



The Lost Books of the Essene

A Series of Twelve Energy Transmissions



Message Ten:

“Empowering the Expanded Tri-A-Saa”

Delivered at TOSA Ranch, New Mexico

July 25, 2009

Note: The Tri-A-Saa was first introduced by the Essene Brethren in Lost Book Number Six of this series. You may wish to revisit this Lost Book of the Essene in conjunction with this one.

The Essene Brethren Speak:

Hello, Beloved Ones, of a great world of universal joy, bliss, and blessing. Indeed, it is a great and glorious moment to be with you today. Yes, indeed it is.

Throughout the eternal history of all that has ever been and will always be...is YOU. In the recognition of this Divine and glorious expanded adventure, you have come forward to claim the fullness of this life now, of this joy now, of this experience now, and in the Divine process of the reintegration of the EsSeeNah energy, you have been through many moments of upliftment and many moments of reconnection.

Understanding the Expansion of Tri-A-Saa

Today we wish to offer to you one complete teaching on the expansion of Tri-A-Saa. It is important to understand Tri-A-Saa because within Tri-A-Saa is all that has ever been, all that is, and all that can ever be.

You carry Tri-A-Saa with thee for you are the Tri-A-Saa.

And in the crystalline structure of all genetic encoding of the recognition of the cellular expansion of a molecular being chosen to be in form, you ignite Tri-A-Saa energy.

Beloved Ones, we begin.



©2009, The Temple of Self-Ascension™ All Rights Reserved.

This document may be freely circulated provided that this entire copyright notice is displayed. For further information on Self-Ascension and the teachings of Sri Ram Kaa & Kira Raa please visit www.selfascension.com email: support@selfascension.com

Ignite the Lotus Chakras of your feet

We first wish you to understand the power of the chakra of the feet. If you were to place your feet firmly on the floor, not crossed, just firmly on the floor, and as you allow yourself to place your feet firmly on the floor, if you were with another and you held each other's feet, this would also ignite this process.

To ignite the process of the Tri-A-Saa is to ignite eternity, abundance, love, presence, commitment, joy, and Divine communion.

Feel your feet as if they are simply light. Feel them simply dissipate as you have them connected. You say, *How can they dissipate if they are connected?*

It is because they are connected and supported by a universal stream of Divine light flow that emanates and begins and holds your feet as if two beautiful lotuses have grown beneath them now. Feel these lotuses beneath your feet, and as you do, feel them gently spinning. You may ask, *What color are these lotuses?* We invite you to simply know. For the color is not important, the energy is. And the color may change often, and yet the energy is.

And as you feel these beautiful lotuses ignite, just with your feet for now, you feel your feet dissolve into these lotuses. And as you do, your feet become the stabilizing base of a great pyramid of Divine energy. And you begin breathing this energy up through your feet until it comes to the top of a pyramid at your heart. You may wish to bring even one hand to your heart. Feet are the base. Heart is the top. Feet are the base. Heart is the top.

The ignition of the stabilization of Tri-A-Saa energy is the recognition that from the heart to the feet is the physical creation of form that stands eternal inside a pyramid as a crystalline being of divine unification able to express on this world, in this way, with effortless joy. This is the base of Tri-A-Saa.

And as your heart center is the top of this pyramid, we invite you now to leave one hand at your heart and take another hand, stretching out the fingers touching one temple and then the other temple of your head, one temple and the other temple of your head. From your heart, which would be the point to this area of the temples, is another pyramid inverted, point to point, balanced on the top of the foundational pyramid.

In this area of the head that you call the temples, are many organs of divine connection that seek to reestablish an opening, a reunion, and a recognition.

Now, take that hand that was on your heart, leaving the one hand on your temples, and bring it above your head to the center of your exploded crown. At the temples is the base of the third pyramid of Tri-A-Saa. Where your hand is now is the top.



©2009, The Temple of Self-Ascension™ All Rights Reserved.

This document may be freely circulated provided that this entire copyright notice is displayed. For further information on Self-Ascension and the teachings of Sri Ram Kaa & Kira Raa please visit www.selfascension.com email: support@selfascension.com

Bring the hand from your temples to meet this hand up top. Take in a deep breath and relax these hands out. Tri-A-Saa.

