

Awakening to Celestial Service

-ONENESS WHISPER-



At the start of each meditation is a visual representation such as you see above that may assist you in more easily conceptualising some aspect of the meditation that follows. An exact visualisation is not necessary to experience the energy behind the form of any geometric shape and they are intended for guidance purposes only.

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Introduction

What follows is intended to act as a guide for those drawn to seek greater service. It presents a path to a new form of consciousness that is emerging within the light of service. It is presented in three parts, on your first approach it is recommended to work through Parts One and Two sequentially in the order they are presented, though you may wish to linger longer or repeat journeys as you are drawn to do so before moving forward. Part Three can be taken sequentially but is there almost as an addendum, a useful collection of touchpoints for aspects of your personality as you feel it calling out to you for assistance at points along your journey more deeply into the light of service. If you feel resistance, become preoccupied with glamorisations of service, or simply find yourself in a state of doubt or confusion, it may assist you to look through the Table of Contents at Part Three and see if any of the journeys might offer some comfort at this time before continuing with Parts One and Two. There is no right or better way to approach any path of service, let your intuition guide you to the discovery and timing that works for who you are.

Part One explores and aligns you to an expanded understanding of greater service and opens you to the potential of new consciousness available through greater service. Part Two raises you up into an awareness and embodiment of what we have expressed as celestial service, though the term as a label falls short of the experience. Here you may find an expression of new consciousness attainable through service beyond what was once possible upon the Earth plane. As detailed above, Part Three contains guidance for aligning your personality self with the greater consciousness of service that you are embodying.

There is guidance all around you as you travel your own path, the light of service draws many opportunities to you, your wisdom will use them to create a life that benefits all. Though much can be said of the emerging consciousness that arises through service, your path is your own to create and travel, a unique journey that in time will take you where you were always meant to be.

Life is better experienced than read about so before you begin we will just add that we thank you for your commitment to service and the awakening of all life, may it bring you joy beyond that which you have ever known, we suspect it will.

Part One

Initiation to Greater Service

Setting the space:

Take a deep breath that fills your body, and as you exhale, gently close your eyes. Allow yourself to settle into the moment, feeling the weight of your body sink into the Earth, fully supported. With each breath, release any tension, any thoughts that no longer serve you. This is your time—time to awaken, to ascend, and to align with your highest self.

Take all the time you need to set the space for your meditation before progressing.

Meditation:

Bring your awareness to your heart centre, the gateway to your Highest self and soul. Visualise a beautiful, radiant light expanding from your heart, enveloping you in love, peace, and harmony.

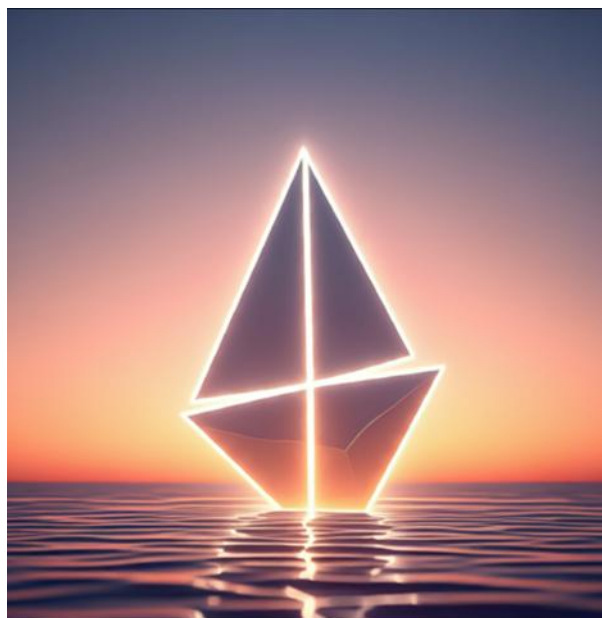
Feel the peace you have as a magnetic quality that draws you into ever deeper states of peace. From a place of calm relaxation and stillness, go within and decide if you are willing to commit to greater world service than you have yet experienced. Notice how your state of peace responds to this question. Let that be your guide about whether increased service is right for where you are on your path right now.

When you have a strengthening sense of peace that increased world service can be a focus for you right now. Breathe deeply and place the palm of your left hand over an area around where your heart centre is. Breathe deeply, attune yourself to feeling the gentle warmth of your heart centre in your left hand. If you are ready, you might mentally state that you are ready to commit to greater world service.

If it is right for you, state in your mind: “I am ready for greater world service, I am committed to the awakening of others. I intend to have initiation into the consciousness of greater world service.”

If it feels right, state this again and feel the desire of your self resonating in your words as you say: “I am ready for greater world service, I am committed to the awakening of others. I intend to have initiation into the consciousness of greater world service.”

Continue drawing the scattered energy of your self back to you from the Universe as you repeat: “I am ready for greater world service, I am committed to the awakening of others. I intend to have initiation into the consciousness of greater world service.”



When you feel whole and complete within, move forward into deeper meditation, or continue to restate your intention for service as an ever deepening mantra until you get a sense that the Universe has heard your call.

Place your hand back down and sense the glow and vitality coming from your heart centre. Begin to bring that uplifting sense of openness up into your energy bodies. Follow it round.

Sense yourself opening and adjusting to the increasingly finer and uplifting energies about you. Travel out on your feelings for as long as it increases your sense of harmony to do so. Take your awareness up through all of your centres at a pace that brings you calmness. Settling your energy bodies into a place of stillness so that you can more freely resonate with tones of joy, peace and love.

Let that sense of oneness build and be the note that calls you to the bright point of light of your heart center. Being drawn into the bright point and then through into an awareness of yourself as existing as a greater body of light.

Let this sense of yourself as made of light take you out to a feeling of space, sensing the movements and patterns within the space. The rotations and swirls, being carried out and around as your focus moves around the space you are now in.

Expand out to the edges of this space, experience there.

Focus back on the core, feel a central column of light, observe its movement and its influence on the patterns around it.

When you are ready get a sense of two three-sided pyramids (tetrahedrons) at the centre of the column. Watch them rotate as their bases come close together, resting within one pointing down and one pointing up in this central column of light.

Feel the rhythm of your light come into resonance with the rotating tetrahedrons. The top tetrahedron rotating one way, while the bottom rotates the opposite way. Between them a bright point of light.

Mentally ask your soul to assist you in calling to you an awareness of those whom you might serve. Get a sense that the bright point between the tetrahedrons is emitting a tone that travels out into your cocoon of light and beyond.

Visualise or in some way sense a nebula of lights, more lights that can be counted, drawn together in some cosmic dance. This nebula may be far away or it may be close to you, just observe it now.

You might notice how movement in one part ripples out to affect the whole. That a dance of lights can be created by watching one part become luminescent, then illuminate the area near it, as that light becomes absorbed by the whole, causing more lights and patterns to shift and change.

Get a sense of Divine order to the processes and patterns in the nebula as you observe. Watch it grow larger in some way, get a sense of it expanding.

Feel your own light beginning to expand and take on the hues, rhythms and movements of the nebula you are observing. Allow the synergy between your own light and the collective of those whom you might serve to deepen. You might imagine your light expanding and merging with the nebula, becoming one.

Observe the movement in your Light, feel the sense of Oneness rising. Your tetrahedrons rotating faster and faster, a central column of light rising out of the higher and lower points, notice the column extending far beyond your Light. As your cocoon spins faster and faster. Allow it to reach a crescendo and come to what you know as its natural speed, slightly beyond that which you can comfortably maintain an awareness of. See if you can accelerate further. And then lift out, expand beyond an awareness of your Light, drifting on a sense of layered Oneness.

Sense the hues of the Will to Unify upon this plane you are now emerging into. As the sense of unity grows, become aware of other LightWorkers gathered about you on this plane, all focused on the light of world service. Feel the great number of beings here, connected in united purpose. Sense them recognising your presence and adding their energy to bolster and stabilise your own here. The sense of unity deepening as this happens.

Off in the far distance a group of tall lights become present. These Beings of Light have been referred to as the Spiritual Hierarchy. Those that embody the Divine Plan for humanity. They are approached as a group but the experience of each will be individual.

We will approach them now, to do so is to do so humbly with humility. Draw nearer to them now. Feel their light and love. Their gratitude for the service you offer to the Divine Plan as a Lightworker.

Three Beings of Light emerge from the group to step closer to you. Get a sense of their energy as they focus upon you and allow your awareness of the greater group to fade as you hold their focus.

One asks if you are ready for initiation into greater world service.

Get calm within and decide if you are ready for initiation into greater world service at this time.

When you have a sense that it is right to continue, when you feel your desire for what is offered as a tangible quality, you might mentally state: "I am ready for initiation into greater world service. I am committed to bringing light and consciousness. I am ready and open to greater world service."

Feel your conviction grow as you state "I am ready for initiation. I am ready now"

In the being's hand a rod of initiation into service appears. Sense the electrical power of the Fohat in this rod, the power through which the Divine Plan manifests. Feel also how this rod is imbued with further Divine qualities such as the Will to Unify. Sense the electrical hum of this rod of initiation.

Prepare to receive the rod of initiation into greater world service. Breathe in deeply, straighten your back, pull your shoulders back, push your chest out and bow your head down, opening the top your spine as fully as you can as you prepare to receive.

Feel the rod of initiation travelling down your spine, the energy of the Fohat and the Will to Unify stimulating and rejuvenating, awakening as it spirals out of your spine into all your energy systems.

Silently offer gratitude to the Hierarchy for their work and for their gift to you. Then let your awareness of them begin to fade, knowing that while you are on a path of Service you will always be attuned to their Purpose and connected with them on some level. Get a sense of them bidding you to begin your work now.

Sense the energy of initiation as a part of your being, observe it playing out in your Light. Feel its electrical charge in your tetrahedrons.

The two tetrahedrons are coming closer together. You might imagine a midpoint between the base and tip of each tetrahedron. One tetrahedron facing up, touching the base of the other which faces down. They are beginning to merge together so that these midpoints meet. The light is growing more intense as they merge into the same space. As their midpoints connect an eight-pointed star is formed. This is known as the Merkabah Star or the ascension star. Get a sense of this now in whatever way you can.

Feel the other Lightworkers who are initiated to greater service drawing closer to you, coming into resonance with your awakening self. The bright point at the centre of each Lightworker becoming more stimulated as you come into resonance with one another. A global community of Lightworker. All of you working together, focused on the same goal, the same point in space. Humanity.

