

The Lost Books of the Essene

A Series of Twelve Energy Transmissions



Message Eleven:

"The Heart of Ess-See-Nah"

Delivered at TOSA Ranch, New Mexico

August 29, 2009

The Essene Brethren Speak:

Hello, Beloved Ones. Yes. It is with great and buoyant joy that we are here with you today. Today is a great moment of Divine celebration, a great moment of Divine offering. And we shall use the word "explanation" because this is a most profound moment in our Divine experience of EsSeeNah rebirthing through the gift of the Divine Present Being-ness of all who are of eternal lovingness. Hello, Beautiful Ones. Yes.

Honoring the Journey

It has, indeed, been quite a journey with you; has it not? Yes. And in this journey, in this movement, in this joining of the one and the one and the one and the one and the one, there has been great movement in your planet of EsSeeNah energies.

EsSeeNah energies, reactivated through the Tri-A-Saa and lifted up into the Divine planes of freedom, offer you the ability to lift beyond the perception of density and the perception of illness, and the perception of emotion, and the perception of what you would call egoic filters.

To lift into the Divine realms of freedom is a great gift, indeed! And, indeed, many of you have already joined in our energy and are lifting now. Feel yourself.

Feel your energy lifting.

To offer yourself the gift of lifting, to offer your heart the gift of lifting, is to offer to a great gift to a world that is trapped within a magnetized core of attraction energy. It



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gives you a sense of the opportunity to be free.

Magnetized Attraction Energy

Let us talk about attraction energy in the pure form of EsSeeNah understanding, because even the word "attraction" in your world has been greatly manipulated.

You often talk about your Law of Attraction; do you not? The Law of Attraction.

And yet, the Law of Attraction is, indeed, a law of attachment, and it is important to understand this discernment.

When you seek to call forward attraction, you call forward from attached energy that says: *I wish; I want; it would be; why not; give it to me; it should have been; it could have been; it would have been; this car; this house; this money; this person; this pet; this place.*

In EsSeeNah energy, you wear sandals of Divine golden essence. Feel your feet, and as you feel the energy of your feet, feel the Divine golden essence of your feet. When you feel this golden essence, you are no longer attached to a world of great energetic illusionary experience.



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**You are able to move as you seek to move.
You are able to walk as you seek to walk.
You are able to call forward great vitality because great vitality is the stability
factor of the base of Tri-A-Saa.**

Tri-A-Saa Ignition

Let us remind you. Tri-A-Saa; it begins with your first pyramid which activates at your feet. The base of the pyramid is the feet, and then this energy is drawn up to your heart center; feet to heart center. This is a Divine pyramid of great energy that carries all of the vital systems of the physical body into a great energetic state of wholeness. If you pay attention to the way this pyramid is formed, feet to heart, you see the stability and the energy.

When you step into Tri-A-Saa, when you allow this energy to float and lift with you, you begin, then, to open up the second pyramid, the inverted pyramid that begins at the heart and goes up to the temples, what you call the temples of your head where the base is. And then from the temples of the head begins another upward pointing pyramid up, up above what you call crown into the center of what you call the Exploded Crown. These two pyramids, when they spin together as a unified field, ignite a stabilized energy that actually will release attachment.



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Releasing Attachment: Discovering Ascension

We speak to you about the release of attachment because many of you seek Ascension. You seek keys of Ascension. You seek the energy of reconnecting to the ability to fly, which you have always had. And in the energy of Tri-A-Saa, as we have shared with thee already before, your ability to fly is most magnificent, most literal, and most abundant¹.

However, when you walk this planet without your EsSeeNah shoes, you walk seeking to be attached: to be attached to your life experience, to be attached to an outcome, to be attached to one way or another way, to be attached to a point of view that may be so important that you are unable to move forward. And this is okay.

What is it you are attached to?

What is it you are truly part of?

What attraction could there possibly be that would need to be called to you that is not already you?

You must listen for a moment to your own heart.

In your own heart and in your own soul and in your own energy field is everything you need.

Everything you need. Everything you need.

When the EsSeeNah walked your planet with great frequency and great regularity, many were afraid of EsSeeNah. Many projected energies toward EsSeeNah out of the fear of a mis-understanding what EsSeeNah is.

When you walk in Divine wholeness without needing to attach, without needing to call forth attraction.

You walk and all is offered, all is given.

All doors open. All windows are open.

All abundance that you could ever try to call forward for you is available, and oftentimes comes forward with such great waves of energy that you are, indeed, almost afraid of it.

Great waves of energy ... great waves of energy ... great waves of energy.

How much energy do you spend reading about how to attract, learning how to attract, out-focusing on how to attract; paying attention to how you should attract; writing little sentences about how you should attract; talking to others about attracting; repeating your sentences?

¹ This is a direct reference to Lost Book of the Essene Number 10.



When that energy is freed from your energy field, all there is, is the Divine perfection abundant being that you are. That is the heart of EsSeeNah, which is what we come to share with you today, the heart of EsSeeNah.

The Heart of EsSeeNah

The heart of EsSeeNah carries with it no attachment.

