

**CHAPTER 1**

Inner Planes

**Essential Processes Required**

**for**

**Working within the Inner Planes**

**(Extracted from Chapter1)**

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To work with the Inner Planes energy and to benefit from any of the techniques shown in this book, **you must first perform the following five processes:**

1. Accessing the Inner Planes by either a guided meditation or by using the Inner Planes symbol
2. Calibrating your energy field to the Inner Planes frequency
3. Walking through the energy fields of the Ascended Masters
4. Activating your Sacred Heart
5. Creating the Divine Chamber

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| You perform the first four pro­cesses in the Ascended Masters Plane. The fifth process creates the Divine Chamber by combin­ing the energies of the Ascended Masters, Temple of Spires, and Higher Chamber Planes to form a space where you are one with the Divine Mind. | _Pic12 |

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**Technique: Accessing the Inner Planes**

**Purpose:** To show two ways to enter the Inner Planes: via meditation or with intent using the Inner Planes Symbol

**Concepts:** Heart Chakra, Ascended Masters Plane, Soul Center, Twelve Chakras, and Inner Planes Symbol

**Description:** Access to the Inner Planes happens through the Ascended Masters Plane in one of two ways. You enter the Inner Planes either through a guided meditation process or by inserting the Inner Planes Symbol into your Soul Center, located between the navel and the sternum and in the center of the body. The Inner Planes Symbol allows you to enter the Inner Planes by using your intent. The Soul Center is where the Soul con­nects to the body.

1. **By Guided Meditation**

**Process:**

* Put your awareness on your heart chakra, located in the center of your chest.
* With your mind’s eye, go deep and look for a dot of white light.
* Approach the white light, and as you do, see it expanding.
* Go into the light.
* Walk forward into the Inner Planes using your heart to direct you through this field of white light and bring you into the Ascended Masters Plane.

1. **By Inner Plane Symbol  
   Process:**

* Using your intent, instruct your Soul Center to open. It is located between the navel and the sternum and in the center of the body. Simultaneously, instruct each of the twelve chakras to open.

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* Insert the Inner Planes Symbol (figure #1) into the Soul Center.
* Visualize the red perpendicular line extending through each of the twelve

chakras (figure #2). The red line acts like an antenna.

* Again using your intent, instruct your Soul Center and chakras to close.

From now on, you only need to use your intent to go to the Ascended Masters, the Temple of Spires, or the Higher Chamber Planes.

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**Technique: Calibrating Your Energy Field to  
the Inner Planes Frequency**

**Purpose:** To calibrate your energy field to the Inner Planes frequency

**Concepts:** Healing Room, Ascended Masters Plane, Ascended Masters, Twelve Chakras, Etheric Bodies, and Meridians

**Description:** Calibration of your energy field is necessary to work with the Inner Planes energy. To accomplish this, ask Mary Magdalene to bring you to the Healing Room within the Ascended Masters Plane. Two Ascended Masters perform the calibration process. The Ascended Masters start with the brain and, generally, pro­ceed downward from the sixth chakra to the first chakra. Then they move to the seventh chakra and proceed upwards to the twelfth chakra. The Ascended Masters will end with the cali­bration of your meridians and etheric bodies. You perform the calibration of your energy field to the vibration of the Inner Planes only once.

Hereafter, you can go to the Healing Room for healing as often as you like simply by using your intent. Mary Magdalene sug­gests that you do so daily.

**Process:**

* Ask Mary Magdalene to guide you to the Healing Room.
* Two Ascended Masters enter the Healing Room and begin calibrating your

energy field:

– The Ascended Masters start with your brain.

– Once your brain is balanced, they move to your sixth chakra, and grad­ually progress down each chakra to your first chakra, then they move to the seventh chakra and proceed upward to the twelfth chakra. As the

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Ascended Masters proceed through the chakras, it takes less time to cal­ibrate each chakra.

– Once your chakras are equalized to the Inner Planes frequency, the Ascended Masters calibrate your etheric bodies and meridians. The cali­bration process takes several minutes.

* Use your body to muscle test that the process is complete.

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**Technique: Walking Through the Energy Fields of the Ascended Masters**

**Purpose:** To calibrate your energy field with the Ascended Masters

**Concepts:** Ascended Masters

**Description:** After you have calibrated your energy field to the vibration of the Inner Planes in the Healing Room, let your heart chakra lead you forward until you arrive at a clearing where the 2,000 Ascended Masters are assembled and among whom you will walk. The process of walking through the energy fields of the Ascended Masters calibrates you to the energy of the Masters, and energetically you become forever connected to them and vice versa. You perform the calibration with the Ascended Masters only once.

