

Energetic Uplevel - Week 3



With Susie Mooratoff 2025

This week we explore the second “Triad of Consciousness”

This includes the second 3 chakras, moving upward through chakras 4, 5 and 6.
The 4th, 5th and 6th strands of DNA and the Virtues of Love, Kindness and Compassion.

It is the beginning stages or first level of spiritual awakening and awareness of our multidimensional selves.

We are actively working to heal and clear any wounds/blocks/trauma from the lower 3 chakras, - the personality or ego matrix.

When we consciously choose to work with the higher chakras and higher dimensional frequencies, higher strands of our DNA activate, we start to understand and begin to embody more layers of our Soul Matrix, our Higher God Selves, our Higher Self, our Future Self. Simultaneously we also build the layers of our light body.

This second triad is where we begin the alchemical integration of Spiritual and Soul Intelligence into our physical body intelligence

It is where we can attune to 5th Dimensional Earth - 5D Earth.
Most of the Planetary Lightworkers are in this group field of consciousness.

4th Chakra, The Heart Center

Colour: emerald green, emerald seed crystal, also called the emerald crystal heart, 4th DNA strand.
We can refer to this as the first layer of the second “Triad of Consciousness”, the “Astral Mind”, and the lower astral realm, - the 4th Dimensional layer.

The heart center actualizes/activates and begins the experience of emotional energetic intelligence.

Located in the center of the chest area, governs the heart-lung complex.

Main attributes: Love, empathy, compassion, higher emotional and sensory feelings, intuition, HSP, the interconnectedness of all things, our deep love of God, connection to higher-dimensional frequencies.

This is the beginning of soul embodiment and is the first layer of the soul body or soul matrix.

Many lifetimes of experiences are registered in the soul body/soul matrix, which can be like remembering something familiar through our sensory feelings and higher sensory experiences like a deja vu, people places, or things or events that feel familiar, a memory recall from another timeline.

We sense this through what's called the Nadial structure, which essentially is the energetic blueprint or counterpart for the body's CNS (central nervous system) and how the CNS messages the brain.

It is intrinsic for the soul qualities of love, empathy, compassion etc - to feel the heart-based experience of the interconnection with all life, the feeling intelligence of the heart.

It is located at the back of the 4th chakra in the light body and can be influenced by the 4D astral field. Depending on where we are on our personal inner healing journey, the 4 D astral field can influence inorganic and harmful messaging and can gain access into light body with astral implants.

When we feel blocked in our heart, we call upon the virtues of Love, compassion, forgiveness, humility, inner peace and purity. Heart and lung issues can stem from deep sadness and grief.

Can be where we carry collective miasma, grief, sadness of fallen timelines (Lumerian, Egyptian, Atlantian, through reptilian and off planet invasion) and ancestral grief.

Each persons journey is to heal all soul layers and fragments, so we can move upward into higher embodiment and expanded Christ Consciousness. Working with the Virtue of Love

