

The 12 Lessons of Oneness

A Series of Twelve Energy Transmissions



Message Eight:

“Awakening to Your Own Comfort”

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Yes, Hello. Greetings, Beautiful Ones. Indeed it is a great pleasure and a great honor to be with you as we are indeed engaged in what you have come to know as the expansion of Oneness as you have grown through Allness, as you come back in to a culminating energy of Divine Presence.

Recognizing the Merkabah

In the culminating energy of Divine presence, you become the merkabah of all travel, of all light, of all understanding and this merkabah is ignited within your own presence of what you call the head. And your head has carried the energy of this merkabah for many, many eons. And the head itself has many geometries, many energies, that open up a fluid and a forward movement of what you would call a stream of Divine consciousness.

For many of you, you are familiar with the golden pyramid that exists, that begins as a base at your eyes.

If you were to feel your eyes, as the base of a pyramid, as the base of a golden pyramid, and then the point of the pyramid emits from your eyes straight up through the forehead, you would find that this is a golden pyramid where great manifestative ability becomes effortless when focused upon and utilized in Divine conjunction with an open heart.

Beloved Ones, we wish to offer you the recognition today. This is the top pyramid of a merkabah. If you were to gaze at a merkabah, there is a top pyramid. There is a bottom pyramid, so to speak. And this is part of the two larger pyramids. Let us explain so you can understand. It would be good to draw a diagram, so we will do it with words, can we not? Yes. Okay.

And so, if you were to take one large pyramid, this pyramid would begin at what you would call the mouth. It is the base piece, and you would draw the base at the mouth and you would bring the pyramid up, straight through the eyes...the lines of the pyramid. So, beginning at your mouth, you would find the base and then the lines, the sides of the pyramid would come up, go through the eyes, and continue all the way up through the forehead. Then you would have the second pyramid to make the larger merkabah, the base of which comes through the eyes. So, you have one base through the mouth and one base through the eyes. And then this base, the lines of the sides of the pyramid point down and go through it so that it ends at the throat chakra, at the truth chakra.





Do you now understand how this golden pyramid is the top pyramid of the many pyramids that are formed by the two that come together as the one? The complete and total unification that opens up a flow of consciousness, a flow of Divine recognition that brings to you a stabilizing energy of carrying the form, the body while being in the state of Divine Consciousness. And yet, Beloved Ones, as you understand this merkabah of Divine Illumination, many have a difficulty in the stabilization because to stabilize this merkabah, you must stabilize your truth.

You must stabilize the throat. The throat center in your world is a powerful, stabilizing center. This is beyond the words that are spoken in your world. This is an opportunity to be able to fully embrace your Divine recognition without doubt.

Calling in Divine Wisdom

And it is a powerful technique when you begin practicing calling in the Divine wisdom of the merkabah, understanding how these energies flow in conjunction with the body. When you first begin to call this in, when you first anchor this presence, many experience in your world what you would call, vertigo or dizziness, because you begin to open up the Divine portal that exists within this sacred geometric form. Within this sacred geometric form, based upon triangles that are at the ratio of the sacred, golden ratio, it is easy to understand if you take your own face and transpose this figure over it.

And we suggest, get a lovely picture of your face, or stare into your own mirror with a magic marker and overlay this on your face and see the expression of this energy come forward for thyself. And, as you do, if you feel a little dizzy, if you feel a little opening, if you feel any movement of energy within the body, may you celebrate this Divine movement of light, this Divine presence of light. The base of this merkabah that offers you



this Divine connection, travel, wisdom, and understanding, while carrying the body of physical flesh, the bottom point, as you would say, of the triangles that intersect, points directly to the central heart of Divine love.

It is the central heart of Divine love that is found in the center of the chest, not the love of the heart of the physical body, but the central heart of Divine love that emanates as a ball of light and offers, as you would call, fuel for the merkabah.

Do you understand? Good! And, if not, you just listen again. And so, as this heart energy offers to you the fuel of this Divine lifting process, to step into this energy, to step into this wisdom, to step into this understanding of this cosmic connection of the universal merkabah of which transcends all, what you would call, faith, traditions, whatever, it is a cosmic energy of Divine creation that opens up to you a portal of all understanding.