The heart of EsSeeNah has no need for attraction because the heart of EsSeeNah beats in perfect harmony with the Universe. You are that heart, and yet you have chosen to be, with great love and great presence and much patience, you have chosen to be in a flesh form again on this planet.

Each being that is on this planet is here for one of only two experiences.

The first experience is to be here as a volunteer to assist others to remember the gift of who they are, those who truly do not need to be here now.

And the other experience is those whose soul's energy are here for completion now, to complete an energy, oftentimes energy that has come forward from an attachment to this very energy.

When you seek, you are attached. We say that again. When you seek, you are attached. If you are a seeker, you believe there is something missing, and so if you are seeking, then we invite you to remember that whatever you wish to find is always available for you. How do you wish to embrace it?

Because, it is always in front of you. It has never left you.

We have offered to you many times the practice of 17, 17². And this is a very powerful practice. To offer yourself the recognition that each time you take just 17 breaths, 17 seconds where every word spoken from you, every word spoken to you, every action of your beautiful, beautiful mind is simply in the Divine harmony of love. To simply imagine that for 17 breaths, to simply hold that expression for 17 seconds, to even make, as we have offered to you, a little beads, a little strand of 17 beads, and each bead you hold, you breathe and you feel, and each breathe, and each bead, and each breathe and each bead.

² This is a direct reference to Lost Book Number Seven



Understanding Attraction Energy

Beloved Ones, we share this with you because your world has become attraction crazy, and it is most fascinating for you who are masters and for you who seek soul completion to be in an attraction energy.

Beloved Ones, attraction energy is birthed from fear and lack. I seek to attract because I am afraid. I seek to attract because I feel I do not have enough. And yet, if you truly wish to embrace a secret, then it would be to simply embrace again your Divine heart wholeness without doubt.

The doubt that is carried within the genetic code of a body that is seeking is the expression of attraction and causes attachment.

When you ignite Tri-A-Saa, when you ignite your Loving Presence, when you move forward from the strength of one who has released the dogmatic fear that all is not okay; then you are truly, a word we would choose, impenetrable.

Your energy field that IS your attractor field.

What is in your energy field, doubt or trust; wholeness or lack-ness?

To believe that one can master the mind is a concept of those who seek the energetic attachment of your planet, usually through illness. When you feel ill, when you feel less than vital, your mind enters in and begins to have a stronger presence; does it not?

And when your mind enters in and tries to offer a stronger presence than the vitality of the soul, which is always, always, always able to release any imbalance of energy, once it is recognized, loved, and acknowledged for the gift it presents; this is an important caveat as we speak, however, once this happens, then the heart of EsSeeNah works even greater.

Your golden essence of your feet lifts you, and your presence ignites others. Your energy fields becomes a robe of Divine love. And as a robe of divine love, your energy field will always be abundantly supported and will, in all ways, have everything it needs.

And yet, Beloved Ones, it is important to recognize that your choice, your choice of this planet now, your choice of expansion now, your choice of this moment in the circular essence of all time now, is simply made based upon the amount of love that you choose to bring forward.

How you bring this love forward is the unique gift of each being in form in this world now.



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The Time of the Heart has returned

The heart of EsSeeNah has been buried, so to speak, for a long time on your planet, for close to what you would refer to as almost 2000 calendar years. The reason this has been, is because there has been a great, we choose the word "upswell," there has been a great upswell of the energy that seeks to keep you here, attached, over and over to this planet.

There are many cosmological reasons for this, and as we share in the heart of EsSeeNah today, we choose not to go into the cosmological experience for you because within your genetic or DNA, you already understand this. Let us, however, offer you this.

Have you had more than one lifetime here? Yes, you have.

Each lifetime brings you back because you are attached. You come back because you are attached. You come back because you are attached.

Even as a master who comes as a volunteer, you are still working through the energy of attachment, which is why you have picked here. To release that attachment is not an easy task, and yet it is a simple one.

It is simple because it simply demands a commitment to your heart energy, to releasing all illusion, to being a pillar of Divine wholeness, light, and presence for all, as you are for yourself.

To think your way through this is to be attached, because the mind is most attached, and the mind wishes to think its way through everything. This is the gift of the mind. It is also the gift of a soul that is free of attachment, to be free of a need to have attraction.

Indeed, in a world that is attraction crazy, it is not popular to hear that a law of attraction is actually a law of manipulation, and yet we wish for you to simply hear this and your heart will feel however it wishes.

To control, to be, to decide that you must always, is based on lack regardless of the rationalization of the mind. It is always based on lack.

And this is a wonderful experience of this world because this world offers you great and many ways to experience lack, and it offers you great and many ways to experience fear, and it offers you great and many ways to also experience wholeness.



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The Well of Divine Abundance: The Miracle Healer

When you jump into your wholeness as a well of Divine Abundance, you realize you never lacked anything, and your EsSeeNah heart spreads wings that ignite your hands and you become as what many would call the "Miracle Healer."



What is a Miracle Healer? It is one who carries so much energy and light from their heart that only light and heart can be ignited.