**Process:**

* See the 2,000 Ascended Masters standing in a circle formation, all facing in

the same direction with each Ascended Master facing the back of the Ascended

Master in front of him/her.

* Step into their circular formation facing in the opposite direction to theirs so

that you are face to face.

* Then walk through the energy fields of each of the Ascended Masters until

you get back to your original starting position.

* Do this several times.
* Use your body to muscle test that the process is complete.

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**Technique: Activating Your Sacred Heart**

**Purpose:** To activate your Sacred Heart

**Concepts:** Grotto of Mother Mary, Ascended Masters Plane, Mother Mary, Master Jesus, Sacred Heart, Divine Masculine, and Divine Feminine

**Description:** Activating your Sacred Heart requires the release of pain and discord across all lifetimes from your heart chakra. Any pain blocks and distracts you from working in the inner heart space. The activation process includes going to the Grotto of the Mother Mary to purify your etheric field and heart chakras of all your lifetimes and then calling upon Master Jesus and Mother Mary to activate your Sacred Heart.

**Process:**

* Ask Mary Magdalene to guide you to the Grotto of the Mother Mary in the

Ascended Masters Plane.

* Allow the energy of this location to purify your etheric field.
* Connect to the heart chakras of all your lifetimes (using your intent) and ask

Mother Mary to clear any pain and discord.

* Hold the connection to the heart chakras of all your lifetimes until they

are balanced.

* Ask Mother Mary to summon Master Jesus and ask them to activate your

Sacred Heart.

* See the Divine Masculine ray coming from Jesus’ Sacred Heart and the Divine Feminine ray coming from Mother Mary’s Sacred Heart, activating your Sacred Heart and creating a flame of the Inner Planes in your Sacred Heart.
* This flame once lit is ever-present and can never be extinguished.
* The Sacred Heart activation process only needs to be done once.
* Use your body to muscle test that the process is complete.

Hereafter, you may go to the Grotto of the Mother Mary on your own by using your intent. The Grotto of the Mother Mary purifies your etheric bodies.

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**Technique: Creating the Divine Chamber**

**Purpose:** To create the Divine Chamber

**Concepts:** Intelligence of the Inner Planes, Pure Awareness Plane of Existence, Higher Chamber Plane, Ascended Masters Plane, Divine Vibration, Temple of Spires Plane, Divine Chamber, and Divine Mind

**Description:** The Divine Chamber provides a space to be one with the Divine Mind and Divine Awareness. The creation of the Divine Chamber within the Inner Planes integrates aspects of the Ascended Masters, Temple of Spires, and Higher Chamber Inner Planes.

Five things are important to remember when working within the Divine Chamber. First, you are functioning within the Divine Mind when in the Divine Chamber, so your thoughts and intent need to be as pure as possible.

Second, Divine Inspiration, Divine Love, and Divine Space are Divine aspects that are always present and permeate all of existence. These aspects are common to all of creation and, from that perspective, can be used by the Divine Mind to influ­ence the evolutionary process.

Third, your mind and the Divine Mind are one.

Fourth, you connect to all of existence within the Divine Chamber. And, fifth, within the Divine Mind, joy and peace are present.

**Process:**

* Ask the Intelligence of the Inner Planes to guide you to the Pure Awareness plane of existence within the Higher Chamber Plane.

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* See a sphere of pure white energy of the Higher Chamber Plane generate around you. Notice the sacredness of the Divine within the sphere.
* Using your intent, connect with the energy of the Ascended Masters Plane within the sphere, and as you do, the energy within the sphere becomes crystal clear.
* Now, feel the Divine Vibration being emitted from the Temple of Spires Plane entering the sphere, transforming the space into the pure golden radiance of the Divine, integrating the qualities of all three primary Inner Planes, and forming the Divine Chamber.
* Experience the presence of the three major aspects of the Divine Mind – Divine Inspiration, Divine Love, and Divine Space.
* Use your body to muscle test that the process is complete.

Within the Divine Chamber, you are one with the Divine Mind and Divine Awareness. You create the Divine Chamber only once. After that, you can access it anytime using your intent. Divine Awareness has a balancing effect on all of creation.