

The Spiral Within

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- 00:00:01 I actually can't believe that it is already November. That is. Whew! These last three weeks have really flown by. And there have been so many really incredible shifts. Very rapid, I would say, in energy.
- 00:00:22 When and I'm so curious if any of you have tuned in to that or have been experiencing that. I would love if you shared in the chat if that is something that you've been going through or in the comments. If you're on YouTube, because I it has been something that other people around me have really been feeling as well without my saying anything.
- 00:00:44 They will bring it up and I'll say, that's exactly what I'm going through, these very rapid shifts of kind of one moment or one day being in one stream of energy, one stream of consciousness, and then the next day, or in a little bit after that. You move through it rather quickly, and I don't know if any of you have also been experiencing that or if it's just a localized experience here, but it has certainly been happening with me, and it's actually been a really a really beautiful practice because of what it has allowed me to remember in terms of how to actually come back to a center.
- 00:01:27 What what is my center? Because those rapid shifts in energy, while they are certainly part of the flow of life and the the stream of evolutionary consciousness that is coming through, it does not mean that your center has to be taken so off base that you you are now feeling rather flustered or just in a mood.
- 00:01:51 We could say that doesn't have to happen. So it has really been a beautiful practice to experience these very spontaneous shifts in energy. And some of them have some of them come in the form of an opportunity or, or a choice, a decision.
- 00:02:11 And some of them are really just purely energetic. But it's been fun to ride these different currents. That's at least how I've been interpreting it. So I hope that you are also experiencing these shifts with with joy and gratitude. And if you have not yet felt joy and gratitude for these shifts that maybe you're feeling, I would encourage you to start with gratitude for them, even if it's difficult really finding that piece in you of remembering the truth, that this experience that you're having is perfect, and it is exactly what is supporting your evolution at this time.
- 00:02:50 So if that is something you are navigating and it's been challenging returning to that place of gratitude so that the way that you are experiencing it can become joyful is what I encourage. That is a path and a choice that we can walk. Gratitude really is a choice, but it's something that you have to feel.
- 00:03:11 It's not just saying empty words, it's something that you really feel. Which means you might have to take a few minutes to really tune into your heart, really touch in to that authentic feeling and find what is it that I am grateful for in this moment? Because that's how the joy can become genuine is when the gratitude is genuine.
- 00:03:33 That's how the path unfolds with sincerity and earnestness from your heart. So that's what I've been moving through. And on this particular day, when I asked about this meditation, it was my Pleiadian sisters, these priestesses that I've been with in many lifetimes who came forward to offer their a meditation.
- 00:03:59 They are wanting me to actually call it a movement of energy. So not entirely sure. Okay, so what they're explaining is it is this is a the idea. Okay. This is all very helpful. They did not tell me any of this until just this moment. So the idea is that you are letting yourself go into a trance like state.

- 00:04:22 So you're very sedated, so to speak. Really quieting the mind, allowing the brainwaves to slow down, to be very relaxed, allowing your body to be very relaxed and listening. Yes, to what is happening. But knowing also that this is more of a movement of energy that they are facilitating based on your level of surrender and release and acceptance of this.
- 00:04:48 Okay. So throughout this experience, if your mind starts to kick in, or if an emotion of some kind starts to come up. Reaffirm I am open to allowing this movement of energy through me. I am open to the release of this energy. If you just reaffirm that with your body and with your voice, with your mind.
- 00:05:11 It will help you to relax more and help to facilitate this energy movement. Wow. This is I will say, this is kind of a first to be doing. This feels like a very large group Energy Clearing that they are wanting to facilitate right now. That's a first for me with this many people. So we'll see how that goes.
- 00:05:33 Glad I'm not doing this alone, but they are really highlighting the the affirmation of this clearing so that you can surrender more deeply both both in your mind and your heart, and also in your body to really let it be relaxed. So then this is an instance where you could stay sitting up. If you are able to surrender and really fall into a meditative trance state, than stay sitting up.
- 00:05:59 Otherwise, you can let yourself lie down for this and even wow, they're saying even if you fall asleep. Okay, well, so this is not my version of a meditation, but if you if you're going to lie down, then it's also okay if you fall asleep is what they're saying. So that's good to know. If you have an eye mask. I always recommend an eye mask to cover your yourself so that you can kind of block out other noises, and with earphones or headphones as well, just so that you're not being interrupted by anything outside of you.
- 00:06:29 Okay. They're saying that is enough preparation. All right. So let's just take a moment to center yourself, find a comfortable position for your body.
- 00:06:50 Okay.
- 00:06:54 So if there is a lot of if you experience during this a lot of physical movement or twitching, please reaffirm with your body that you are safe and that you're open to allowing this movement of energy to to happen, that you're open to this release of energy. And if you are experiencing perhaps absolute stillness throughout this, then they are saying that this work is happening at the very, this very, very bottom layer of your being.
- 00:07:25 It is like the undercurrent of your being that they are releasing energy through to help you establish more consistency and a steadiness, while other people might have stuff more on the surface, which means their bodies might move more. So wherever you are, please know that they are exactly aligning to your layer of need at this time.
- 00:07:46 Okay, thank you for saying that. Closing the eyes. Deepening your breath.
- 00:08:08 Long, slow. Inhale through the nose. And a long, slow exhale through the mouth. Letting go. Inhale through the nose slowly.
- 00:08:30 As you exhale. Allowing your face to relax. Your eyebrows. Your jaw muscles. Letting your eyes get heavy. Breathing in. Letting your belly fill.
- 00:08:52 As you exhale. Letting your shoulders drop. Your arms. Your belly. Your hips. Relax. Breathing in long and slow.
- 00:09:14 Exhaling. Letting your thighs relax your calves. Letting yourself fully surrender. To the seat. To the floor. Letting your body relax.
- 00:09:35 As you inhale. Breathing into your heart space. Hold at the top. Filling your heart with energy through your awareness. Exhale out the back of your heart.

