02 2022 12 Loving Body Workshop Afternoon

Sat, Dec 10, 2022 1:59PM • 1:49:43

04:34

Okay. I think we're all here. Settle in here. There we go, we have everyone, welcome. So here we are coming to the afternoon session and we worked very deeply this morning, you may or may not sense that quite yet. But to this afternoon, I would like to go into activating the sacred circle more strongly so that we receive a direct connect to this loving body. So we each have a loving body and it's natural to who we are. It's been covered up and hidden and not recognized. And so it's a matter of uncovering it it's not that we're creating it we are discovering it and learning to live from it. And a loving body doesn't mean that you're in love with everyone it's about being in a state of loving flow within yourself no longer war with your body and when we come in to this type of harmonic alignment we do become the expression of the divine it doesn't mean we're perfect as human beings it's an experience within ourselves it's a state of love and it's a state of peace is a state of happiness and so we're looking at an excuse me an inner state that can become very stable and that we can depend on we are still subject to the ascension energies that are happening but it is a place where we can rest in peace in our being like we like everyone described this morning and have it as a refuge a way of living like you would imagine a realize being living very real very embodied but in flow state within or just letting the UK come in

08:13

beautiful okay there we go okay

09:13

so the practice of being kind to yourself and practicing self loving care is one thing I'm sorry my I just have to take a drink here to clear my throat HOLD ON by to access this state of the loving body is another so why and is more from the personality, which is good, always good. But what this other one is a little deeper, it's a more expanded ascended state of being. And we, when we think of expanded and ascended, we, we don't always think of embodied those two together. Very often we go into more of a, you know, state of lights or frequency, but don't include the body. So in this time of transition, the body is going through a transition as well. And all of our subtle senses are waking up with the new frequencies. And this means that we will be accessing several levels of perception in our daily lives. And this is important because we tend to dismiss or not take seriously the subtle perceptions that we do have. And it's, we're going to know this loving body state through a more subtle perceptual ability. So as we go through this expansion, all of our being is ascending and expanding, and becoming more full spectrum. And it's in this fuller spectrum that the loving body exists. And watching the teachers, they're the guides for the class, they're starting to shift everyone's consciousness. So we're gonna go into the sacred circle now. And activate it completely. Because they'll, they'll do this shift for us. It's, it's better that they do it than we do it. So let's go back to feeling our feet on the ground. Lowering into our body and sensing our breath in our being coming into physical awareness, physical consciousness. And you might step yourself down through your spine, through your smile, through your proprioception of feeling your seats on the chair, your feet on the ground. The ways that you know how to come back into your being now the energies are particularly heavy today. Now, we're having a little bit of snag in terms of aligning with the frequencies that we want. So we're gonna go through another cleansing right now. And that's what the teachers are bringing to us. So feel your feet and see it on the ground, feel your feet activate at the centers on the soles of your feet. Allow your palms to activate your root chakra and feel the wholeness of your being.

14:20

There we go okay

14:42

you feel your connection to the earth the flow of lighter energy through your being Now we've had this a couple times before but the teachers here for the sacred circle are putting a new crystal an etheric crystal

15:46

in

15:49

each of our hearts before they placed it in our hands but now they're placing it in our hearts

16:41

and the effect is overall throughout our whole being. So you don't have to focus straight on the heart Don't use your mind for this feel your entire energy field the toroidal field and the axis

17:17

we're going through a new

17:24

transmission a new download that is removing the old paradigm and replacing it with the frequencies of the new paradigm

17:46

and every time you go into your head to watch this, it diminishes the effect and you won't be able to see it. So relax into it. It's happening very quickly right now there

18:15

we are attuned to the new paradigm through our heart now.

18:48

And we greeted the elements earlier we're going to greet the directions now. So, we greet the spirit of the east of the

19:05

south

19:10

of the west

19:15

of the North above and below

19:26

and within.