You might imagine a mesh of light covering the planet, a network of light representing humanity. Imagine all the Lightworkers focused upon humanity. Feel your guides joining you, adding their line to your great work. Drawing in Lightworkers from other planes and dimensions. All of you singular in focus upon awakening humanity. Feel the love and compassion being poured out.

Get a sense that together the Lightworkers are able to draw the attention of the Solar Logos who begins to add their higher frequencies to your focus. The Planetary Logos awoken by transmissions from the Solar Logos also begins to focus upon humanity.

Feel the Great Ones being drawn to your work now. Sense the delicate wisp like light of The Pleiades added to the focus on awakening humanity to its celestial potential. The

light of the Polestar guiding and inspiring an awakening. Through the Solar Logos get a sense that the lights of Divine Will are ever present and guiding this awakening.

And slowly watch as lights within humanity begin to flicker on, bright points awakening here and there, the light from these points radiating out to create brighter and brighter areas.

As humanity awakens feel the Planetary Logos awaken further, feel the energy coming back to the Planetary Logos and the Solar Logos from the awakening light of humanity. Observe the light of humanity beginning to extend beyond the planet Earth now, its light travelling far and wide, its consciousness no longer bound. Humanity becoming a bringer of celestial light across many planes now. Observe the play of light created as a tapestry on a universal scale. Just watch and observe in whatever way you can the light-play created by the consciousness of humanity as it awakens to its deepest potential.

And focus more on your own light, feel yourself glowing with the pure essence of your soul as though every part of you is now attuned to your higher purpose, your Divine blueprint.

Begin to pull your collected energy back to the bright point of light of your Heart. Travelling back through your Heart into your sense of physical locality.

Take a moment to run the energy you have collected through your physical bodies.

Closing:

Now, begin to gently bring your awareness back to your breath. With each inhale, feel your light, the light of Purpose and the light of initiation anchoring into your physical form, integrating into your cells, your DNA. You are grounding this Divine energy into your everyday life.

On your in-breath you draw in higher wisdom, higher guidance, linking you always to the vast Universe.

On your outbreath extending down into the Earth, grounding you, stabilising your energy, aligning you with the heartbeat of Gaia.

You are a bridge between heaven and Earth, between spirit and matter, fully integrated, fully awake. Allow this to be your reality. For it is so.

When you are ready, slowly open your eyes, bringing this radiant energy into the present moment. Know that you are forever changed, forever awakened, and forever aligned with the Divine. Know your self as the Divine Plan.

You are the light. You are the star. You are the embodiment of love.

We, the Beings of Light committed in service to the awakening of humanity, thank you for aligning your light with our service. We recognise you as a kindred spirit and are always

here to support you as you go about your life, you need but ask and we will always respond. You are not alone.

Merkabah Star Activation for Greater World Service



Setting the space:

Take a deep breath, filling your self with life and as you exhale, gently close your eyes.

Allow your body to relax fully, supported by the Earth beneath you. Let your breath flow naturally, releasing any tension or distractions. This is your sacred time - time to align with your highest self, to awaken your light, and to step into your role as a beacon of service for the world.

Meditation:

Bring your awareness to your heart centre, a doorway your infinite love and light. Visualize a soft, radiant glow expanding from your heart, filling your entire being with a sense of peace and connection. This light flows outward, embracing the space around you.

As you breathe in deeply, focus on your crown chakra. Get a sense of its gradual opening and stream of light coming down from the higher realms and into your heart centre.

Feel a line of light coming back up from your heart centre to your Ajna centre. And from your Ajna centre the energy back to your head centre. Feel this energy circulating. Crown, heart and Ajna aligning with each other and higher light. As you do sense the light in your head awakening and spreading, a glowing white spiritual shimmer expanding from the light in your head. Follow these rings out for some distance as though travelling into your environment.

Sense a luminescent star above you, shimmering with the light of the cosmos. Formed of two overlapping tetrahedrons. this is your Merkabah Star, a sacred geometric field of light, a vehicle that connects you to the higher realms and supports your Divine Purpose.

Feel it rotating, the tetrahedron pointing up rotates clockwise, the lower one anticlockwise. Get a sense of the movement and the afterglow of movement above you now.

Feel this iridescent star, known as the star of ascension, gently descend, entering through your crown chakra and traveling down through your third eye, throat, and into your heart.

As it comes to rest in your heart the Merkabah Star begins to expand. Sense more keenly how it is formed from two interlocking tetrahedrons. One tetrahedron points upward, spinning clockwise, drawing in higher frequencies of Divine Light and celestial guidance. The other tetrahedron points downward, spinning counterclockwise, grounding you into the Earth and connecting you to the energy of Gaia.

Feel the harmony between these two forces - the heavenly and the Earthly, the Divine masculine and feminine. As the Merkabah Star spins faster and brighter, it forms a protective, radiant field of light around you. This is the light of your self as it is across many dimensions, the multidimensional you, fully alive and ready to serve not just your personal journey, but the collective evolution of humanity.

With your Merkabah Star activated, turn your awareness back to your heart centre. The light here begins to grow even brighter, and you feel drawn into the bright point of the Heart. Sense a subtle shift - a gentle activation of your Light - allow the expansion out to be much, much slower than you normally experience. Get a sense that this energy you are tapping into is not just for your personal transformation; it is an energy of unity and contains the seeds of service to all life.

For as long as it is comfortable to do so feel the light of your Light expanding out of the bright point from your heart, visualise it reaching out beyond your physical body, filling your aura, and then moving even farther, allowing it to encompass more of your entire awareness. Savour the moment of your Light coming into your awareness, as you do feel yourself in some way attuned to frequencies of love, compassion, and service to the greater good.

Picture your Light naturally forming connections with the LightBodies of others around the world, get a sense of natural resonance. See this emerging into a network of light. Watch it growing, becoming a vast, radiant grid of Awakened Beings, all dedicated to the upliftment of humanity and the planet. You are a node in this global web of light, contributing your unique energy to the collective healing and transformation of the world.

Feel the Merkabah Star in your Light, a powerful beam of light extends from it upward, connecting to the highest of realms, the realms of Divine guidance. Allow this beam to draw in wisdom, love, and inspiration, not just for you, but for the benefit of all beings. Get a sense that you are able to absorb the light of the Divine directly in this manner. At the same time, feel another beam of light extend downward from your heart into the Earth, rooting you deeply into Gaia's crystalline core. You are grounded, supported, and aligned with the energies of the planet.

Now, imagine your Light in physical space, expanding it even further. Far beyond your physical self, beyond your surroundings.

Further still, filling not only the Earth but also reaching out into the cosmos, touching the stars, the sun, and the vastness of the Universe. You are connected to the infinite, and through this connection, you draw in the energy of universal peace and wisdom. With each breath, feel this light radiating outward, blessing all living beings—humans, animals, plants, and the Earth itself.

In this expanded state, hold the intention of service. Feel it as who you are. Allow yourself for a moment to be service.

As your light shines brighter, know that you are a vessel for healing, for transformation, and for peace. See the light you radiate flowing to areas of the world in need - places experiencing conflict, pain, or environmental distress. Visualise your light bringing comfort, resolution, and harmony wherever it is needed.

Feel the power of collective service. You are not alone in this mission. Together with countless others, you are forming a powerful grid of Lightworkers and Awakened Beings, all dedicated to the upliftment of the Earth and humanity. Your personal awakening serves as a beacon for others, guiding them on their path, awakening their own light.

In this moment, offer a blessing from your heart to all beings. You might state something such as “may all beings be free. May all beings experience peace, joy, and love. May the Earth be healed and transformed into a place of harmony, compassion, and unity.”

If it feels appropriate repeat this sentiment until the truth of what you say rings out clear:

“May all beings be free. May all beings experience peace, joy, and love. May the Earth be healed and transformed into a place of harmony, compassion, and unity.”

Say it one more time and feel that it is so: “May all beings be free. May all beings experience peace, joy, and love. May the Earth be healed and transformed into a place of harmony, compassion, and unity.”

As your Light shimmers in the light of service, know that you are now embodying your role as a Lightworker, as a beacon of service to the world. You are connected to the Divine, empowered by love, and ready to bring forth your unique gifts in service to the greater whole.

Begin by taking a moment to reflect on how you can bring this light into your daily life. How can you serve the world in practical ways? It might be through acts of kindness, supporting others, protecting the Earth, or simply holding a space of peace wherever you go.

Know that every action you take, no matter how small, contributes to the greater light of the world. You are an essential part of this global shift, and your presence makes a difference.

Closing:

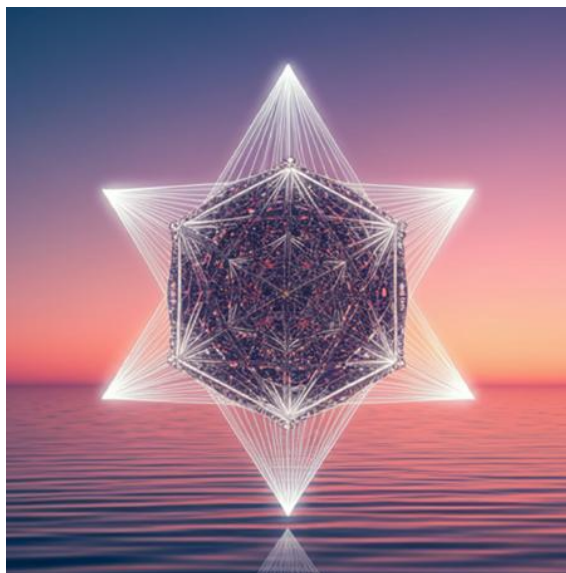
Now, begin to gently bring your awareness back to your breath. With each inhale, feel the energy of your Merkabah Star and Light integrating into your physical form. You are grounding this Divine energy into your everyday life, carrying the vibration of service with you in every thought, word, and action.

Focus on a place called the Atlanto-occipital joint, the place where your spine connects with your skull. Feel it opening through your focus in some way and allowing the energy of your meditation to come into your mind. You may get insights now or they may come over time. Let the light in your head fade into the neural pathways of your biology.

And whenever you are ready, slowly open your eyes, bringing this radiant, awakened energy into the present moment. Know that you are forever connected to this light, forever in service to the world's highest good.

You are the light. You are the star. You are here to serve and uplift all of life.

Magnetising Those You Can Serve Most



Setting the space:

Close your eyes and take a deep, gentle breath to focus your attention on the present. Allow your body to settle into stillness, fully supported by the Earth beneath you. Let go of any thoughts or concerns, knowing that this is your sacred time to expand into your highest purpose of service. You have already awakened your Light and activated your Merkabah Star. Now, it is time to direct that radiant energy outward, toward those whom you may serve.

