

ENERGETIC UPLEVEL - Week 1



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Welcome Welcome Welcome

I am honored and excited to be your guide during our time together through this training over the next 6 weeks.

We are going to embark on a profound, transformational journey of upleveling on an energetic, emotional, mental and spiritual level.

we will explore:

- The 12 chakra system, 12 Strand DNA
- Energetic protection and sovereignty for yourself, your personal space, home or work and/or spaces that you hold for groups or clients.
- Discernment
- Reconnecting to your body as the sacred temple, temple that it is.
- Recognize where you may be carrying unresolved trauma, any inherited ancestral patterns and how you can work through releasing these safely. Inner Child healing
- Activate your divine soul remembrance and purpose, mission, and leadership roles
- Learn how we can assist and help the Earth's energetic grids
- Deepen our connection to God/Source/Creator and all of life through the virtue ethics of Christ.
- Awakening/Ascension/Spiritual Development/HSP

We will have certain activations/meditations that will bring you into more awareness of your energetic bodies and chakras, how you can work with the chakras to release stuck and blocked energies and uncover anywhere that is holding you back from your highest timeline. This is inner healing work, and if you're open to dive deep will greatly accelerate transformation, and I know that you wouldn't be here if your soul wasn't ready to move into the next octave and embodiment of your upleveling.

My intention is to share with you what has been most beneficial for myself through my own journey, and my clients, including tools, practices, protocols, knowledge gained over the many years of spiritual studies, my experience in the fields and my own inner gnosis guided by God/Source. With the aim to come back to the Truth of who you are, strengthen your connection to Source, your higher self and comprehend further the energetics of our multidimensional selves and the multidimensional universe or multiverse we are apart of. These are all great protocols and practices that you can add to your tool kit of life! Bc there are times where we all need to call upon that inner strength to get through challenging moments and having different tools will support you to come back into alignment, sovereignty and your true inner guidance and connection to God/Source, which is your super power.

I know some of you beautiful earth angels are tired, sometimes it's a lot, but it's in these moments we're asked even more to step up, to show up with more vigilance and presence.

The process of upleveling, will require all of us to develop emotional and spiritual maturity quickly and especially as we enter into the next decades of what is going to unfold on the world stage. We are called to walk in our sovereignty and sacred truth of holding our unique expressions of Divine light, truth, love, humility, compassion and presence. Each moment is an opportunity to expand and attune to higher awareness.

There may be some concepts I present to you over the coming weeks that you may find challenging, if something comes up for you or there is any confusion or you have questions, please write everything down so if needed we can have one or two Q & A's during our time. I am here to support you and we are here to support each other.

I ask you to open your sensing, open your listening, and your receptivity. Feel with your whole heart, your whole body and your whole mind of presence.

To be open to receive all that you're here to receive, and let go of all that you're ready to let go of - old limiting beliefs, fears, old patterns that no longer serve you, including any ancestral patterns, collective patterns.

To receive and release only that which is in alignment with your highest good and highest timeline.

And to take what resonates and disregard the rest.



Aligning to and opening Sacred Sovereign Space

The very first step and an important place to begin as we open this container is the setting of our energetic protection and creating our sovereign sacred space.

Every time meet here, live or watching or listening to the recordings in future/spiral time, we are stepping onto a sacred sovereign grid architecture, a safe protected space to dive deep. This architecture is a temple space, a crystalline cathedral that we meet in, specifically designed for this UpLevel course by God, our benevolent Guides and Guardian teams, and our higher selves, working in unison for all that is in alignment for each individuals personal growth, transformations, healing and learning through this time we spend together and also for those that will have access to these recordings in future time.

This architecture has already been created, activated, and anchored in the quantum field. It is a living, sacred geometrical consciousness grid that has the exact instruction sets and blueprints that will activate at the perfect time as we go through this journey. Much like the instruction sets we each have in our higher chakra centers, which are designed to awaken us into higher expanded levels of consciousness at the exact and perfect moment for each of us.

These blueprints will activate your DNA of certain remembrances and codes within each of you, of your intrinsic divinity, specific gifts, HSP (Higher Sensory Perceptions) and unique soul mission and purpose, with the intention to align you to all that you are here to be, do, and create at the highest levels.