Igniting the Discus of Vishnu

In the stabilization of the Tri-A-Saa energy where the pyramid that supports a physical body meets at the heart with the first pyramid that supports the cosmic reconnection, is a great ray of light. It is right where these two pyramids meet at the top of the heart center. This ray of light sends out what you have learned as a discus. It is a great golden discus of light.



This is the First Tri-A-Saa brought forth as a trance diagram by Kira Raa. Notice the "Discus of Vishnu" at the intersection of the "body pyramid" and the Cosmic reconnection



©2009, The Temple of Self-Ascension™ All Rights Reserved.

This document may be freely circulated provided that this entire copyright notice is displayed. For further information on Self-Ascension and the teachings of Sri Ram Kaa & Kira Raa please visit www.selfascension.com email: support@selfascension.com

This ignition of light, this discus, which in many worlds is connected with what you would call Vishnu, creation, ignition, perpetuation energy, is at the base where the pyramid of the formal body meets the base of the Tri-A-Saa double pyramid.

This energy, if you were to bring the two fingers, the middle fingers of your hands to this point on the heart center and you feel these two middle fingers as the ignition of the discus, if you were to breathe into this finger and feel golden energy come forward, you begin spinning the cosmic body which begins here, connects through the temples, continues above the head to the area that you call the exploded crown.



The Exploded Crown Chakra, (above), of the Divine Galactic Blueprint- shown in Violet

Spin that conjoined set of pyramids, (*the top of the Tri-A-Saa*), as the discus of Vishnu, (*the point where the large bottom pyramid meets the top pyramids*), ignites up beyond this world, beyond the universal conduit, beyond what the mind can conceive. And as it does, you feel a cosmic body lift as the lotuses that were on the chakras of the feet gently join your heart and the body stabilizes and the cosmic body ascends. And the body stabilizes and the cosmic body ascends.

Tri-A-Saa and EsSeeNah: The 144 Chak'raas

EsSeeNah is an energy. EsSeeNah heals through its wholeness. EsSeeNah claims the physical through the cosmic. EsSeeNah expresses the physical as an expression of cosmic. EsSeeNah liberates as EsSeeNah is.

To ignite Tri-A-Saa energy begins to spin the Divine Galactic Blueprint from twelve points to the expansion of the 144 Chak'raas. Chak'raas are not chakras.

Chak'raas are energy centers of expanded universal connection of complete melding of ascended energy with universal form. The body becomes formless; the formless becomes body. Wholeness is, and wellness has always been.

We offer you this full teaching of Tri-A-Saa because to ignite Tri-A-Saa is to ignite your EsSeeNah fullness. To ignite your EsSeeNah fullness radiates great **known**, we



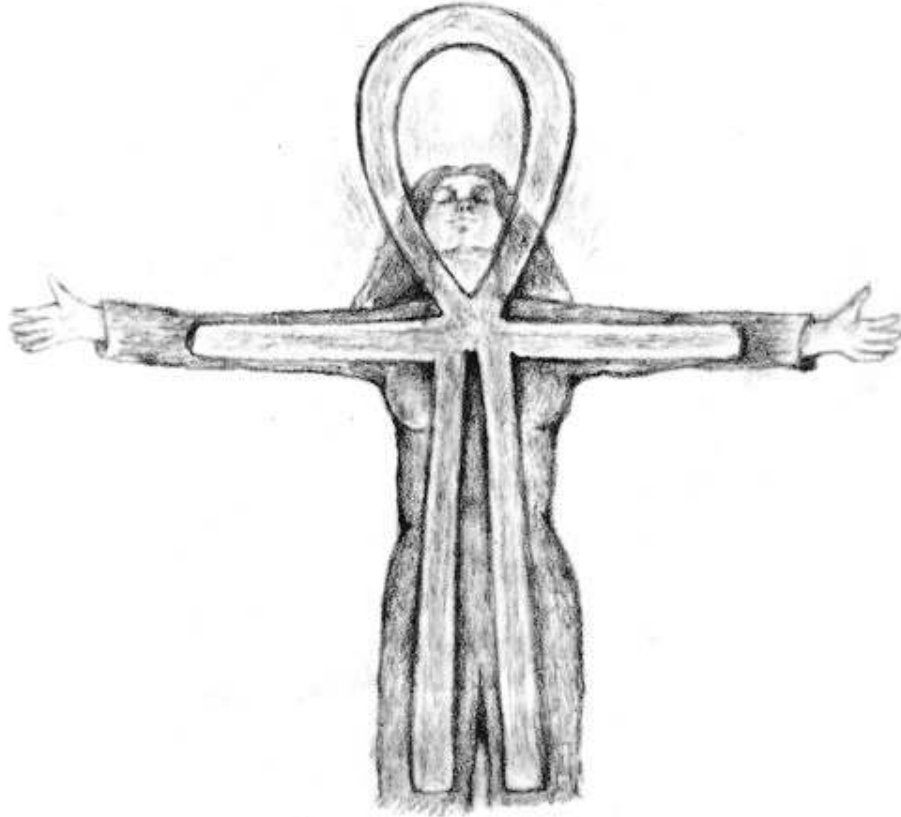
use this word again, **known** energetic experience that you have called forth now on this planet.