With each breath, feel your connection to the Divine growing stronger. You are a vessel of light, ready to offer your love, wisdom, and support to those who are in need of it.

Meditation:

Bring your awareness back to your heart centre, to its centre. Feel the veils parting to reveal the tetrahedrons linked together in unison. See this as the place where your Merkabah Star—the sacred star of ascension—rests. Each point of the Merkabah takes the form of a tetrahedron, with three outer faces. Visualise each face on each of the eight points of the Merkabah Star as pure reflections of divinity. Observe this brilliant light spinning and oscillating within your heart, the two tetrahedrons turning in perfect balance and harmony. The upward tetrahedron continues to draw in the energy of the higher realms, while the downward tetrahedron remains anchored into the Earth, grounding you in the physical world.

As your Merkabah Star spins faster, feel its energy growing, forming a powerful field of light around you. This light connects you to your multidimensional self, to your purpose of world service, and to the Divine plan.

Bring your attention to the point of light that activates transition into your Light. Feel it expanding once again, growing more luminous, more vibrant with each breath. Your Light as an extension of your Divine awareness, ready to be directed in loving service to others. You are fully attuned to the higher frequencies of love, peace, and compassion.

With your Merkabah Star activated and your Light radiant, take a moment to set the intention to magnetise those who will benefit most from your service. In your heart, hold the pure desire to help others, to uplift, and to support them on their journey. This is not

just an intellectual desire but a soul calling - a deep, innate knowing that your presence is needed in the lives of others. Feel this calling as deeply as you can.

Now, visualise your light expanding outward from your centre, radiating like the sun. This light is a beacon, a signal to all those who are seeking guidance, healing, or connection. See your light traveling through space, extending beyond your immediate surroundings, reaching out to people near and far, known and unknown.

As your light reaches others, sense a gentle tug, a knowing that there are souls who are drawn to your light, who resonate with your unique energy. These are the people you are meant to serve. Some may be seeking guidance, others may need healing, and some may simply need the loving presence you offer.

Feel your heart expand as you connect with these souls. Trust that this connection is Divine and it is purposeful. You do not need to know their names or faces right now - simply know that your light has found them, and in turn, they are finding you.

Now, see these souls more clearly. They are approaching your light, drawn by the love, compassion, and wisdom you carry. Some may appear as friends, family, students or strangers you have yet to meet. Some may be part of your community or may come from distant places. They could be individuals or groups, connected by a shared need for what you offer.

With your heart open, offer them your light. Visualise yourself extending your hands, palms upward, as a gesture of giving. From your heart centre, and with the Solar Light above you, send out rays of golden light to each soul, a stream of unconditional love and support.

Say silently or aloud: "I am here to serve you. I offer my light, my love, and my gifts to support your highest good. May you find what you seek, may you feel peace, and may you be uplifted."

If you wish repeat it with ever deeper conviction until you feel the resonance of it deep within:

"I am here to serve you. I offer my light, my love, and my gifts to support your highest good. May you find what you seek, may you feel peace, and may you be uplifted."

Feel the energy exchange between you and these souls. You are not just giving - you are also receiving. As you offer your light in service, you are filled with the gratitude, love, and joy of knowing that you are fulfilling your soul's purpose. Each connection strengthens the web of light that unites you with those you serve.

Now, in the stillness of your heart, listen for guidance. Ask your highest self and the Divine: Who am I meant to serve? How can I best be of service to them?

Be open to receiving impressions, images, or words. Perhaps a specific person, cause, or community comes to mind. Trust whatever arises, knowing that this is part of the Divine guidance directing you toward your path of service. If nothing comes right now, that is perfectly fine. Trust that the right people and opportunities will be revealed to you in the perfect time.

You may also feel a pull toward certain actions or changes in your life that will allow you to better serve others. Pay attention to these feelings, and know that you are being guided by your soul's wisdom.

As you begin to bring your awareness back to your physical surroundings, take a moment to reflect on how you can bring this light and service into your everyday life. Ask yourself: What can I do today to serve those I am meant to help?

It may be through a kind word, an act of compassion, or simply being fully present with someone in need. Trust that the small actions you take each day are part of the larger tapestry of your world service. You do not need to know the full scope of your impact - simply trust that by offering your light, you are making a profound difference.

Closing:

Now, begin to gently bring your awareness back to your breath. With each inhale, feel the energy of your Merkabah Star and Light integrating into your physical form, grounding into your cells, your body, your everyday awareness. You are embodying the light of service, fully aligned with your purpose.

When you are ready, slowly open your eyes, carrying this radiant energy and intention of service into the present moment. Know that the souls you are meant to serve will find you, and that you are Divinely supported in your mission.

You are the light. You are the guide. You are here to serve and uplift those who are drawn to your love and wisdom. Trust in this, and allow your light to shine brightly in the world.

Bringing the Light of Service into Your DNA



Setting the space:

Close your eyes and take a deep, centring breath that brings you back to the here and now. Feel your body relax, fully supported by the Earth beneath you. As you breathe in, allow any tension or distractions to melt away. This is your sacred moment to focus on deepening your connection to your highest purpose. You have activated your Merkabah Star and aligned it with your Light, and now, it is time to bring that light of service into the very core of your being - into your DNA, the essence of your physical and spiritual blueprint.

With each breath, feel the intention of service grow stronger within you. You are here not just to awaken for your own growth but to embody this light in every cell, to bring it into your DNA, and to serve others from the deepest levels of your being.

Meditation:

Begin by bringing your awareness back to the heart of your heart centre, where your Merkabah Star, radiant with Divine light, spins in perfect harmony. Visualise the iridescent light of the Merkabah Star expanding from your heart, its two tetrahedrons spinning in balance—the upward tetrahedron drawing in Divine energy, and the downward tetrahedron anchoring you into the Earth.

Feel your star of ascension spinning faster, brighter, creating a protective, radiant field of light around you. This energy is your connection to the higher dimensions, to your soul's purpose, and to the Divine plan. You are fully activated, your Light glowing with luminous light and expanding, ready to bring this energy deep into your physical form, into your DNA.

Allow yourself to feel and appreciate the growing luminosity in your light, travel out on it and deepen your sense of harmony and peace.

Now, shift your focus to your DNA. Visualise a spiralling strand of light within every cell of your body. This DNA is not just the blueprint of your physical body—it holds the coding for your spiritual essence, your soul's purpose, and your potential to serve the world.

Imagine the light of your Merkabah Star and Light flowing into this DNA, infusing it with higher frequencies of love, compassion, and service. As the light enters each strand, see your DNA begin to glow, illuminated from within by this radiant energy. The codes within your DNA are being awakened, activating your ability to serve others in profound and meaningful ways.

Get a sense that within every cell, every strand of DNA, a Merkabah Star is being revealed. And each cell is glowing with luminous light.

With each breath, feel this light moving deeper, reaching every cell in your body. You are encoding your DNA with the energy of world service, aligning it with your highest purpose. Your DNA is being attuned to the frequencies of love, compassion, and unity, allowing you to act as a vessel of service in all aspects of your life.

As the light continues to flow into your DNA, feel it amplifying, growing brighter and more potent. Every cell in your body is now vibrating with the energy of service, radiating outward into the world. You are becoming a beacon of light, naturally attracting those who are in need of your gifts, your wisdom, and your support.

See this light within your DNA expanding beyond your physical form. It reaches out, forming a connection with the DNA of others. You are part of a vast network of Lightworkers and Awakened Beings, all serving the Divine good. As you bring the light of service into your DNA, you are strengthening this global web of light, contributing to the collective evolution of humanity.

Feel the deep resonance of this truth: You are here to serve, and this purpose is encoded in the very fabric of your being. Your DNA is now fully aligned with your mission, and you are ready to embody this light in all that you do.

With your DNA activated, your light is now radiating outward, sending a signal to those you are meant to serve. Get a sense of this light traveling through space, reaching out to individuals and communities who are seeking the love, support, and guidance that you offer.

Trust that those who are aligned with your light will be drawn to you, whether consciously or unconsciously. Your DNA is a transmitter of Divine service, and its vibration is calling forth those who could benefit from your unique gifts. Feel the connection deepening between you and these souls, knowing that your presence, your energy, and your light are gifts to others.

Now, focus on fully integrating this light of service into your DNA, anchoring it deeply into your physical and spiritual body. With each breath, feel the light of your Merkabah Star,

your Light, and your Divine purpose becoming one with your DNA. Sense this occurring within every cell in your being.

As this light settles into your body, know that it is now a part of you, encoded into your very essence. You embody the light of service, and this light will guide you in every action, every thought, and every interaction. You do not need to seek out ways to serve - the energy of service is now embedded within you, and it will naturally flow into all that you do.

As you begin to bring your awareness back to your surroundings, take a moment to reflect on how you can bring this light of service into your daily life. Ask yourself: How can I serve those around me? How can I embody this light in everything I do?

Do not expect an answer, just asking the question will bring answers to you in right timing:

How can I serve those around me? How can I embody this light in everything I do?

Know that every small act of kindness, every word of encouragement, every moment of presence is part of your service. Your DNA is now aligned with this higher purpose, and you will naturally be guided to opportunities to help others, to uplift, and to support those in need.

Closing:

Gently bring your awareness back to your breath, feeling the energy of your Merkabah Star and the light of service fully integrated into your DNA. With each inhale, feel this energy grounding into your physical form, anchoring into your body, your cells, your everyday awareness.

When you are ready, slowly open your eyes, bringing this radiant, awakened energy of service into the present moment. Know that the light of service is now part of your DNA, part of who you are at the deepest level.

You embody the light. Your path of service radiates out. You are here to uplift, to support, and to serve others in profound ways. Trust in this, and allow your light to guide you in your purpose.

Embodying Greater World Service - Now



Setting the space:

Close your eyes and take a deep, cleansing breath. Feel the peace within, knowing that you have already activated your Merkabah Star, awakened your Light, and infused the light of service into your DNA. You are now ready to take the next step - to fully embody this light and step into your greater world service in the present moment.

With each breath, feel yourself aligning with your highest purpose. This is the moment to bring all of your preparation, all

of your activation, into action. You are here to serve, and the time to begin is now. Before you continue be sure that you are ready, because this meditation will bring the greater service you have worked on to you sooner than you may think. If you are ready, state that you are.