19:45

The directions form a matrix A crystal and matrix within which is a sphere of light And they're taking us through this attunement in order to activate the more advanced loving body

20:24

and I would say the most important thing right now is to keep your feet on the floor to relax into your body and feel the flow of energy don't try to interpret it this is beyond the mind so we're being taken to a consciousness that is higher frequency than our everyday consciousness so that we can have that return to our everyday consciousness with this living new frequency in us there we go

21:22

and we are each being embraced by this loving body now as if it was giving us a hug before it merges into our body and physical consciousness to become part of our new Matrix. There's an attunement happening with the third chakra for everyone in the circle this is very energetic very abstract non verbal and the next chakra tuning is the throat chakra now again let go of traditional thinking

24:54

relax And

25:02

since your body the energy another attunement just came through her activating the light sphere in the heart and now in the third so basically creating an entire new paradigm out of energy for us which we are doing in collaboration with Mother Earth and Father Son and now the group the Kundalini is being accelerated.

28:16

Crown

28:32

realigning the central axis every cell is activated with light slike been waiting for this signal to turn on for some of the dormant DNA to turn on And the new Loving body is being fused now. Now that the structure to be able to create space for it has been manifested. This is like moving from an old house to a new house where the old house is now emptied

31:48

and everything's moved over to the new house The loving body is coming online now. And as it does it's kind of like when you populate a program a computer program the your lineage your heritage is being

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enlightened backwards through your history and you don't have to know who your lineage is in terms of humans it's humans and star beings and many other forms of being. And now the frequencies of the loving body are circulating through your from the physical to the light body and it it's a new way of loving it's not it might not feel familiar

38:33

so it has a different emotional quality when it is a beautiful foundation for the light of your being to be sustained and held in this frequency that is the unity frequency. So we're gonna get used to a different type of emotion and different type of thinking and a different type of body.

39:05

There we go

39:19

and this is not AI at all and and I'm picking that up from someone but yeah, the development of AI and the development of this new consciousness are paralleling and because the emotions and the mind and the body are different than we're used to in the evolved sense. We could confuse it with AI but this is very living very vital. It's so new it's very different than what we've experienced so don't try to project on it just let this frequency vibrate and you

40:39

it really is source by the one heart so we're used to going into the emotional loving space this is an energetic frequency of the love era go there now it's settling entire beings more comfortably it might be more like how you picture the angelic beings that we're getting closer to that type of being and now there's a golden light flowing into our newly configured being our re grounding into our new being with our loving body being our predominant consciousness your hand chakras are being activated new newly activated gold is the predominant energy frequency. And it's as if the entire planetary consciousness is being flooded by this golden energy now

45:46

Now we're going to invite all of our being to be immersed in this golden light and help adjust us to the new frequency. We actually are raised up to emerge on a new earth

47:28

many of the Native American stories talk about the first or the second or the third, the fourth and each time the consciousness of the people is raised from within the earth to a surface of a new earth

47:59

and the older earth the old history the old wounds, the old pain gently dissolves

48:11

as the New Earth is becoming activated and so, we are emerging on that new Earth this will be rippling through your consciousness for the rest of your life

48:37

feel the release of pain and stricture through your entire spine?

49:53

And this energy is now able to feel more palpable in your body So who are you without your painful wounds and negativity

50:45

Who are you

50:49

now that this is removed? It's hard to imagine each of our chakras is radiating golden light front and back and circling us in the pure consciousness

52:58

and a golden white elixir is being poured through us a small increase our capacity to speak from this new frequency that will help us with that communication aspect. So, when we talk about New Earth it's a completely new frequency. It's not based or referencing old experience So the meditation is coming to an end it's gently closing softening and kind of packing us with the entire experience as we come back to our bodies with it so parts that have fragmented off are being returned that we're waiting for this frequency to be enlivened it'll be very interesting how you interact with the world now after this attunement but it will be from a point of power

58:50

and love

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and the those two together and there'll be a type of love where you don't lose power there'll be a wise love and it may take a little time to break the habit of the emotional grasping kind of love. So take a few or several deeper breaths gently comfortably kindly and don't try to fit back into where he or who you were let us be fresh and new so this is a an actualization and a glimpse of how we are evolving and just try something right now try relating to someone that you love just picture them and notice how your energy is different like you might want to push out and merge with them, but instead you doubt you maintain the integrity of your being and the love surrounds both of you from your toroidal field

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so it's an all pervading space of love that allows each person to maintain the integrity of the structure of their being and their alignment with their divinity so it doesn't break through

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your field

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which weakens your energy if it's how we lose energy we're still gently adjusting we're not going to rush this or push it and the communication is vibratory with all beings?

