



Multi-
Dimensional

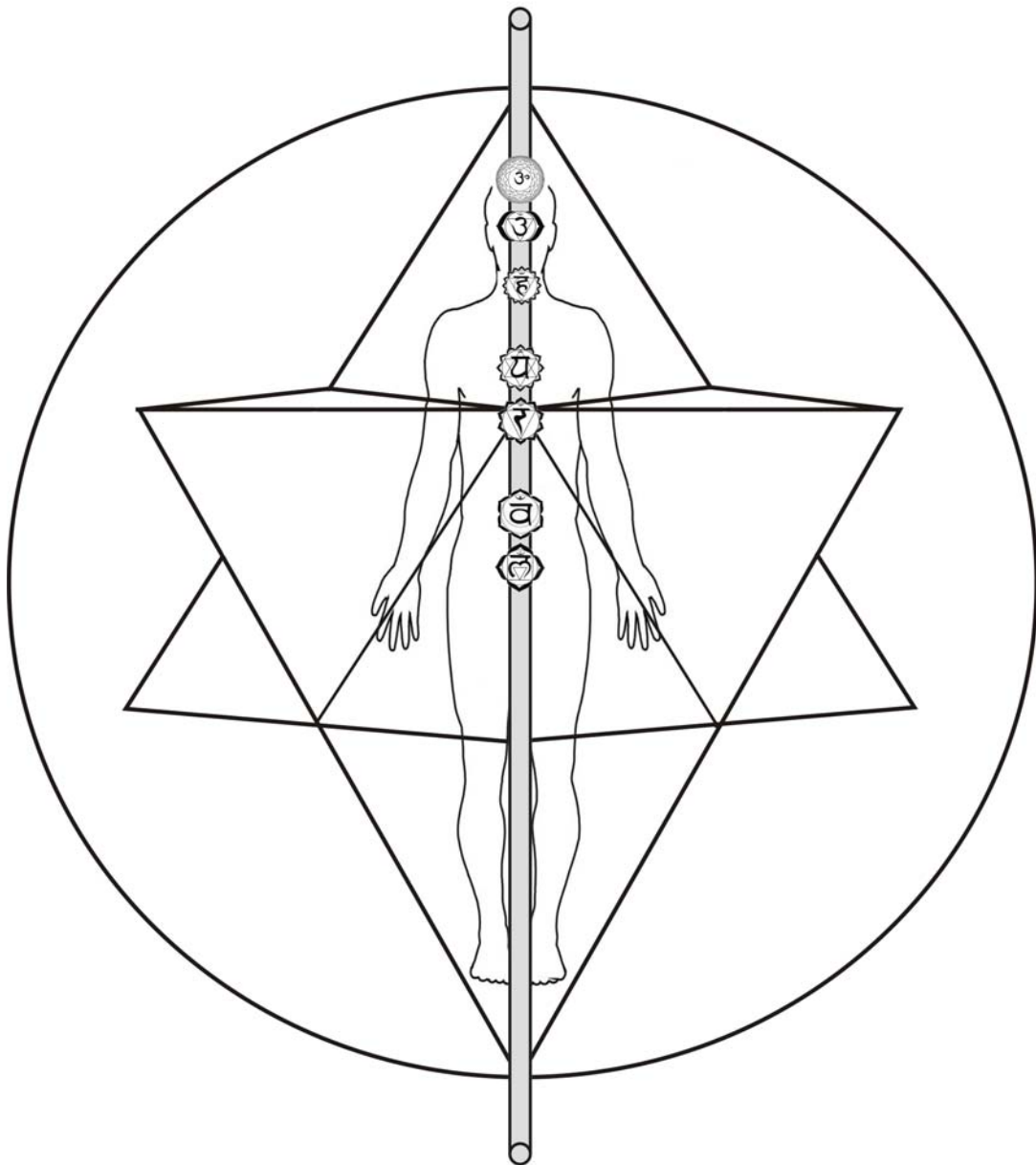
Being

Ethan Vorly

MultiDimensional Being

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Before reading this book it is advised that you have read "Metaphysics", "Tantric Secrets" and "Past Life Regression". Some of the knowledge contained herein is based on the expectation that a certain metaphysical understanding is already present. Also the practices here are advanced and require a familiarity with the other books. If you have not read them please do so before continuing.

The information in this book was channeled from Ra, spokesperson for the Pleiadian Emissaries of Light. The practices for activating the Light Body were received during meditation from Ra and written out in my own words.

Ra Begins

Hello

I am Ra, Pleiadian Archangel. The reason for the coming work is the Awakening of the human lightbody. We Pleiadian Emissaries of Light are activators of such energy structures for the Human race. We come from the Pleiadian star system of which your planet is a part and where we have resided for millions of years in dimensions from the 2nd to the 9th. There are many Pleiadian races and beings who inhabit the various dimensions throughout the Pleiades and it is a specific group of these beings that will be working with you during the practices learned in this book. This group is referred to as the Pleiadian Emissaries of Light. There are quite a few channels of our knowledge at the present and Ethan is but one of these. We are working through Ethan for this book as we would like more people to begin the work of activating their lightbodies and it is true that the people who have found this book are those who desire such knowledge and technique.

The Pleiadian Emissaries of Light reside in a dimension primarily made of light structures. Unlike your 3rd dimension which is grounded into the lower dimensions and as such presents itself as being a dimension of material substance our dimension is not so impacted into the lower dimensions although it does have ties with them. Our dimension can be seen as an intermediary between the lower dimensions of dense and slow vibration and the higher dimensions of light and consciousness. We are somewhat like a bridge between the high and low dimensions but we do not really reside in the lower dimensions. As a consequence we do not get involved in the worlds of substance and can retain a clear view of the various dimensions of

reality both high and low. Being that we are in a dimension of light we are in great contact with the higher dimensions and we do not get involved in the worlds of pain and pleasure which you all experience. We are always in communion with the higher dimensions and indeed our own immortal souls.

We have been involved with the human race since its beginnings here on earth and we were also involved although not to such a degree in the various communities you have been a part of on other planets. Indeed the Pleiadians could be seen as a big brother who watches over his younger siblings while not interfering past a certain point. You have all chosen lives on earth and in the before mentioned other planets for specific reasons and it is beyond our purpose to control your world in any way. The most we can offer is spiritual advancement to those who desire a swift transformation both alchemical and interdimensional.

Until around 20 years ago we were not overly involved even in this pursuit and were only observing your various predicaments. Lately however we have been asked to become involved and to help with the activation and incarnation of your lightbodies. We have an intimate knowledge of your subtle bodies and are in the perfect position to help you activate some energies that you have lost contact and familiarity with. We hope to perform this function for those who desire our help and to get them to a point where our help is no longer needed. For sure you all have a higher dimensional light body and you should all have control over it and its functions just as you have control over your 3rd dimensional body. When this lightbody is activated and brought into alignment with your physical body it opens the gateways of perception and experience to a massive degree.

Many visions, memories and experiences of consciousness can be provoked into your conscious mind by following the practices here. If you do not wish to have some experiences of consciousness which may change the way you see the world it is suggested that you put this book away and do not continue. It is also important that those who choose to follow the practices to be familiar with regression techniques as the activation of light structures within your body can release large amounts of unconscious memory and repression. When this occurs it is very important that you have a way to deal with these lower astral energies and to successfully clear them and move forward. The regression technique is one of the most effective ways to

achieve such a clearing of astral energies and it gives the added benefit of helping to awaken vision and interdimensional consciousness.

Origins of Conflict

The presentation in "Metaphysics" and "Past Life Regression" of the structure of the Astral body and the way it contains samskaras from previous lifetimes is essential understanding for the deconditioning of the human mind. By removing these rudiments of internal conflict the individual is freed from much emotional pain and confusion. Another thing that occurs as a result of such a deconditioning of the more gross layers of the astral body is the realization that there is another layer of conditioning which is more subtle and which forms an even more rudimentary base for further conditioning. This layer I speak of is a layer of impulses and conflicts that do not originate from your personal experience. The samskaras which are dealt with in past life regression are a result of your own traumatic experiences during incarnations but this deeper layer is a collective of experience and it permeates all humans who live on earth.

This layer has been referred to as the collective unconscious or the archetypal realm among other similar names. It is a layer of astral substance but it is very fine and is actually very close to being a part of the lower dimensions of light. What I want you to understand here is that this layer is full of conflicts which have arisen as a result of life and civilizations all over the universe. Many of these conflicts have nothing to do with you personally but nevertheless do make up a part of you while you are incarnated on earth. Unlike samskaras which will travel with you between lives the collective unconscious will not. Whoever incarnates on earth, whether they have been here before or not will be permeated by this layer and affected by it while incarnated. For example, one of the greatest conflicts within this collective unconscious is between men and women. Even if you have never been incarnate in a dimension where male and female conflicts exist, when you incarnate on earth you become a part of this conflict which is a part of the human collective unconscious.

Many of the conflicts which are a part of this collective layer have been present on other planets where you and many humans have incarnated in the past. Other

conflicts which are a part of the layer come from other planetary systems where humans have never incarnated. These conflicts arose as a result of life in a specific culture and the beings who were a part of it were unable to resolve the conflict. As a result the conflict was copied into the collective unconscious of humans in the hope that you might succeed in resolving it. In a sense it is like taking on the Karma of others and trying to neutralize it. So the collective unconscious is filled with conflicts which come from all over the universe and which have remained unresolved so far. Any being who incarnates as a human has agreed to be a part of this collective and to try to resolve the various conflicts that are a part of it.

The biggest conflicts that are being dealt with on earth are ones that you have all been a part of on other planets. Yes the human race has been around for a while and you have resided in many different cultures on other planets. The samskaras formed as a result of these cultures for each individual were somewhat cleared between the death of the old culture and the start of the new. The clearing process was done for individuals so that they could be free to a certain extent from their past and reorient themselves in a new and fresh way. These samksaras were then woven into the collective unconscious of the new culture but in a very subtle manner. In this way the conflicts created within individuals were shared between the entire group so that all could help in their resolution. It was hoped that by doing this great understanding would be created and conflicts could be worked out on a large scale. When a culture succeeds in working out a conflict all others in the universe can benefit from the healing.

Another possibility however is that when all beings of a civilization have been traumatized in a similar way the reformed collective can have very large conflicts. Instead of being lessened by the reweaving process the conflicts can become much larger as all beings in a culture are dealing with the same issues. This is very much the case at this time on earth where the collective has become very dense and the conflicts have become amplified for all. Because of the amplified collective unconscious the individual subconscious (astral body) has become even more erratic and structured which has lead to quite a negative state for many humans. All in all it is accurate to say that the unconscious of human beings both collective and individual is at a point where clearing is absolutely essential.

When it comes to the collective unconscious it is only possible to be free from its impulses by activating and incarnating your lightbody. By doing this your individual subtle bodies are raised in vibration to a point where the collective layer does not permeate them and so you are not affected by their impulses. Your subtle bodies instead become like a purifier of the collective layer and actually begin to clear the collective. The collective unconscious as stated earlier is in fact a layer of light or astral substance which is imbued with impulses or conflicts. This substance is transformed by its interaction with the activated light body and so each human who incarnates their light body begins clearing the collective unconscious for all. By doing this it will become infinitely easier for others to begin clearing their individual subconscious (astral body) as the weight of the collective is lessened. I am sure you can see the compound effect that could occur and indeed it is this effect that we are striving for. If your world is to change and people are to be freed from the tyrants who have enslaved them then people must begin clearing their subconscious and activating their lightbody. We are here to help.