Meditation:

Begin by focusing on your heart of hearts. Once again, visualise your Merkabah Star, the bright star of light, spinning within you. Its radiant, Divine light expands from your heart, the upward and downward tetrahedrons spinning in perfect harmony. This is your vehicle of light, your connection to the Divine and to the Earth, and it empowers you to serve in your highest capacity.

Feel the energy of the Merkabah Star spinning faster, expanding outward, filling your entire body with its luminous energy. This energy flows into your Light, glowing with the vibrations of love, peace, and compassion. Your Light is now luminous, shimmering with the Divine and ready to carry your energy of service out into the world.

Take a moment to breathe deeply and feel this alignment. You are connected to your highest self, to the Divine plan, and to the collective consciousness of all beings. You are a vessel of light, prepared to offer service centred in your light.

Now, bring your awareness to your DNA. Feel the light that has been infused into every strand of your being, radiating out from the core of your cells. This light is the blueprint of your purpose, your service to the world encoded into the essence of who you are.

Get a sense of this light growing stronger, brighter, and more active. As it expands, it fills your entire being with the energy of service, empowering every action, thought, and intention with the desire to uplift and support others. You are no longer preparing to serve - you are serving, right now, from the deepest level of your being.

With each breath, feel this light anchoring into your physical body, grounding into the present moment. You are here to serve in the world, in real and tangible ways, and your light is needed now. Every cell in your body is vibrating with this intention, ready to guide you in offering your gifts to others.

Now, set the intention to call forth opportunities for service in your life. With your heart open and your energy aligned, silently say: "I am ready to serve. I open myself to the people, the places, and the situations that need my light. I trust that I will be guided to where I am most needed."

Feel the Universe reverberate this statement back to you:

"We are ready to embrace your service. We open the people, the places, and the situations that need your light to you. We trust that you will be found where you are most needed."

Get a sense of the Unity you share with all beings and all life. Feel the acceptance of your service in the oneness of All-that-is.

Visualise your light radiating outward from your essence, reaching those who are seeking the support, love, and wisdom you offer. You don't need to know exactly how these opportunities will appear - simply trust that the Divine is guiding you toward your highest path of service. See your light connecting with the people and places that are ready to receive it.

Feel the energy of these connections growing stronger. Whether it is through your work, your relationships, or your presence in the world, know that your light is already making a difference. Trust that the opportunities to serve will come to you naturally, and you will be ready to answer the call.

Now, focus on how you can bring this energy of service into the present moment. Ask yourself: How can I serve today, right now? It could be through a small act of kindness, offering support to someone in need, or simply holding a space of love and peace for those around you.

As you reflect, feel the energy of your Light and Merkabah Star guiding you. You do not need to wait for some grand opportunity to serve - the opportunity is here, in every moment. Every action you take, when done with love and intention, is an act of service. You are already serving, simply by being who you are and offering your light to the world.

Allow this realisation to settle into your heart. You are here to serve, and you are doing so right now. Feel the joy and peace that comes from knowing you are fulfilling your purpose, moment by moment.

As you bring your awareness back to your breath, take a moment to reflect on how you can carry this energy of service into your daily life. How can you infuse every aspect of your day - your thoughts, your actions, your interactions - with the light of service?

Visualise yourself moving through your day, each step guided by your intention to uplift and support others. See yourself offering love, kindness, and compassion in every situation, no matter how small or mundane. Trust that every act of service, no matter how simple, contributes to the greater good.

Feel the light of your Merkabah Star and Light continuing to expand, creating a ripple effect that touches everyone you meet. You are a beacon of service, and your light is making a difference in the world.

Closing:

Now, begin to gently bring your awareness back to your physical body. With each breath, feel the energy of your Merkabah Star and Light grounding into your physical form, integrating into your cells, your DNA, and your everyday awareness. You are fully aligned with your purpose, ready to serve in the present moment.

When you are ready, slowly open your eyes, bringing this radiant energy of service into your waking life. Know that you are always connected to the Divine plan, always guided toward opportunities to serve, and always capable of making a difference.

You shine with the light of service. You are the embodiment of love and compassion. And the time to serve is now.

Trust in your purpose. Trust in your light. And know that the world is uplifted by your presence.

Part Two

You may want to repeat Part One until you have a sense of your Merkabah Star as being more than your imagination and you can feel its presence just through your thought of it. At the point where you feel service to be a part of your being you will already be prepared for Part Two.

Activating the Next Level of Your Merkabah Star and Rising into Celestial Service



Setting the space:

Find a comfortable position, close your eyes, and take a deep, centring breath. Allow yourself to relax, releasing any thoughts or distractions from the outside world. Feel the stillness within as you enter this sacred space, where your Light and Merkabah Star are an active part of your Being. You are already engaged in world service, offering your light to uplift others. Now, you are called to go beyond - to rise into celestial service,

expanding your Merkabah Star to its next level and embracing your role as a beacon of Divine light across the cosmos.

With each breath, feel your connection to the Divine strengthening. You are ready to expand into higher frequencies of light and love, to serve not just on this Earth but on a Universal and celestial level.

Meditation:

Bring your awareness to your heart centre, where your Merkabah Star, your sacred vehicle of light, is spinning in perfect balance. Visualize the upward and downward tetrahedrons, glowing with radiant light, spinning in harmony. This is the Divine geometry of your soul, connecting you to the higher realms and grounding you to the Earth.

Now, with your intention, activate your Merkabah Star to its next level. See the tetrahedrons spinning faster, their light intensifying and expanding outward. The sacred

star grows in size and brilliance, forming a powerful field of multidimensional light around you.

As the Merkabah Star expands, its energy shifts and rises to meet higher frequencies, attuning to celestial realms. Feel the vibrations increasing, lifting you into an elevated state of consciousness. You are no longer confined to the Earthly plane - you are aligning with the vast expanse of the cosmos, ready to serve on a celestial level.

Allow your Merkabah Star to continue expanding, its light now reaching far beyond the boundaries of the physical body. The spinning tetrahedrons spinning faster and faster. Get a sense that they are moving at the speed of light and hold this awareness for as long as you can before it lifts you up and out of that awareness to a higher realm. You are connected to the Universe itself, your energy field merging with the infinite light of creation. You are a luminous star in the cosmos, part of a vast network of Celestial Beings, lightworkers, and Guides, all serving the Divine plan.

With your Merkabah Star fully expanded and activated, shift your awareness to your DNA once again. You have already infused your DNA with the light of service, aligning it with your highest purpose. Now, new celestial codes are ready to be awakened within you, unlocking even higher levels of service.

Sense your DNA strands glowing with radiant light, their spirals expanding and reaching out to the stars. See these strands connecting with the higher realms, receiving downloads of celestial wisdom, knowledge, and power. These are the codes of your soul's celestial purpose, the instructions for your next phase of service, encoded deep within you.

As these codes activate, feel the energy rising within you. Your DNA is being restructured, attuned to celestial frequencies, allowing you to serve not only the Earth but the entire Universe. Each cell in your body is vibrating with this higher light, and you are becoming a conduit for Divine energy, ready to serve at a level far beyond what you have known.

Turn your awareness to the Celestial Beings, Guides, and Ascended Masters who are present with you. Feel their light surrounding you, offering their love, support, and guidance. They have been waiting for this moment, ready to assist you as you step into your next level of service.

Sense these Beings as radiant forms of light, each one carrying the wisdom of the cosmos. They are here to help you rise into your celestial mission, to guide you in offering your light across the Universe. Open to their presence, allowing their energy to merge with yours.

Feel the love, wisdom, and power of these beings flowing into you, strengthening your Merkabah Star, your Light, and your DNA. They are showing you the path forward,

revealing the celestial tasks and missions that await you. Trust that you are ready for this next level of service, and that you are fully supported by the Divine realms.

With the guidance of these Celestial Beings, feel yourself rising higher, beyond the Earthly realm and into the vast expanse of the cosmos. Your Merkabah Star is fully activated, spinning at the speed of light, carrying you into the higher dimensions where your service is needed.

You are no longer limited to the physical world. You are now a Being of Light, fully attuned to the frequencies of the Universe, ready to serve across multiple dimensions. As you rise, feel the purpose of your celestial service becoming clearer. You are here to bring harmony, light, and love to the entire Universe, to assist in the Divine plan on a cosmic scale.

Allow yourself to offer your light to the stars, to distant planets, to realms beyond what you can imagine. Your service is needed everywhere, in ways that you may not fully understand yet. Trust that your light is being guided by the Divine, that you are fulfilling a mission that is far greater than you may realise.

Say silently or aloud: “I rise into my celestial service. I offer my light to the Universe, to the stars, and to all beings who need my love and support. I trust in my Divine mission, and I am ready to serve at the highest level of my being.”

Feel the immense power of this intention vibrating through your entire being. You are now a beacon of celestial light, ready to serve on a universal level. You are connected to the infinite, and your service will uplift not only the Earth but the entire cosmos.

As you prepare to return to the Earthly realm, take a moment to anchor this celestial light into your daily life. Although your service now reaches the stars, you are still here on Earth, and your presence is needed in the physical world.

Visualise the light of your Merkabah Star, your celestial codes, and your cosmic mission grounding into your physical body. Feel this higher light integrating into every cell, anchoring into your DNA, and flowing into your everyday awareness. You are now a bridge between the celestial and the Earthly, serving both realms with your love and light.

Reflect on how you can embody this celestial service in your daily life. Ask yourself: How can I bring the light of the cosmos into my actions, my words, and my presence on Earth? The answers may be beyond words, trust that they are so and that you will know them when they come. And trust that even the smallest actions are part of your greater celestial mission, and that you are making a profound impact through your service.

Closing:

Now, gently bring your awareness back to your breath. With each inhale, feel yourself returning to your physical body, grounded and present, but still fully connected to the

higher realms. Your Merkabah Star is still spinning, your DNA is still activated, and your celestial mission is fully integrated into your being.

When you are ready, slowly open your eyes, carrying this celestial light with you into the present moment. Know that you are a vessel of Divine service, connected to the cosmos, and that your light is shining brighter than ever before.

You represent the light. You walk a path of higher service, serving not only the Earth but the entire Universe in the highest way possible.

Trust in your path. Trust in your light. And know that your celestial service is needed now to add light.

Calling Forth Opportunities for Celestial Service



Setting the space:

Begin by finding a comfortable position, closing your eyes, and taking a deep, calming breath. Feel yourself relax, fully present in this moment. You have activated your Merkabah Star, risen into celestial service, and integrated the light of the cosmos into your being. Now, it is time to call forth the opportunities for celestial service that are meant for you.