00:09:56 Letting yourself melt. Falling away. Breathing in to your heart. Holding. Feel the energy in the center of your chest.

00:10:23 Allowing this energy to grow. With your awareness. In this place. Feel your heart. Exhale. Inhale.

00:10:44 Feel your heart. Hold at the top. Bringing more energy. More awareness to your heart. Center. Allowing it to expand. Exhale.

00:11:05 Feel your heart deeply. Breathing in. Hold at the top. Feel your heart open. Expand.

00:11:31 Exhale and relax. Fully. Feeling your heart space. Hold empty. Feel your heart. Inhale.

00:11:52 Filling your heart. Center. Hold at the top, allowing your body to be relaxed. Your awareness in your heart. Exhale. Softening. Relaxing.

00:12:13 Hold empty. Feel your heart. Center. Allowing more energy to be present there. Inhale. Fill your heart. Hold at the top.

00:12:33 Relax and soften the body. Filling your heart with energy. Exhale. Relaxing. Hold empty. Feel your heart.

00:12:56 Feel the very center of your being. Inhale. Hold at the top. Relaxed body awareness in your heart.

00:13:20 As you exhale. Relaxing. Surrendering completely. Allowing the breath to find its own rhythm. Awareness in your heart.

00:13:51 Affirming aloud or silently. I am open to this release and movement of energy today.

00:14:14 I trust this release and movement of energy. I am open to this divine support of energy, of release.

00:14:56 We will begin in the heart center. Spiraling open. Allowing more to enter this space. You may feel this sensation within you.

00:15:20 Allow this spiraling open. Allowing your focus to be within your heart center. You are facilitating the movement of this energy.

00:15:45 It is not being done to you. It is happening with you and through you. We are merely reminding you of how you know to move your own energy today.

00:16:10 At times being your hands to move this energy, at times being simply a guide or witness to this release of energy. Thank you for allowing us to walk with you today.

00:16:39 Maintain focus in the heart center. As it opens, more expands beyond your regular field of energy.

00:16:59 We are strengthening your capacity to hold your heart field open. This is a return to your natural state. A return to your natural field of expansive heart energy.

00:17:34 This may come as a pain in your chest. A minor adjustment. Your heart will acclimate to this new space. Just.

00:18:05 Remembering to allow the body to relax. Breathing deeply.

00:18:27 And now a spiraling in. To bring you deeper into your own heart space. Reminding you there is no fear to go deeper.

00:18:53 A lighting this way inside for you now. Broadening your depth. Expanding your reach within your heart field.

00:19:21 Allow yourself to go deep within. Now. Enter this heart space.

00:19:45 Feel the beauty of your own heart. Feel the love that is present within you.

00:20:17 That is divine love. The love that transcends conditions, boundaries, limitations. That is the love that is ever present.

00:20:54 It is you. And it is all. Feel this love.

00:21:15 Feel your heart.

00:21:46 An expanded capacity to hold and receive love, to give, to share from your own heart. It has been received.

00:22:19 We move now to the meridians of your body. The carriers of energy and information throughout your entire being. These are personalized adjustments.

00:22:41 Though many of you hold similar places of tension and restriction within you. We will move through these spaces first that are shared. Then tend to you individually.

00:23:04 Allowing your body to relax. Focus is in your heart. Remembering this love that you have expanded into.

00:23:26 Clearing first the very edge of your shoulders. This connection between your upper back, your shoulders, and the way that you move things through this reality, through your arms and hands.

00:23:51 This is a release. Of burdensome energy carrying too much on your shoulders. This constricts your ability to create when you are hindered by a heavy load.

00:24:19 Release. Letting go. of the feelings of guilt. The pressure to save another.

00:24:51 Allowing these centers to open. To clear the pathway of the meridians. Through your shoulders. Arms. Hands. Upper back.

00:25:27 Moving toward. The center for your kidneys. Within these meridians are the way that you process and move emotional currents of energy.

00:25:49 Just as the kidneys move and process the currents of liquids that move through you. There has been a build up.