Perhaps it is important to ask your own heart, “Is there a piece within me that would resist understanding? Is there a piece within me that would resist truly loving this much? Is there a piece within me that does not want to go beyond?”

You see, Beloved Beings, we are offering you the energy and the field of, what you would call, you would probably call this, “quantum field,” we are offering you this quantum field to dance in so that you can open up this merkabah, understanding the proportion. For each body, each structural form that you have chosen, each physical head that you look at, it is the one appendage you must have to stay on this planet, is it not? You can lose an arm. You can lose a leg. You cannot lose a head and stay on this body. It is the one appendage you must keep.

And so, when you have this appendage, and you look at the structural form of this appendage, where the eyes are in relationship to the mouth, the frame and shape of the face, each finds within the unique soul signature of their merkabah of Divine transcendence. It is a powerful gift, and it is a powerful understanding. Now, we wish to share with you, that the energy and the support of this beautiful alignment, is available to you at any time; however, you must recognize that to where do you wish to awaken?

Awakening to Your Comfort

You see, Beloved Ones, in your world, many awaken to a level of comfort, simply to navigate a world of density, do they not? You awaken to a level of presence that says, “This makes it easier for me to be on this planet. This makes it easier for me to understand.” Beautiful! Wonderful! Do you understand that that level of awakened understanding is and of itself an “In-lightenment” and enlightenment? Now, understand what we share to you. You become enlightened to your first awakened understanding of navigating this world.

To be “In-lightened” is to be filled with the presence of light to the level of awareness that serves your soul explorative of this world.

You are here as a great explorer. You are here for great and wondrous explanations of the soul. You say, “Why would the soul need any explanations?” We offer this to you: It doesn’t! It is the mind of this world that seeks the explanation of what the soul is, of why you are, and what it is to be in Allness as you reunify into Oneness. And as you offer yourself this great gift, and as you move forward with this great and glorious gift, as you



illuminate, as you In-lighten, you must ask yourself, “To where am I comfortable, and who is the ‘I’ that is asking?”

What is your level of comfort? What is comfort? In your world, this word, “comfort,” stops more from growing to any level than any other word. For what is comfort? Ask yourself, “What is it to be comfortable?”

***Are you comfortable with your heart? Are you comfortable with your joy? Are you comfortable with those that you are experiencing this life with? Or are you comfortable with your habits?
Where is your comfort?***

Because it is your comfort that is the greatest motivator, and you must seek to find that which in you which brings the comfort of whatever path you choose to embrace. Where are you comfortable? And then, to be PRESENT in your comfort. When you complain about your comfort, at whatever level your comfort presents itself, you are inviting yourself to grow! Celebrate! If you are complaining about your comfort, it means you are ready to take on a new energy, one way or another. And perhaps the new energy is to release the complaining of the level of comfort. What a gift! Then you are no longer complaining. Uh-oh, what will you complain about then? Yes.

Relaxing the Mind

It is important to pay attention to, because, Beloved Ones, your comfort can only be stimulated from the truth of your Divine heart offering you the support to journey in a body in this world now. This merkabah of Divine light that we offer to you today, that each is able to activate when you fully understand its presence, can only be fully jettisoned by a heart that has fully illuminated with the recognition that your heart is now in Divine comfort, that you are comfortable living in your heart space and not in the mind space.

Now the mind will fight a lot! It is a good fighter. Yes, it is! Very good. Has much practice. And so, you must invite the mind to be comfortable relaxing! Fancy that! Inviting your mind to be comfortable relaxing.

“Dearest mind, relax. Dearest heart, TAKE OVER!”

And the heart will look at you and say, “Are you sure?” And you will say, “Yes!” Or, “No.” It is okay. You simply must be clear. And in your clarity, in your illumination, in your understanding, and as you begin working with the flow of Divine consciousness, coming forward and bursting forth from this merkabah that exists to help the head integrate rather than be separate.

You are ready to move forward in many ways. Beloved Ones, if you look around your own experience of this extraordinary world, those around you, where do they live? Head or heart? It is an easy decision. Not a judgment, simply an observation. And, if you wish to truly observe this, do not ask the question, because the mind will answer. If you say, “Head or heart? Oh, heart, yes, yes, yes!” Because the head says, “Say heart.” Yes!

