

©Avillion Celestial Lifestream Alignment
Into the Core Rhythm of the Natural Law –
An Expanded Medicine Wheel –
An Aligning into the Living Light of the Energy Wheel of Creation

This natural core rhythm is available by stepping into the specific geographic direction of the cardinal points - the "Energy Wheel of Creation and connecting with it directly into the Source of All."

All celestial frequencies enter the world of this Earth through the cardinal points, the geographic direction. Each one of these points is in itself a most powerful body of light. To unite we inhale the color of each cardinal point direction and see our whole body and our inner self turn into the specific color, and exhale it through our feet into the heart of the Earth - the center of the Earth. The light essence (core frequency) of the geographic direction of each cardinal point is a gift of healing and balancing for our Earth and for our own body within its body of light. When we claim the origin of our body of Light and inhale its color sequence, we inhale the core frequencies of each of our relations creating a mighty celestial team.

The cause and effect of this unity is in anchoring the celestial rhythm of light which carries vibrations of total safety. Their nourishing aspect comes from their ability to attract natural occurrences in life, that avail opportunities aiding the development of receptivity and insight into the sacredness and divinity of all life. As we proceed and gradually unfold from within our core into the core of all, the rhythm's essence activates a natural and gentle feeling of inner harmony, which replaces our usual sense of aloneness or separation. Gradually, the inner harmony evolves into a natural feeling of being in community and communion with all life. And at this point liberty and freedom are perceivable in a true context and hold a fuller and deeper meaning. And all will ignite and support inspirational creativity to be carried out on all levels of everyday life. Furthermore, it precipitates the development of our lost faculties and with their reinstatement the ability of "projected consciousness" or "contemplative attention" is easily and naturally achievable.

The American Indian names of the "four geographical directions" are of Chippewa origin. They are used in honor of the late Chippewa medicine man SUN BEAR. He was the first Native American to introduce all people to aspects of Native American Earth Spirituality and one of the first people inspiring "environmental consciousnesses" by creating an interactive relationship with Nature. Sun Bear and his medicine helper WABUN shared their vision in the book "The Medicine Wheel".

In honor of our Lakota Sioux connection their names for the fifth and sixth direction are mentioned. However, it is not essential to use the names but instead to acknowledge them. It is important however to use the name of the Angels as we are then reaching to the "**divine fiery core essence**" in all and everything.

Now, all we need to do is to approach everything with the "**sacred intent**" to learn to know, sense and feel "**sacred life**" with the acknowledgement that we are the embodiment of the elements, their elementals and

thereby the embodiment of the "Rainbow" to manifest through ourselves the radiance of the **"Sacred Heart and Mind"**.

We physically turn to the east or simply turn clockwise, taking a quarter of a turn with each geographic direction. Each direction is saluted by stretching the right arm up into the East with the thumb and 2 fingers pointed up. (An ancient symbol of service to the Divine Supreme Source.) The two remaining fingers are folded in. When turning to the South we rotate arms by simultaneously bringing the left arm up and returning the right one as is, retaining the fingers in their position, to the center of the chest. After completing the north, we turn to a central position and we lift both arms, stretching from our hips and with both hands and fingers pointed up into the Great Central.

It is necessary to do this energy alignment morning and night - because this is part of the rhythm since we have a sunrise and a sunset. It places us into the energy harmony of day and night. As it nourishes our energy body for the day's activities, the one at night offers the necessary energy boost to travel home safely and more speedily instead of lingering in the fourth dimensional atmosphere and astral planes. Best of all is to fall asleep visualizing that our entire body is enfolded by golden wings - (they are really nice and cozy).

We always need to remain mindful of the sacred intent in creating the unity between the Mother - Father God and their creation of the Law of Love. It is with their awareness that this natural law sustains all life and, its intent, will and focus is manifested in all creation, the earth and all her children. Let us look after all the children, the tiny, young, old, healthy, sick and tall ones, mineral and vegetable and all creatures great and small - for our heavenly parents do not only love all of them, but we are here to nourish them on their behalf! We are the bearers of fire and light for all. So have fun and spread your abundant supply of radiant red gold (like copper) from the Great Central Sun.

Please remember when we state "see" it simply means "imagine you can see ..."
Let the journey begin:

**The Rhythm of the Natural Law of Living Light by
Anchoring into 12 of the 13 Fields of the ©Celestial Lifestream Alignment**

1. **EAST:** Color: **Yellow** - Arch Angel Michael (Mikaal). Guardian to the **Door to Life** and carries an **electric blue sword**. It is the door to all celestial & mental realms at every level of life and carries the **gift of Inspiration**. Its **Spirit keeper** is **Wabun**. Spirit Animal: the **Eagle**. Element is **AIR**.

Inhale & Exhale **YELLOW into the Earth**

2. **SOUTH:** Color: **Scarlet** - Arch Angel **Gabriel**. Guardian of **the School Life**. And the **gift of action**. Spirit Keeper- **Shawnodese**, Spirit Animal: Mouse, Wolf, Coyote, Dolphins and whales – all creatures great and small. Element is **WATER**.