1:03:44

Here's us

1:05:00

squirrel right up against my window looking in we're going through a grounding further grounding of the center G then you'll start to feel more like yourself but your bandwidth is much more expanded now of who you are and this will support the loving way that you interact with yourself and the world but still structure power protection maintaining and the words are maintaining the the integrity of the structure of your being I hope that makes sense to you so the center of love within your being has been transformed and greatly enhanced and restructured. Which creates this loving body that's in tune with the golden spheres of consciousness very high frequency light of being but structured and that's good. structured like crystal is structured so that the light is enhanced and multi dimensional multifaceted very much alive and now the heartbeat that's like we're just born in the heartbeats have started

1:09:18

up again

1:10:02

So why don't we take a 10 minute break? Come back at 320 Do not hang up. I'll be on mute and take care of what you over what you need right now. We'll meet back at 320. That's Eastern Time.

1:22:12

Hello are back

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and let's see how you are doing anyone Why don't we unmute?

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Yes sir one of the first things I'd like to say to myself is self don't go out and drive a car right now.

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That's true. That's That's true Susan How's everyone else doing that was a little more surprising than I expected we're entering a new world.

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New Earth

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did anyone have anything surprising come up for them

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in the experience okay

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there I was slightly surprised at how comfortable I can feel in my body. Isn't that wonderful? Yes. Just total comfort. felt good.

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It doesn't surprise me Scott, because these are the frequencies your being has been waiting for. Don't you think? Yeah. It feels great. Did you start your acupuncture course? Yes, I did. Oh, good. Okay, well, we'll all be going to Scott in a few years

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okay.

1:24:28

I had something similar. When you mentioned about the new sales coming in. I had the image of slipping into a comfortable my foot into a comfortable flipper that just kind of felt like it was. It was just there. Oh,

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I love that.

1:25:04

This is cafe and the delight of the Milky golden my dust filling my body. It just reminded me of like a warm wax and or being with a new mold and new new mold. Filling being filled is just amazing.

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I can see that I really don't know where to go from here and no one's no one's ever heard me say that.

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Because we're already here.

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I think we're all good.

1:26:04

Do you think we've we've fulfilled our day? I'm very I'm very open to any questions or anything, but I don't know what else we can tell.

1:26:14

Sarah, I do have a question of cases. It has to do with the crystal. I have a crystal that was aligned with me. Will it still be aligned with me?

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You mean, you have a physical crystal that you have? Physical Chris? Yes. Yeah. Oh, yeah. Okay, those crystals talk to each other. Okay. They do. Okay. After I had them all yelling at me for a week I saw that.

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Okay, well, thank you. It's just wondering, it's it was talking to me earlier this morning. So I just wasn't sure.

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Yeah. So no, they do. They're come yet again. I'll communicate. Yes. Everything. So now you are the central vibration in your life, and everything is going to recalibrate to you. Okay. Okay. Sara?

1:27:15

This is Kate, I have a question about the you know, how I'm feeling that I'm making the choice to be in a higher state of consciousness. In other words, you know, kind of what everybody else is saying. In other words, it's being in the moment and saying, I'm going up, I'm going to look at my life from a higher soul perspective. And I'm wondering if that is a little heady?

1:27:47

Oh, yeah, we can get caught in that because it once we stopped to think about it, because we know that up really isn't up, we know it's more spherical, more multifaceted. But it's a convenient way of referring to an expansion. So if you prefer to find a different way, I find myself going less and less towards the word up and more towards multi dimensional or multifaceted, because it just feels like it's going in every direction. And that it's a pulsing, that keeps expanding. From the center, I

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think my question is more about the way I'm holding it. Because to me, the going up means expanded. So that's kind of where it puts me when I have that idea. But I was wondering if it is maybe a mental sort of training wheels to get there is or is it? Yeah, I think that's yeah.