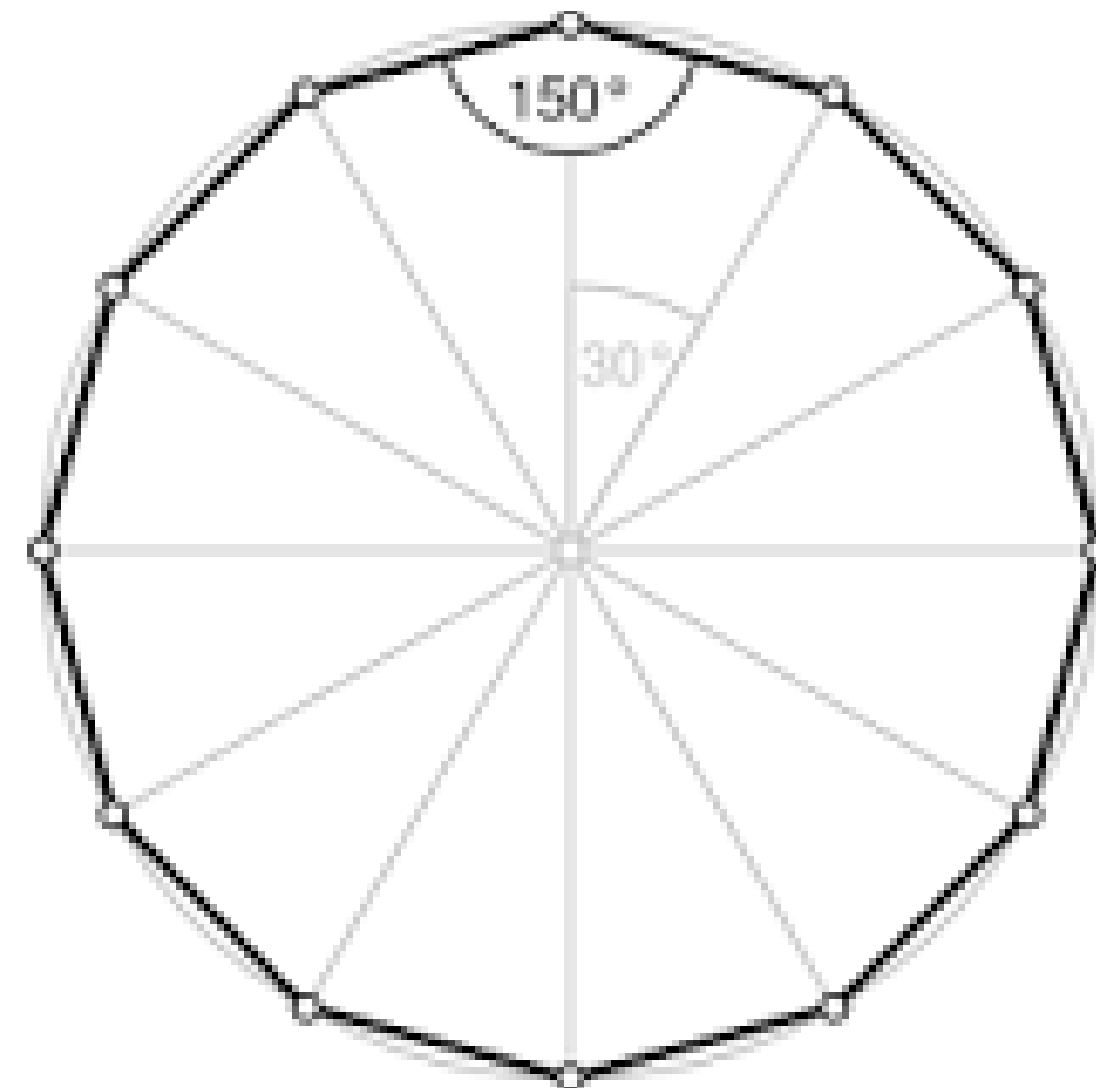
To open you to an expanded awareness of your multidimensional selves and this multidimensional universe whilst staying grounded and present in your body and the truth of you are.

We are going to do a short activation prayer meditation so we can all align to this temple space.

