

Points to remember

- **On waking and finding yourself unaligned and without clarity and peace of mind**, slip out of this attitude and decide that this is not your reality .. and that your reality is one of joy. It is possible to simply override a state of mind, and to program yourself to a higher vibration by simply deciding to do this.
- **All incidents, people, issues, worries and fears .. all scattered energy ..** can be brought into your heart through your crown chakra, transmuting every energy to love.. The heart holds the wisdom of the ages, and will always have the answer for whatever it is you are facing in your life. Every time a thought surfaces, each time a challenging situation arises in your mind .. place it in your crown chakra .. where it will immediately travel to your heart .. your heart will expand with love .. and the troubling thought, person, challenge also transmutes to love. Continue to place each thought, each situation into your crown chakra each time it arises in your consciousness .. and eventually it will disappear.
- **Each morning and evening as you wake up and before you sleep .. identify all in your life that is not of clarity, joy, gratitude and peace ..** and ask for its release. As St Germaine to place you in a violet chamber of transformation, and offer up all that you have identified .. for healing and release.
- **Don't project your discontent onto another.** Pull it back into your own self .. and release its source.
- **Singing and toning** will clear any discordant energies .. simply by singing light language you can shift out of feeling lack of clarity, discontent, fear, anger .. and into joy.
- **Drawing codes is one of your most powerful tools to accelerate your path to completion.** Your Galactic Presence wishes to be called in so that you may draw a sacred healing tool of encodement .. each time you are requiring healing, heart activation, restoration, manifestation. Anything you wish to transform or to heal can be effected through drawing a sacred encodement. No matter that your code is not in symmetrical sacred geometry, or is not pleasing to your eye and you feel it is not 'good' enough, your Galactic Presence has worked through you to bring a sacred tool of healing and restoration to the earth plane .. via your hand and your creativity. Whatever you decide is the code to create the healing you desire .. this code enacts that which you have with intent created. This sacred healing tool and encodement then anchors through your physical body .. and the healing you have achieved for yourself, is able to be shared with all your meet .. through the frequency you emit.

And having anchored through your physical body, the portals of the earth receive this healing tool also, able to be accessed by all those who have need.

This is a sacred contract you hold, to bring your sacred gifts from the galactic realms .. via your creativity .. with intent .. and with love ..to earth for humanity and for Gaia.

- **At night you may ask to be placed in healing chambers.**
 - Chambers of Restoration
 - Chambers of Healing
 - Chambers of Activation
 - Chambers of Alignment
 - Chambers of Access to the Galactic Realms
 - Chambers of Ashrams of the Ascended Masters of Shamballa and the Great White Lodge
- **There are many gifts from the Ascended Masters for us lately ..** as many transition from one way of life into another, with great trust and faith involved. We sometimes need to walk through a place of darkness and loneliness and lack of direction .. and to come through to the other side of this initiation, with much gained from the journey and the insights gained .. and able to see that always we were looked after, never did we want, always we received what we needed .. and that it was our fears only that caused us this anxiety and sadness. And having come through the initiation, TRUST is fully known by our bodies, and instilled into the very cells and DNA. And knowing trust and faith, it is then always there. So many lightworkers get into these pits of hopelessness and feel it is unfair that 'god' is sending them so much pain when they are supposed to be taken care of. But it is just part of the process of the body changing itself out of third dimension reality .. into an unlimited consciousness.
- **As high initiates it is required of us that we do not ever slip into judgement of another.** It is often those who are in most pain, and confusion .. who have had the highest roles .. and so we can never judge someone in pain for they are often the highest of the high.
- **As lightworkers we do not have permission to enter another's consciousness and 'help' them without their permission.** We interfere with another's free will and their karmic lessons by clearing energies on their behalf. It has to come from them. They must reach the state of readiness and ask for our assistance before we have any permission to interfere with another. We take on their karmic debt also if we interfere without permission. And for many who are to be teachers, it is in the working through of their own painful issues that their growth occurs .. and they will often bring through magical methods of healing, by healing their own pain .. and that is part of the deal, heal yourself, and share your methods with all. We haven't the right to go against the universal laws.

But where it is a universal principle, such as releasing dualities from mankind as a whole .. that is our role .. sending energy .. and we can send energy any time.