There is not any illness, or perception of illness, in your world that cannot be healed in the presence of true, pure heart light. Not one. Not one. Not one.

And yet, there is the sedentary experience of a mind in this planet that says, Then why me? I am angry. It should not have been me and could not have been me. How could this possibly be true?

And EsSeeNah stands forward and takes a deep breath and ignites the heart and releases the attachment and releases the need to call attraction and simply IS.

And when one simply is, everyone is.

To ignite the heart of EsSeeNah, to step into the great power of Tri-A-Saa, is to allow yourself to jump into that Divine pool of Divine awakened energy without doubt! Knowing that you do know how to swim and that you have always known.

The Active Energy of EsSeeNah

This does not mean, and we seek to express, the incarnate expression of EsSeeNah is most active, so we seek for you to understand it does not mean you sit at home on a couch and say, Okay. I am here. I have jumped. If so, then you will be greatly supported in your couch experience.

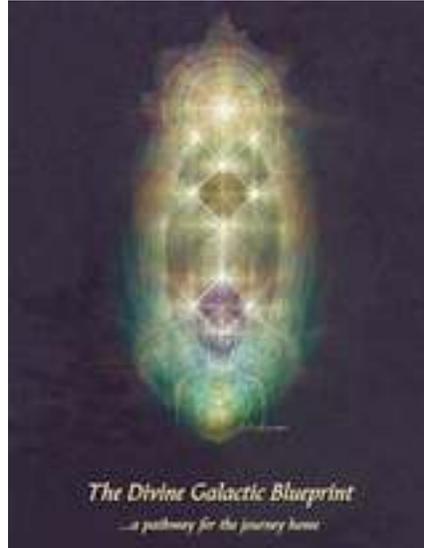


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It is important to remember EsSeeNah is an active energy. EsSeeNah is an active energy. To give, is indeed Divine, as long as one receives equally so, and in the balance of the two is great action. Even in your stillness is action.

Take a deep breath. Feel yourself as whole. Feel yourself as whole. Feel yourself as whole. When you feel yourself as whole, when you can experience yourself as whole, when you ignite Tri-A-Saa energy, it ignites your Divine galactic blueprint.



The Tri-A-Saa center is like the heart center of a physical body. The geography or the geometry of Tri-A-Saa is unique for each being, hence why you have different heights, weights, shapes, forms, facial structures. And so your geometry is sacred to you.

You carry your own sacred geometry, which is why your physical form reflects a very specific physical shape: your head shape, your arm length, your shoulders, your torso, your legs.

You are the sacred geometry, and you chose this body intentionally so that you would always, and in all ways, have your sacred geometry before you.

To ignite yourself, to ignite this energy, is at the heart center where the base pyramid of Tri-A-Saa rests oh so gingerly, with the first pyramid of the lifting energy. At this center, at this heart center, is where, indeed, the discus of Vishnu emanates.

A golden discus of Vishnu emanates from the heart center and spins this energy, thereby as the center of an ascended heart and part of the energy that lifts through



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the divine galactic blueprint up into the exploded crown, thereby creating the energy of divine lift for ascended energy. Take a breath. Yes.

We have been offering you great energy, and you have been, indeed, offering yourself great energy. And as this great energy moves, it is important to remember there are many on the planet now who are giving great rise and claim to dates, times, places, people, things, energies. Each certainly has its unique representation of a moment of co-creative power, and yet to be attached to each one as the one is a sideward step, not a lifting step.

You are at a time where there are many, many, many, many, many, many volunteers on your planet. So many volunteers. Somehow they become too helpful.

And we offer this to you simply to remind you the heart of EsSeeNah is an open heart, and it is not a trampled heart. It is a heart empowered and a heart that is whole. It is a heart that does not need to seek because it has already found.

It is a heart that expresses through the Divine and a heart that is felt tangibly by all, beginning with the Self and in all-ways with the Self.

Take another deep breath again, Beloved Ones.

We shall offer you 17 again because it is important to feel that, and simply say that. Imagine now a world where your love, where every word said from you, every word said to you, every interaction you have is only of the highest service of love, and simply hold that gift as we offer you 17.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17. Take a breath.

We pray in the 17 there was no need to seek attachment or attraction or seek anything, to just experience how full you are, because indeed, you are.

Take a breath again, Beloved Ones.

Feel your feet. Feel the golden essence of your feet. Feel your heart and feel above your head. Feet, heart, above your head. Feet, heart, above your head. Lift up into that energy and walk with it in all ways, carrying the lotus gift of Divine Presence. You are already, indeed.

Take a breath.

We hear those of you who wish questions, and yet we will not offer them because it is important not to engage the mind. Your mind is seeking if it has a question at this moment, and perhaps that is the answer to the question you were just ready to ask.

Take a breath. EsSeeNah. Tri-A-Saa.

Beloved Ones, attachment or not, attraction or not, the EsSeeNah heart births within you. How you choose to birth the heart is, and will always be, your beloved choice. We love you, and we are grateful for this time together.

Yes, indeed. EsSeeNah.