In the past when your civilizations have moved between planets and set up new societies the clearing of samskraras was done for you. It was us Pleadians among others who performed this clearing for you while your energy bodies were in a cocooned state. During this time we simply removed the largest samskaras out of your energy and weaved the removed energy into the astral layers of the new planet. By doing this the samskaras become a part of the collective unconscious for whoever incarnates on the planet.

Although the collective unconscious and also individual astral bodies are in a worse state now than they have been on other planets or in other civilizations that you have been a part of this type of clearing will not be done this time. On earth now you have all reached a point where your numerous incarnations into negativity are coming to an end. The need to remain separate from your higher self and indeed your lightbody is over and it is time for you to remember who you are and why you incarnated into these often negative states. This time the clearing will be done by yourselves although we will be here to help you in certain areas. The main area we will help with is in activating and incarnating your lightbodies. Once this work has been done to a certain point you will not need our help as you will gain control over your lightbody and other interdimensional aspects of your self.

To be free from the negative associations of the collective unconscious it is often necessary to see and experience them deeply before you can be free of them. Just like with samskaras which must be deeply felt before they are released it is important to really see what is in the collective unconscious for it to be fully released from your energy. The process of spiritual transformation involves protecting yourself from the collective unconscious so as to stop its harmful effects on your consciousness. As it is, the collective permeates your astral body and your astral body has mutated around the impulses from the collective. To be free of these impulses first they must be cleared from your astral body and then as your light body incarnates and is activated it stops the collective impulses from affecting you. This works simply through the mechanism of vibration. As the light body has a very strong and high vibration (in comparison to the astral and collective unconscious) it is not possible for these lower energies to permeate it.

On the way to this stage however it is likely that you will experience some negative feelings and emotions, some of which will come as a surprise. Many assume that evil or selfish, greedy motivations are not within themselves but are only a part of other "bad" people. Well the truth is that such manifestations are a part of the collective unconscious and as this layer permeates your astral body you will find such things within yourself. With any form of spiritual awakening that is actually effective there will come a time when you will see some unpleasant things within yourself. The way to proceed is always to watch whatever you find with curiosity and not react to it. Do not be afraid to look deep within yourself and be confronted by unpleasant things. By watching them they will always disappear in due time. What's important is to see these phenomena for what they are which is simply astral energies. They have no power over you and cannot harm you in any way unless you allow them to.

Although there are many impulses within the collective unconscious which are all illusions and which must be dealt with there is one that has the greatest effect on your powers of creation. This impulse will be detailed below to give you greater clarity and to help you to begin creating your future now. By activating and incarnating your lightbody you will begin to see many areas of life and beliefs differently. You will see clearly how your life and your power over it have been distorted by the negative impulses and beliefs of the collective unconscious. It is up

to you to explore the collective as well as your own astral body to clear all illusion and incarnate higher forces of consciousness to create yours and your planets future.

Selfish Greed & Power V's Powerlessness & Poverty

It probably comes as no surprise to any of you that the collective unconscious has a large impulse of selfish greed and power. Indeed the ones who rule your world are almost completely ruled by this impulse and those who think they would be better at leading are often quite mistaken. Usually whoever has the power to be greedy will be greedy. For instance: someone may be born poor and see the evil of the powers that be and will strive to gain the power so that they may change the world. Well sometimes these people actually succeed and gain great powers of wealth and have the power to change things. Unfortunately to get to this point they have usually become just like the ones they originally saw as evil and so go on to perpetuate the status quo. This is not always the case but quite often it is. In reality it's not that these people are evil but that they have allowed some less than honorable impulses from the collective unconscious into their minds.

Now on the flip side of power and greed is powerlessness and poverty. There are a huge number of people who live with powerlessness and poverty and this is because they have allowed the impulse of powerlessness into their minds. It is a fact that for power and greed to exist as an idea or a reality there must also be the idea or reality of powerlessness and poverty. For one person to have power another person must be powerless. For one to be greedy another must be in poverty. Let me explain a little here. If you are living in a place where everyone creates their reality and their desires are fulfilled then there is no need for greed or poverty. Everyone has everything. To be greedy there must be some kind of lack in the environment (or in the mind) for if everyone has what they need and want, greed could not exist. So if there is a feeling of lack and some or all experience this lack then it is possible for

greed to come about. Greed is basically selfish desire at the expense of others, so to be greedy is to take more of what is available to escape your own lack while leaving others lacking even more. Certainly where one is greedy others will be in poverty.

Power and powerlessness really go together although I must specify that the power I speak of revolves around power over others and not just yourself. In the environment where everyone has what they desire and they consciously create their reality all have power over themselves and their reality. In an environment where there is lack as described above power will be applied to other people because it is realized that nobody has full power over their reality. When beings don't feel that they have full power over their reality they either become powerless or try to gain power over others. One type of person realizes that to get what they want the only way is to control others and the other type just feels powerless and allows others to control them. Indeed you can't have one without the other. The greedy ones would fail completely if others did not give up their power.

So within the collective unconscious there is an archetype for both the greedy, power hungry tyrant and the helpless victim. Both of these archetypes are impulses that can affect any human living on earth. You are all connected and permeated by the collective and so these archetypes are very well known to you. In fact most people operate on one of these archetypes in an unconscious manner but may also shift between the two depending on the situation. The victim allows themselves to be used by the greedy power mongers without even realizing that it is themselves that have allowed this to occur. Of course from the victim's point of view they are stuck in a world where they can be either the greedy elite or the victim and they don't really have a choice which one they are. They were born into their situation and have no power to change it.

The victim always blames others for their predicament and therefore further hands over their power to others and makes more concrete their own belief in being powerless. The greedy ones succeed in getting more of what they want such as money and power and so their belief system becomes more solid as they are proved right by experience. So whichever side you are on experience will continue to prove you right until you change your belief system. As I am sure you can see this entire conflict is created from the basic feeling of lack. This feeling of lack is part of the

collective unconscious of humans on earth but is not reality. Reality is that everyone can have whatever they desire as all are creators. If someone could change their belief system and believe that they can have whatever they want by simply creating their reality, they would begin to create whatever they want. The problem here is that the feeling of lack is so dominant and the collective unconscious as well as your astral body are so permeated by it that changing the belief completely is very difficult.

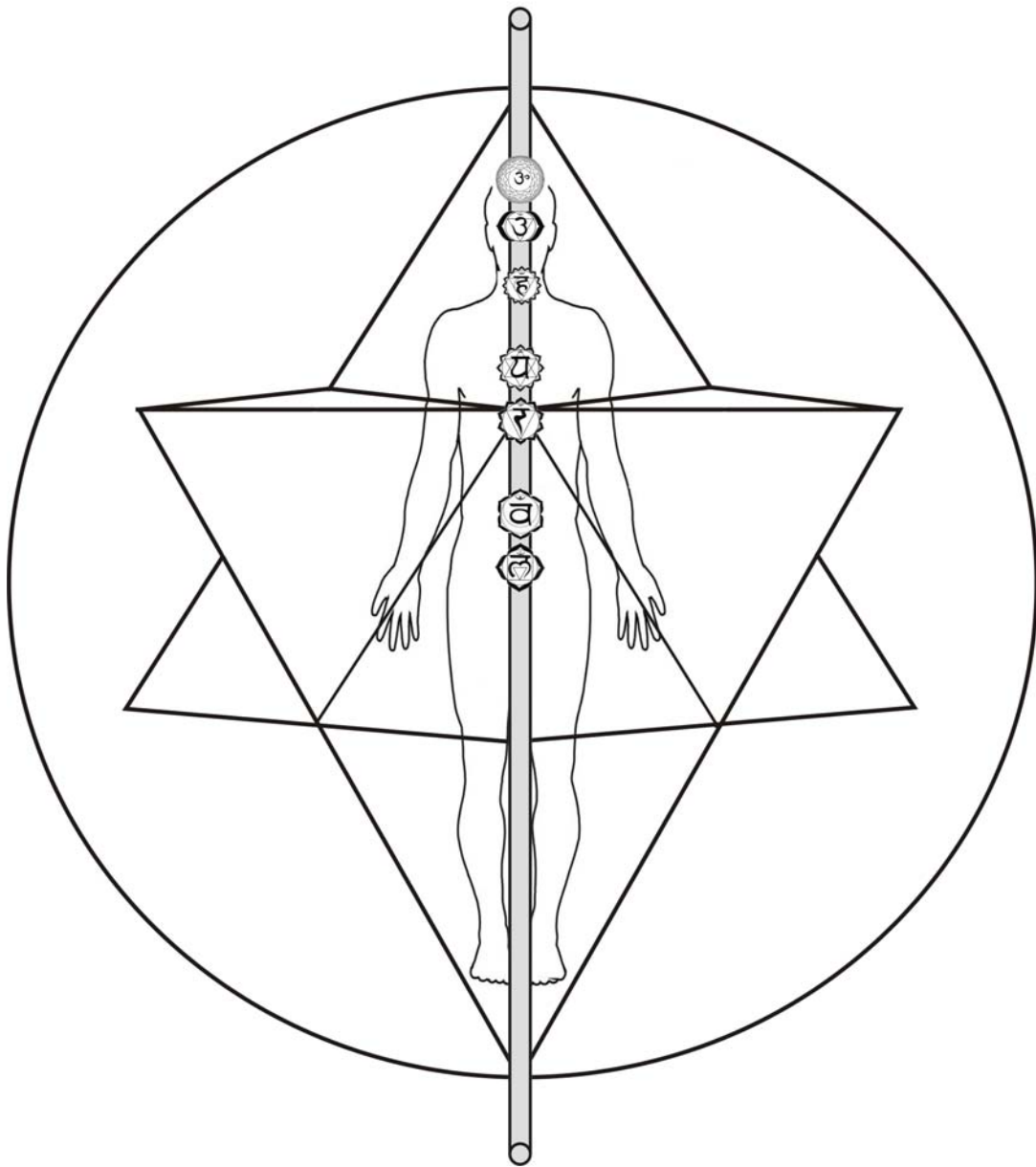
There are some gurus around mainly from America who teach that all you need to do to be rich is believe that you create your reality and to begin imagining what you want with the knowledge that you will get it. Now these people are on the right track but the problem is that the subconscious and collective unconscious do not believe this to be true and so the positive thoughts and attempted creation is often thwarted by the unconscious negativity and false belief. By simply trying to be positive results will be achieved but they will never be close to what is possible when the astral body is cleared and the light body incarnated. The lightbody and its connections to multidimensional levels and higher consciousness are vital for manifestation techniques to really work and for you to consciously create your reality. Most people unconsciously create their reality as the negativity and false beliefs in their astral body and the collective unconscious are in control.

All false ideas and beliefs which reside in the collective unconscious can be overcome by the incarnation and activation of your lightbody. The way creators create is through dreaming. Not the asleep type of dream but the type of dreaming that children do. Some people still daydream but many lose this ability as they grow up. The more negativity and structure that fills the astral body the less ability one has to daydream and if one with dense and negative energy tries to create through dreaming they will often end up creating more negativity or at least things that they thought they wanted but didn't really. For successful creation of your future to occur you must first be positive and know what you want. Being positive does not mean simply trying to think positive but being positive. Positivity comes from the lightbody and indeed the lightbody must be activated for someone to truly be positive. Knowing what you want must also come from higher consciousness as many base desires come from the lower astral realms. If what you want will affect anybody else in a negative way then it is not what you really want and it is not coming from your

higher self. When someone is positive and knows what they want they will naturally dream their future and therefore create it.