As i guide you through this, i invite you to visualise what i am saying and to be a co-creator of this sacred space anchored together in Love, Truth, Devotion, Compassion, Integrity, Humility, Unity, Soveriegnity and Freedom.

We are co-creating this space with God.

First we have a platform in our sacred geometrical grid which is in the shape of a dodecagon (12 sided polygon) this platform is Aurora crystalline light, each of us are sitting in a circle just inside the edges of the dodecagon.



Spiritual Hygiene and Discernment.

Keep your spiritual immune system healthy.

Our spiritual immune system is equally as important as our physical immune system. Strengthening your own Spirit and Light body increases vitality, mental and emotional clarity, your overall health and ability to fight off dis-ease in the body, allowing for greater balance and discernment.

Just as we look after our physical body we want to take care of our energetic body and our spirit.

There are multiple ways lower energy can infiltrate into our field and drain our energy, effect our thoughts and behaviors. Lower energy can be picked up by simply going into crowded places, shopping malls, airports, festivals etc or from certain people or groups of people where you may feel that energetic siphon or a negative shift in your mood.

Not engaging in activities that don't feel aligned, you may ask yourself if you feel a personal resonance with a certain activity or event or interaction, and the answer can change at different times.

Learn to strengthen your boundaries and personal discernment with what feels aligned for you, to discover what is beneficial, supportive and fulfilling for your lives, your spiritual path and what is not.

Self respect in all situations. Energetic balance through meditation will increase your discernment and HSP. Creating your sacred space and consciously commanding the sovereignty of your body, mind and spirit, through prayer, grounding in nature, using water to consciously cleanse all levels of your being energetically, epsom salt baths, all of these simple practices will strengthen your spiritual immune system. And of course, self love is a good practice for beginning effective spiritual hygiene.

Energetic Sovereignty & Protection

As we begin to perceive more about the nature of the planet and the unseen energies in the different layers of dimensions, we come to understand the absolute importance of our individual sovereignty and strengthening our protection. As more of our DNA and HSP is activated we become more sensitive to energies, if we are facilitating energy work, holding space for others, friends and family, and even simply meditating, having a protocol for protection and creating a sovereign space is essential.

On a personal level, a protection protocol can be part of your morning ritual, It's a great daily practice to cultivate before you head out into all the demands of your life and the 3D world. Understanding, if we are tired, frustrated, anxious, it's easier to be influenced by the energies people carry and also the different types of EMF, 5G, harmful technologies transmitted from satellites, AI, mind control etc we have to deal with in our day to day lives. All these things are designed to trigger us in ways that can further spiral us into negative thoughts, behaviours, emotions, anger, feelings of unworthiness, self sabotage, addictions etc.

I understand that a lot of us don't have time, however to consciously place energetic protection around your light body, (which is also called the biofield, energy field or aura), will greatly help to set your day in alignment with easeful flow. You don't need to spend a lot of time, because as your visualization and heart intention for energetic protection becomes stronger, you can simply say a protection command and visualise. However if you do have time for a short protection meditation/prayer is more beneficial and continually strengthens your field, sharpens your intuition and discernment.

We will go through several protocols for protection, and if you already have your own practice, that's great, keep using it, or one of the protocols I'm going to share with you.