Inhale and Exhale **SCARLET RED into the Earth**

3. **WEST:** Color: **Violet** - Arch Angel **Raphael**. Guardian of the Heart – bringer of our **gift of discernment**. Spirit Keeper- **Mudjekeewis**. Spirit Animal: Bear

Inhale and Exhale into the Earth: **VIOLET**

(The Chippewa color for the West is Black and in other traditions it is Dark Blue.) The Green Light Ray also nourishes the heart and from it stems the rainbow. However, the heart area is in great need of transformation as is our perception of the heart and this calls for **violet**.

4. **NORTH:** Color: **White** - Arch Angel **Auriel**. Guardian of the Red Road – **Path of Truth. The Road of Life** – new beginning with the **gifts of vigor, courage and strength**. Spirit Keeper- **Waboose**. Spirit Animal: **White Buffalo, Snow Eagle and Polar Bear**.

Inhale and Exhale into the Earth Effervescent **WHITE Light**

5. **SKY:** Color: **Vibrant Gold** - **The Great Central Sun:**
The Celestial Kingdom of Heaven. The inceptive fire force from the Source - the Mother and thereby the "**Heart and Will principle**" of the Spiritual Kingdom of Heaven.
The supreme unity of heat and light in the Infinite Living Heart and Mind of God – the Creator. Great Spirit: **Wakatakan**, above all, the Supreme Source of All Creation:

Inhale and Exhale brilliant **Gold into your whole body,**

And direct it through your feet into the Center of the Earth.

6. Center of Earth - HEART of the EARTH: Color **Ruby Red** Core in all and of all.
The Great Central Sun in 3rd dimension –as above so below. Spirit Keeper- **Maka Ena:**
Mother Earth:

The volcano at the center of the earth is the heart of the Earth and it is the Great Central Sun's anchor of love for the manifestation of the Law of Love in life on earth.

The Ruby Red expresses the gift of Joy **of Service to all life**. It represents the **collective feminine** and in total represents the passion of **feminine creativity**. It also is indicative of **feminine members** in the family of Jesus – Jeshua Ben Joseph.

Having exhaled the Gold into her Ruby Red heart, see the golden essence mingle with the ruby red molten lave, rejuvenating the anchor of the Great Central Sun.

Now,

Inhale the vibrant ruby-red through your body. Hold your breath and see your body with a golden core, outlined in yellow, scarlet, violet, white and now engulfed in ruby-red.

7. **SACRED UNION:** Color - **Copper** . Now exhale Ruby Red into the golden Pillar/Lifestream above your head. See it join the Gold, spiraling up into infinite golden space. As both colors unite – Earth and Sky, a fountain springs to life with **Copper Rays** streaming down toward and into your crown chakra onto your head and all around you.

8. **A UNIVERSAL HEARTFIRE: of Copper Rays** - Guardians: Ascended Masters Lady Liberty & Lady Nada: A Family **Union of Heart:** animal, vegetable, mineral, elements and elementals **all elevated and rejuvenated by the light of the celestial fire in the union of spirit and soul.**

Inhale the COPPER rays and as you exhale your whole body is engulfed by a brilliant copper hue, making you **ten times as tall and wide** or of a 5' circumference. Additionally, your Vast Self is now encircled by a Ring of Copper Fire - the ring of pass-not to ward off all unnecessary interferences. Also your Vast Copper Self symbolizes your "**Greater Sense of Discernment**", which is essential for **true liberation**. Eventually, it connects us with our Soul Families of 144 000.

9. **Crystalline Silver Diamond Light of the Great Redeemer:**

Take a deep breath inhaling the "**Crystalline-Silver Diamond Light**" and see it flowing through your crown chakra into the Pineal Gland (located at the center of the back of your head) and onward into the nape of your neck and exhale it **into your spinal column**. As it enters your spinal-column see your **whole spine turn into the brightest Crystalline-Silver Diamond Light** of a Golden Radiance.

Now, with another in and out breath see this **brilliant crystalline light flowing down into the coccyx** and see it extend onward into the center of the Earth.

With both arms lowered **bring the Crystalline-Silver Diamond Light back up** and see it flow onward into the **Great Central Sun**. Look down and see your spine expanding into the width of your body and more.

10. UNIVERSAL OCEAN - MAGENTA: Legion of the Cosmic Christ or Divine Feminine:

Reach up into your Pillar/Lifestream and see all the brilliant color rays you have inhaled so far and now direct the **Crystalline-Silver Diamond Light** down to your chest where it turns into the **Amethyst or Violet** of your heart.

Inhale deeply to join the Legion of the One Heart and spread your arms out wide (as in a breaststroke). Feel your chest and your whole body expands in size and luminescence as you enter into the waters of a **MAGENTA** colored Ocean. **A collective Family of Soul and Spirit in the Cosmic Christ Consciousness**. It is also the meaning of Quan Yin or the 1000 armed Buddha. **Magenta refines and sharpens our senses**.

