

Points to remember

- **Remember that soul extensions and their memories WILL affect you in daily life** until you have cleared the akasha of your soul. Their memories exist concurrently with your present lifetime .. and so they DO affect you .. often creating sabotage of your efforts .. and draining and disempowering you. Be aware of this .. and visit your heart temple often to talk with these ones, to reason with them, to request assistance from the Ascended Masters .. and to bring these ones back into your heart.
Love is the only method which works with these ones. From your heart you may love them free of their fear and disempowering memories and patterns.
- **Remember to talk to your Divine Masculine and Divine Feminine often.** Ask your Feminine what she is requiring from the Masculine to create balance for her .. does she need support and love, affection and security? Ask your Masculine what he is requiring from the Feminine .. is he requiring love and affection and support for his actions. Are they requiring understanding of anything particular that is being experienced in daily life? Is there a pattern of behaviour that can be assisted by the support and understanding of the other? The heart temple is a beautiful place to have discussions with your Masculine and Feminine. If your masculine and feminine are out of balance, this will be reflected in your daily life and it is crucial that there is healing of their issues so that you have peace and clarity in your life.
- **Remember that while taking elixirs .. memories and emotions and fears will surface** as part of the process.. Being aware of this, you may allow yourself to be unaffected by the emotions which pass through your consciousness. Remember that from habit you may wish to follow these emotions with your mind .. as they surface. But these emotions are RELEASING forever .. and need not be indulged in with the mind and the emotional body. Allow them to release, gracefully, and with thanks!

- **Remember to use sound .. toning and light language to clear your energy**

- .. to create immediate transformation of your energy body
- .. to clear negative emotions
- .. to open the heart
- .. to increase the vibration
- .. to active the love current and the love body
- .. to heal memories of soul extensions which are affecting and sabotaging you
- .. to create realities

Using your voice is the easiest and quickest way to create transformation to clarity and peace. Any discordant energies are cast aside by the vibration of the voice. Sometimes just the heart opening you receive by singing or toning is enough to bring you peace and clarity.

- **Remember that there will be surges of activity .. followed by lulls.**

There will be times of great inspiration, big breakthroughs, realisations, aha! moments .. as much information and activation may be pulsed through your being, and your vibration may rise to great degree, and you may have visions of other lives, and wonderful information may be received.

These surges of activity are always followed by what feel to be lulls .. and you may feel that everything has stopped, and that you are making no progress.

Remember that after every surge, there is the need to integrate what has been received .. this is a time of rest and replenishment, recovery and relaxation. Much occurs that is not apparent. Great growth has been achieved .. and there is the need to integrate and to assimilate this. And every lull is followed by another peak of energy.

- **Remember that there will be lightbody changes**

- .. surges of energy
- .. repatterning of the brain
- .. DNA unstranding and restranding
- .. psychic surgery of the chakras and lightbody
- .. spaciness
- .. forgetfulness

- .. tiredness and exhaustion
- .. the need for much sleep.

You are being forced to let go of the worries of the mind and to surrender to the process of change. There is often short term memory loss of things which are not vitally important (and sometimes those that are!). You are being forced to live in the moment. The mind is learning to let go. Enjoy this! (while making lists of those things which are important to be remembered). Let go of all which is not important. Accept the flow of universal love which propels you forward. Give up your struggle to be in control and to know .. the relief will be unbelievable. So much energy .. normally taken up by the mind in its busyness and need to control .. can be given over to projects of creativity and of flow.

- **Remember that sometimes you will be very tired and sometimes exhausted.** This is normal! Huge surges of energy are flowing through your lightbody. Your vibration is increasing exponentially .. daily. Your body needs time to integrate and to assimilate these lightbody changes. Your body needs rest to recharge. Sometimes you will need to have early nights and sleep for many hours.
- **Remember that much occurs in your sleep.** Light technicians will repattern your lightbody and physical body at night .. as well as when your column of light is open, and when you are meditating. Often you journey in your sleep state, to revisit other lives .. and for restoration and reprogramming, and training. You may have very vivid dreams .. for in your dream state you are enabled with grace and ease to re-enact memories of ancient lives .. and to come to terms with what has occurred .. and given opportunity also to learn new ways of being and doing. Your dreams will heal, release, activate, disclose and teach. You may find yourself at night playacting in your dreams those events which will occur in the future .. practising in a graceful way .. so that when the physical moment arrives .. you will easily move through a new initiation
- **Remember you can ask to be placed in healing chambers at night,** particularly if there is something particular for which you request assistance.

- **Remember that good nutrition is vital.** Eat well and healthily. Organic greens are very important in your daily diet. Essential fatty acids .. Omega 3 and 6 .. assist greatly to enable the cells of the physical body to deal with the lightbody changes. Flax and hemp seeds and their oils, borage oil and pumpkin seeds, mackerel, sardines and tuna are great. Coconuts are excellent for those who live in the tropics. Udo's oil, from the health store, contains a wonderful blend of oils. 2 tablespoons daily, mixed with yoghurt and honey is delicious. Protein will assist. Those who normally would eat a vegetarian diet may sometimes find their body is wanting fish or chicken and sometimes red meat. Drink plenty of pure water.

(Oils should always be cold pressed, without any use of heat. Omega 3 is that which is most deficient in modern diet. Essential fatty acids construct cell membranes, produce hormones and bind and eliminate excess acids which are the major cause of ill health. They strengthen immunity, lubricate the joints, provide energy, protect against heart disease and stroke, high blood pressure, blood clots, relieve arthritis, PMS, allergies, skin conditions etc .. knowledge courtesy of Shakri'Nira).

- **Salt baths are** wonderful .. epsom salt or sea salt .. with relaxing essential oils. Toning and singing in the bath is even better. You will always feel wonderfully refreshed after a salt bath. Place your crown and back of the head under the water as often as you can. Swim in the ocean .. mother ocean will heal and revitalise you.
- **Remember to consciously ground yourself into the centre of the earth** as often as you need to .. until it becomes automatic.
- **Remember that those who give their total commitment and discipline to the mystery school training .. receive the greatest acceleration.**

- **Remember to ask for assistance!** If you are going through a challenging time, always call in the Ascended Masters and angels and ask that they help you. Ask for all the physical things you need that will bring ease to your life. Do not feel the need to limit yourself or to see yourself as unimportant. You are important. Those who ask for most assistance are the ones who receive this. Astrea can send immediate energy to you if you request assistance.
- **You are never alone.** You are surrounded by so many beings of light who play their role to support you, to love you, to guide you and to inspire you with their messages of inspiration and guidance. You are carried by many who see you in your light and who play roles with you in contract to support you.
- **There is never a crowd at the leading edge.** You stand at the forefront of the new age .. as leaders and teachers. This is sometimes a lonely place to be .. but you will continue to meet your soul family .. and as you walk into your life path, there is much fulfillment .. and people will be drawn to you. Do not try to lower your vibration to fit the energies of others who judge you or are threatened by you. Try not to confuse yourself in comparing different methods and techniques you hear and read about. Use your heart to guide you .. and you will surely always be led in the right direction.

'Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around us. We were born to manifest the glory of God that is within us... As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.'

Nelson Mandela by
Marianne Williamson