Protection & Shielding Techniques and Creating Your Personal Sacred Space

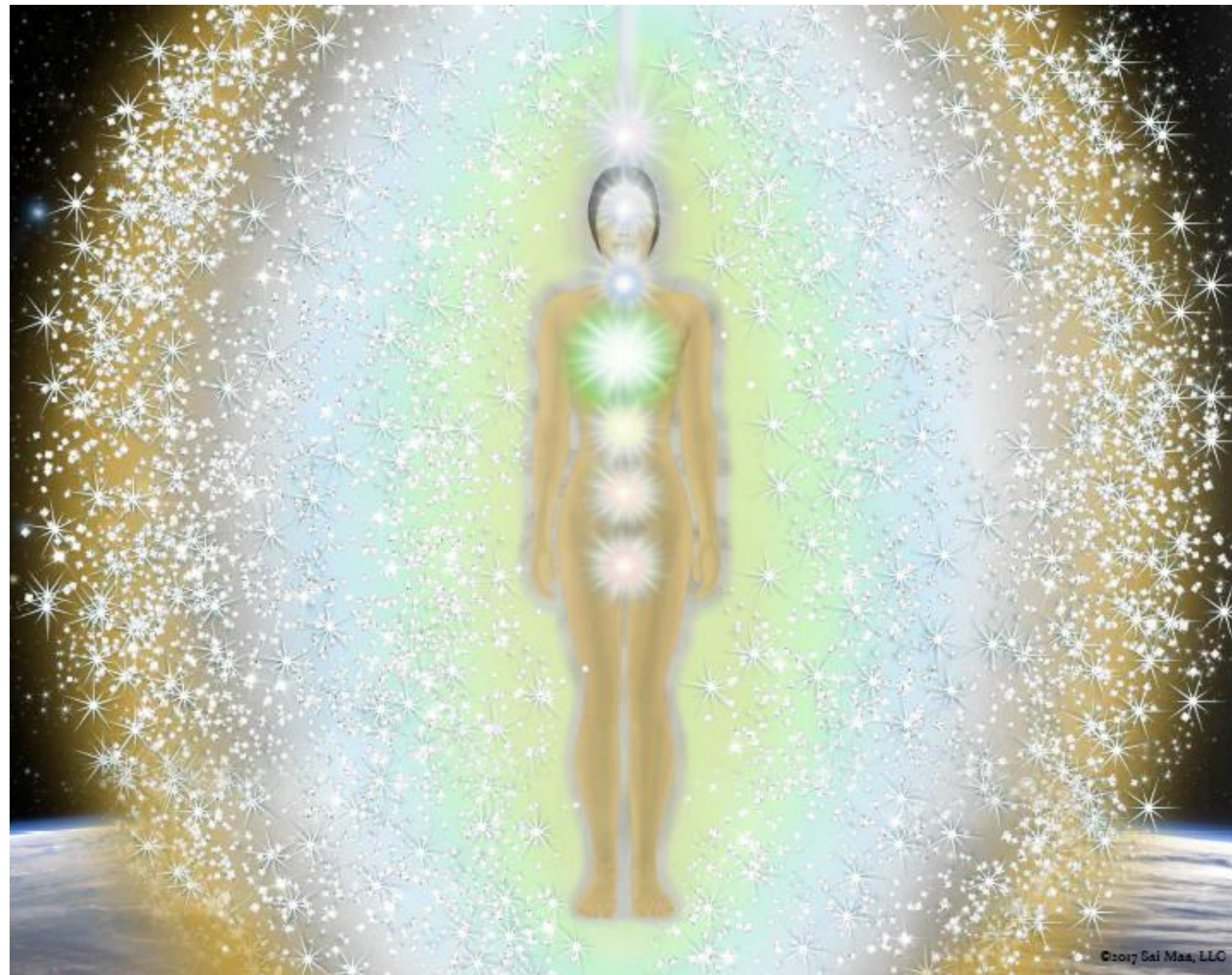
Protection for yourself and your space will greatly shift and elevate your frequency and the frequency of your space and your family. And then as you are more aware you intuitively know to shield up which can make your experience going into certain places a lot more easeful energetically.

As we shield ourselves, we learn the energetic boundaries of our aura. We can learn to boundary test our aura for discordant energies that are uninvited.

There are several ways to activate your protection and they don't take very long :

- 1.a) Drop into the presence of your heart space, b) connect with your breath, c) connect with God/Source, d) become aware of your energy field and light body, e) visualize and intend for the beautiful loving and pure light from God to encase your entire light body. Visualise this light (golden diamond light in colour) expanding through your heart and into your entire field. f) see it creating a protective light that extends a few feet all around you, above and below you. As you are within this bubble of light. As you intend it with your inner vision, you see it and it is created.
2. Follow the steps a-d from the above practice, then e) create an Aurora or crystalline platform of light beneath your feet, f) bring in pillars of diamond light to surround you 360deg, and connect them into your platform beneath your feet. g) visuallise another pillar of light from the heart of God coming down through your 10th soul star chakra 6-8" above your head and entering in through your crown and moving all the down through your central vertical chakra column down your legs and connecting into your grounding platform, and see this light energy expand through your body as you are encased in light. Add an extra step and create a dome of plasma light, shielding this complete structure that you've created.