Exhale and immerse yourself into the **magenta ocean which now represents Maitreya or the Cosmic Christ**. If you have time, swim in it and enjoy. If there is no time inhale deeply the magenta light from the ocean and **reach into its waters for your chalice**.

11. The Chalice-the Graal - Grail

As you exhale **magenta** see a **Chalice** rise from the ocean. Take it into your hands and drink its elixir (it consist of the essence of the 12 solar planes, it is always there to provide your soul with sustenance for its journey on earth).

- Every day place your whole self into the chalice. It is an easier way of training our ego into a state of surrender so that our known and unknown personality steps out of the way.
- Place all your worries, all your joys, your dreams and goals as well as your disappointments into the chalice. This assures that you walk your path of truth in continued surrender.
- Complex experiences should also be placed into the chalice because it is not always wise to readily identify an experience as positive or negative.
- Also, place those who you wish to receive healing into it too.

Inhale as you lift the **chalice** above your head - high up into the golden Lifestream of the Great Central Sun, and thereby all is surrendered for transmutation and transformation.

Exhale as you see everything from the chalice enter into the golden **Lifestream of the Central Sun**. Sometimes one sees all turning into doves flying home into the Central Sun. If this makes it easier it is a good choice.

See the doves enter into the golden light of the Central Sun and as they do so they turn into one huge dove. See its wings enfold you totally. The wings of the dove will either remain white; turn into gold or into diamond light of crystalline silver. Peace will surround you throughout the day

until nighttime when the exercise is repeated - abbreviated or at length. There does not need to be a vision and often there might be a different one that has a particular meaning to that moment in time.

Alternatively, you need not visualize anything, other than seeing yourself within the chalice and simply surrender it into the golden Lifestream of the Great Central Sun - unto Mother Father God.

Now complete it with your salutation or by stating your celestial name and now the all, - which in truth you are - needs to be surrounded by the highest protective vibrations:

12. The **Silver Tube** of Light

Inhale and with both hands reach into brilliant silver light and while exhaling pull down a tube of brilliant silver over your entire vast self. See it sink into the Heart of the Earth. Now state:

**I ask for guidance, protection and direction on
this my sacred space on Earth, for my whole family human and otherwise
and for All whose life I touch today.**

The silver tube offers many qualities but above all it calms the radiation of the activated energy form, which can be felt as threatening to those of a lesser vibratory rate. We do not need to be confronted by unnecessary challenges.

13. **Sacred Union of the Six Pointed Star of Peace with the Five Pointed Earth Star representing Liberation of the Divine Feminine and Masculine from all Dualities.**

It is the symbol of the great union in the **“One Reality of all Natural Life”**. Its radiation holds many merits but also sharpens the finer senses which eventually leads to the development of the 7th and 8th sense and onward.

Inhale as you lift both arms up into the top opening of the Silver Tube. There you see your brilliant **Six-Pointed Star of Peace** waiting to be claimed.

Take the star with both hands and as you **exhale**, guide it through your whole body of earth and light. Inhale again and exhale as you see it enter the center of the Earth.

Hold your breath for the moment it takes to see the Star of Peace beaming its brilliant diamond light onto the five-pointed Earth Star. All its tarnish is disappearing.

Inhale as the magnetic force of the Star of Peace is pulling the Earth Star up and now pull both stars through your whole body. **Exhale** as you release both through the top of your silver tube. **Hold your breath** and see both unite and as they do so there is a brilliant **11-pointed star**. As you inhale see the 11-pointed star explode into a vast sea of **brilliant crystalline silver white stars**.

Exhale and see yourself totally engulfed in this **crystalline silver white diamond light** and state:

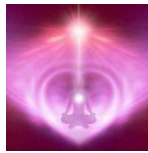
**God is Light - I Am Light and In God I Trust
In truth I AM - Thou Art - We Are - All One Light –
And with Every Breath I take in Thy Presence I Abide!**

**Now imagine yourself as a huge vast column of Blazing Living Light!
No longer a Small Self but united with the Higher Self into the Greater One
to approach all from the Vastness of Your True Being!**

From now on always try to approach all and everything from within this brilliant **Crystalline-Silver Diamond Light, a Lifestream of living light.**

Or, see yourself as a vast column of blazing golden light that connects into the Great Central Sun. A column that is open to the highest above and to the highest below (center of the Earth)! This is a natural anchoring into the One Reality of Now and makes it so much easier to “be in the present moment”. At this point you can also conclude the entire exercise with the Crystalline Violet Flame decree in action by:

Inhaling and seeing yourself **absorbing** the Crystalline Violet Flame and **expanding** your whole body into **Crystalline Violet Flame as you exhale.**



Inhale again Crystalline Violet **to project** it into this world **by exhaling** it and stating:

I AM freed of all Karma of Cause and Effect,

**I AM freed of All that is an impediment to the expansion of my consciousness.
I AM receiving ALL I need to be inspirationally Creative and Free of Fear!**