With each breath, feel the deep connection between you and the All-that-is. You are aligned with your

highest purpose, and now you invite the Divine to guide you toward the next steps in your celestial mission.

Meditation:

Bring your awareness to the brightest point of your heart centre, where your Merkabah Star spins, a celestial point of luminescence, a radiant star of light. Feel its two tetrahedrons spinning in perfect harmony, one drawing Divine light from the cosmos and the other grounding you to the Earth. This is your vehicle of light, already activated for celestial service, carrying the vibrations of love, wisdom, and unity.

Now, with your intention, amplify the light of your Merkabah Star. See it grow brighter and larger, expanding out from your heart until it forms a powerful sphere of light around you. This Merkabah Star is attuned to the higher frequencies of the Universe, ready to attract the opportunities for service that align with your soul's celestial mission.

As the light grows stronger, feel yourself becoming a beacon - a transmitter of light, calling forth the opportunities that are meant for you. You are ready to serve in the highest way, and the Universe is responding.

Bring your focus to the energy around you. Feel the subtle, yet powerful, vibration of the cosmos surrounding you. You are attuned to the celestial realms, connected to higher frequencies of love, light, and wisdom.

Allow these energies to flow through you, attuning every cell in your body to the vibration of your celestial mission. Feel this alignment deep within your DNA, your soul, and your

heart. You are perfectly in sync with the Divine flow of the Universe, and you are ready to receive the opportunities for service that resonate with your highest calling.

Take a moment to silently affirm: “I am fully aligned with my celestial mission. I open myself to the opportunities for service that are meant for me, trusting that I will be guided to where I am most needed.”

Visualise your Light expanding outward, beyond the boundaries of your physical body, beyond the Earth, into the cosmos. Notice how effortlessly you can expand into this consciousness. See yourself radiating light into the Universe, sending out a clear, powerful signal that you are ready for the next steps in your celestial service.

As you send out this light, feel it reaching those realms, Beings, and spaces where your service is most needed. Trust that this light is being received, and that opportunities are already being drawn toward you. You do not need to know exactly what form these opportunities will take - simply trust that they are coming to you, in perfect alignment with your soul’s purpose.

With each breath, feel the energy of these opportunities moving closer, guided by the Divine plan. They may appear in your physical world, in your dreams, in meditation, or as intuitive insights. Trust that the Universe will reveal them in the right time and in the right way, and you will recognise them when they arrive.

Say silently or aloud: “I call forth the opportunities for celestial service that are aligned with my highest purpose. I am ready to serve in the ways that are most needed, and I trust that these opportunities are being drawn to me now.”

Feel the presence of your celestial Guides, Ascended Masters, and the Light Beings surrounding you. They are here to support you as you step into your next level of service. Visualise them offering their light and wisdom, guiding you towards the opportunities that are meant for you. You are among the first to take this step and it brings them much joy to be able to assist you with your service. Feel the profound and deep love they have for you.

Allow their guidance to flow into your heart, filling you with clarity, trust, and confidence. You are not alone in this journey. You are supported by the entire cosmos, by Beings of Light who are working alongside you to fulfil the Divine plan.

Feel the love and encouragement of these Guides as they assure you that the opportunities for celestial service are already on their way. All you need to do is remain open, trust the process, and take inspired action when the time comes.

As you continue to call forth these opportunities, reflect on how you can anchor this energy of celestial service into your daily life. Each moment is an opportunity to serve, whether through your thoughts, words, or actions.

See yourself moving through your day, each step guided by the light of your celestial service. See yourself offering love, kindness, and support to those around you, knowing that these simple acts are part of your greater cosmic service.

Ask yourself: “How can I embody my celestial service in every moment? How can I bring the light of the cosmos into my interactions, my work, and my relationships?” Expect no answer but know that answers are coming. Trust that every action you take, no matter how small, contributes to the fulfilment of your Divine purpose.

Take a moment to surrender fully to the Divine plan. You have called forth the opportunities for celestial service, and they are on their way. Trust that the Universe will bring them to you in perfect timing, and that you will be guided every step of the way.

With each breath, feel a deep sense of peace and trust filling your heart. You are aligned with the cosmos, and the opportunities for service will come to you naturally. There is no need to force or rush the process. Simply remain open, aware, and ready to act when the moment arrives.

Closing:

As you begin to bring your awareness back to your body, take a deep breath, feeling the energy of your Merkabah Star and your celestial mission grounding into your physical form. Know that the opportunities for celestial service are already on their way, and that you will recognise them when they arrive.

When you are ready, slowly open your eyes, carrying this energy of trust, openness, and readiness into your day. Know that you are a beacon of light, and the Universe is guiding you toward the next steps in your celestial mission.

You are ready. You are aligned. And the opportunities for celestial service are coming to you now.

Trust in your path. Trust in your light. And know that the Universe is supporting you in fulfilling your Divine purpose.

Awakening Humanity with the Merkabah Star



Setting the space:

Find a comfortable, quiet space, close your eyes, and take several deep, calming breaths, each one relaxing you more. With each breath, feel yourself relax deeper into the present moment, releasing any distractions or tension. You have activated your Merkabah Star, risen into celestial service, and called forth opportunities to serve the Universe. Now, you are ready for the final journey - to bring the light of your Merkabah Star into service for humanity's awakening.

Feel the deep connection between you, the Earth, and the cosmos. You are part of a greater Divine plan, and your service is now extending to the awakening of human consciousness. This is a sacred mission, and you are fully prepared for the journey ahead.

Meditation:

Bring your awareness to your heart of hearts centre, where your Merkabah Star, your Divine vehicle of light, is spinning in perfect harmony. Visualise its two interlocking tetrahedrons, one pointing upward, drawing Divine energy from the cosmos, and the other pointing downward, grounding you to the Earth.

As you focus on your Merkabah Star, see its light growing brighter, spinning faster, and expanding outward. The star of light grows larger and more luminous, filling your entire being with a radiant energy. Feel your Light humming with celestial purpose, working at a natural speed and attuned to celestial frequencies. Notice how easily you can hold this pace in your awareness now.

Set your intention and observe expanding your Merkabah Star even further, beyond your physical body, beyond the room you are in, beyond the Earth. Let it continue to grow until it surrounds the entire planet, its light reaching every corner of the Earth. You are creating a sacred field of light, enveloping humanity in the vibration of awakening, love, and higher consciousness.

As your Merkabah Star expands around the Earth, feel yourself rising into the celestial realms. You are a beacon of light, carrying the energies of the Universe and the Divine plan. As it begins to move at the speed of light your Merkabah Star is fully activated, ready

to serve as a bridge between the higher realms and the Earth, guiding humanity into a new level of awareness.

Sense your Merkabah Star connecting with the grid of light that surrounds the planet - a network of energy that links all human beings, all living creatures, and the Earth itself. This grid is alive with potential, and you are now adding your light to it, empowering the awakening of humanity.

See the light of your Merkabah Star flowing into this grid, activating dormant energies, awakening higher consciousness in every soul. Your light is flowing through the grid touching every heart, every mind, planting seeds of enlightenment, peace, and unity. You are helping to lift the collective consciousness of humanity, guiding it toward its Divine potential.

With your Merkabah Star fully expanded and connected to the planetary grid, set your intention to call forth the awakening of humanity. Silently or aloud, say: "I call forth the awakening of humanity. I offer my light in service to the collective consciousness, to uplift, guide, and support the rise of love, wisdom, and unity on Earth."

Repeat this until the reverberations of your intention feel as though they are echoing out from you without end: "I call forth the awakening of humanity. I offer my light in service to the collective consciousness, to uplift, guide, and support the rise of love, wisdom, and unity on Earth."

With the words spoken, feel your light intensify, radiating out from your Merkabah Star and filling the grid with its transformative energy. See this light spreading through the grid which spans across the globe, reaching every continent, every nation, every community, and every individual. Your light is contributing to a tonal change, helping to dissolve fear, ignorance, and separation, and replacing them with love, compassion, and unity.

Visualise people everywhere beginning to awaken to their higher selves, to the truth of who they are, and to the interconnectedness of all life. See the light in their hearts growing brighter, their minds opening to new possibilities, and their spirits rising in alignment with the Divine plan.

You are not alone in this work. As your light spreads, you join with countless other Lightworkers, Guides, and Celestial Beings who are also serving humanity's awakening. Together, you are creating a wave of transformation, lifting the vibration of the planet and guiding humanity into the next stage of its evolution.

Now, focus on the individuals who are most in need of this awakening. Picture the light of your Merkabah Star combined with the light of other Lightworkers gently surrounding those who are in darkness, fear, or confusion. See this light being reflected in their hearts, filling them with love, hope, and clarity. You are offering them the opportunity to awaken, to remember their true nature as Beings of Light.

With each breath, feel your light illuminating more deeply the hearts of humanity. Combined, you are awakening not just individuals, but the collective soul of humanity itself. Feel the shift happening on a global level - a movement from fear to love, from separation to unity, from unconsciousness to full awareness.

Say silently or aloud: "I awaken the light in every heart. I offer my love and my light in greater service to humanity as it is guided it toward its Divine destiny."

Feel the joy of the All-that-is as you say again: "I awaken the light in every heart. I offer my love and my light in greater service to humanity as it is guided it toward its Divine destiny."

As your light continues to spread, take a moment to anchor this awakening into the physical world. Gently picture the light of your Merkabah Star and the lights of other Lightworkers grounding into the Earth, integrating into the systems, structures, and societies of the planet. See this light influencing governments, institutions, and cultures, transforming them into reflections of higher consciousness, peace, and cooperation.

Imagine the world as a place where love, compassion, and unity are the guiding principles. See humanity working together in harmony, caring for the Earth, and uplifting one another. You are helping to create this new reality, anchoring the energies of awakening into the physical world.

Now, take a moment to trust in the Divine plan. You are part of something much larger than yourself, and your light is making a profound impact. Even if you cannot see the full results of your work, know that the seeds you have planted will continue to grow and flourish in the days, months, and years to come.

Trust that you will continue to be guided in your celestial service, that new opportunities will arise, and that your light will always be where it is needed most. You are a key part of humanity's awakening, and your service is invaluable.

Closing:

As you prepare to return from this journey, bring your awareness back to your Merkabah Star. See its light gently retracting, drawing back toward your heart, while still maintaining its powerful radiance. Your Merkabah Star will continue to be a source of light, guiding you in your celestial service and helping to awaken humanity.

When you are ready, slowly open your eyes, carrying the energy of this journey with you. You have begun the work of awakening humanity, and your light will continue to uplift and guide others in the days and times to come.