1:29:05

Yeah, that's a good way of putting I like that. mental training wheels. So I think that you're so attuned, Kate, that if this has been brought forward for you that you're probably going to find new, a new orientation, and a new wording. I think it's probably on the verge of coming out of view now. Otherwise, it wouldn't be up front and center for you. So see, see how it comes through over the next couple of weeks?

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To keep going? Yeah,

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keep going up. Yeah, I mean, I when I when I when I connect with Mother Earth, I feel like I'm going down. You know what I mean? But it's really not down and it's into a sphere of her heart. But somehow with body orientation, if kneels down to me. So

1:30:04

oh, you know, something to clarify maybe is that I'm sort of using the language of Carolyn mace who speaks in terms of consciousness as a building. And so you know, each one of those floors is kind of a different level of your state of consciousness. So, sometimes I may have a knee jerk reaction to traffic that's in my lower consciousness. And then I remind myself, wait a minute, go back up, go into the soul view go into the higher perspective. So that's really what I'm saying. So, okay, any different?

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Well, well, I wonder, I wonder if it is. So the question is, do you step. So the the chakras are an integrated system? And they're not? They really are not like a building a building with seven floors? Okay. They're, they're more nested and intertwined and crystallin dynamic. So if you move to one floor and forget that you're connected to the rest of them, then that doesn't serve you. Well.

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That feels better. Right there. Okay.

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I got it.

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Got it. Okay, good. Good. Good. Good. Okay. Okay.

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Sarah, you can maintain your state of integrity when you're talking. Do you? Can you maintain it? Like if you're reading or watching a movie?

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Oh, yeah, that's easy. Because I'm relaxing, the more relaxed I am, the more integrated I am.

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And you're aware of that throughout the reading or the movie?

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Yeah, it's like being in a state of more bliss, which you're familiar with. You know,

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I've got that one. Uh, huh.

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Yeah, and so we don't want to look at it. That critically, it's like, okay, so maybe I don't know maybe I travel around a little bit, but then I just reorient a center again, and so it's, it's more fluid. And my, I've practiced for so long, you know, over 40 Some years with with this that. That it's my orientation. So the more you practice, it just becomes second nature to you. And I think and I think you've seen that

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growing in you

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still there? Yes.

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It seems you know what, I'm not aware if I'm absorbed in something else I'm not aware and then I think is this a mind thing? Or am I somehow carrying forward some basic means for me right now unless I'm aware of what's happening I'm who knows? It's unconscious. I don't know what's I don't know where I am.

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Okay, then let me put it a different way. As you build this grounded foundation, it envelops you and everything that you do. So that even if you lose yourself for a little while, it still is holding you. And you reabsorbed back into it does that make any sense?

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That's great news. Great news because it and it just brings up that how do I get back to I use willpower? Do I use awareness? Do I use intention? Why use letting go?

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Yeah, so so it's the building of the practice. This so that you're it's like doing a meditation practice where you're using a mantra or some kind of tool, that's a frequency. And after so much repetition, it becomes part of your being, you know that you've, you've practiced different traditions, and repeating mantra. And so when it starts to come alive in your being, it holds you and you get reabsorbed back into it when you're free. And then there's that living pulsing energy of it, that helps clear you again.

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So you don't have to worry

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you're getting there

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I just, I'm so gone. When I'm watching a movie or reading a book, I have no idea what's happening. So, right and then

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reassuring. Yeah, and that's good concentration. So, you know, the only thing you want to watch is that you don't get absorbed into something that impacts you negatively, that's all.

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So when you say the ground, the practice building of the practice? Do you mean like the grounding?

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Well, for me, the grounding is connecting so deeply, like we did with Mother Earth today that I become one with the flow. And so I am, I returned to that automatically now. Because the practice has become part of me. And so that's why I always recommend, you know, like, 101 second groundings a day is really potent, where you for just a second, feel your feet and connect to the earth. So that the practice starts to habituate in you. And then because you're connecting to something that's so alive, it starts to take care of you and hold you. And this is developing that relationship with the mother. That becomes so beautiful. And just developing a relationship with the mother doesn't mean that you don't end up developing with the father to the mother takes you to the Father. But as humans, we need to be held in the spheres until we become the higher frequency.