Golden Diamond Lighbody protection



Toroidal Field

The previous practice can also be used to set your sovereign space within your room, home or work space. The only difference is that you are bringing the pillar of light from the heart of God down through the center of your space and visualise it radiating light of the highest frequency throughout your entire space. Command the space a sacred and soveriegn and any all discordant and lower energies to leave.

3. Plasma light shield, this particular method was given to me some years ago by one of my guides, who shared that it was going to be helpful due to my traveling often and exposed to airport scanners.

Visualise pastel rainbow plasma light, a watery light frequency creating a dome covering your whole body and connecting into your grounding platform or create it as a bubble of plasma completley encasing your entire aura. It can also be used as a type of energetic cloaking

Once you have activated the plasma light frequency enough times, you can make the command. “Plasma shield activate” and visualize this activating the plasma shield around you.



4. A useful way to remember your protection, is doorways. As you leave the house and walk through the door to the outside world, it can serve as a reminder to activate your protection.

Which ever one works for you or you may have another protocol that you like to use.

It is an important practice everyday in the morning and also at night before sleep.

5. Our dream state can be places where lower astral energy can enter. Again connecting with your intention with God in prayer, make a simple command statement: “I do not consent to any lower astral energies to infiltrate my dream/sleep state. I command my space as God, Sovereign and free and protected. And so it is. Thank you, thank you, thank you God.

Setting your personal space before you do any energy work is necessary and can take a little longer. Use copal, palo santo, sage or incense, essential oils, flower essence sprays and consciously with intention clear the space around your home daily or before any energy/grid work or when you're holding space. Make the command out loud to remove, clear and cleanse any and all misqualified discordant energies, lower energies, disturbances, distractions etc to be cleared from the space with the ‘Spirits of Christ’, whatever feels aligned for you to say.

Make it a regular practice to clear and cleanse all of your devices, removing any AI frequencies, mind control programs, any energy that can come through devices cleared and visualizing a protective shield around them.

Finishing every protection protocol with a prayer of thanks and gratitude to God/Source/Creator.

Crystals are great harmonisers of space and energy, crystals have a consciousness and you can, with your heart intention, program them in ways to hold the energy of a protective field.



The 12 Chakra System (plus 13, 14, 15)

Our chakras are designed to transmit frequency spectrums of colour into our lightbody and are part of our subtle energy body. These colour ray frequencies are specific to each chakra and its psychological and spiritual functions and also serve as a pathway to increase HSP. The chakras affect our physical body, our glands, our health and vitality and our consciousness expansion. Each chakra layer is a level of consciousness expansion and increases in frequency as you move upwards from the 1st