Creating your reality is the most natural thing in the world as you are all creators. Any apparent lack of ability is due to the collective unconscious and your chaotic astral body blocking the activation and incarnation of your lightbody. If you want to have power over your life and your future then begin with the following techniques for activating and incarnating your lightbody. The earth needs you to create a positive future more now than ever before and it is through your individual creative powers that great change will occur.

Techniques For Activating And Incarnating The Light Body



RA

Previously I was speaking about the collective unconscious and how it is time for the human race to clear this layer of what has become quite a negative substance. It effects people in many ways and in effect keeps them asleep and under the influence of false beliefs and dogmas. Indeed most people have a belief system that is far from the truth and as a consequence they have trouble gaining inner knowledge or creating their reality. Many belief systems have been created throughout the last 10000 years of life on earth and all are misleading. People have truly become disconnected from their higher selves and it is time to undo this matrix of falsity.

The collective unconscious works like a shroud covering earth and blocking higher dimensional light. Because of this people have great trouble connecting with higher dimensions even during meditation. This has been the case for a long while but now it is time to clear this shroud. The way for this to be done as I have previously mentioned is by people actively clearing their astral bodies and incarnating their light body. Due to the collective unconscious shroud it is necessary to cultivate the column of metaphysical substance which extends both above your head and below your perineum and passes straight through your body. By cultivating this column upwards you can create a portal through the collective shroud and into higher dimensions. This column becomes impermeable by astral forces and creates a clear channel into higher realms. Once this has been achieved it becomes possible to have much deeper meditation experiences and for higher energies and beings to begin working on your subtle bodies from above. By cultivating the column below your body you are able to connect with the lower dimensions and with the core of the earth. It is these lower dimensions that are essential in both grounding the higher dimensional forces from above and also in actively creating you reality. These lower dimensions have the greatest effect on the healing of the physical and etheric bodies, your sexuality and on creation in the third dimension.

As well as the column we must deal directly with the chakra's. These are like gateways into different dimensions of consciousness and by awakening them and incarnating their forces into the body your astral body will be thoroughly purified and cleared. The merkaba is another structure of the lightbody which must be activated for the incarnation of the chakra's to be fully sustained. The Merkaba is a bit like a

huge Chakra which surrounds your entire body and incarnates the rest of the lightbody into the third dimension. The Merkaba and Chakra's are supposed to be spinning structures of light but in most humans they have become dormant and do not spin in the proper way to allow for the incarnation of higher consciousness. The astral body and collective unconscious impede the lightbody's incarnation and prevent its structures from working the way they should.

From where you are you can work directly on the physical, etheric and astral bodies but most have difficulty working on their lightbody precisely because the astral is in the way. For this reason we Pleadians can help you from the other side so to speak. You work on clearing the astral and reaching up for the lightbody and we will help by sending the light further into the astral realm from above. By doing this the astral is broken up and transformed by the light so that eventually the lightbody may shine through into the 3rd dimension with clarity. During this process it is important for you to keep on clearing the astral from your side and to also begin trying to gain control of your lightbody. By doing this you are opening yourself to the light and allowing it to help dissolve and transform your astral body.

The Following Techniques are all aimed at activating and incarnating the lightbody into the 3rd dimension. When you practice any one of these techniques we will be helping from the higher dimensions of light. You will probably feel our presence tangibly and you will have experiences of your lightbody very soon. It does depend on your level of experience with meditation etc as to how tangibly you will see us and feel the work we will be doing from the other side. Many of you will feel it very tangibly straight away but for others it may take time.

Practices

Ethan

All Practices can be done with or without The Meditation Solution. The Meditation Solution puts your brain in the required state for deep meditation which can make the practices easier. For more information please go to:

www.TheMeditationSolution.com.

Grounding, Sealing the Aura and Cultivating the Third Eye

As stated at the beginning of this book, the techniques here are advanced and everyone who desires to begin on such techniques should be familiar with Regression. If you have not yet read "Past Life Regression" please read it and become familiar with the techniques before continuing (go to www.pastlife-regression.com). The grounding, sealing the aura and cultivating the third eye techniques found in "Past Life Regression" are vital and are the necessary beginning for all the practices you will learn in this book. I will not repeat these practices here to ensure that you are familiar with regression before proceeding. Prior to all the practices you are about to learn you should ground yourself, seal your aura and enter the space of the third eye. This will only take a few minutes once you have become proficient. Once in the space of the third eye you can continue to invoking the Pleiadian Emissaries of Light.

Invoking The Pleiadian Emissaries Of Light:

Before each technique you should invoke the Pleiadian Emissaries of Light by simply asking that they be there to help. Always use their full name "Pleiadian Emissaries of Light" to be sure that you only invoke them and do not invite unwanted guests.

Whenever you invoke the Pleiadians you should feel for their presence in the space. Most will feel their presence tangibly while others may not feel much at all. For those whose metaphysical senses are quite blocked you may need to have a little faith at the start. It will not be long before you can feel the Pleiadians energy.

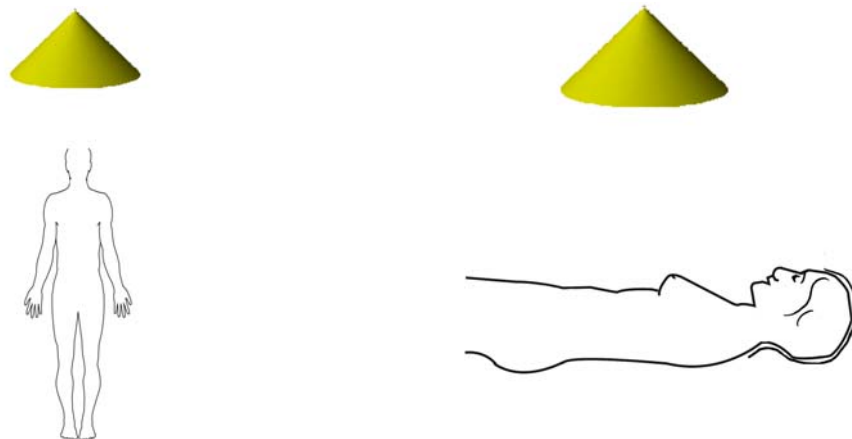
The first time you invoke the Pleiadians you should ask them to help you with activating and incarnating your lightbody as you desire rapid spiritual transformation. Tell them that you wish to clear all past conditioning and to incarnate higher dimensional forces. It is important to tell them specifically that you desire these goals and that you would like their help in activating you lightbody.

It is a good idea to do the first invocation lying flat on your back and to allow as much time as possible. You can ask them to perform any clearing work that needs to be done and you may ask for help with any issues that you have been dealing with. Just be receptive and allow them to work on your subtle bodies to initiate the further lightwork that will be done.

When you invoke the Pleiadians you can also invoke any other beings of light you have a connection with to help in the processes.

The Interdimensional Cone Of Light

Once you have invoked the Pleiadians you should ask for the Interdimensional Cone of Light to be placed above you. When you do this you should visualize a cone of golden light above you as in the diagrams below.



The cone of light creates an upward pull on your energy and is helpful for the clearing of energies released during the practices. It is a spiral of light which pulls negative astral energies upwards and out of your energy field. Whatever goes into the cone of light is transformed into a higher dimensional energy and so becomes positive once again. The cone of light on its own can have a large effect on your energy and can clear quite a lot of astral dross. Its upward pull affects the entire astral body and the Chitta so it may amplify some emotional repression and negative energy that needs to be released. For this reason you may not want to use the cone of light for long periods at the beginning.

The techniques here which are designed to activate and incarnate the light body are quite advanced and will speed up your progress significantly so it is important to proceed at a pace you can handle. If you find it too much or too intense you can do less of the lightbody work and concentrate more on the astral body with the regression technique. Of course by using both together you're clearing and transformation will be faster but sometimes the work can be quite intense. If it does become too intense just slow down and work at a pace you can handle. At the beginning you should only use the cone of light during meditation or other practices and ask for the cone to be removed before continuing with your day. Later on you may like to keep the cone active all day. It's up to you.

LightBody Alignment

Lightbody alignment is a simple process which is done during sitting meditation. After invoking the Pleiadian Emissaries of Light and the Interdimensional Cone of Light you can begin to align yourself with the lightbody. The purpose of this practice is to align your physical body with the lightbody which always maintains perfect posture. The lightbody holds the form that your physical body is meant to follow and is always perfect. During life the physical body gets pulled out of alignment due to emotional repression etc which is caused by the astral body and the collective unconscious. Indeed any posture of the body that is less than perfectly aligned is due to the astral bodies grasping effect. The emotions in the astral grasp the etheric which in turn begins to pull the physical out of shape. Of course physical injuries can also distort the physical but even these would not cause nearly as much misalignment without the astral's effect.

With lightbody alignment you become aware of your lightbody and bring it into the physical body. You remain receptive and allow it to show you the perfect alignment that should be held in your body. You can actually feel its effect on your subtle and physical bodies as it begins to heal the holding patterns in the body. When you can feel the lightbody you can feel how your body should be perfectly aligned and begin to move into the correct position.

All you have to do is ask for the lightbody to come into the physical and show you its perfect alignment. Once you have entered the space of the third eye and invoked the Pleiadians you can tell them you wish to align with the lightbody. You then feel the space around you and feel for the lightbody. You will soon feel the presence of your lightbody and how its posture is perfect and how straight the back is held. Allow it into your body and move your body to align with it. Depending on how bad your posture is you may be able to easily align with the lightbody or it may be quite difficult. If it is hard then it will take practice and some yoga or stretching may be needed. Chiropractic can be very useful as can back braces to try to regain perfect posture. It is up to you to gain perfect posture in the physical so that you can align with your lightbody. By doing this practice every time you meditate (in a sitting position) you ensure that you are moving towards perfect posture and alignment

with your light body. Indeed for your entire meditation session, no matter what other practice you are doing you should maintain an awareness of the lightbody's posture and try to align with it.

I have seen many long term meditators who obviously neglect alignment and do not even realize it such as Buddhist monks sitting for days, meditating with rounded shoulders and a very bent back and neck. These were very experienced meditators who had been meditating for 10 or even 20 years and their posture was shocking. Alignment with their lightbody was non-existent and so its activation and incarnation had not begun. It is true that some monks are really trying to escape from reality and themselves which is why they go off to meditate. Instead of striving for enlightenment and confronting their subconscious head on they are merely trying to escape and do not reach deep enough states to clear their subconscious. By doing this they avoid the world and themselves and their meditation is more like a sleep than a clearing of the mind. If these people did begin to align with their lightbody they would release huge amounts of fear and emotional repression which is why they continue to meditate in such a poor position.

By aligning with the lightbody during meditation your physical body will begin to remember how it should be held and you will find your posture during everyday life beginning to change. It will always be in the back of your mind and you will find yourself spontaneously stretching parts of your body. It is like doing yoga but not by following a teacher or a book but your own body and its intuition. You may be standing in the kitchen waiting for the stove to heat up and just be compelled to stretch in some manner that you have not done before. This is the way animals stay in alignment. If you watch a cat you will see them often stretching themselves during their day. They don't need to think about it or do a yoga routine it just comes naturally because their body knows how it should be aligned.