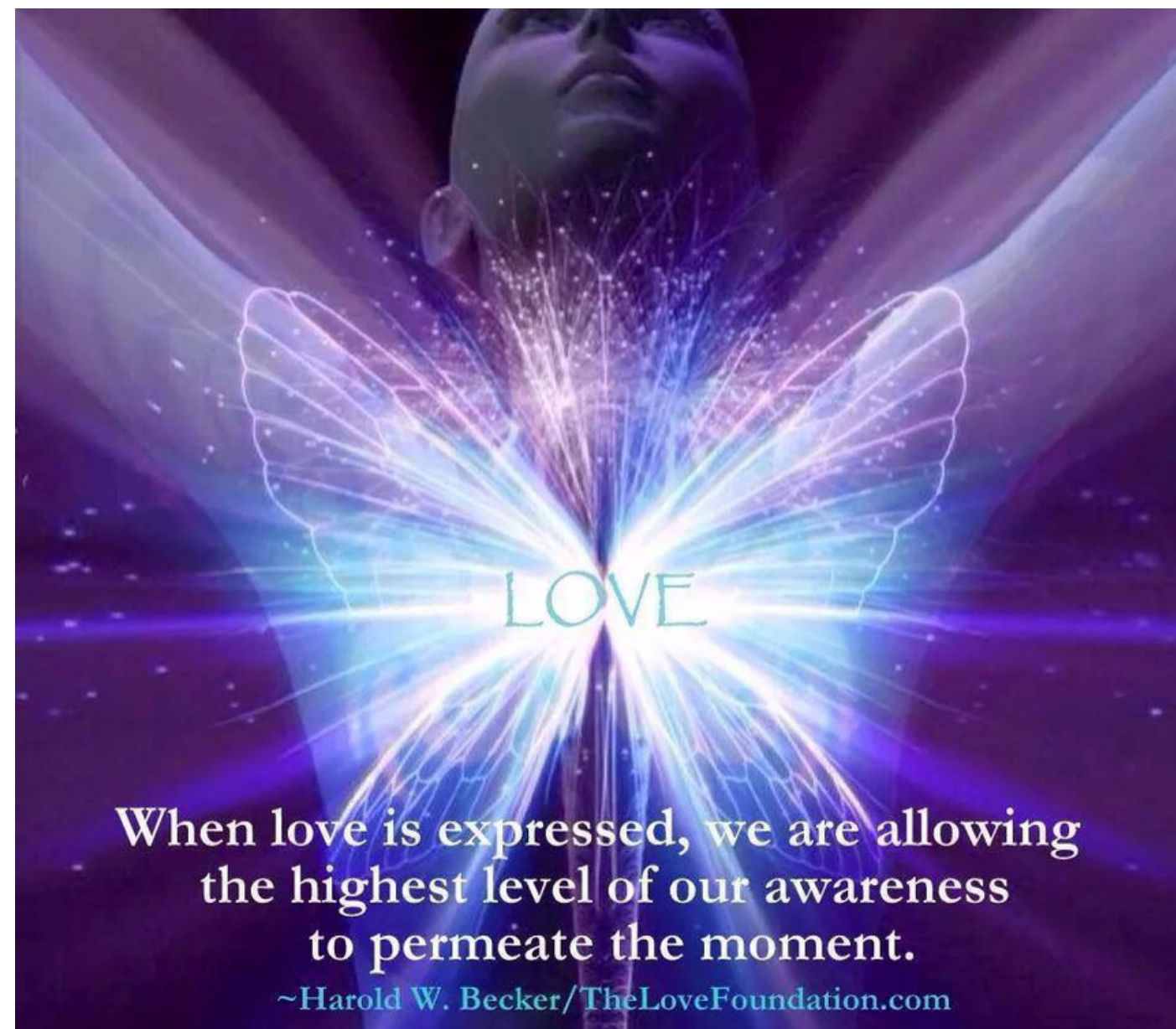


Spirit and Virtue of Love

When we embody love we experience God. Love's highest expression in the physical realm is the experience of liberated consciousness, and this is our highest purpose throughout the planet's Ascension cycle.

Love naturally brings unity, love for ones self, self respect, dignity, selfless love towards others, honoring the divinity in all things, acceptance of others.

The extreme sensation of hate, judgement, dissonance, separation, fear are some of the negative houses of ego we choose to dismantle to embody the heart felt sensations and frequency of Love. We are beings of love.



Notes on the 4th. Dimensional layer the Astral Plane

The astral plane is severely damaged with the phantom matrix (which is a fallen region from the original Earth timeline, like a fallen parallel Earth that the Bible refers to as hell realms), filled with dead energy, black light, miasma, including planetary miasma - toxic waste, dead light, energetic pollution. Parasitic energies and all kinds of entities siphon life force energy from humanity at this 4th D astral layer.

The astral plane is not an enlightened consciousness plane, so we must use our spiritual maturity and discernment when meditating or lucid dreaming to not enter into the astral realms.



5th Chakra, the Throat Chakra

Color blue (like lapis lazuli blue) in colour frequency and octave, it contains a blue crystal seed and connected to the 5th DNA strand.

Layer two of the Second “Triad of Consciousness” - “The Archetypal Mind”

The Higher Mental Body anchors, and overrides the ego will to align with group will.

Located in the center of the throat, connected to the thyroid gland, and also connected to the ear portals

Main attributes: vocal expression, when we are aligned to our creations and clear, we have the ability to speak energy into form, to manifest. To speak with integrity. The ability to speak with clarity and wisdom from our Higher God Self, our Inner Spirit. We align our Higher Mind to connect into the Higher Realms and receive light packets of information.

It is connected to the 2nd chakra of one's creative expression.

