

The Miracle of Service: *12 Steps to Ascension*

Message 9

“The Balanced Heart”

*Delivered at the TOSA Self-Ascension Center, Antigua, Guatemala, Central America
Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa
September 3, 2011*

The Blue Starborn Speak:

Yes beloved ones of great light, love, joy. And with great reverence we bow our head and say Hello, Namaste to you... and to you.

There is a great cosmic stream of unified presence that has come forward into your world now and that has been available before and is once again available now. And in this now-ness.... in this recognition... four powerful points of energy, of power, of balance are coming forward. For indeed you are at the moment of the FOUR.



And when the moment of the four appears, it offers the window, the opportunity, the pathway, to indeed claim perfect -- and we shall use this word with great and sincere energy -- *perfect balance*.

Perfect balance means that everything, EVERYTHING, is in harmony with the universal codes that have all-ways sustained thee. Perfect balance means you do not feel push or pull. Perfect balance offers you the gift of ease and grace in all that you do and all that you navigate.

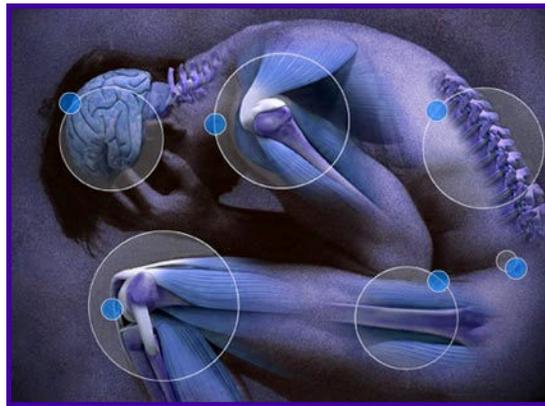
Checklist for Perfect Balance

When one has experienced less than perfect balance, there are many ways to determine this. And we shall offer you what you would enjoy as a check-list that you are not in perfect balance. Are you ready? Indeed you are.

Check-list to review, to notice if you are not in perfect balance...

Number One of the checklist: Your physical body is in pain. This is an important first piece of the checklist, for any pain in the physical body is the absolute signal that cannot be manipulated by the brainwave. For the brain will often try to deceive and tell you you have done enough, you are enough, it's someone else, and yet the physical body is the greatest expression of the divine energy.

So number one, if your physical body is expressing pain, then you are out of perfect balance.



Number Two: The mind of the physical body is creating images, experiences, or energies that disrupt your ability to function with joy-filled energy. In your world now, many capture this through what they call depression. Many capture this through new and creative labels that are being created because so many minds are trying to compensate for the first piece, which is the physical body being in pain. Remember it is the physical body in pain that triggers the mind. And so number one, the physical body is in pain.

Number two, the mind is unable to support your life in harmony. It has created a situation.



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Number Three: You feel non-supported. This is different than the brain creating the energy of non-support. This is the manifestation of feeling non-supported. This has what you might call little sub-letters under it.

- a. Financial
- b. Personal
- c. Professional
- d. Familial



You feel unsupported and this energy of non-support then literally flies up into the brain and then to the physical body. For when we have been away from perfect balance, we find that we essentially begin our own disintegration as harmonic of beings of divine energy and divine space.

Your little checklist. Physical pain in the body. Manifestation of the brain.

Feeling of non-support with four areas of non-support.

And this moves us then to the final piece of the checklist that is an indicator you are not in perfect balance. And it is simply the need to seek resolution from a source outside yourself. Basically the situation that says, “*I have given up on my own co-creative power. Someone else must take charge of this.*”



This often can be misinterpreted or this energy arises through consistent blame of a situation on others, or it can manifest as a need to become fundamental in a belief that has dogmatic underlays. It says, “*We are powerless. I am powerless. I cannot be responsible because I am powerless, thereby I will willingly and with quick determination hand over all my co-creative to another god, person, entity, being, company, corporation, government...*” it does not matter.

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These checklist principles that we have just offered to you are important to look at with an Integrous Heart. For only an Integrous Heart can look at this checklist and say, “Oh my goodness. Oh my goodness.”

And it is important to remember that if you discover one, any, or all of these in your life, then the gift that you have allowed yourself to discover them, as the recognition that you have stepped out of perfect balance, will be the greatest gift of harmony you could ever offer to thyself, for it means that you have re-opened, re-ignited, re-balanced, the Integrous Center of your heart.

There are so many energies of the heart. And you may say, “Well how will I know if I am in perfect balance?”

You simply look at the checklist in the opposite.