Using this practice will begin to bring you back into alignment naturally. If your posture is terrible yoga is a good idea to speed it up and as I said Chiropractic and back braces can also help. The lightbody alignment method does not make yoga, stretching etc redundant but gives your body an inner knowledge of how it should be aligned. With this inner knowledge your body will begin to align itself naturally and also begin to draw the lightbody into the physical body naturally. The physical body

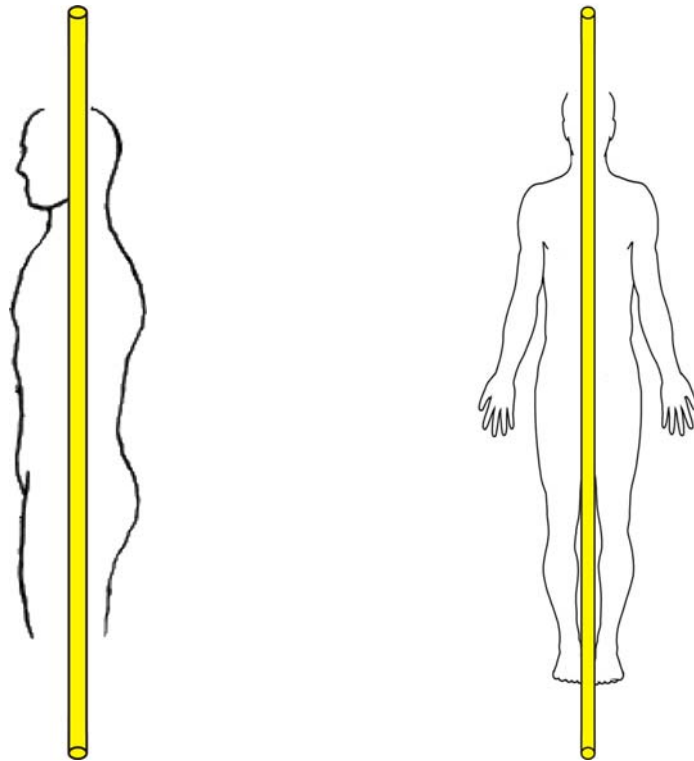
needs to remember how to align with and hold the lightbody and this practice will remind it very quickly.

This practice should be easy and come naturally. If you have trouble at first do not give up as this practice is very important to gain perfect alignment. Without such alignment the Column, Chakra's and Merkaba cannot incarnate properly and will remain blocked.

The Column

Clearing the Column with Kundalini

The column is a structure of light which stretches from the lowest all the way through to the highest dimensions. It goes straight through the middle of your body from the perineum to the crown of the head and is the axis along which all of your Chakra's are located. It is somewhat hollow and allows for interdimensional energies to flow through it. By following the column above or below you can become aware of parts of yourself in higher and lower dimensions and also communicate with other beings in these dimensions. It is one of the most important structures of the lightbody as it is the vertical connector between dimensions.



The above diagram shows the part of the column which goes through your physical body. It is this part of the column that is blocked because of your astral body. Blockages continue up and down the column a little way above and below the body due to the collective unconscious, the layer of astrality covering the planet. Indeed all negative astrality can damage and block the column's light structure. As the

column is the main vertical axis through which higher energies incarnate into your physical body it is vital that it be clear of blockages and damage. When the column is blocked and damaged it is extremely hard to gain knowledge from higher dimensions and so connection to the higher self and interdimensional aspects is greatly diminished.

The first practice that will begin to clear and align the column is the lightbody alignment practice described above. Perfect posture is vital for energies to flow freely through the column. The next practice activates earth Kundalini which flows through the column and thereby clears it of astral dross.

The Practice:

- Sit in meditation position and close your eyes.
- Ground yourself, seal the aura and enter the space of the third eye.
- Call in the Pleiadian Emissaries of light and ask them to help in the clearing of your column.
- Invoke the interdimensional cone of light.
- Align yourself with the lightbody. Try to get your posture as perfect as possible.
- Now imagine a large star of white and gold light above your head. This star is quite a way above your head and sends light straight down through the top of your head, all the way through the middle of your body, out the perineum and continuing all the way down into the center of the planet. (Begin visualizing the star around 100 feet above your head, you can also move it up and down and feel the effect this has on your energy).
- At the center of the planet you see a huge red crystal which absorbs the light from above.
- When this crystal has absorbed some of the light it begins to erupt with red light which travels straight up into your body via the perineum, through your body and out the top of your head continuing upwards and meeting the star of light.
- This flow of energy continues and as it goes through you it clears out the column of all blockages.
- You can continue with this practice for as long as you like.

- Do more than just visualize this light, you can actually feel it going through you and clearing blockages through the column.
- When you are ready to finish simply visualize the energy flow slowing down and coming to a stop. The earth energy goes back into the crystal and the stars energy goes back into the star.

This practice uses cosmic kundilini which comes from above and Earth kundilini which comes from the iron core crystal at the center of Earth. These Kundilini forces are quite strong and they can have a huge effect on your subtle bodies. When it comes to clearing out the column nothing is as effective as Kundalini. You can do this practice as often as you like but keep in mind that it can have a very powerful effect. Like the interdimensional cone of light you may want to slow down if things become too intense. On the other side it is ok to leave the kundalini flowing all day if you like. It's up to you and your level of experience.

The Kundalini flowing through the column does more than just clearing out astral mess it also heals damage that has been done to the actual light structure of the column. The Pleiadians will also be helping with the healing of your column which is necessary for clear communication between you and the other dimensions. The part of your column that goes through the layer of collective unconscious must become strong and sealed from these negative astral energies. Some people who have damaged or cracked columns above their head receive far too much astral energy from the collective unconscious and this can cause confusion and lethargy among other things. Chronic fatigue is a condition brought on by too much astral energy entering through the top of the head. This practice along with the next column practice can be very helpful for sufferers of this condition. Indeed by healing the column and thereby stopping the influx of negative and dense astrality, chronic fatigue may very well disappear.

Ascending and Descending The Column

Now that you have begun to clear and heal the column it becomes safe and beneficial to ascend and descend through it. By doing this you can become aware of the many dimensions of reality and get very clear communication from your higher consciousness. It also continues the healing work and helps to incarnate the column

as you learn to use it and control it. Any light structure that is not used will become weak and ineffective just like a physical muscle that is not used will become weak and atrophied. The lightbody and its structures cannot properly incarnate to any real degree unless they are used and thereby integrated into the 3rd dimension. You must practice using your lightbody structures if they are to remain activated and incarnate properly, otherwise they will become dormant once again. So spiritual work does not end when you reach a certain point although it does become much easier, you must continue to use your new abilities or they will be lost. When you exercise a muscle and get it strong it becomes very easy to keep it strong but if you stop using it, it will rapidly become weak.

The practice of ascending and descending the column is very simple and can be done with or without invoking the Pleiadians although at the start when your column may have damage and need healing you should always invoke the Pleiadians.

- As always you should start by grounding, sealing the aura and entering the space of the third eye.
- You should also align with the lightbody and get your body as straight as possible. Without a straight and aligned body it is very difficult to move out of your body and into the column.
- You can perform the Kundalini clearing practice described above if you like but it is not essential.
- Now you simply take your awareness up or down the column. Do not try to force anything or make it happen...it is more of a letting go and allowing yourself to be gently pulled up or down. Try to work with one direction at a time. People who lack grounding and have sexual issues may have trouble going downwards and others may have trouble going upwards. Whether you find it easy or hard with practice you will become proficient at moving both ways.
- Keep in mind that you are not trying to astral travel and leave the body. You stay grounded within the physical at all times but take your awareness up or down. In a sense you are leaving the body but not with your astral body. The astral stays incarnated and you just take your awareness up or down. By doing this you get a much clearer vision and feeling of the various dimensions as you are getting away from the astrals influence at least to some degree.

When you succeed in moving up or down the column you will receive visions and feelings from the dimension which you enter. You will experience a very tangible change in consciousness and you will have access to amazing resources of knowledge. The higher up you go the higher the dimension of consciousness you will experience. Once you have ascended the column you can explore questions and realities from the point of view and consciousness of the dimension that you have accessed. This can be very interesting because answers can be different depending on which dimension they come from. Indeed the reason for this series of books is to give you access to your own sources of knowledge from higher and lower dimensions and from various beings that you have connections with. We do not intend to explain all the details of metaphysics or answer all your questions for only you can find real answers. Any knowledge gained from books or other people is not yours until you experience its truth for yourself.

By going up or down the column you enter into dimensions which contain many and varied beings. As well as aspects of yourself being available to answer questions you can gain much knowledge from the beings inhabiting the various dimensions. In general the higher up you go the more clear and expanded the consciousness and so the greater the view of reality. When you go down the column the energy becomes denser the further down you go and the feelings become more physical. To get an idea of this feel the difference between the feelings in your head and the feelings in your belly. Try tuning into both, separately...does it make your energy feel denser or lighter and more expanded. It's a bit like comparing air to water.

You will certainly have amazing and mind opening experiences by ascending and descending your column and you will realize your amazing multidimensionality. You are a multidimensional being and the column is the part of you that traverses through all of the dimensions and allows you to start living with a multidimensional awareness. The only reason people believe the truth about life and death to be unknowable is because they have lost their multidimensional perceptions and connection with parts of themselves that reside throughout the dimensions. When you gain control over your column, it is cleared of blockages and healed of damage you will gain experiential knowledge of your multidimensional nature and the truth about death will be known without any doubt. The physical body is simply a part of a

much larger being who has incarnated part of itself into the third dimension. In fact it is this larger being who has shaped and manifested the body into existence in the first place.

Activating The Chakras

Activating and incarnating the Chakras is essential if you are to fully clear the astral body and incarnate the lightbody. While the Chakras remain dormant your access to different states of consciousness and parts of yourself that reside in higher and lower dimensions is very restricted and can only be achieved during deep meditation or by ascending or descending the column. While these practices are essential in gaining knowledge of your multidimensional nature on their own they will not allow you to experience your multidimensional nature during ordinary waking consciousness. Many spiritual seekers learn how to access deep states of consciousness during meditation and can gain much knowledge about themselves and other dimensions but when they stop meditating and go back into their everyday waking state they again become disconnected and the astral body and collective unconscious continue to enshroud them.

The Chakras are a part of your lightbody and act as gateways into different dimensions of yourself. In most people the Chakras are only very loosely incarnated and are often dormant or at least not working as they should. The Chakras should be structures of the lightbody that spin at great speeds, thus creating a vortex into higher and lower dimensions. When these structures are spinning as they should and are grounded into the physical body they allow for an experiencing of interdimensional aspects of yourself during the ordinary waking state. Instead of having to enter a meditative state you have direct access and experience of your higher self and your full senses at all times. When this has been achieved it can be said that a spiritual incarnation has taken place. Until this time it is more of an astral body incarnation which forms a complex personality based on past conditioning and impulses from the collective unconscious. This incarnation is not really a spiritual being as such, as the incarnated parts are greatly disconnected from the lightbody and are actually made up of astral substance and other energies which do not contain the spirit of any being.