A blocked throat chakra can stem from ancestral and childhood traumas from this current lifetime and other lifetimes, where the voice has been suppressed, which can be due to fears of persecution for speaking out about truth, what is true for you. Also not wanting to hear truth, anywhere there has been verbal abuse, fears of truly expressing yourself verbally and creatively. Throat cancer and throat/thyroid issues can manifest here as a blocked throat center. Someone with a blocked 5th center can also be shy, secretive, prone to lying, excessive talking, or gossiping. Hearing challenges can be related.

To overcome any blockages in the throat, we call upon our higher self to anchor more into our body, cultivating trust and trustworthiness in our communications and God. Intend to speak truthfully and honestly, with integrity, and kindness. What is the intention of your words with all your communications?

Working with the Virtue of Kindness.

Spirit and Virtue of Kindness

When we consciously choose loving kindness and compassion towards others and all things, choosing benevolence even when faced with the extreme polarizing behaviours from others as challenging as this can be. We choose our response mindfully in the moment, rather than reacting to a person, situation or event from the understanding that reactions are generally coming from the subconscious and highly influenced by fear, preconceived ideas, or mind control.

Kindness can also be applying appropriate healthy boundaries for yourself around those who choose to be victimisers and abusers, or people or groups that you no longer align with. Kindness and compassion towards yourself, honor where you are in your journey, allowing yourself time to heal, self-forgiveness, and self-love.

To care deeply about all of life, and humanity, and realise the interconnectedness with all of earth, nature, the animal and plant kingdoms, trees, nature spirits etc.

One kind word to a child or person can elevate them to achieve greatness in their life as can random acts of kindness towards others can help someone feel a sense of love and gratitude.

The higher God self is loving kindness and compassion in action. God is loving kindness and compassion. If we notice envy or jealousy, call in the spirit of kindness and ask God to help you build the house of kindness.

6th Chakra the Third eye

Color: indigo ray frequency and octave, indigo crystal seed, 6th DNA strand.

Layer three in the second “Triad of Consciousness” - the “Celestial Mind”

Inner vision begins to activate and Higher Mind integrates polarities.

Located in the pituitary gland in the center of the brain, very close to pineal which is why it is sometimes called both, the pineal sits a tiny fraction above the pituitary so for this purpose it can be called the pineal/pituitary complex even though they have different functions.

Main attributes: inner vision, clear vision, intuition, higher mind, higher wisdom, HSP abilities begin to activate.

The celestial mind is where our awareness begins to open into multidimensional vision.

Celestial connections begin to be felt. Connected to the right wing portal on the masculine side.