Instead of pain in the body, you are enjoying vibrant health. Instead of a mind that is creating challenge, it is a mind that sees all opportunity. Do you see how these coordinate? Instead of the sense of feeling non-supported, you recognize that you are supported and all of the sub-aspects are coming forward for you in ways that the mind could not have ever even conceived.

And then you recognize indeed that all is in divine order as you are able to move forward.

You simply balance the checklist.



It is that simple, and yet beloved angels of extraordinary co-creative power, it is not EASY.

For when you are out of perfect balance, indeed you must work harder to use the word of your realm to climb up into the realm of balance again. And so for many, the climb is simply too challenging. They lift their eyes and say, “*This mountain is too tall. I am too weak. I am not able to able to... I need help.*”

We offer you this symbology because all the help you need is inside of the Integrous Center of the heart.

The Energies of the Physical Heart and the Cosmic Heart

Let us discuss the energies of the heart. And there are many energies of the heart, are there not? Again we begin with the physical. There is the physical heart that keeps the physical body in its ability to Be.

*Your heart must beat for you to Be.
If the heart stops beating, no longer does the form exist.
It is as simply as that.*

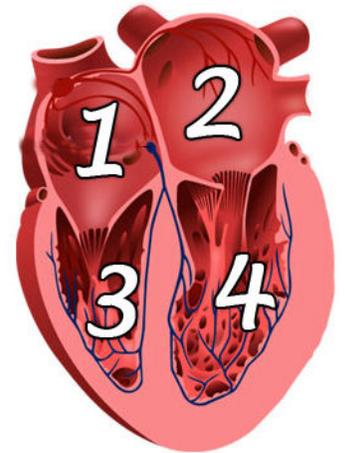
And so there is the densified form of the heart, which is a great gift. A miracle indeed!

Is it any wonder it has four chambers?

Four chambers that exist in perfect harmony --
a reminder to you of balance of **all** aspects.

And so the physical heart beats, then you ignite through the physical heart the recognition of what we would like to offer to you as the **Cosmic Heart**.

For within the Cosmic Heart, is the strands of energy, the profound of book of wisdom, the recognition of alchemical process that is deep within thee.



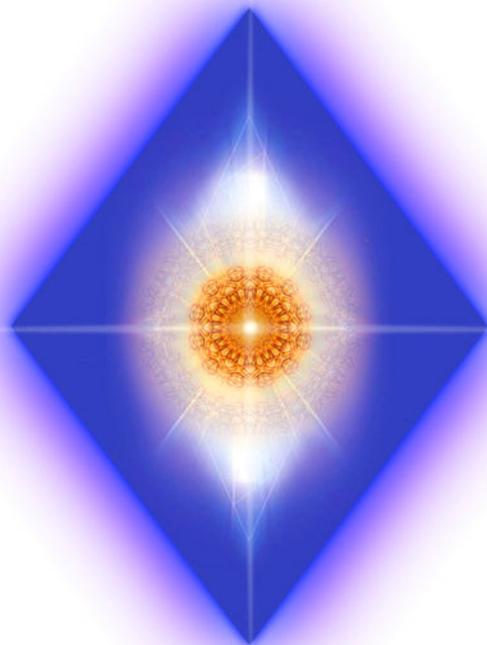
And as the Cosmic Heart reawakens, it allows the physical heart to not have to work so hard, because until the Cosmic Heart births, it is held within the physical heart.

This is why so many have heart attack -- to open the Cosmic Heart. Because the heart has carried this energy for so long that it is crying out and saying, “Relieve me of the burden of being more than one part. Allow me to simply support your physical expression in form and that your soul may come forward and continue the cosmic energy that is now ready to birth within you.”

And so, as the Cosmic Heart births, it is not yet in perfect balance. It, in and of itself, has its own four chambers, surrounded by a Blue Jewel, and within the Blue Jewel is a Golden Seed.

And deep within the Golden Seed is the **Integrous Center**.

If you were to draw a heart and divide the two halves of the heart into four and put a Blue Jewel in the center and a Golden Seed in the center of that and a crystalline dot – let us use that -- that is the Integrous Center.



Balancing the Four Chambers of the Cosmic Heart – Finding the Integrous Center

And so to find the Integrous Center, one must bring the four chambers of the cosmic into complete harmonic balance.

Complete harmonic balance.



image by Pumayana

There is first the chamber of LOVE. This is not the love that is so emotionally attached. It is the love that recognizes the journey. The love that understands, the love that has all-ways been, the love that cannot be manipulated and the love that is able to be extended *AND* received. Often many only ignite this chamber and find themselves in great imbalance. They love without balance and become quite imbalanced, thereby becoming many of the items on the imbalance checklist.