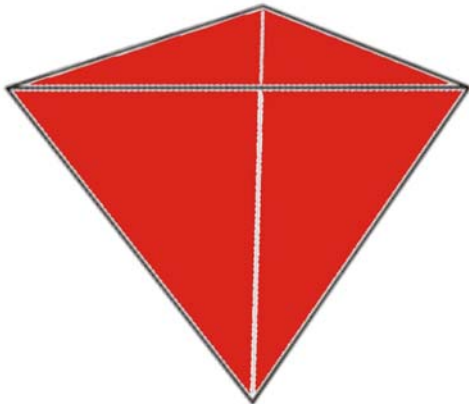
It is the lightbody that contains the spirit and is its vehicle for traveling throughout the dimensions. The physical body only becomes a vehicle for spirit once the

lightbody has incarnated and the astral has been cleared. It could be looked at from the point of view of maturation and gradual incarnation. It is natural for beings to incarnate gradually into the physical body as it grows up and matures. On earth however the process is retarded by the collective unconscious and chaotic astral body which prevent further incarnation of the lightbody and therefore the spirit. On Earth much spiritual work is necessary to overcome this retardation caused by the astral realms. A thorough clearing of the astral body and an incarnation of the various structures of the lightbody must be achieved for the full maturation of a human adult to take place. Tantric sex practices will also prove to be vital as the sexual issues and improper flows of sexual energy and other lower dimensional forces are also in a state of retardation and chaos. Indeed humans must strive for full incarnation and will need proper techniques and knowledge to be able to achieve this. On other planets the full maturity of a being includes the incarnation of the lightbody and this occurs naturally over a set period of time. They do not need to strive for spiritual transformation as it simply occurs naturally and effortlessly. For more information on Earth and the reason for this retardation of maturity please go to www.ANewMythology.com.

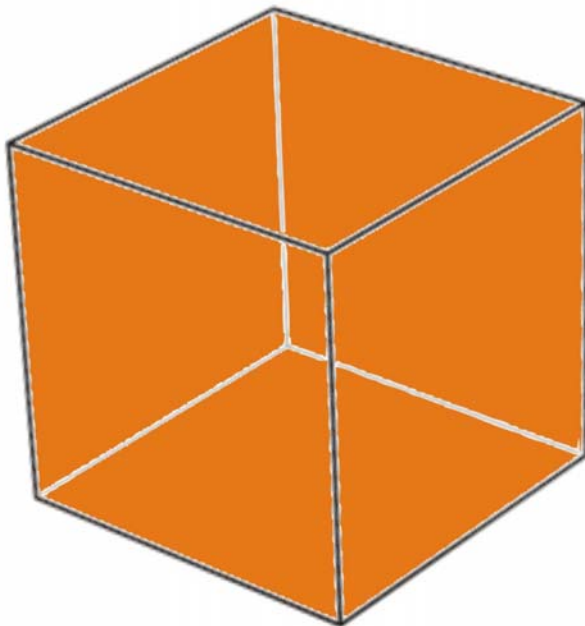
It's time to begin activating your Chakras and Incarnating them into the 3rd dimension. For these practices the Pleiadians will be of enormous help as they can help you work on the Chakras from the dimensions of light. It can be hard to work on the Chakras on your own at least at the start because they are located in the lightbody which may be hard for you to access and control. As humans are so enshrouded by the astral layers it can take much effort and deep meditation just to feel the higher dimensional aspects of the Chakras. With the help of the Pleiadian's the activation of the Chakras and your experience of them will be sped up to an enormous degree.

The Structure of the Chakra's

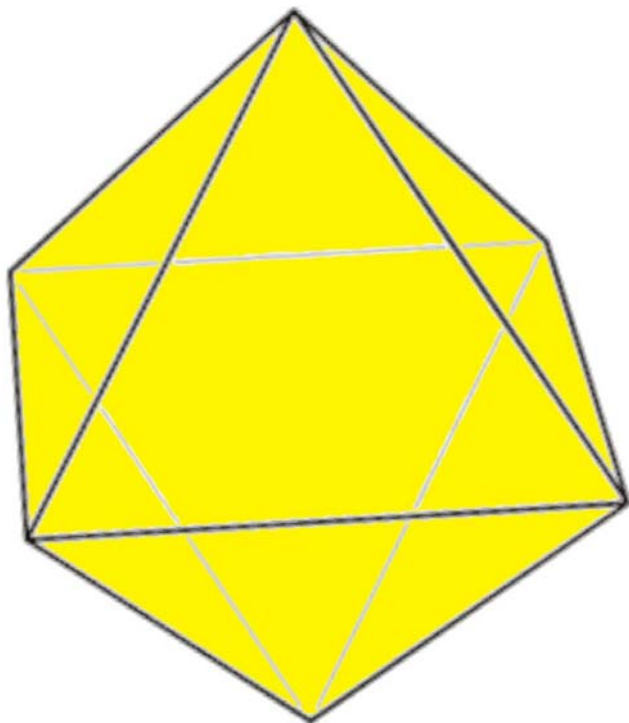
Base Chakra (Red Tetrahedron)



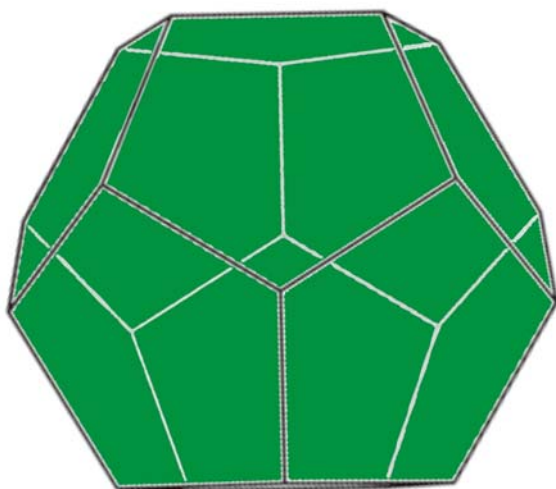
Sex Chakra (Orange Cube)



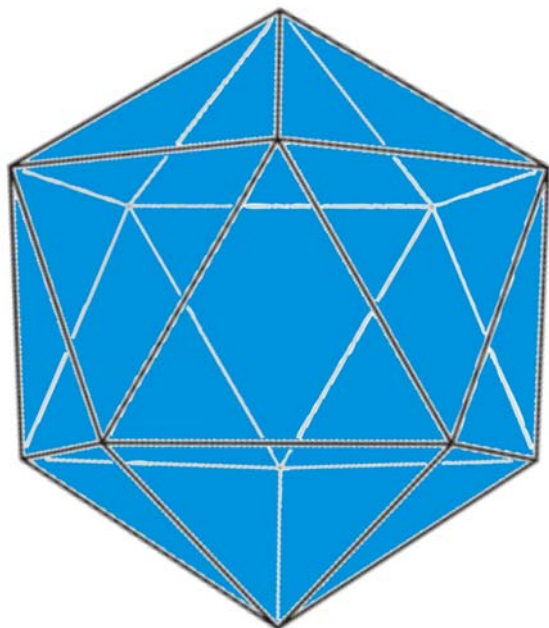
Solar Plexus Chakra (Yellow Octahedron)



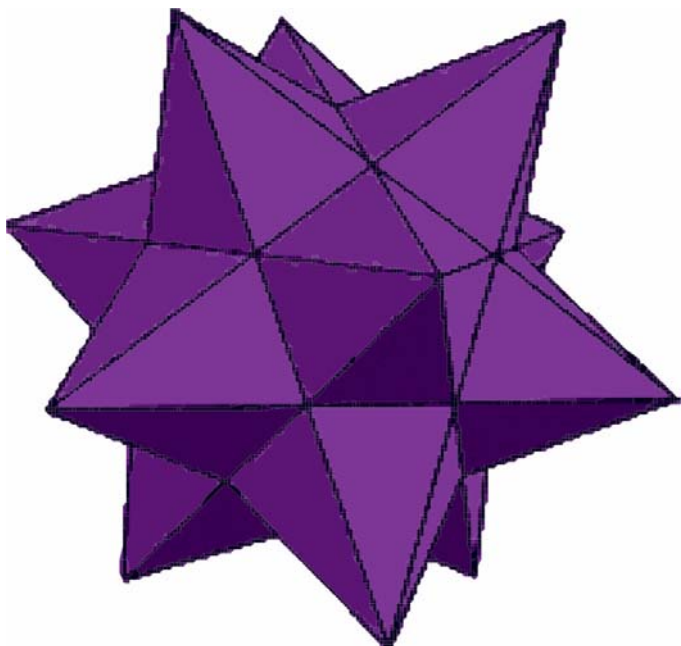
Heart Chakra (Green Dodecahedron)



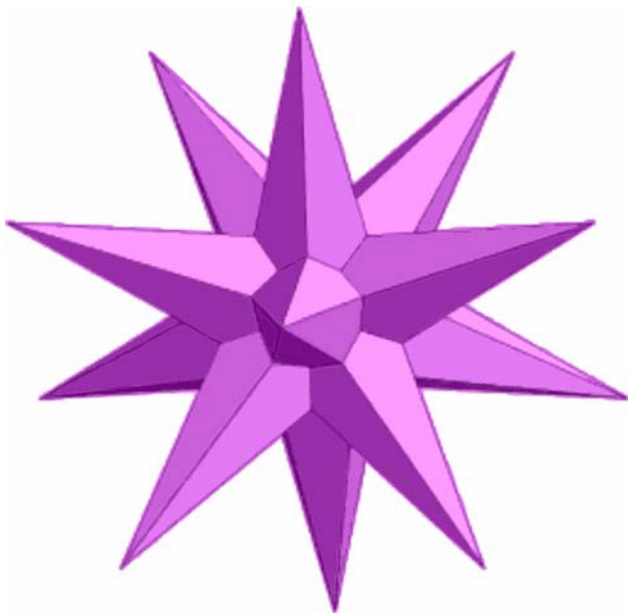
Throat Chakra (Blue Icosahedron)



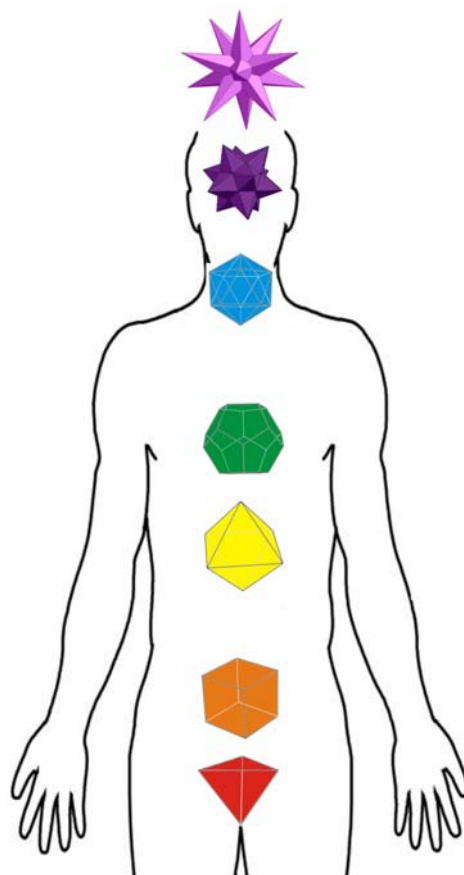
Third Eye Chakra (Indigo Stellated Dodecahedron)



Crown Chakra (Violet Stellated Icosahedron)



The Chakra's In The Body



The Chakras are all geometric structures of light as shown above. The colors shown are the general colors of the particular Chakras but when they are spinning and active they each contain many colors. The geometric structures shown are accurate and these form the core of the Chakra. In each Chakra however there are numerous identical and overlaid structures of light which (when active) spin in different ways, so when a charka is active it will not look like the pictures above. In fact when a Chakra is spinning properly it creates a gateway into another dimension which looks like a vortex.