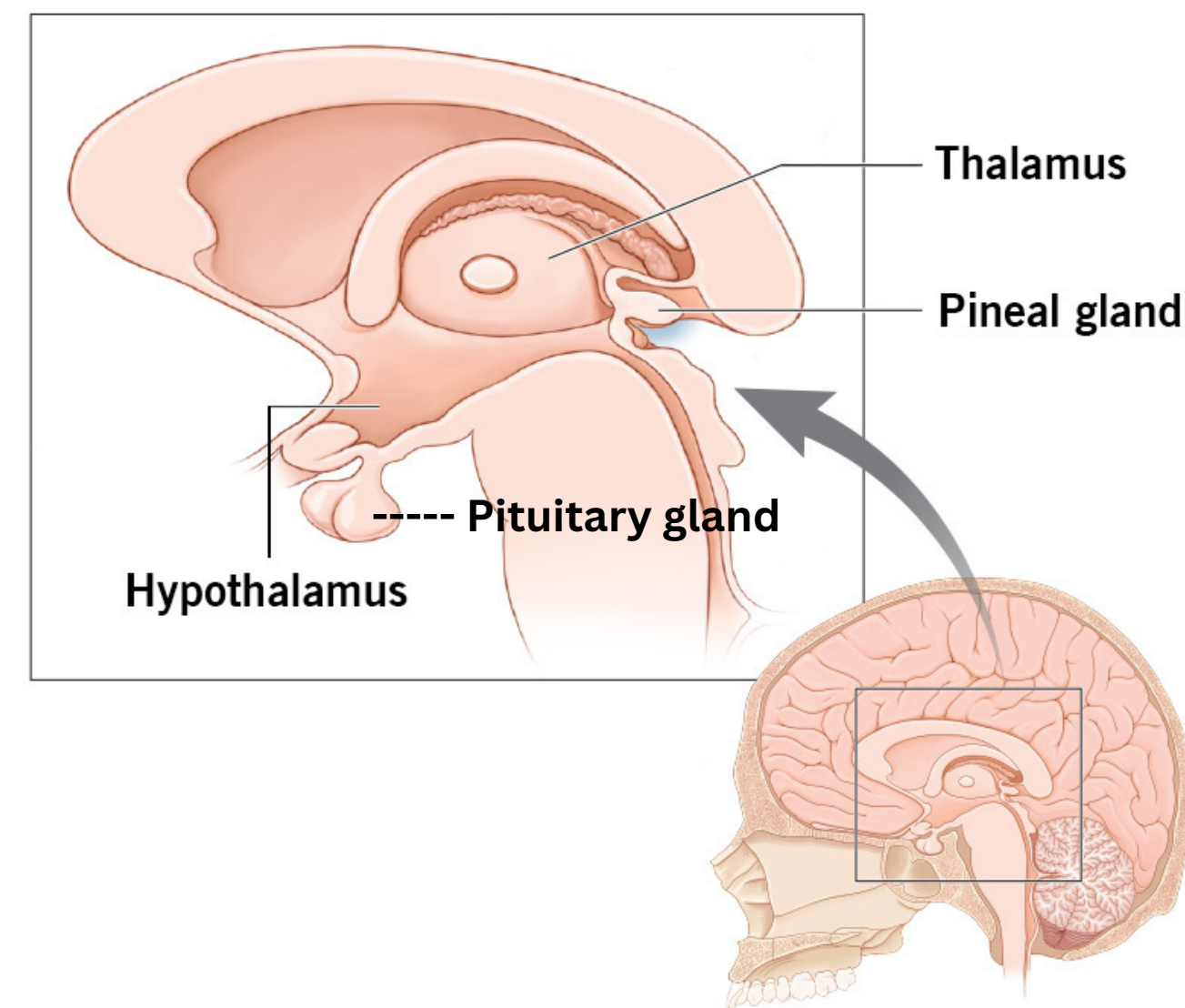
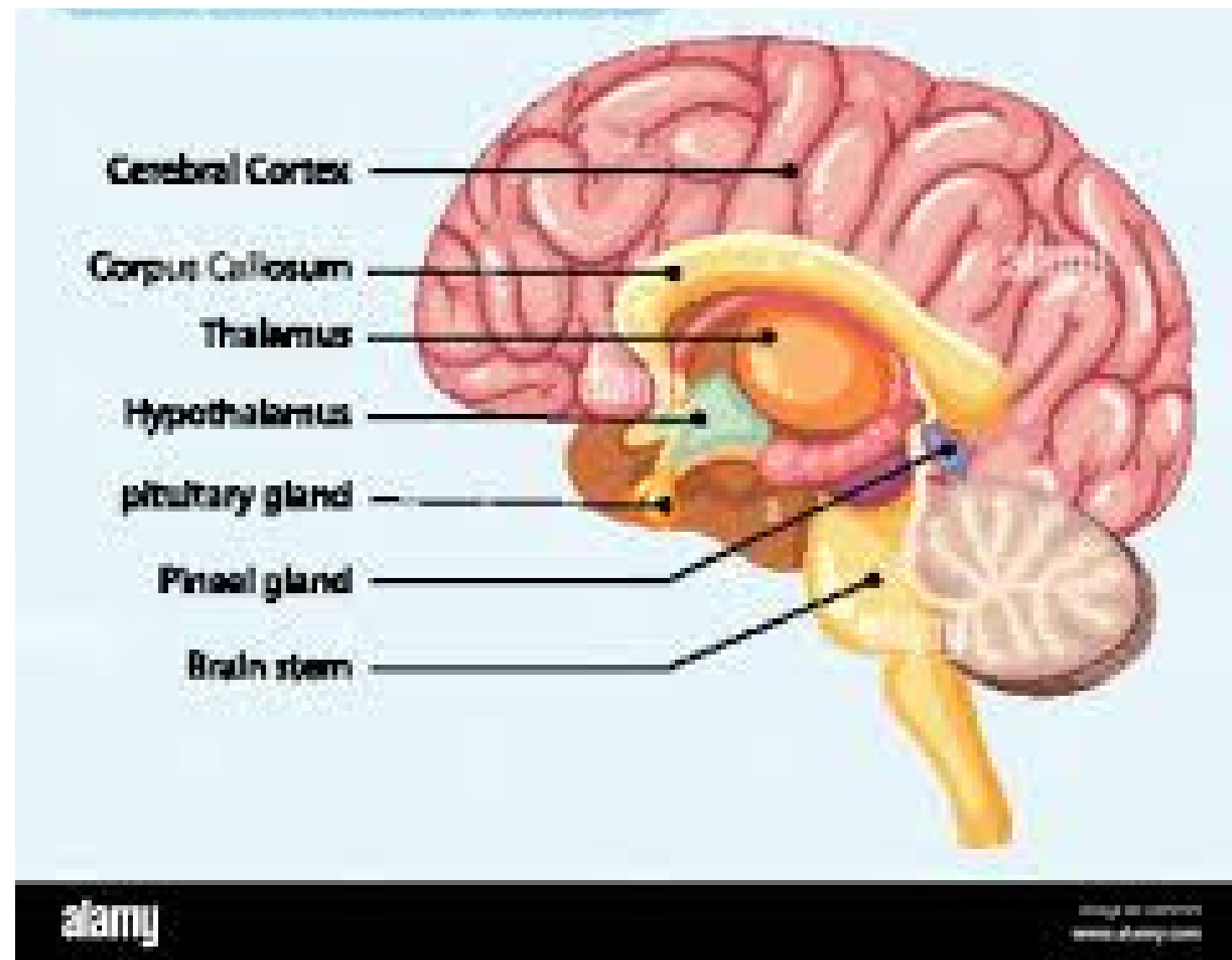
Links into the 7th chakra and the 9th, to the thalamus and hypothalamus glands which are important for many physical and consciousness balancing and integrations.