The next chamber of the Cosmic Heart is DIVINE COMPASSION.

Love must have divine compassion.

This divine compassion is a gift that is wrapped into the Cosmic Heart because it begins with presence of recognition that every action, every being, every breath, every word, every experience is guided. And when this compassion begins with the self, and ignites the love of the Cosmic Heart, in balance.... Love... Compassion... **then one begins to empower which is the third chamber of the Cosmic Heart. SPIRITUAL EMPOWERMENT.**

Spiritual Empowerment is often the hidden chamber of the Cosmic Heart.

It is frequently the last to be ignited because spiritual empowerment recognizes there is not ever another to blame. There is not ever any that has harmed you unless you have opened yourself to forget yourself. So spiritual empowerment is a great and powerful chamber of the heart that calls to you in all-ways.

LOVE

COMPASSION

SPIRITUAL EMPOWERMENT

*And the last chamber of the four chambers of the Cosmic Heart is
PRESENCE.*

Presence is the recognition that to hide with energy Cosmic Heart is to hide from thyself, thereby denying access to the Blue Jewel, thereby igniting an energy that will separate rather than create.

How your Presence is known is the gift that offers this four-chambered Cosmic Heart the opportunity to stay in perfect balance.

Your Presence does not need words.

We wish to make sure you are clear here.

Your presence means that you walk with the gift of divine knowing.

That there is no longer an overlay that takes you away from the gift of this journey of life.

This life is a gift.

All of your experiences are being designed to assist you to restore yourself to perfect balance.

And so you must gaze at the Cosmic Heart with great sincerity, presence, love, compassion, the opportunity to be empowered, and allow all the energies of the Cosmic Heart to be in perfect balance. And as they do, you ignite the Blue Jewel with a greater sense of recognition than you ever had before.

We have offered to you the Blue Jewel many times as precursor to the recognition of perfect balance. When you touch the Blue Jewel, you will feel the balance. When you ignite the Blue Jewel, you go deep into the gift.

However to sustain the Blue Jewel, you must bring the Cosmic Heart into perfect balance, as you then offer the physical heart perfect balance, as you then offer the life in form perfect balance.

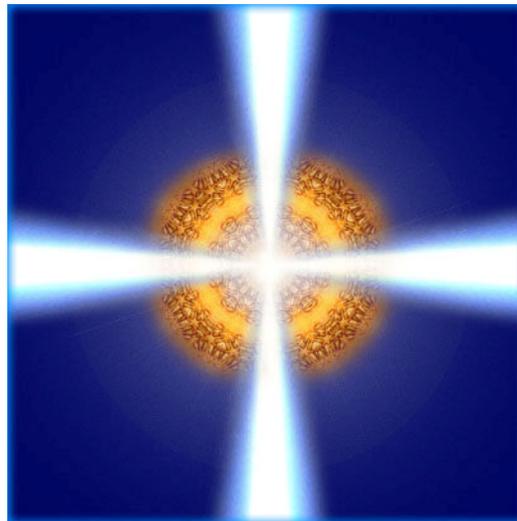
Within the Blue Jewel, is the Golden Seed of wisdom. *This Golden Seed of wisdom can be accessed without perfect balance, however the information you receive will be limited.* You will receive a strand of information and then it will be processed through a mind of mis-information. You will find a sense of back and forth, forward-backward, left-right, up-down, and yet you will not be able to anchor in the center of these.



As you allow the Cosmic Heart to remain in perfect balance, this Golden Seed will become ever brighter and within it you will find the cosmic center, the Integrous Heart.

The Integrous Center

And as you connect to the Integrous Heart, you will notice four powerful rays of light emanating up, down, left, right -- the perfect cross.



For in order for the cross energy to offer balance, it must be in balance itself. In your world many traditions have held this message in their own way for eons. And it is indeed miraculous that this energy exists. The four directions, the gift of balance.

You hear this often: the north the south the east, the west. Many offer different energies to these. All the energies of the four points are ready to play out on your planet. There will be the people of the north, the people of the south the people of the east, and the people of the west. They are ready to play out their energy to find balance, and yet balance cannot ever be found unless you are in the still center of the divine cross of perfect balance.

That still center is where you see all directions as one.

It is a unified strand. It is a unification molecule that exists deep within the Integrous Center of the heart and as you ignite the unification strand, the unification molecule within, you anchor the Integrous Center of the heart from which great miracles begin to ignite in your life.

Because you are no longer imbalanced, you are indeed IN balance. We offer this to you because it is imperative to discover the still center of the perfect balance.