The following practice can be used for any of the Chakra's and will activate the Chakra and anchor it in your body. The way most people's subtle bodies are structured at the moment the Chakras are barely anchored into the 3rd dimensional body at all and often remain a fanciful idea even for many spiritual seekers. Although many know about the Chakras few have succeeded in actually activating them and anchoring them into the physical which is why they remain fairly vague in many publications. Often people write about the Chakras based on what they have learned intellectually and not on actual experience. Here we are interested in activating your Chakras which will lead to actual experience and first hand knowledge. You will be able to write about them yourself and will not require explanations about their functions or attributes.

The Practice

This practice can be done either sitting or lying down flat on your back. Lying down is fine for the initial exploration of the technique but using this technique in a sitting position will have a more powerful effect and make the anchoring process faster. I will describe the practice for sitting meditation, if you wish to do it lying down initially you can adapt the technique by taking out the alignment and column parts and going straight to the Chakra's

First Part

- First as always sit in Meditation position.
- Close your eyes, ground yourself, seal the aura and enter the space of the third eye.

- Call in the Pleiadian Emissaries of Light and ask for the Interdimensional cone of light.
- Align with the lightbody, try to get your posture as aligned as possible.
- Do the Kundalini Column Clearing for a few minutes.

Second Part

You are now ready to begin activating and incarnating the Chakras. The rest of the process is the same for each Chakra although the structure and colors used will differ. At the beginning you should only work on one Chakra at a time but as you gain experience you can begin working on more than one or even all of them together. It is up to you which Chakra to work on first and in what order to work on them. Use your intuition to decide which one to work on or ask the Pleiadians or your higher self to guide you. If you cannot decide which Chakra you should awaken first in general it is a good idea to start at the bottom (Base Chakra) and work your way up.

- Ask the Pleiadians to help you activate whichever Chakra you choose to work on.
- Now visualize the structure and color of the Chakra as shown in the above diagrams. At the same time as visualizing you should take your awareness to the area in your body where the Chakra is located.
- When you take your awareness to the area you are not trying to feel for the samskaras located around it. The feeling of samskaras is much grosser than the Chakra's and is not what you are looking for. You are trying to feel the subtle energy of the light structures. If you do feel samskaras and astral blockages just try to take your awareness deeper to bypass the astral realm and take your awareness into the realm of the lightbody.
- Many of you will experience the visualization of the structures very tangibly as you are actually tuning into something that is there. You are not just imagining these Chakra's but looking at them.
- Once you have a clear picture of the Chakra just watch it and see if it is damaged, whether it is spinning at all and in what ways. Allow it to move freely and feel how it feels.

- When you get a really good feel for the Chakra and what state it is in allow it to begin spinning in its natural way. Don't try to do anything, just ask the Pleiadians to activate the Chakra and make it spin in whatever way it should.
- Watch the Chakra and see what happens. You will probably see it begin spinning in different ways and speeding up quite rapidly. Keep in mind that there are more than one structure overlaid on top of each other and they may spin in different directions. Also the structure may spin in any direction such as vertically, horizontally or anywhere in between and the axis of spin can be moving as well. The spin of the Chakras can be quite complicated so it is important to not block its movement at all with your minds prejudgments. Just watch the Chakra and allow it to be activated.
- While the Chakra is moving you should continue to feel it with your awareness. This is not just a visual exercise. Feel the spin and the forces of consciousness within the spinning Chakra. Allow it to speed up and function in its proper manner while feeling its effect on your subtle bodies and on your state of consciousness. Also allow the colors to change and watch what is happening to the colors. When a Chakra is spinning many colors can be seen and not just the ones shown in the above diagrams.
- You can do this for as long as you like and when you decide to stop meditating do not stop the Chakra. Allow it to continue, ground yourself and then open your eyes and go on with your day.
- Now that you have activated the Chakra and have a good feel for it you can check on it at anytime. It is amazing how tangible it can be and you may even have trouble not seeing and feeling it. If this happens don't worry, you will get used to it fairly quickly.

That's the practice for activating a Chakra. When you check on your Chakras once they have been activated you can use the image of the Chakras structure and color to easily tune into it but you should make sure that you are checking on how it is moving and not slowing it by visualizing a stationary Chakra.

Once activated the practice evolves into checking on them and when you do this you may find that they have slowed down or they are not moving freely the way they should. If this is the case just ask the Pleiadians to help and allow the Chakra to activate again. Once a certain amount of experience has been acquired you will

realize that you can activate them or allow them to spin easily yourself. At this point you will have gained control of them directly through your own lightbody and it indicates that they have been anchored and incarnated to a certain degree. This is the goal of the technique and the assistance of the Pleiadians is only necessary in the beginning because you have lost contact and control over your lightbody. As the Pleiadians are in full control of their own lightbodies they are able to easily activate structures in your lightbody but they may only do this if asked by you. They respect free will and will never activate your energies without your permission.

Keep in mind that without perfect posture and lightbody alignment it is extremely difficult to anchor the Chakras into the body. If your alignment is poor you may have great experiences with the Chakras during meditation but when you return to normal consciousness you may lose contact with them and have trouble checking on their state. When someone has fully incarnated and activated all the Chakras, they become aware of them at all times and can feel their effects in any state of consciousness. The physical breath will naturally connect with the spin of the Chakras which is the final stage of activation. This will occur naturally as a part of your process and you will see for yourself that the in breath draws energy, light and consciousness through the vortex of the Chakra from other dimensions into the 3rd while the out breath keeps the structures spinning freely in the proper manner. It is an amazing state of multidimensional being when the Chakras connect and work with the breath of the physical body.

The truth about the Chakras can only be known by experience. There are many books which try to describe what each Chakra does and their various attributes but without actually activating and incarnating them into your body their knowledge will always remain intellectual which is not really knowledge at all. Only by direct experience can true knowledge of the Chakras be claimed. If you would like a brief description of each Chakra please see "Metaphysics" or you can find numerous books on the subject at any metaphysical book store. If you want to know the Chakras by experience however they must be activated.

Caution

The activation of the Chakras can be extremely powerful and when they are activated before the astral body has been cleared they can cause the release of a huge amount of subconscious material. Their action on the astral body can be quite intense as the spinning light structures begin to break up and transmute the dense astral blockages and samskaras. This is why it is important for all who use this technique to be familiar with regression as it will be very helpful in clearing the astral body. If you have already cleared much of your astral body you may not experience any problems and you will probably activate your Chakras easily and painlessly. If you have not cleared the astral body it does not mean you should not activate your Chakras but you do need to be aware of what can happen. The Chakras being activated will certainly speed up the clearing of the astral body but when this is done too fast it can be very intense and hard to deal with. As always you need to be your own guide as to what you are ready for. If you feel apprehensive at all about activating your Chakras then you should wait and for the time being concentrate on clearing your astral body through regression and meditation.

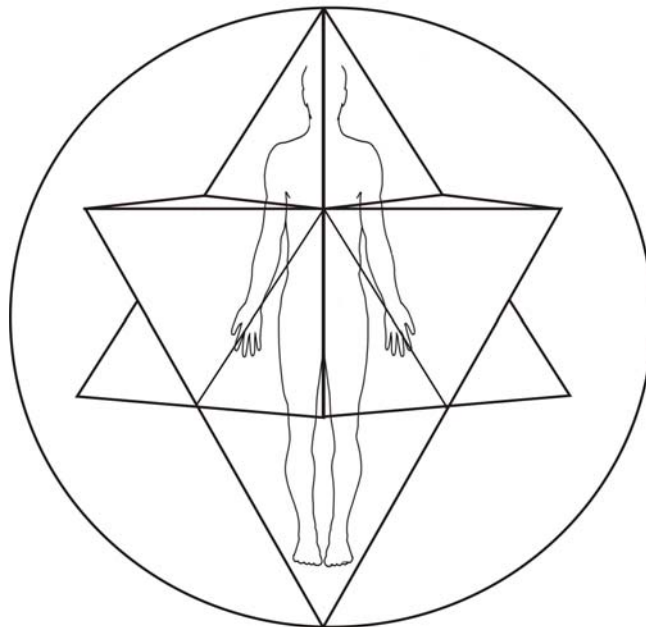
Another interesting point is that for those who are ready to activate their Chakras this technique will be easy and the effects will be extremely tangible very quickly. For those who are not ready they will probably have trouble with the technique anyway as their astral body may be too gross to allow for the practice to work properly. It is an advanced practice and if you have trouble with it you are probably not ready for it yet. Do not be put off by this as all practices help to cultivate your subtle perception and in time you will be ready to activate your lightbody. Be patient and practice, practice, practice!

The MerKaBa

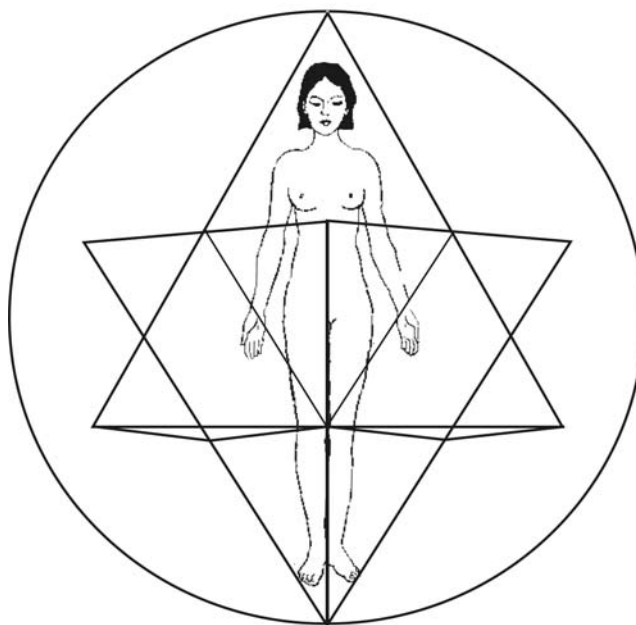


Like the Chakras the Merkaba is a structure of light that should be spinning in a certain way but is dormant in most humans. The Merkaba when spinning creates a vortex into higher and lower dimensions and allows for the incarnation of higher consciousness. Without the Merkaba being activated the Chakras and column cannot fully incarnate or be under full conscious control as it is the merkaba that holds these structures in place and in alignment with the physical body. Although it is quite possible to become spiritually aware and to activate and incarnate various structures to a certain degree without the merkaba, for full control and incarnation of the lightbody to occur the merkaba must be activated.