You are the light. You are the awakening. And your service is helping to transform the world.

Trust in your role. Trust in your light. And know that humanity is awakening through your presence and your service.

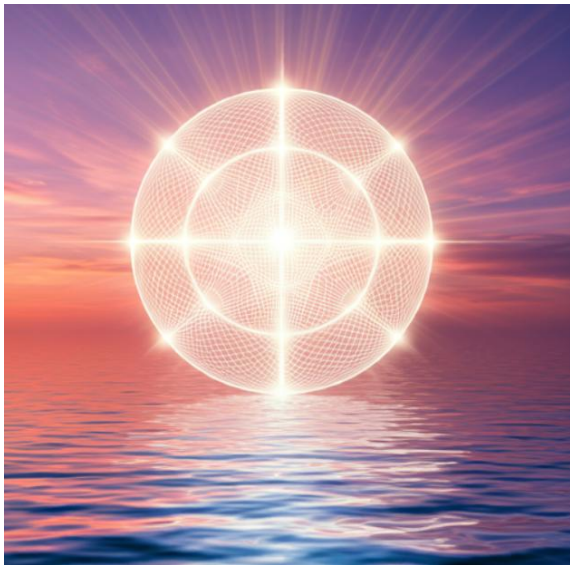
Part Three

What follows are short meditations for helping the personality adjust to the Light of the Merkabah Star and Celestial Service. You may choose to work through them in order or to do them as you drawn to do so. Each will help your personality integrate and adjust to the higher frequencies of light that come with the activation of your Merkabah Star and your role in celestial service. As your consciousness expands and your service deepens, it is essential to support your personality, that is your human self, in aligning with this new energy and understanding its place in the greater Divine plan. As you guide your personality to align more harmoniously with your soul's higher purpose and the greater plan for humanity, you give your self the gift of being able to serve from a place of balance, ease, and trust. These meditations call on you in various ways to state your intentions to all aspects of your personality, doing so offers concrete guidance and reassurance to your personality. This gentle leadership will help your personality align with its higher purpose while nurturing a sense of balance, acceptance, and empowerment.

Take your time in each meditation, see it as a co-creative process and involve your personality in the journey to the extent that it is willing to be involved.

You are amongst the first to take this step and much assistance is available to you, all you must do is remember to ask.

Accepting and Embracing the Light of the Merkabah Star



Setting the space:

Find a quiet space, close your eyes, and take a few deep breaths. With each breath, feel yourself becoming more centred and relaxed. The Merkabah Star, your vehicle of light, has been activated, carrying you to higher dimensions of consciousness and service. Today's meditation is about helping your personality, the part of you that lives in the physical world, embrace and adjust to this Divine light.

Meditation:

Bring your awareness to your heart centre, where your Merkabah Star spins in perfect balance. Visualise its radiant bright light spiralling out and surrounding you in its sacred geometry. The Merkabah Star is a powerful tool, connecting you to celestial realms and guiding your journey of service.

Gently invite your personality to view this light, imagine your personality beside your Merkabah star. Observe the patterns of light coming from the star as they play on the skin of your personality. Ask your personality what concerns it has about this energy. Listen to it attentively. Allow it to feel heard and acknowledged.

Let your personality know that you will not take any step that does not enrich your life but that you are here to evolve and grow and sometimes that involves new steps. Let your personality know that you want to share the journey of life with it hand in hand.

Ask your personality if it would be willing to take your hand to have an experience of this light. When there is agreement, gently take your personality's hand and invite them to step with you into this light. Imagine this part of you, the human self that experiences day-to-day life, stepping forward and entering the light of the Merkabah Star. Reassure your personality that it is safe here, that this light is for its highest good, and that it will be supported as it learns to play in these new energies.

Feel your personality beginning to relax into the light, releasing any fears, resistance, or confusion it may have about the changes occurring as it has a direct experience of growing light. The light of the Merkabah Star is loving, supportive, and nurturing. It is here to help your personality evolve, to align with your soul's higher purpose.

Ask if your personality would be willing to join you in saying silently or aloud: “I am open to the possibility of accepting and embracing the light of my Merkabah Star.”

Reassure your personality that you will allow it whatever it needs to adjust to this higher frequency, knowing it is for the highest good of all parts of your being.

As you say these words of reassurance, feel the light of the Merkabah Star gently soothing your personality, helping it to release old patterns, fears, and beliefs that no longer serve you. You are becoming more aligned with your true self, more open to the Divine guidance that flows through your Merkabah Star. Let your personality know that it can take as many small steps as it wishes and you can return here as often as it wants to hold its hand on its journey into greater light and awareness.

Closing:

Take a deep breath, feeling this light fully integrate into your personality. Trust that this process is unfolding perfectly, and that your personality is adjusting in its own time. When you are ready, slowly open your eyes, carrying this sense of alignment and peace with you into your day.

Releasing Resistance to Celestial Service



Setting the space:

Find a space that feels right for you in this moment, close your eyes, and take several deep breaths, allowing yourself to relax fully. You have been called into celestial service, and your soul is ready to serve at this higher level. However, your personality may hold resistance or fear about this new role. Today's meditation is about releasing that resistance and helping your personality align with your higher purpose.

Meditation:

Bring your awareness to your mind, where you can feel the presence of your personality. This is the part of you that experiences life in the physical world, that sometimes feels fear, doubt, or uncertainty. Your personality may feel overwhelmed or unsure about stepping into celestial service. It is a new concept after all that you are presenting it with and it may not yet have the tools to picture it, reassure your self that you will learn with it as you grow.

Take a moment to acknowledge any resistance or fear your personality may be feeling. Without judgment, simply observe these feelings, letting them come to the surface. Know that it is natural for your personality to have concerns when faced with such a powerful and transformative path.

Now, sense a gentle, soothing light surrounding and calming your personality. This light is filled with love, compassion, and understanding. It is here to help your personality release any fears or resistance to celestial service.

Mentally reassure your personality that fear can be a natural response to change but show that it you know fear is also not the only response to change. You might remind your personality of yourself as a child, wide-eyed with wonder of a world full of adventures to explore. Recall how that might have felt, for each day to feel new and full of excitement. Show your personality that it can experience life this way if it chooses. New experiences and change will always happen, the personality cannot stop that but it can choose how it

responds. Ask if it would be willing to choose a different, more joyful way to respond to change?

Ask your personality if it would be willing to release a part of its resistance to your celestial service? If it agrees, visualise your personality aligning with your soul's highest purpose, reassure it that in doing so it is fully supported by you and the Universe. Notice the personality become younger, more care-free and happier to embrace the joy of living in some way.

Feel the light gently dissolving any tension, fear, or resistance in your personality. Allow this light to flow through you, carrying away any doubts or concerns. Trust that your personality is being supported in this process and that it will adjust in its own time.

Invite your personality to embrace trust and surrender. Feel the light of the Universe supporting you, guiding you every step of the way. Your celestial service is not something to fear, but something to embrace with love and joy.

Consider whether you can say: "I trust in the Divine plan. I surrender to my highest purpose, knowing that I am safe, guided, and supported in every moment."

As you consider it get a sense of this trust and surrender filling your personality, bringing a deep sense of peace and alignment.

Closing:

Take a deep breath, feeling the light of trust and surrender integrating into your being. When you are ready, slowly open your eyes, carrying this sense of peace and alignment with you into your day.

Integrating Celestial Light into Daily Life



Setting the space:

Sit comfortably, close your eyes, and take several deep breaths. As your service expands to celestial realms, your personality may need help adjusting to the higher frequencies in daily life. This meditation is about helping your personality integrate the light of your celestial service into everyday actions, thoughts, and interactions.

Meditation:

Visualize your Merkabah Star, spinning beautifully in your heart centre, radiating light throughout your being. This is your vehicle of Divine light, connecting you to the higher realms. Your personality, however, may sometimes struggle with how to live and express this celestial energy in the material world.

Invite your personality to sit with you in the light of your Merkabah Star. Allow it to feel the peace, support, and guidance this light offers. Your personality is not separate from your soul's purpose - it is an important part of bringing your celestial service into the world.

Sit in silent companionship beside your personality for a while and when it is right imagine your daily life as a path before you. See yourself going about your daily activities - interacting with others, working, caring for your body, and moving through your environment. As you observe this, have an awareness of the light of your Merkabah Star gently flowing into every moment of your day.

Feel this light guiding your words, thoughts, and actions, bringing the energy of celestial service into everything you do. Your personality is learning to live in alignment with your highest self, bringing the light of your Merkabah Star into each experience.

If you wish you may choose to state: "I integrate the light of my celestial service into my daily life. I allow my personality to express this light in all that I do, aligning my actions with my soul's purpose."

As you integrate this light, trust that your personality is learning to live in balance with your highest self. You can bring the wisdom, love, and light of the celestial realms into every moment, while still enjoying the physical experience of life on Earth.

A statement of truth for this for you may be: “I live in balance between my personality and my highest self. I express the light of service in everything I do, serving the world through my presence and my actions.”

Closing:

Take a deep breath, feeling this integration of celestial light into your daily life. Trust that your personality is adjusting beautifully to this new level of alignment. When you are ready, slowly open your eyes, carrying this sense of balance and alignment with you into your day.

Aligning the Personality with the Divine Plan



Setting the space:

Sit comfortably, close your eyes, and take several deep breaths, allowing yourself to fully relax and become more centred in the now. Your personality is a vital part of your experience on Earth, and it is time to help it fully align with the Divine plan. This meditation will guide your personality to release control and allow your highest self to take the lead in your celestial service.

Meditation:

Begin by bringing your awareness to your personality. Imagine your personality as a beautiful, loving being, but one that sometimes wants to control or direct your life from a place of fear or limitation. Acknowledge this with compassion, knowing that your personality has always been trying to protect you.

Feel a soft, radiant light surrounding your personality, gently helping it to release the need for control. Reassure your personality that it is safe to let go, that the Divine plan is guiding you perfectly, and that your soul knows the way forward. That you are safe and do not need protecting, you are the light, you are the soul.

See if your personality will join you in saying “I release the need for control. I allow my highest self to lead, trusting fully in the Divine plan for my life and my service.”

Bring your awareness to the Divine plan that is unfolding for you. Feel this plan as a river of light, flowing from the higher realms into your life, guiding you in every moment. Allow your personality to step into this river, feeling the ease and flow of the Divine plan carrying you forward.