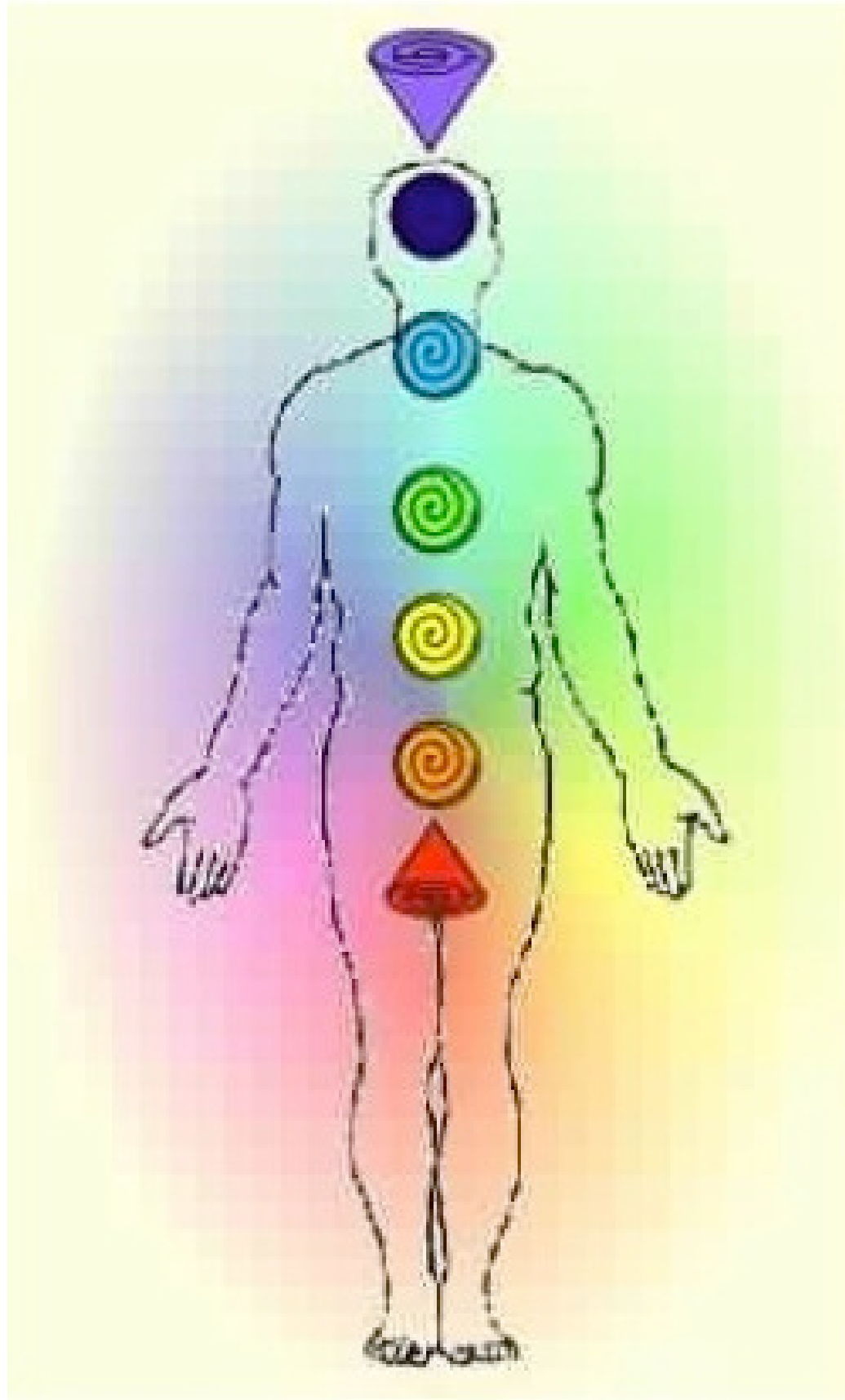
The 12 chakra system builds upon what we know as the 7 chakra system, we have many more, however the main ones are along the central vertical column (also known as the Hara Line). We refer to 1 - 7 as particle chakras and 8 - 15 as antiparticle (morphogenetic) chakras. It's important to include 13, 14, and 15 as they represent the trans harmonic universe, the creational God space outside of time and space, also called the founder flames, the trinity of The Holy Mother, Holy Father and the Christed Child existing as One.

Within the center of each chakra is a tiny crystal seed that is designed to send instructions to reassemble the particular strand of DNA it is connected to, and each crystal seed is of the frequency colour of the chakra.