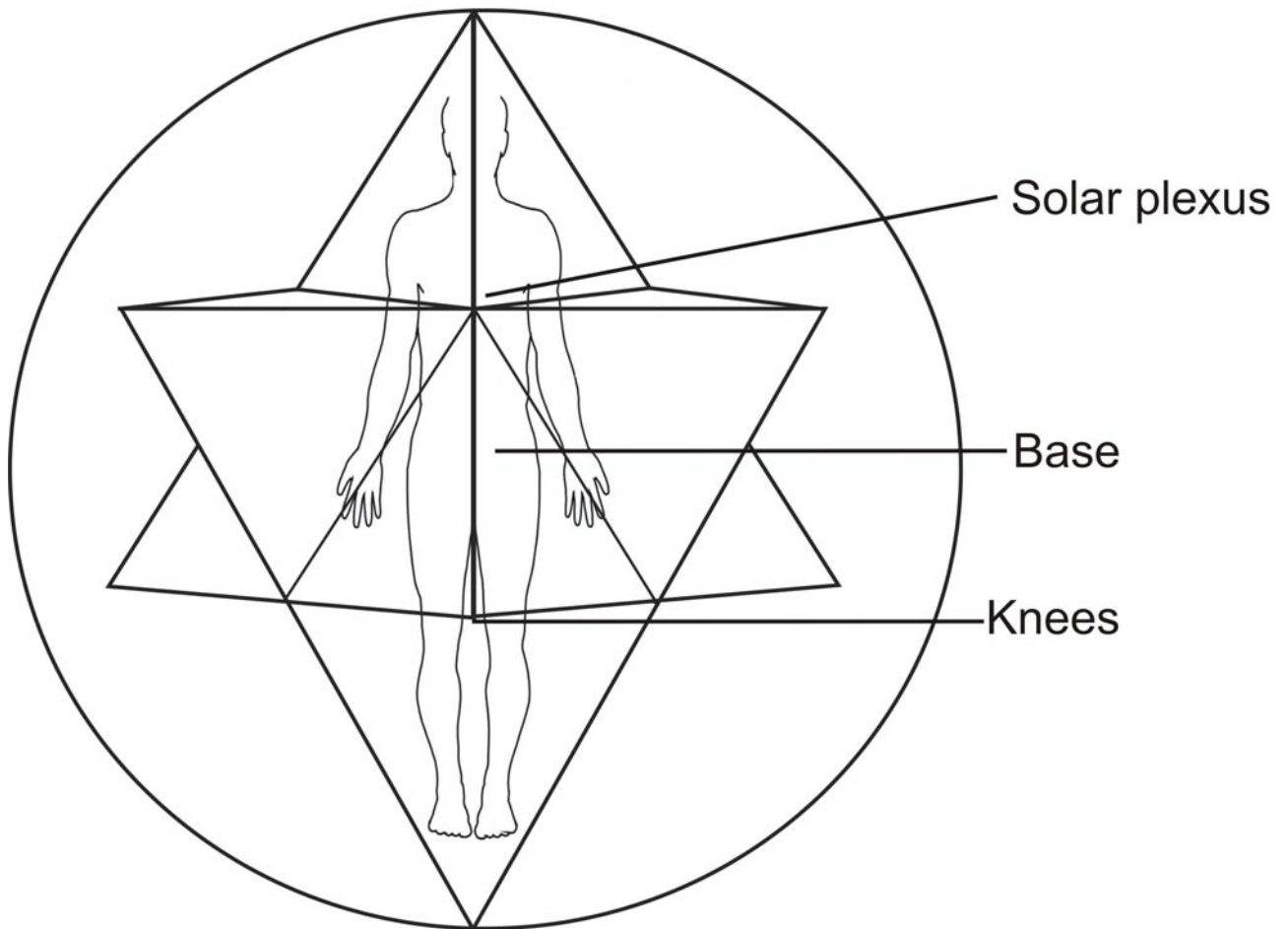
Male Merkaba



Female Merkaba



The MerKaBa is comprised of two Tetrahedrons, one pointing upwards and the other pointing down. The one that points up is referred to as the sun tetrahedron and the one that points down is called the earth tetrahedron. The way these two tetrahedrons are situated differs between males and females. Take a close look at the two pictures above and you will see that for males it is the sun tetrahedron that points forward while the earth tetrahedron points back. This is reversed for females with the sun tetrahedron pointing back and the earth tetrahedron pointing forwards. These two pictures show the exact size of the star tetrahedron (the two tetrahedron form what is called a star tetrahedron) in comparison to a human and exactly where the two tetrahedrons cross over. The overlap/center is at the height of the base chakra. Also the bottom of the sun tetrahedron passes close to the knees and the earth tetrahedron passes the solar plexus. Both the tip of the sun and the earth tetrahedron are about a hands length above the head and below the feet. It is important to get a good idea of exactly how the merkaba relates to your body for when you visualize it. See diagram below.



The column goes straight through the middle of the tetrahedrons passing through the top and bottom points of the merkaba.

The first practice in activating the merkaba is to become aware of its shape and to see what sort of condition it is in.

1st Stage

- Sit in meditation position and close your eyes.
- Ground yourself, seal the aura and enter the space of the third eye.
- Call in the Pleiadian Emissaries of light as well as the interdimensional cone of light.
- Ask the Pleiadians to help you activate your merkaba.
- Align with the lightbody and try to make your posture as perfect as possible.

- Now visualize the sun tetrahedron as a structure of gold light.
- More than just visualizing you are feeling for the tetrahedron and tuning into it. The visualization of its structure is used to help you to tune into it and see it in its reality.
- Once you can see it clearly check to see if its shape is correct and if there is any damage. Many people find that their tetrahedrons are the wrong size or distorted in other ways. Every edge of both tetrahedrons should be the length of your arm span from finger tip to finger tip. Here you want to check on its condition.
- Once you have seen its condition you should try to visualize it in the way it **should** be as in the diagram above. Once you have a connection with the tetrahedron you can begin to heal it by visualizing how it should look. While doing this also visualize gold light pouring into the tetrahedron from the column above. Visualize a sun or star pouring light down into the tetrahedron and filling it up.
- Once you get the sun tetrahedron to the right shape and size and filled with light you can check on the earth tetrahedron in the same way.
- Once you can see the earth tetrahedron clearly begin visualizing it in the shape and size it should be and begin visualizing the gold light filling it up from above just like you did with the sun tetrahedron.
- Once both tetrahedrons are full of light you can allow the light to pour out the bottom of the earth tetrahedron, down through the column to the iron crystal in the middle of the earth.
- Allow this visualization to go on for as long as you like with a constant flow of light filling the star tetrahedron from above and exiting through the bottom to the middle of the earth.

This practice will begin clearing and healing the structure of the Merkaba. You can do this practice as often as you like but you should not move on from here until the star tetrahedron has the right shape and size, with both tetrahedrons being the same size when you check on it. By doing this exercise daily you will quickly heal your Merkaba and get it ready for activating its spin.

2nd Stage

Once the first stage becomes easy and you feel that you are ready to begin activating the Merkaba you can follow on here.

- Follow the first stage practice until you have a constant flow of light running through the merkaba and down to the middle of the earth.
- Now allow energy from the earths core crystal to ascend up the column and into the merkaba collecting in the belly region. At the same time allow the light coming in from the column above to collect in the navel and mix with the energy coming from below.
- Allow this energy to form into a solid ball of gold light in your belly.
- Connect this flow of energy into the ball with your breath. On the in breath energy comes into the ball and on the out breath the ball becomes more solid.
- It is important to use rhythmic breathing which means your breath is long and continuous with no holding between in and out breaths. As your breath relaxes and lengthens there is a natural pause between inhale and exhale but do not force or hold this pause, let it be natural. You should expand the lungs and abdomen as fully as possible (comfortably) with each inhale and release the breath as fully as comfortably possible with each exhale. You are not trying to do huge breaths just comfortable rhythmic breathing.

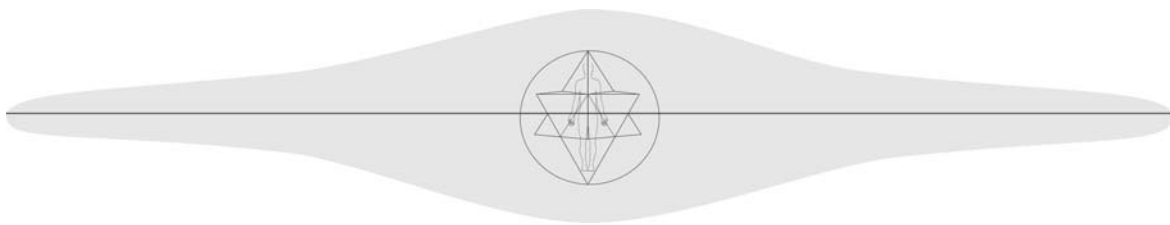
3rd Stage

Now that you have connected the breath with the incoming energy from above and below its time to activate the spin of the merkaba which is done by connecting it also with the breath.

Before I explain how to spin the Merkaba you should understand that its structure as shown above and what you have visualized is actually made up of three star tetrahedrons. These three are exact duplicates of each other and are overlaid over each other just like the Chakras having multiple layers of spinning light structures. One relates to the mental body, one relates to the emotional body and the other relates to the physical body. Just like the astral body is the emotional body and the

Chitta is the mental body of the astral realm these two star tetrahedrons are the mental and emotional bodies of the light realm. The third star tetrahedron relates to the physical body and does not spin. The mental and emotional star tetrahedrons spin in opposite directions and create the vortex that allows for the physical incarnation of higher and lower dimensional forces. Without the Merkaba spinning none of the other structures of the lightbody can be fully anchored into the 3rd dimension. Depending on how fast the Merkaba spins it will anchor into a different dimension. The spin we want to activate is the one that will allow it to incarnate into the third dimension and therefore incarnate your lightbody into your physical body. The speed required for this is 9/10ths the speed of light.

The mental and emotional star tetrahedrons spin in opposite directions and also at different speeds. Difference in speeds is based on a ratio of 34 -21. The mental body star tetrahedron spins a complete rotation 34 times for every 21 times for the emotional body. This ratio is that of a Fibonacci spiral which is found in numerous natural phenomena. The picture on the cover of this book is a star system spinning in this manner creating what looks like a spinning merkaba field. The mental body star tetrahedron spins to the left and the emotional body to the right.



Spinning the Merkaba

- Once you have completed the first two stages and you have connected the breath with the energy coming in from above and below it is time to start spinning the Merkaba.
- While continuing to breathe rhythmically ask the star tetrahedrons to start spinning and use the out breath to give it a push. Like with the Chakras the out breath spins the structure while the in breath draws in interdimensional forces.

- When you first get it moving it will probably be moving quite slow and may not be smooth. Just continue to connect it with the breath and keep it spinning.
- Now ask the star tetrahedrons to spin at a ratio of 34 -21 for the mental and emotional bodies respectively. You should see it speed up a little and begin spinning at different speeds. Make sure you spin the mental at 34 to the left and the emotional at 21 to the right. Keep in mind that there is still one star tetrahedron remaining stationary. It is important to get this correct.
- Now ask the star tetrahedrons to speed up to 2/3rds the speed of light and continue connecting it with the breath which gives it a push on each out breath. When it gets to 2/3rds the speed of light you will see a disk shoot out from the base Chakra which extends for around 22 feet in radius around your body. This is the merkaba, but at this point the disk may not be very stable. See the above diagram for how the spinning merkaba looks.
- Now ask the merkaba to speed up to 9/10ths the speed of light and watch the disk of light become more stable as the merkaba increases in speed.
- Continue to watch and feel the merkaba spinning while connecting it with the breath. The in breath draws energy in from above and below and into the ball in the belly while the outbreath keeps the merkaba spinning.
- Continue watching the merkaba and feeling it for as long as you like.

That's the practice for activating the merkaba. Each time you come to do the practice you should check to see what it's doing. In the early stages it will probably stop spinning and remain dormant throughout most of the day. You can check on it whenever you like. When it has been activated fully which could take weeks, months or years depending on the current state of your subtle bodies you will be aware of it at all times. You will gain full control over it and your breath will remain connected with it throughout the day.

Important Points

- The first stage of activating the Merkaba where gold light is used to fill the tetrahedrons is only needed at the beginning when the merkaba does not remain activated. When you check on the merkaba, if it is not moving you should always start with this practice. As you gain experience in this the

colors may change on their own. When you begin visualizing the gold light you may see other colors and patterns. This is fine and you should go along with whatever you experience. This is a signal that the tetrahedrons are beginning to activate and connect with interdimensional energies and light.