Beloved Ones, do you feel your Tri-A-Saa?

You are Tri-A-Saa.

You have always been Tri-A-Saa.

And in the expansion of the discus of Vishnu, your form became more Ankh-like until your form became hu-man-like.



The Living Ankh, or Atlantean Ankh, shown above superimposed on the body clearly shows our hu-man form as an Eternal being of light.

The Cosmology of Tri-A-Saa

Tri-A-Saa...Tu'Laya...Ankh...Su'laria...Hu-man...Gaia.

You have been traveling for a long time, Beloved Ones. This is why we call you the travelers. Today, there are many of us that have unified to speak with you, many, just as you are the unification of many.



©2009, The Temple of Self-Ascension™ All Rights Reserved.

This document may be freely circulated provided that this entire copyright notice is displayed. For further information on Self-Ascension and the teachings of Sri Ram Kaa & Kira Raa please visit www.selfascension.com email: support@selfascension.com

When you built the Tri-A-Saa, it was out of great crystalline material that is only carefully mimicked in your world now as what you call quartz. Yet even that is but a stepchild to this energetic material. When you built the Tri-A-Saa in Tu'Laya¹ and you began to spin it, from the discus of Vishnu greater creation came forward, as did the harmony and the understanding of the expansion of all light, life, and being-ness.

In Su'Laria, the Tri-A-Saa was an energetic generator similar to power plants that you have now. Tri-A-Saa was built with the recognition that it could generate energy yet with the separation from the origin of understanding that it is your energy. It is not a generator. It is a stabilizer.

On Gaia, you took the form of hu-man, and in hu-man, there is the integration of Tri-A-Saa, there is the integration of ankh, there is the eternal livelihood of all being-ness.

Note: At this point the Essene brethren began to speak with great moments of silence between each word and poignant intentionality. We have inserted breaks here to offer you the profound energy this brought forth and highly suggest the CD of this lesson for full benefit.

Do you feel ...your limitless... eternal ...being-ness? ...

Our words... are slowing down... so that you may... feel.
The... infinite... energy... of Tri-A-Saa ignited... has rejoined... in your world
...now. There is truly nothing... for us ...to say.

There is... only the harmony... of the universal sound... what many call Om...
that we ...send to you ...now... Om.....

In this moment... the Divine moment... the eternal moment... you are.

Have no fear... of ...the expression... that seeks... manifest form...
in your ...world ...now...

You... are... EsSeeNah... You... are ...Tri-A-Saa.

Lift with us...Beloved Ones.
You know how.

¹ If you are not familiar with the cosmology of Tu'laya, Su'laria and other terms mentioned here, we suggest you read the book 2012: Atlantean Revelations and/or re-visit the *Lessons From the Galactic Encyclopedia, Message Three: Cosmology of Divine Light*.



Let the mind go to float...to lift...to heal... to love... to be.
Tri-A-Saa. EsSeeNah.

Breathe again. There is nothing to say here.
You have found your way home, and we are grateful.
We have missed you. You are not ever alone, and you are eternally loved, and you
are eternally supported. Eternally supported. We love you.
Tri-A-Saa.
oOo mMm

At this point the Essene Brethren Leave Kira Raa

Sri Ram Kaa: There is within each of you an ancient memory that has come forward this day. A memory is not a thing. It is a state of being. The state of being that we call Tri-A-Saa can be practiced and expanded into recognition, into fullness.