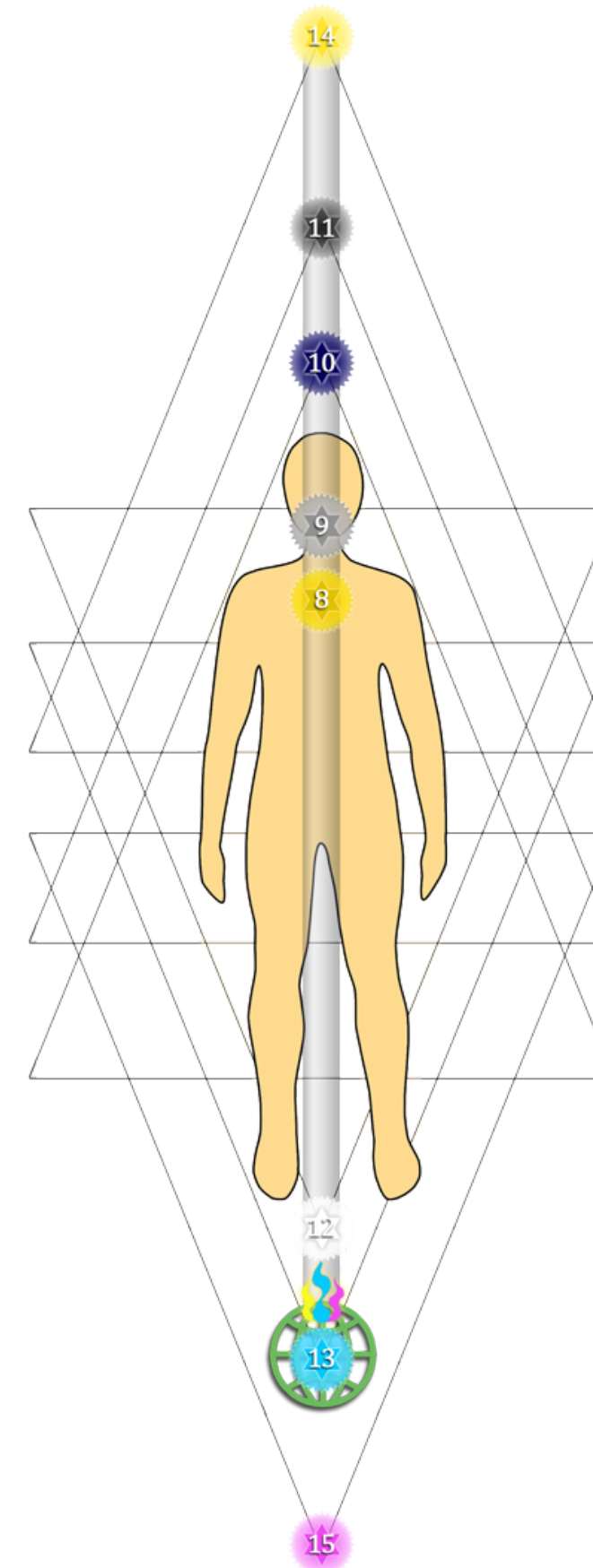
As we move through our awakening/ascension process into embodying higher frequencies and more of our Diamond Sun 12 strand DNA template, eventually the chakras merge into a chakra column, and then further as we ascend into our much higher levels of consciousness and spiritual purification, the antiparticle chakras merge with the particle chakras.

Each chakra is connected to a dimensional frequency and as well to a density frequency also known as a harmonic universe frequency within our 12 Sphere Tree of life Blueprint (lightbody architecture) which is mirrored in the planetary, galactic and universal model, from the micro to the macro.

Particle chakras



Antiparticle chakras



12 Chakra System and 12 DNA Strands

1st. Root/base, colour red, balance grounding, finding base security and safety.

2nd. Sacral, orange, connected to the our reproductive organs, kidneys and bladder. also called the pain body, connected to our sense of wellbeing, creativity, abundance and sexuality

3rd. Solar plexus, yellow, our identity and how we express ourselves in the world, power, control, free to be oneself.

4th. heart, green, also called the emerald crystal heart, compassion, love, intuition, connection to higher dimensiona frequencies

5th. throat, blue, vocal expression, when aligned and clear we have the ability to speak energy into form, to manifest, to speak with integrity, it is connected to the 2nd chakra

6th. Third eye, pineal gland indigo, inner vision, intuition, higher mind, connected to the right wing portal masculine side

7th, crown, pituitary violet, pineal pituitary are located in the centre of the brain and the pineal is slightly above the pituitary gland. open up to oversoul and monad, left wing portal feminine side. Cosmic Christ mind.

8th. High heart centre, azure/aqua blue, thymus gland, seat of the inner Holy Spirit, Holy Mother and the Amoraean flame and permanent seed atom, zero point.