- If the Merkaba is spinning it is not necessary to do the first stage of the practice. Just start off connecting the breath and making sure the merkaba is spinning at the right speed and ratio.
- Once the merkaba is spinning properly you can allow the energy that is being collected in the belly to move out into the merkaba field along the axis of the disk.
- The collection point being in the belly is for activation and incarnation of the merkaba into the 3rd dimension. By moving this collection point upwards into the heart chakra you will raise your energy towards the 4th dimension. This alone will not take you into the 4th dimension but if coupled with the correct increase in speed of the merkaba you would be taken into the 4th dimension, physical body and all. The human race is in fact making a leap from the 3rd to the 4th dimension and in the near future you may use the merkaba to traverse across the gap between the 3rd and 4th dimensions. For now however you can simply move the collection point up to the heart Chakra which will raise your consciousness into a higher level. By doing this you will become aware of 4th dimensional phenomena and begin to become accustomed to higher dimensional experience. This raising of the collection point should only be done once you have activated and stabilized the merkaba. You will know when you have done this because whenever you check on your merkaba it will be spinning properly and you will have incarnated much of your lightbody. Always remember to follow your inner guidance. Your inner guidance will also let you know when it is time to increase the speed of the merkaba and how to achieve this.

Activating Body Kundalini

The above techniques are all involved with activating the lightbody structures and to anchor them into the physical body. There is another force that needs to be activated to make the physical body ready for such an incarnation of higher energies. The bodily Kundalini is a force that is stored at the base of the spine in the area of the coccyx. This force is dormant in most people. Many have written about the Kundalini and their experiences with it when it becomes activated. Most of these people had Kundalini experiences when their bodies were not ready for it and the Kundalini was unleashed too quickly. Because of this it has become known as a dangerous force that can cause physical damage, insanity and the like.

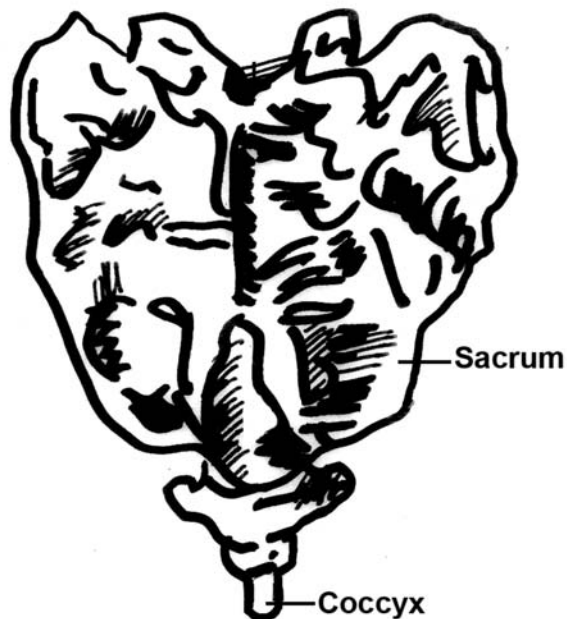
When the body is ready for kundalini and it is activated slowly and steadily these problems are minimized. By following the Tantric sex practices, regression, activating the lightbody and some sort of yoga the body will become ready for the Kundalini. In fact by practicing Tantric sex as described in "Tantric Secrets" the body Kundalini is gradually awakened and released at a slow and steady pace. There may still be times when it becomes intense but it should be quite manageable.

The body Kundalini is a force that comes from the lower dimensions and it has amazing healing powers. The following practice will help to activate your Kundalini in a safe and consistent manner.

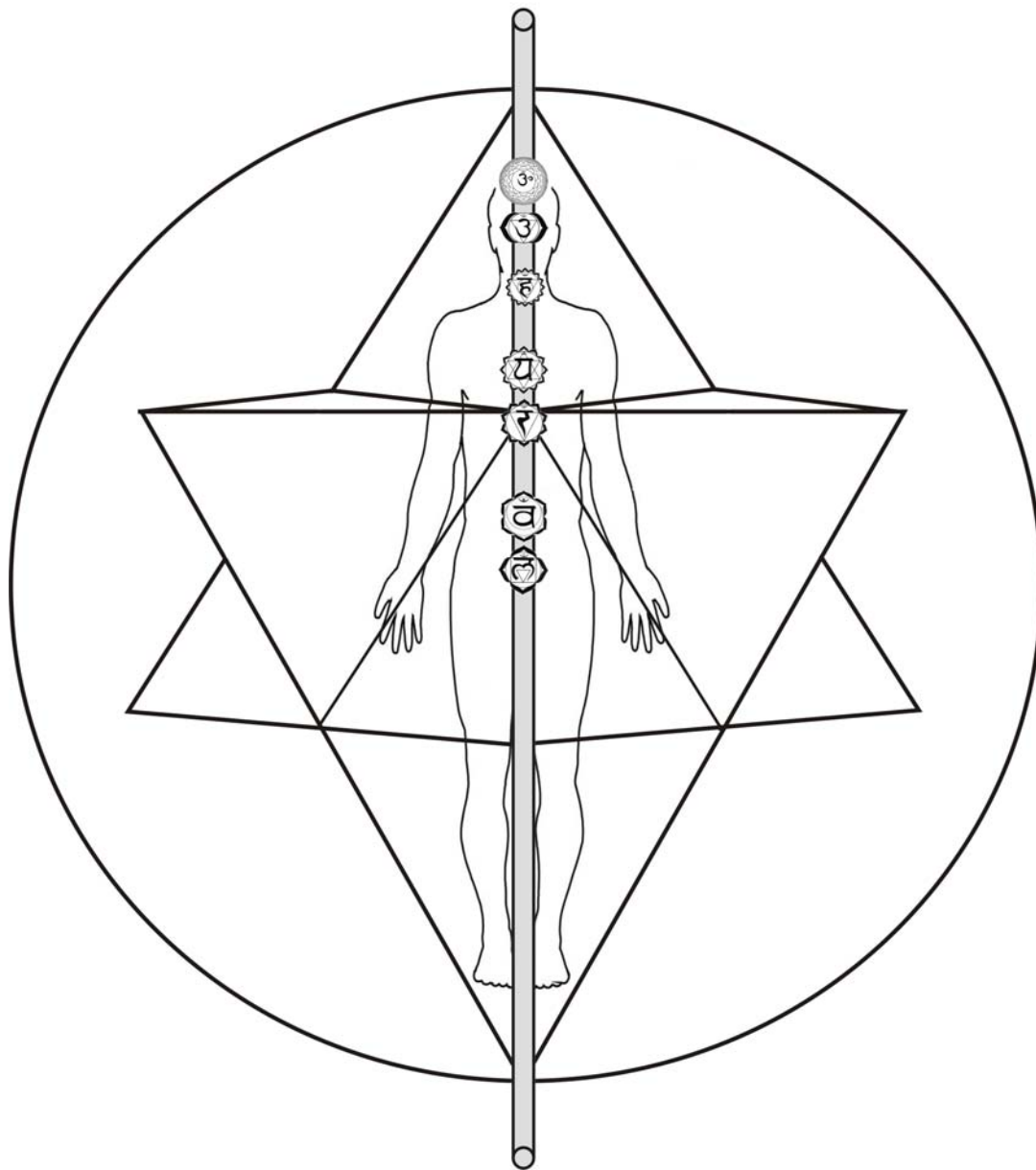
The Practice

- Sit in meditation position and close your eyes.
- Ground yourself, seal the aura and enter the space of the third eye.
- Call in the Pleiadian Emissaries of light as well as the interdimensional cone of light.
- Ask the Pleiadians to help you activate your Kundalini.
- Align with the lightbody and try to make your posture as perfect as possible. It is important to have a straight back as the Kundalini will be activated to travel up the spine and out the top of your head.

- Now take your awareness into the coccyx. Get a feel for the energy inside the coccyx. (Please note that for those who have not cleared sexual issues you may have trouble getting your awareness into the coccyx. If this is the case you can still follow the practice but success may be limited until you clear some sexual blockages. (The combination of Tantric techniques and Regression will be very helpful here)
- Now visualize a ball of red light at the coccyx. This ball of red light is like a chakra and has multiple identical overlays. Visualize these balls spinning in all different directions at enormous speeds. The spin creates a vortex into a very dense dimension of red light. It's like an infinite universe of red light. You go into this vortex and see this universe of light and feel the infinite force of creation within.
- Get a good feel for the force in this dimension through the vortex and then allow a beam of this force to blast out of the vortex up your spine and out the top of your head. The beam continues up for as far as you can see.
- As always don't just visualize it but feel it as well. You are doing more than visualizing you are controlling interdimensional forces.



Ra Concludes



Spiritual transformation refers to the complete clearing of mental and emotional conditioning which then allows for the incarnation of Spirit. As the human is a multidimensional and metaphysical being, spiritual pursuits must lead to a thorough exploration of these many facets or very little can be gained. Many of your churches, religions and priests lack true understanding of these realities and have been enshrouded by darkness and lies for thousands of years. This made it very hard for the lay person to gain any real information about spiritual or metaphysical things and so they were easily brainwashed and used as sheep in a society devoted to the rich elite. Many people assume that this has certainly been the case in the west but that the east held a true spiritual knowledge. They assume this because when they are introduced to the eastern religions and philosophies they see the richness and color that the western churches often lack.

Unfortunately the eastern traditions are also enshrouded in lies and misconceptions and actually succeed in keeping people weak and basically as slaves to the rich just like the west. The concept of Karma born out of the Hindu philosophies is perfect for getting people to accept their lot in life and to make it impossible to change their reality. Indeed the Hindus took Karma and created the cast system which made it illegal for someone of low cast to move up. Many western people who discover the law of Karma and reincarnation are attracted to it because it is far closer to reality than what they were taught at Sunday school. They have an inner knowing of these deeper truths and so assume the Hindu guru or the Buddhist monks are the way to the truth.

Well the law of Karma is surely a law but there are greater laws which can make Karma look like something of very little concern. In fact Jesus went to earth to show people these greater forces and to awaken your minds to your own powers of redemption and creation. It is true that your higher self and your higher consciousness can eradicate your Karma and that you can create the future you desire. Cast and creed are unimportant. If you clear the astral body of past conditioning and incarnate higher consciousness there is no need for Karma to teach you lessons as you will have already learned. Anyone, no matter what they have done in the past has the opportunity now to change themselves and in effect change their Karma. The law of Karma can only be all powerful in a universe of one dimension. Because the universe is actually multidimensional and all beings are

multidimensional, Karma can be easily changed. If you have access to other dimensions of reality and you exchange forces between these dimensions the Karma cannot remain as a constant which it must if it is to work the way most people assume.

Karma is actually part of the collective unconscious which higher forces have the power to clear and transform. Your lightbody can actually clear the part of the collective unconscious that has your Karma imprinted upon it. Your higher consciousness is a creator just like all other beings in the universe and with it you can create whatever you desire. The time of being a pawn is over, it's time to take control of your life and your future. I know that many people feel powerless over their lives but this can be changed through the work of spiritual transformation. To hold your powers of creation you must clear your subconscious of all negativity, remove yourself from the lies and false beliefs of the collective unconscious and incarnate your lightbody along with all of its structures and gateways to multidimensional forces. With these forces which belong to you and always have you may create your future and transcend the games of the elite.

It is up to you to do the work and transform your energy. The lightbody holds the keys to all metaphysical knowledge and complete power over your future but without its incarnation and the clearing of the astral layers that distort your reality you will remain in illusion and disconnection. So get to work and we will see you in the space.

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