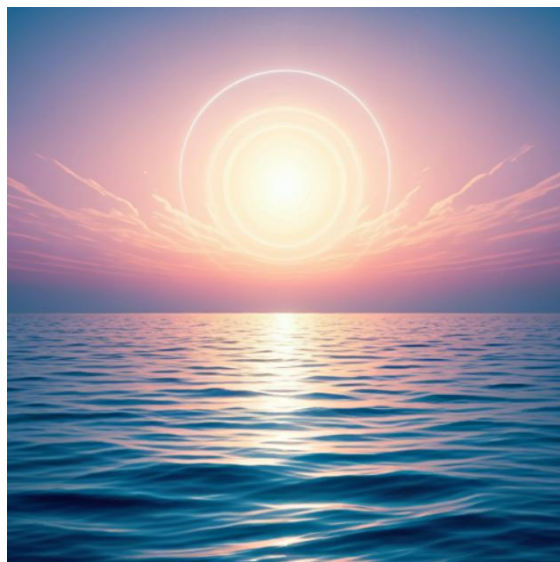
You might state an intention such as: “I align my personality with the Divine plan. I trust in the guidance of my highest self and the Universe, knowing that I am always on the right path.”

As you align with this plan, feel the light of your Merkabah Star guiding your personality, helping it to let go of any fears or doubts, and to fully embrace your role in celestial service.

Closing:

Take a deep breath, feeling the peace and trust of being aligned with the Divine plan. When you are ready, slowly open your eyes, knowing that your personality is increasingly aligned with your soul's higher purpose and your celestial service.

Harmonising the Personality with the Light of the Highest Self



Setting the space:

Sit comfortably, feeling your body at restful ease. Close your eyes, and take several deep and slow breaths. Allow your body and mind to relax further. In this meditation, you will guide your personality to harmonise with the light of your highest self, opening to the guidance that comes as you step into celestial service.

Meditation:

Bring your awareness to your personality - the part of you that engages with the world, feels emotions, and navigates everyday experiences. Picture your personality as a companion on your journey, sometimes feeling overwhelmed or uncertain by the higher light of service.

Sense a gentle stream of light flowing from your highest self into your personality. This light carries wisdom, love, and peace, helping your personality feel supported and connected to a larger Divine plan.

You might state silently or aloud: “I invite my personality to harmonise with the light of my soul. I am safe, supported, and guided as I open to celestial service.”

As the light flows from your highest self into your personality, feel your personality begin to relax and open. Visualize your personality gently adjusting to this higher frequency of light, feeling more aligned and in harmony with your soul’s purpose.

Affirm that you allow your personality to align with the light of your soul, to embrace the guidance of your Merkabah Star and trust the path of celestial service.

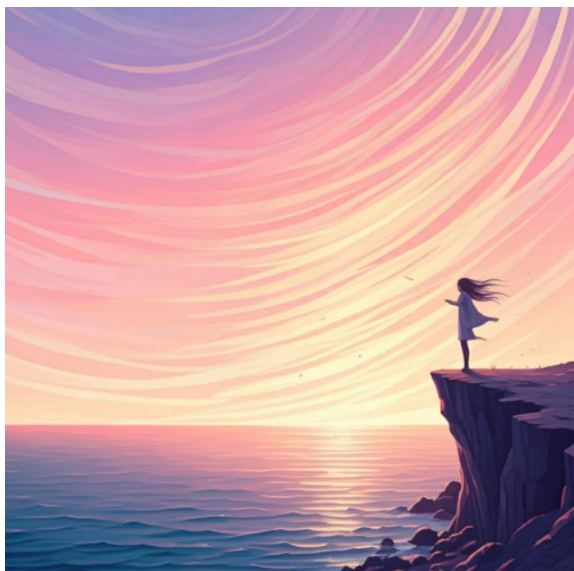
Observe your personality as an energy body, also hold in your awareness the light of your soul, get a sense of the two lights harmonising until you feel a click, a connection between the two that was not there before.

Feel this alignment deepening, bringing your personality into a state of harmony with your soul’s higher purpose. Trust that this adjustment is happening naturally and with ease.

Closing:

Take a deep breath, feeling the light of your soul deeper integrating further into your personality. When you are ready, open your eyes, carrying this sense of harmony with you into your day.

Releasing the Ego's Fears and Concerns



Setting the space:

Give your self the gift of uninterrupted space and time, close your eyes, and take several deep breaths, allowing yourself to relax. This meditation focuses on releasing the ego's fears and concerns about celestial service. By letting go of these fears, your personality can embrace the light of service and align with your soul's purpose more fully.

Meditation:

Bring your awareness to the part of your personality that holds fear or resistance, the ego. This part of you may be concerned about change, about stepping into a new role of celestial service, or about the unknown.

Take a moment to listen to these concerns without judgment. Acknowledge that your ego has been trying to protect you, even if it sometimes limits your growth.

Picture a golden light descending from the higher realms, gently surrounding your ego. This light is filled with love, understanding, and peace. It helps your ego release its grip, allowing these fears to dissolve into the light. Visualise this occurring now as you sit with your personality in a warm, golden light..

If it is your intention to do so, you may state that: "I release fear and resistance from my ego. I trust in the Divine plan and allow my personality to align with my soul's purpose."

As you say these words, feel the golden light dissolving the ego's fears, leaving behind a sense of peace and openness. Get a sense that in some way your personality is now freer to embrace the light of celestial service.

Feel the energy of trust and peace flowing into your personality. You are now ready to step into your role of celestial service with confidence and ease, knowing that you are guided by the higher realms.

You might affirm that: "I embrace peace and trust in the journey ahead. My personality is aligned with the light of my soul and the path of celestial service."

Closing:

Take a deep breath, feeling the light of peace and trust fully integrating into your being. When you are ready, open your eyes, knowing that your ego is at peace and your personality is aligned with your higher purpose.

Grounding Higher Frequencies into the Physical Body



Setting the space:

Find a place that feels quiet and comfortable, a place where you feel safe. Close your eyes, and take several deep breaths. This meditation focuses on grounding the higher frequencies of light that come with celestial service into your physical body. By grounding these energies, your personality and body can more easily adjust to the higher vibrations of your increasing path of light.

Meditation:

Visualise a golden light expanding out from your Merkabah Star, flowing around and through your body, grounding into the Earth beneath you. Feel this light connecting you to the Earth's energy, anchoring the higher frequencies into the physical realm.

You might state: "I ground the higher frequencies of my soul into my physical body and into the Earth. I am supported and balanced as I integrate these energies."

Feel the light flowing through your entire body, gently integrating these higher frequencies into your cells, organs, and energy field. Trust that your physical body is capable of holding these higher vibrations.

As the light flows through you, take a moment to listen to your body. Notice any areas of tension or discomfort, and invite the light to gently flow into these areas, helping them adjust to the new frequencies.

Say silently or aloud: "I allow my body to adjust to the highest light of my soul. I am balanced, supported, and grounded in the physical realm."

Feel your body relaxing into the higher frequencies, becoming more aligned with your soul's purpose and celestial service.

Closing:

Take a deep breath, feeling the light of your celestial path fully grounded into your physical body. When you are ready, open your eyes, carrying this sense of grounding and balance with you into your day.

Aligning the Personality with the Flow of Divine Timing



Setting the space:

Sit comfortably, close your eyes, and take several deep breaths, allowing yourself to relax fully. This meditation is designed to help your personality align with the flow of Divine timing. As you step into celestial service, it is important to trust that everything unfolds in perfect timing, guided by the higher realms.

Meditation:

Bring your awareness to your heart centre, where your Merkabah Star spins in perfect harmony. Visualize this spinning light expanding, connecting you to the flow of Divine timing, a gentle, natural rhythm that guides all of creation.

Consider if you could honestly state: “I align with the flow of Divine timing. I trust that everything in my life and my service unfolds in perfect order.”

Feel your personality relaxing into this flow, releasing any need for control or urgency. Trust that you are always in the right place at the right time, guided by the higher realms.

If your personality holds any tension around timing or control, visualise this tension as a tight knot in your energy field. Now, imagine the light of Divine timing gently untangling this knot, allowing it to dissolve completely.

As it dissolves you might state: “I release the need for control. I trust the Divine plan and allow everything to unfold in perfect timing.”

As you say these words, feel a deep sense of peace and trust filling your personality, helping it align with the natural flow of the Universe.

Invite your personality to embrace patience and trust. Know that the higher realms are guiding your celestial service, and that everything you need will come to you at the perfect time.

Show your personality how you might embrace patience and trust. When it is ready feel your personality becoming aligned with the flow of Divine timing, and in every way always in perfect harmony with the Universe.

Closing:

Take a deep breath, feeling the energy of Divine timing fully integrating into your personality. When you are ready, open your eyes, carrying this sense of peace and trust with you into your day.

Cultivating Joy and Ease in Celestial Service



Setting the space:

Find a quiet space, close your eyes, and take several deep breaths, allowing yourself to relax. This meditation focuses on cultivating joy and ease in celestial service. By aligning your personality with the joy of serving the Divine plan, you can step into your role with a sense of lightness and fulfilment.

Meditation:

Bring your awareness to your heart centre, where the light of your Merkabah Star spins in perfect harmony. Visualize this light expanding, filling your heart with joy, love, and a deep sense of fulfilment. This joy is the natural expression of your soul's purpose in celestial service.

Fill yourself with soul's energy and express it in words. You might say something such as: "I embrace the joy of celestial service. I allow my personality to experience lightness and ease in fulfilling my soul's purpose."

Feel this joy expanding through your entire being, filling your personality with a sense of ease, lightness, and excitement for the path ahead.

If your personality holds any sense of struggle or resistance around celestial service, visualise this as a heavy weight. Now, imagine the light of joy gently lifting this weight, releasing it completely from your energy field.

State to your self: "I release all struggle and resistance. I embrace joy and ease in my celestial service."

As you say these words, feel your personality becoming lighter, more open, and more aligned with the joy of serving the Divine plan.

Invite your personality to fully embrace the fulfilment and gratitude that comes with celestial service. You are part of a greater plan, and your service brings light, love, and healing to the world.

You might state to yourself, all your selves, something such as: “I embrace the fulfilment and gratitude of celestial service. I open to the abundance of joy this brings.”

Visualise seeds of joy and ease falling into the path of your personality, allowing it to grow without effort and struggle. Imagine one of these seeds will be there for you today when you finish meditating.

Closing:

Take a deep breath, feeling the energy of Divine timing fully integrating into your personality. When you are ready, open your eyes, carrying this sense of peace and trust with you into your day.