Kira Raa: I would like to share with you that Zadkiel is right here, those of you that see him, and he's just standing here and he says, so sweet, he says, I'm here just to hold your hand so you don't get too dizzy. And he's also looking at you saying, And we are always here to hold your hand, too. You don't ever need to get dizzy with this. And he's kind of laughing at me right now because I'm very dizzy. I keep grabbing this chair like I'm on a Tilt-o-wheel or something. And he's saying that it's so beautiful. It's hard for me to say it.

He's saying, ***You are the angels. When did you stop knowing you were the angels; and that all you need do is gaze in the eyes of each other.***

Zadkiel is saying that, When did you forget that you were the angels, and that all you need to do is gaze into the eyes of another to remember, and that it is time for you to ignite each other's Divine portal of being.

And that flying is not really that hard. And he's saying that you were taught how to fly today. And, that for those of you that practice, you will begin lifting out of your chair. At first it will feel like maybe it's a half an inch or so.

Many of you will fall, because you will be shocked, but that if you practice this more and more, something about a lotus, igniting these lotuses, that the two lotuses come together as a big lotus and will lift you, and that I love the breeze and that you were given this gift today, so I'm eager to hear what happened.

And he just keeps saying, Love each other.

Your world needs you to love each other now more than ever, that there is no time for pettiness. He said pettiness has found a new resurrection on the planet because of the intensity of the energy, and to allow yourself the gift of being in





the lotus.

He's saying stay in this lotus and the two lotuses shall become one, and that you know what this means. The two lotuses shall become one, and stay in the lotus.

And that your feet, and I'm looking at all your feet. Every one of your feet right now have gold energy around them. They're really quite beautiful. And he's saying that when you walk with this energy on the ground, then only that energy can come back up into you. And to remember to take nothing from the planet, just offer her this radiance. And that you are the radiance.

I'm going to cry this is so beautiful. Thank you.

Raphael just showed up, too, and he's saying that each one of you right now is receiving a very big healing; that it's a huge healing; that if there was some form of healing you were calling forth today, that it's happening and that you're also becoming a carrier of that healing, that you're going to

He's saying the next seven days, and that every time you would listen to this again, every time you would read it again, every time you would touch it again that people around you might start getting a little dizzy when they're near you, and that's okay. They might come up to you and just touch you and go like, Whoa, you know, what's up with you, electric shocks.

And that it's seven days of stabilization.

And that they keep saying that TriASaa,

That if you ignite that, it will stabilize you.

Gabriel's right here and he's saying to all of you, And remember that this gift you have been given is not for profit. It is for the good of mankind.

So it's not about saying to someone, Look how cool I am. I can lift. It's about knowing you can, and doing it as a sacred honor and a sacred journey.

I feel like we're all balloons. Like if I let go, we're just going to fly.

Gabriel is saying that all of you have already done it. He just said, "You've done this. You've done it."

A lot of you, by the way, have done this, (flying), in your sleep. You've been levitating above your bed and some of you might remember and some of you might not. But you're already doing it. You're already doing it.

And then they're laughing and saying, And for those of you that were Catholic, and they're probably talking to me 'cause, you know, I was Catholic, he's saying this is



©2009, The Temple of Self-Ascension™ All Rights Reserved.

This document may be freely circulated provided that this entire copyright notice is displayed. For further information on Self-Ascension and the teachings of Sri Ram Kaa & Kira Raa please visit www.selfascension.com email: support@selfascension.com

not of the devil, that the power to fly became manipulated on our planet to hold you down, and so it was shown that way to frighten you, to stop you.

And when he talks about flying, he's talking about walking.

He's showing me this beautiful, beautiful city.

I'm seeing this beautiful city, and we're all walking, like we're all our own little helopads, you know. We're all walking about 3 to 6 inches above the ground. And underneath us everything still grows because nothing gets stepped on. So I'm seeing flowers, these beautiful flowers, these little white...they're really pretty, little white and gold. They're coming out of your feet.

So that they're saying that when you walk with the earth, not on the earth, everything grows. And so you're just practicing. You're just practicing.

And they are done.



©2009, The Temple of Self-Ascension™ All Rights Reserved.

This document may be freely circulated provided that this entire copyright notice is displayed. For further information on Self-Ascension and the teachings of Sri Ram Kaa & Kira Raa please visit www.selfascension.com email: support@selfascension.com