It is the 6D indigo ray, which is where the term indigo family comes from as indigos and starseeds incarnated through the 6th stargate connected via Sirius B and took on the indigo ray spectrum.

This is also where you can see pineal cage implants, which have been placed around the third eye complex to interfere with awakening process and multidimensional vision and scramble communications with our Higher God Self. Also to attempt to stop further soul and monadic embodiment.

Blocks to vision can be caused from past life traumas, where there were genetic experiments on angelic humans and much tampering and interference was inflicted in the Third Eye and wing portals. Fears of seeing into the fields can also be a block to vision, afraid to see what's in the field.

Embodying the Spirit and Virtue of Compassion for Yourself and All of Life.



Spirit and Virtue of Compassion

Opening our hearts to compassion, the compassionate witness, compassion allows us to view the larger picture and not be overwhelmed with the emotion of empathy. Whilst empathy is a Christic quality and we truly feel what another is going through, compassion allows the empathy but does not take it on, allowing clarity in a situation and to be able to hold loving space for someone who is going through pain and suffering with our heart presence.

Judgement of a situation and attachment to outcomes is not true compassion.

We strive to be nonjudgmental, and we align with the spirit of compassion to rise above any negative ego fears and thought forms or outcomes and expand our consciousness into the spirit of true compassion.

Calling in the Spirit of Compassion which is part of Love itself.



Gently opening inner vision and multidimensional vision.

Focus and clear the third eye by focusing on the indigo crystal seed within the center of the chakra and visualise the expansion. Energetically remove any cages you may become aware of. Intend to clear all debris from the pituitary/pineal gland in the centre of your brain, including the thalamus and hypothalamus.

As with the development of any of our HSP's (Higher Sensory Perceptions), If we desire to open our third eye for multidimensional vision, the following protocol/meditation will be helpful:

1. Connect with God first, your higher self, fortifying and strengthen your field, your personal energetic protection, creating your sovereign, sacred space.
2. Ask God in prayer for your vision to be activated to that which is in alignment to your highest good, and as God would have it be.
3. Visualise the indigo ray frequency in your third eye and consciously intend for this chakra to gently expand.
4. With your heart intention, begin to visualise a sparkling indigo crystal in the center of your third eye and expand this indigo crystalline light, consciously clearing away any debris, shadowy areas or miasma from the chakra.
6. Also aligning to your breath, with the inhale as expansion and exhale as also expansion, though also as a clearing breathe for any blocks.
5. Practice this as a short meditation, activation, exercise for 5 minutes or as long as it feels comfortable for you to hold.
7. Finish with a prayer of gratitude and thanks to God.