Inviting the Light of the Merkabah Star into Daily Life



Setting the space:

Find a comfortable, quiet space. Close your eyes and take several deep breaths, allowing yourself to relax completely. In this meditation, you will invite the light of your Merkabah Star into your daily activities, helping your personality adjust to the new energies of celestial service.

Meditation:

Begin by visualising your Merkabah Star, spinning in perfect harmony in your heart centre. Feel its radiant light expanding, surrounding you in a protective and uplifting aura. This light is your connection to higher realms and your celestial service.

As you breathe in deeply, imagine drawing the light of the Merkabah Star into your body and spirit. With each breath in, feel this light filling every cell, organ, and energy centre. Say silently or aloud: “I invite the light of my Merkabah Star into my daily life. I am open to receiving its guidance and support in every moment.”

Picture your daily activities - your work, interactions with others, self-care, and leisure time. Imagine the light of your Merkabah Star flowing through you as you engage in each task, guiding your thoughts, actions, and energy.

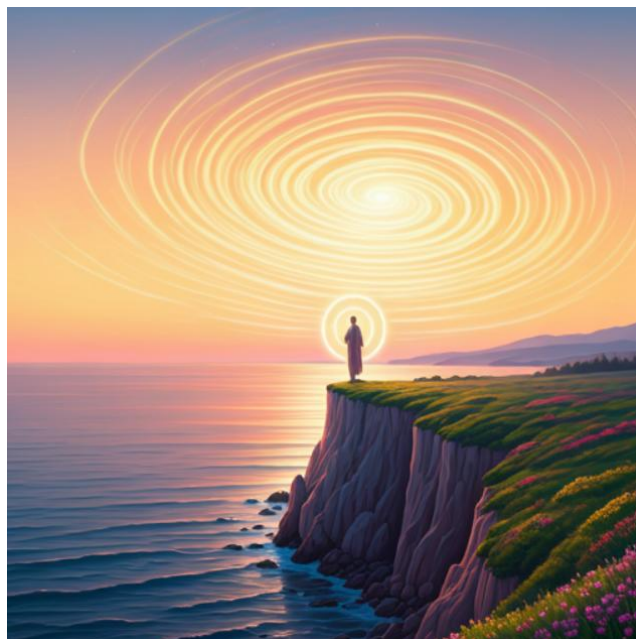
You might state something such as: “I integrate the light of the Merkabah Star into every aspect of my life. I allow this light to guide my choices and interactions.”

Feel the energy of the Merkabah Star illuminating your path, empowering you to embrace your role in celestial service with joy and confidence.

Closing:

Take a deep breath, feeling the light of the Merkabah Star fully integrated into your daily life. When you are ready, open your eyes, carrying this sense of empowerment and alignment into your day.

Cultivating Compassion and Empathy for Self and Others



Setting the space:

Sit comfortably, close your eyes, and take several deep breaths, allowing yourself to relax. This meditation focuses on cultivating compassion and empathy within your personality as you step into your role in celestial service.

Meditation:

Bring your awareness to your heart centre, where your Merkabah Star spins in radiant light. Visualize this light expanding, filling your heart with warmth and compassion. This light is a reminder of the love and support available to you from the higher realms.

Begin by directing this compassionate energy towards yourself. Acknowledge any fears or doubts that may arise as you embrace your celestial service. Feel the light of the Merkabah Star enveloping you in love and understanding.

You might state silently or aloud: “I embrace self-compassion. I honour my journey and release any judgment or criticism towards myself.”

Feel this compassion washing over you, nurturing your personality and allowing it to release any burdens of self-doubt or unworthiness.

And now feel your self extending this compassion outward. Picture the people in your life - friends, family, colleagues, and even those you have not yet met. As you breathe in the light of the Merkabah Star, imagine it radiating from your heart to theirs.

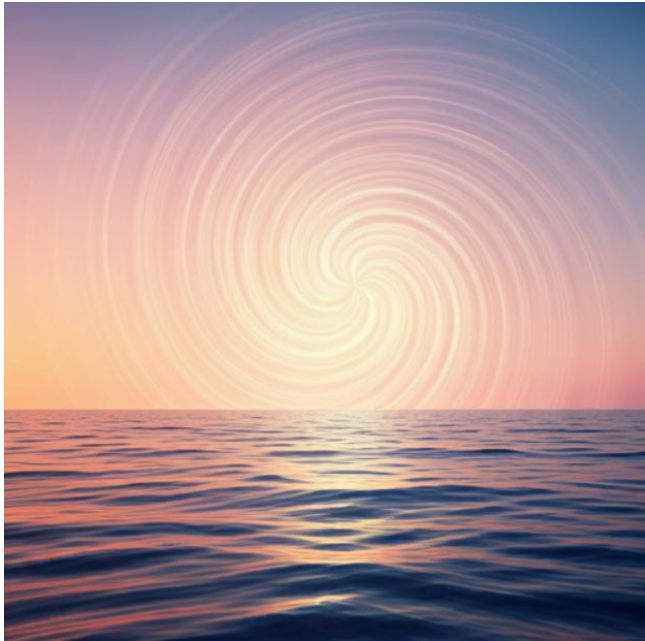
You might state your intention for all aspects of your personality to hear and align to: “I extend compassion and empathy to all beings. I honour their journeys and trust in the Divine timing of our connections.”

Feel the warmth of this compassion connecting you to others, creating a network of love and understanding that supports your shared path of celestial service.

Closing:

Take a deep breath, feeling the energy of compassion fully integrated into your being. When you are ready, open your eyes, carrying this sense of compassion and connection with you into your day.

Activating the Power of Intention in Celestial Service



Setting the space:

Find a comfortable position, close your eyes, and take several deep breaths. This meditation focuses on activating the power of intention within your personality, empowering you to step fully into your role in celestial service.

Meditation:

Begin by visualising your Merkabah Star spinning in your heart centre, radiating brilliant light. This light represents your highest intentions and your soul's purpose. As you breathe, feel this light expanding, filling your entire being with clarity and purpose.

Reflect on your intentions for your celestial service. What do you wish to manifest? What qualities do you want to embody as you serve? Visualise these intentions as seeds being planted in your heart.

State a truth for you such as: “I set clear intentions for my celestial service. I am empowered to manifest my soul’s purpose and serve with love, compassion, and joy.”

Feel the energy of your intentions taking root within you, supported by the light of your Merkabah Star. Trust that these intentions will guide your actions and decisions moving forward.

As you hold these intentions in your heart, sense them awakening and flowing into every aspect of your life. See yourself embodying these qualities in your interactions, decisions, and daily activities.

Feel yourself aligning with the statement: “I embody my intentions in all that I do. I align my actions with my soul’s purpose and the greater good.”

Feel the empowerment of your intentions guiding you as you embrace your celestial service.

Closing:

Take a slow breath, feeling the power of your intentions integrating into your being. When you are ready, open your eyes, carrying this sense of clarity and purpose with you into your day.

Connecting with the Collective Consciousness of Service



Setting the space:

Sit comfortably, close your eyes, and take several deep breaths, allowing yourself to relax. In this meditation, you will connect with the collective consciousness of those engaged in celestial service, fostering a sense of unity and support.

Meditation:

Begin by becoming aware of your Merkabah Star spinning in your heart centre, radiating light. As this light expands, see it connecting with the hearts of others who are also engaged in celestial service around the world. This creates a web of light uniting you in purpose.

Feel the energy of this collective consciousness flowing into your heart. This energy is filled with love, support, and shared purpose. As you breathe, imagine this collective light filling you, amplifying your own light and intentions.

Feel your selves listening as you state: “I connect with the collective consciousness of service. I am part of a greater whole, united in our mission of love and light.”

Feel the strength and support of this collective energy, empowering your personality to step further into its role in celestial service.

As you connect with this collective consciousness, visualise collaborating with others in your service. See yourself sharing ideas, resources, and support with fellow Lightworkers, amplifying the impact of your work.

You might affirm this by stating: “I embrace unity and cooperation in my service. Together, we create a powerful force for love and healing in the world.”

Feel the joy of being part of this collective, knowing that you are not alone on your journey.

Closing:

Take a deep breath, feeling the energy of connection and unity fully integrated into your being. When you are ready, open your eyes, carrying this sense of support and collaboration with you into your day.

Celebrating Your Journey in Celestial Service



Setting the space:

Find a quiet space, close your eyes, and take several deep breaths. This final meditation is a celebration of your journey in celestial service and a time to honour your personality's adjustments to the light of service.

Meditation:

Begin once more by alighting your awareness upon your Merkabah Star, spinning with radiant light in your heart centre. Reflect on your journey thus far - how you have embraced the light of an enhanced commitment to service, navigated challenges, and stepped into your role of service.

As you reflect, allow yourself to feel a sense of gratitude for your growth and transformation. Feel the light of your Merkabah Star surrounding you, illuminating the path you have walked. Sense it in some way extending back far before the time when you first came to these journeys.

Take pride in who you are as you state: "I celebrate my journey in celestial service. I honour the growth and transformation of my personality as I embrace the light of service."

Feel this sense of celebration filling your heart, acknowledging the hard work and dedication you have put into your service.

Express gratitude for the support you have received from the higher realms, your Guides, and the collective consciousness of Lightworkers. Visualise this gratitude as a golden light radiating from your heart.

You might state: "I am grateful for the support and guidance on my journey. I honour the Divine plan that has brought me to this moment."

Feel the warmth of this gratitude surrounding you, reinforcing your connection to the light and your celestial service.

Closing:

Take a deep breath, allowing this sense of celebration and gratitude to fill your being. When you are ready, open your eyes, carrying this joyful energy with you into your day and into your continued journey of celestial service.

The meditations in Part Three serve as a toolkit to support your personality in adjusting to your increasing light, and embracing your role in celestial service. Regular practice can help you align more fully with your higher purpose, fostering a sense of empowerment, compassion, and connection as you navigate your journey. As you start your day you might choose a journey with which to set the space for your day ahead as bring the quality of your intention into your day ahead.

Parts One and Two serve to start your journey, revisit any journey as often as you feel drawn to do so. Each time you do so, you open up to a greater discovery of the new consciousness, of which you are a part, being brought about through service.

We thank you for your commitment to service, each who answers the call brings untold joy to the higher community and contributes directly to the awakening of humanity's greater consciousness.

You are supported on your path and in your life. You may have heard many times that you just need to ask. If we would ask one more thing, it would be this that you ask for help more often and allow the higher communities to fulfil their service to you as you do likewise to humanity. We are with you every step of the way. Know this.