*For many of you, you will say, "I am already there."
We invite you to be integrous with yourself and look again.*

We have offered you a checklist. Look again. Look at both aspects of the checklist... the one that allows you the gift of recognizing the lack of balance and the one that allows you the recognition of the balance.

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We offered the word perfect to you because in the center is only the perfection of the universal strand of divine cosmic energy.

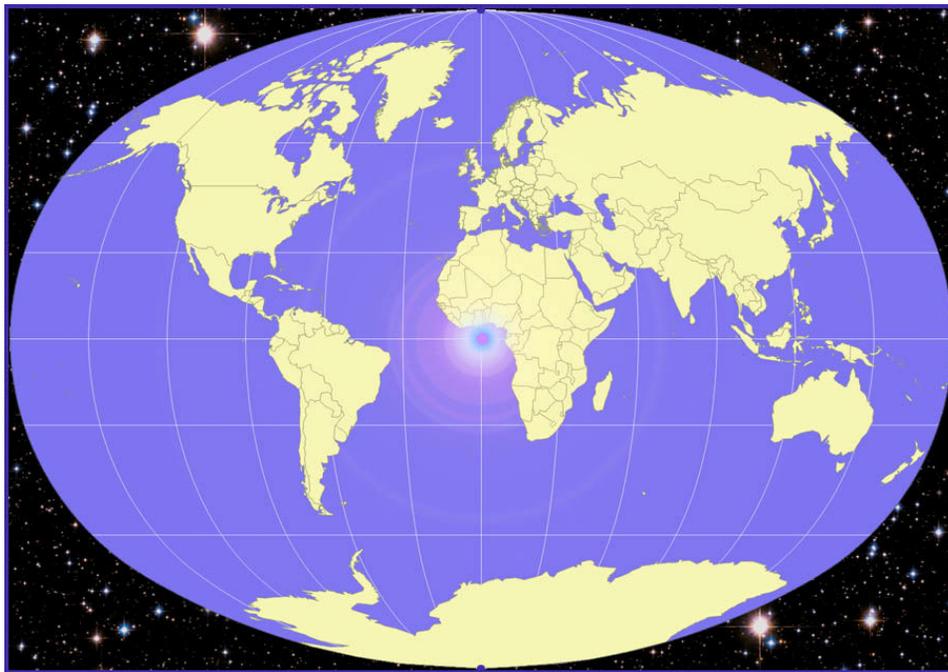
In this still center that needs not words, that needs not any further explanation, you discover and re-discover, and are able to implode as you have exploded back into the strand of crystalline light from whence you originally seeded this Gaia.

The Point of Perfect Balance

We bring you now deep into what you call your Atlantic Ocean. At the exact point that your cartographers have called zero latitude, zero longitude. This point is south of a country in continent known as Africa and a country known as Ghana. It is south of this point, in the Atlantic Ocean, in a cradle of energy that millennia ago broke and became what is now known as South America.

This point is the point of perfect balance on the planet for it holds the energy of the north, the south, the east, and the west.

It is the point of divine stillness.



It is felt in all continents when one chooses to find it, and there is a great abode that has all-ways been there that prior to what you call continental drift was in form as a great civilization.

The original Allahi'laa.

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Allahi'laa¹ was the unified stream of impregnation in this planet to offer crystalline energy. It would be necessary that the energy of Anlahi'yaa² would indeed eventually break and create new world within a new world. The abode of the Master, the gifts that are here in the abode of Anahih'aa³ exists in the ninth dimensional ray in this area in your world as zero latitude, zero longitude.

To ignite connection in this ninth dimensional ray is to fully gift yourself with the -- we shall use the word – effort... and energy to fully stand in the divine center of the integrous stream of the heart.

Perfect Balance.

To find perfect balance you must remember all that has been out of balance will need to re-align itself. All that has been taking, let us say, *from* your balance will need to be, as they say, shaken up.

*You are claiming perfect balance personally.
You are claiming perfect balance politically.
You are claiming perfect balance economically.
You are claiming perfect balance geographically.
You are claiming perfect balance universally.*

All will be shook up to find this still center again.

And from the gift of the integrous crystalline center of the heart, you will find all of the Masters, the unified stream of divine light waiting for you in this ninth dimensional ray at the zero zero in the center of the balance.

*The four is upon thee.
It has been opened again.
And when one has opened this, it cannot be closed.*



Notes:

¹ Allahi'laa is an ENERGY. It is the container of light that is able to traverse the galactic center without disruption.

² Anlahi'yaa is PHYSICAL MANIFESTATION of crystalline energy.

³ Anahih'aa is the Actual Name of the Abode, the ninth dimensional expression of the 3x3.