And so it is very important to let go of the question and BE the answer. Be the awakened state. Everyone is awake! Fancy that! Everyone is awake. They are awake to the level of consciousness that brings them comfort. Good! Congratulations. Where is your comfort? Where do you wish to be awake to? And recognize that every,



every, every, you know, every, being is awake to their level of comfort as they grow and expand and experience this world.

Activating the Merkabah

Now, if you take your two hands, we show you how to activate this merkabah if you choose to do so. Take center finger of each hand. Yes, center finger of each hand. Place the center finger of one hand on the center forehead, all the way near what you would call, "hairline." There it is. Very good. Take the center finger of the other hand, and put it down right at the base of the neck. Up a little higher, kind of in the center, yes. Very good. Close your eyes and feel these two points as the top and bottom of a Divine merkabah. Feel your top finger with a base at your mouth. Feel your bottom finger with a base at your eyes. And if you are comfortable, feel them spin. And, Breathe and Be Present.

This practice may seem simple, and yet, Beloved Ones, practiced out-of-doors, with a straight spine, either standing, laying, or sitting, with a very straight spine, consciously drawing the breath from the base of the spine up as golden streams of light, while you are doing this practice, will bring those of you who have sought the "sitis" to you in a balanced way, not a way to simply "have" this energy. Beautiful. You are most beautiful indeed. Take a deep breath and relax. You may wish to bring the hands to the heart. The jettison fuel. Yes. You are so beautiful! We are loving you. Yes. How do you feel? ("Great" from audience)

This is a beautiful gift to practice. And, yes, Beloved One, add tone. As you add tone, and as you add the tone of your soul to this precious gift, you will be able to activate this without the two fingers, you will simply bring it forward. You will feel the activation, and you will call forth clarity, decisions, and your level of awaken-ness. And you will find greater comfort in everything.

You will find that you are comfortable anywhere, at any time, in any situation, with any one, in any way. Even if all those around you are saying, "Oh, my goodness," you will have the smile of peace. Your presence will free them to do the same.

Ignite the merkabah. Ignite the flow of Divine consciousness, if you so choose. And, Beloved Ones, know that you are ignited to your level of awaken-ness with each breath, with each moment. Beloved Angels of Divine Light, we celebrate this moment of your treasured energy. May it grow, and continue to be.

And we will take your questions. Many hands, yes:

I've wanted to ask you a question ever since you went to Shasta with Sri & Kira, about the four energies that are coming in, that are lining up. People have spoken of the Eagle and the Condor; but I feel closer to the Symbol and the One Who Knows. Could you speak at all of how that...just speak of that?

Beloved One, yes. There are four very powerful energies in your world that will manifest in many names for many traditions. For the traditions that are aligned with Gaia, they will call it the North, the South, the East, and the West. For traditions that are aligned with other energies, they will have other, what you would call, words. The four energies that we have offered, that are aligning, we have offered the information that is important for you to be understanding. Your world is indeed reconfiguring in an energetic pattern. It is not complete yet. She is in the middle of the shift and the alignment. You are called Eagle and the Condor energy, then we encourage



you to follow that path, to be present to your heart on what that means for you. Where does that energy guide you? Where does your heart bring you? For each, in the coming together of these four energies, it is very similar to the four original soul groups that are reunifying now. For indeed, it has an overlay, as you would say, yet we are not ready in this today, to offer you all the connections of those overlays. Because there are, as one would say, a few puzzle pieces of your planet that must come in to full alignment to fully understand this with a brain of density. However, Beloved Ones of Energy, take in this:

***Follow your hearts energy wherever it is leading you and know that you are in the presence of your truth.
And as you follow the presence of your truth, all is manifesting perfectly.***

And the home that you seek will reveal itself before you effortlessly. You will not need to ask; it will simply be. Blessings, Dear One, and breathe, yes. You are welcome.

And so, Beloved Ones, we offer you this wondrous present, this gift of the Divine flow of consciousness. May you use those middle fingers wisely! Yes! May they be the ultimate salute! Yes! And so it is.

***Beloved Angels, it is always a joy to breathe with you.
It is always a joy to smile with you, and it is a joy to see how beautiful you are.
Many Blessings.***