9th, Silver. medulla oblongata, back of the neck base of the brain, thalamus gland, mouth of God, where we can access another layer of divine downloads , light language

10th, soul star or solar star, 6 - 10 inches above your crown. sapphire blue, communication station with our Avatar Christ intelligence or higher intelligence

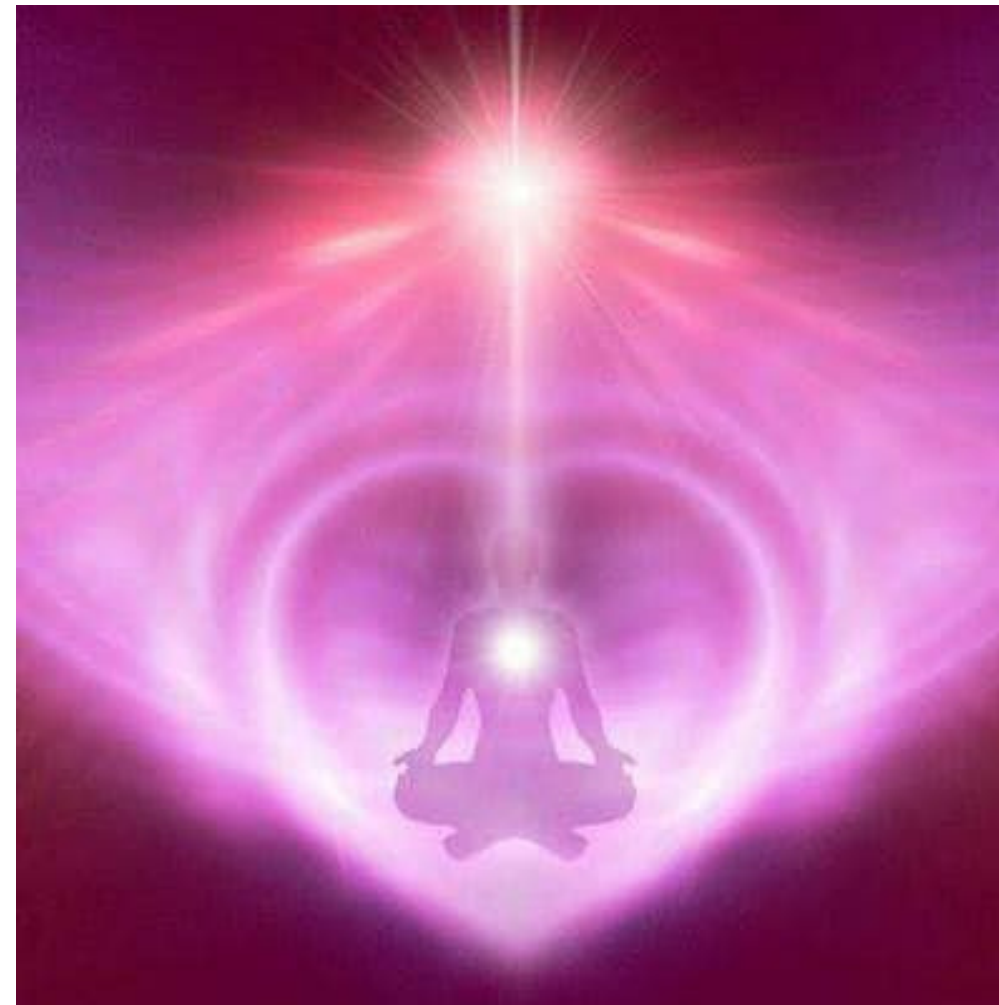
11th, dark silver, 18" above the crown, galactic chakra, also called the Buddic body, another layer of our Avatar consciousness and access into the galactic timelines.

12th, platinum white liquid, the earth star chakra, 6 "beneath your feet and connects in with your base 12D shield, our interface into the planetary grid system, holds the individual blueprint for the avatar Christ and our 12D self, 12 D future timelines

13th, 12" beneath your feet, Mother Arc portal Aqua blue ray

14th, Pale gold ray, 3 feet above our head, The Christed sun and daughter of God, Christos

15th Pale Magenta universal Father Ray, Cosmic Holy Father located in deep space



Foundations

1. Our Devotion to God/Source
2. To be of service to humanity and the planet
3. Aligning to the one true living God/Holy Mother/Holy Father/Christos
4. Aligning with the Virtues of Christ



“There is a call to something more real, more fundamental - thats the call of your Soul”