1:38:56

This is Laurie? Oh my gosh, there's just so many layers for me today. One thing when you said that the New Earth doesn't reference old experience. One thing that's popped in it several times and that today is that that old experience for me also seems to include some of the things over the last 35 years, as I've walked this spiritual path and you know, certain interpretations of New Agey kinds of concepts early on the 80s and 90s for me. And I realized today that I have, like almost a fear of ignoring the potential message Should within symptoms. But go ahead. Do you want me to?

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Yeah, I couldn't respond to that readily. If you have that fear, it's a symptom. Okay. So if you have that fear, it means that you're not in communion with the symptom.

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Okay, because what I got today was, like, I'm going to add the symptom instead of communing first. And whatever needs to come up about the symptom will come up because of the communing. And there may not even need to be anything, but we have to go about, you know, oh, you know, even I don't know, I think sometimes maybe the language would even be similar. But the energy behind it, and my focus would is very different, you know, after today, and so I just, I needed to say that out loud and hear that from you to just to sort of anger and a little bit more. It's okay.

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Yeah, yeah. And I mean, I do remember using that as a checkpoint, so that anytime I feel fear, I realize I am in the voice of separation. And I use that when I, as often as I can recognize it. I, I use that moment to say, Oh, this feels awful. I don't want to stay here. And then I inched my way back yen to my voice of connection. But it's because it feels so awful to me. That that is my motivation for returning. I just, I just hate it. Like it? I really don't.

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Yeah, yeah. And I think I don't know, I, you know, maybe like, I think I felt stuck there. But I think that I've also been maybe afraid that if I leave it too quickly, I'll miss vital information that I have to explore Well, what's it about? And? Or I'm just feeling like, nope.

1:42:44

Right, you're not gonna miss anything, but you will get what you need from, like you said, by coming from the other direction. You will, and, and remember, I said that there's these threads that hold us to the old paradigm that are woven in? Yes, that's, that's that thread? Yes. Okay. And so, so just treat it like that. It's like oh, yeah, this threads, I can I can pull that out. But, but that is like the thread that I was talking about. And we also need to you know, I coming from the 60s You know, there every decade kind of or so, we shifted and evolved and I know that the ideals that I experienced early on have grown matured become more full bodies in all these years, and that we could never unless we were some type of super master go beyond the planetary consciousness, you know that that we are traveling with the planet. So we can we can peek a little bit ahead like today was a really big peek ahead. And yet, we're still part of that evolution of the planetary consciousness. And and we are that we are the result of that. Which is which is a good thing because it means that you're connected to the mother

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I just want to say quickly to the another one you said, it's like we've just been born and the heartbeat started up again. I like I I could feel that I was surprised that that that, you know, just I felt that as deeply as I did in that moment.

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No, these were this was very real. So what I'll do with these recordings, I'm also going to also going to put up the transcript. Because I think that we need to absorb this from as many different senses as we can to make it become full bodied within us, but a lot was initiated today. And then we have the solstice meditation coming up on the 21st. And so everyone here is invited to attend as my guest, it's up on the on the website page for cost of $25. But you don't have to go through that. But you do have to email me and say that you would like to attend. And you will attend as my guest. You don't have to pay anything. But this is kind of a lesson in how we receive things. So when you receive something like this, an intention connects you to the gift of the energy. And so by sending me an email that says, you know, I would be happy to attend, I will, I will attend anything that causes you to make a gesture in response to it connects you to the energy of the group that will be gathering that night. Does that make sense? Yes. Okay, so. So, just let me know. And I think it's eight o'clock on Wednesday, the 21st. So we'll love to get together with everyone.

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Oh, and I will put up the article, maybe two articles from the Sedona magazine that are for January and February. I think that's all I've got. Unless you have more questions. I can always answer questions

1:49:02

Are we good? Yeah. Oh, thank you. Thank you. Great.

1:49:12

Thank you much.

1:49:14

You're very blessings to everyone. And I do have this morning's recording up on the site already. So I I'll have this one up by tomorrow morning at the latest. Okay. Okay. Thank you, everyone. Thank you, Sara. Thank you. You're welcome. Bye bye. I