00:26:13 Releasing and affirming your release of this energy.

00:26:33 Allowing the body to surrender to this release. Feeling this clearing. Wrapping around your hips. Moving down.

00:26:55 Through your pelvis and your thighs. Allowing this clearing. Moving energy and all that has been blocked.

00:27:20 Feel a gathering within your knees. Energy that is ready to be released. Allowing this energy to move down through your calves.

00:27:42 Through your shins. Gathering. At your ankles.

00:28:03 Allowing this energy to be released through your feet. Released to the Earth's center. Ready to be transmuted. Allow this energy to leave. through your feet.

00:28:31 Down to the center of your planet.

00:28:59 Returning your awareness to your heart center. Moving up to your neck.

00:29:28 Gathering the energy from your upper back. From your middle back. Gathering the energy from your throat. From your jaw.

00:29:56 Gathering the energy from your head. Trapped. Tension. Gathering at your neck. Moving out through the top of your shoulders.

00:30:19 Down your arms and gathering at your elbows. Allowing this energy to move through your forearms. Gathering at the wrists.

00:30:42 Allowing this energy to move out through your hands. Returning to the Earth. Release.

00:31:03 Release. From your heart center. We will adjust individually.

00:31:29 Remain centered within your own heart. Feeling this expansion of love. While we remove that which is not love within you. Feel your heart.

00:31:51 Focus your breath in this center. Allowing the new space that has been created within you to be filled with this expansion of love.

00:32:23 Any space that has been cleared within you. Bring this love from your heart to that space. Bring this love to your neck, to your shoulders.

00:32:45 To your kidneys and so on. Fill yourself with this new love.

00:33:35 Continue to feel your heart expand. Bringing this love to more places within you.

00:34:20 We wish to make one final adjustment for each of you. This is an adjustment of your vision. Opening now the eyes within your heart to connect with your human eyes.

00:34:52 To see the world as your heart sees it. Through the eyes of love. Of beauty. Of connection.

00:35:16 As ever. We are only facilitators of this connection. It is your choice to see through these eyes. To remember that you have them.

00:35:39 And practice using this vision until it becomes clearer and clearer, and eventually is second nature to you. Ask your heart to show you what it sees.

00:36:05 And you will see Only love.

00:36:32 Bringing your awareness to the very center of your heart. Feeling the lightness of your body. The lightness of your energy. Body.

00:36:54 Open and clear. Returning to your heart.

00:37:17 Again and again.

00:37:47 Deepening your breath. Allowing yourself to come back to your body. Slowly.

00:38:08 And still being with the energy of your heart at this time. Allowing that to stay with you as you come back. As you open your eyes. Keeping this awareness.

00:38:29 This new energy. Within your heart.

00:38:51 So they are just mentioning to me that it is possible that maybe for a day or two, you might have some unusual physical symptoms. And also emotional releases may come. And they are saying that that is just a return to to your natural state, to this expansion of love.

00:39:17 It is just a return to that. So allowing it to be there. And I would say also just to include those. Those other helpful pieces when it comes to a clearing such as hydrating more

and drinking, drinking fluids that are hydrating and also making sure to go outside and ground ground with the mother.

- 00:39:47 It's really beautiful, especially if you feel like there's something lingering to let that move through you with her helping her, allowing her to help you rather. So thank you all very much for allowing me to lead this today.
- 00:40:11 That was quite lovely. Very different. Still adjusting actually to this feeling right now. That expansion. And. Going to see you all again very soon. Very excited about these new pieces that are coming through in the circle.
- 00:40:34 And I would say too, just with where you are, if you are still feeling like you are in a process, then I would encourage you to journal. I'm going to play a song here to close this out, and I really appreciate all of you being present for this and allowing this to come through, allowing me to guide and facilitate this.
- 00:41:13 You know where the truth lies. There in your heart it cannot hide. You know where the way goes. There where the river meets the sun.
- 00:41:38 So let go. She says to me. Trust the path beneath your feet. Let go. She calls to me.
- 00:42:00 Trust the path beneath your feet. La dee dee dee dee dee dee dee dee dee dee. Dee dee dee dee.
- 00:42:22 Dee dee dee dee dee dee dee dee dee dee. Dee dee dee dee dee. You know when it is time.
- 00:42:42 To face the depths of this design. And let her take you. Into the center of the earth to let go.
- 00:43:07 She says to me. Trust the path beneath your feet. Let go. She calls to me. Trust the path beneath your feet.
- 00:43:32 Dee dee dee dee dee dee dee dee dee dee. Dee dee dee. Dee dee dee dee dee dee dee dee dee dee. Dee dee dee.
- 00:44:04 To the wisdom. Of your heart. Of this heart.
- 00:44:33 To the wisdom. Of your heart. Of this heart.
- 00:44:56 Dee dee dee dee dee dee dee dee dee dee. Dee dee dee dee. Dee dee dee dee dee dee dee dee dee. Dee dee dee.
- 00:45:26 Thank you all so much. Bye for now. See you all again very soon.