thank you all again. Truly, I am deeply honored. And I love you. I love you.

01:48:37 With my whole self. And I will see you all very soon. massage those feet, until we meet again.
Bye for now.