

Lessons from the Galactic Encyclopedia

A Series of Twelve Energy Transmissions



Message Five

Releasing the Constriction: Five steps to Freedom Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa Delivered at TOSA Ranch February 25, 2006

Before you read this lesson!

Prior to reading this discourse please note that if you are not already familiar with the Divine Galactic Blueprint we strongly urge you to do so. The Divine Galactic Blueprint is the Ascended Chakra system which “roots” at the traditional heart center. This teaching builds upon the recognition of lifting into the Ascended system and bringing forth freedom through this understanding and energy alignment.

Archangel Zadkiel Speaks:

Yes! We are here. A glorious good afternoon to all of you. Hello, yes, hello. It is a glorious day of hello’s, is it not. Yes it is. Some say, “What is this word Hello?”

The Process of Cyclic Recognition and Awakening

We say it is a word of great greeting. It is a word that says everything has a cycle, does it not? In all cycles there are great recognitions, great remembrances, and the reconnection. It is important for you to be in the process of cyclical awakening. You say cyclical awakening, oh my goodness, just waking up sometimes is hard enough, how do I do this cyclically?

It is important for you to understand that at the dawn of the recognition of all cycles of remembrance, your cellular structure will, as you might call it, mutate. It will offer you an opportunity to come into a much greater alignment through harmonic vibration. So for this harmonic vibration, you can comfort the cellular structure through breath. You can comfort the cellular structure through fluidity. Fluidity is movement; gentle movement that offers recognition. When you breathe, are you indeed not moving? You are indeed exercising the lungs, the cells, the blood, the tissues, the bones, everything. So as you give yourself the gift of a wondrous flow, you are imperatively entering into a time of cyclic recognition.

In the cyclic recognition you must recognize that stability of a firmly rooted quantum heart is indeed a prerequisite.

It is simply an opportunity to remember in your own re-connection, so that you may move forward; as if you are a beautiful spring bursting forth from deep in the earth. Have you ever witnessed this?

As a bursting spring bubbles forth from deep within the core of the earth, what happens? There is great joy, there is great celebration, there is purity, there is freshness, there is nothing that has come into contact that has shifted the energy, all is in harmonic remembrance in that moment.

Allow yourself to be this spring, allow yourself to be in this pure divine connection.

Let the spring come through you as a well-spring of divine remembrance and reconnection, let it come up through the feet as beautiful divine spirals of intense energy. Bring this energy up through the heart, root it at the heart and let it flow up out of the crown, offering a great cleansing opportunity. Many of you are already doing this; give yourself this rejuvenation regularly.

So many say, “Where is my vitality, where is my emotional stability, where is my spiritual stability, how can I be more? How can I hold



energy? How can I transverse many different energies without falling apart?" Oh goodness, we hear this often.

New Geometries are Now

Offer yourself rejuvenating energy. When you offer it to yourself, call forth your own Star Consciousness. Your Star Consciousness as you know sits well above what you call the third eye. It is a deep connection into your own true divine energies. As you spring forth your Star Consciousness, as you focus on this area and see all that is, all that comes forward for you, all that is able to be, you will see the geometry of all that is around you now.

Dearest Ones, there are new geometries already appearing.

The multi-dimensional geometries are well beyond the geometries of this planet as you have seen them for so long. You have your traditional geometries, do you not? Circle, square, triangle, then you put them all together, put more sides on some, you understand, yes? Good!

Now take these geometries and add to them so they become the geometries of multi-dimensional existence. Give yourself the opportunity to see more than you are seeing now with the eyes of a density existence. It is important to recognize that as you step into these new geometries that are held above the exploded crown, they can only come forth from your own divine center.

If you look into the very top of the Divine Galactic Blueprint, look into the very, very top. Go into the void center where there is no color. Take all of your attention there. From there, from this place, all is birthed.

It is important for you to remember that if we separate the **you** from the ego, and **you** stay in the presence of the all, if **you** recognize the Divine Oneness; than you reconnect with this birthing point where everything has come forward, and where from everything has refracted.

When you give yourself the opportunity to stay in the Divine Center, you are then able to be the Loving One, who is able to recognize the Supreme Gift of the vessel, the Supreme Gift of the density expression, and to be able to fully recognize that as you are looking, as you are being, as you are expressing, everything is coming into full cycle. Cyclical recognition.

From here, take the cycle and bring it back up into the Divine understanding at the top of the Divine Galactic Blueprint. As you are able to do this successfully, you will indeed have surrendered or stabilized the lower three traditional chakras. This is an important thing for you to do, because you give yourself the gift of true stabilization by stabilizing your rooted heart in the ascended systems.

When we offer you this energy, when we talk about the ascended systems, we are offering you an opportunity to realize that as all energies are lifting, as all energies are reunifying, as all cycles are coming in, your presence is expressing in many forms of geometries that you have not expressed previously. In the non-recognition of some of these geometries, you will most likely be experiencing accelerated constrictions.

Discovering Constrictions

Constrictions normally will appear in the body around the area of the throat most frequently. These constrictions are coming in around the throat because throat constrictions offer you an opportunity to stay firmly rooted in the body, and so, the throat area is most prone these constrictions. Is it any wonder that you are on a planet that claims to have flu epidemics?

Constrictions of the body are a way of responding to non-familiar energy.

As you familiarize yourself with new energies, again this word new we wish to define for you, for indeed it is not new, it is simply a remembrance. As you reconnect and remember these energies, you will be able to effortlessly release constrictions. Many will experience fever, many will experience what feels like a cold, or a flu virus, many are experiencing inadvertent accident energy, dropping things, hitting things. Oh my goodness, everything seems upside down, topsy turvy. Yes!

You must remember you are at the time where your consciousness is directly reflecting in everything that you are. It is not your thought process. The thought process carries a constriction energy that you can effortlessly release in your full remembrance.

We have mentioned to you before many times that only doubt separates. You must ask yourself now, where am I doubting? What do I doubt? Many are going through a rapid transition, a cellular upgrade if you will. It is as if there is new software available, and not everyone knows how to download it. What we mean is very simply that, if your heart is rooted as the foundation of the ascended state, then you have already called in this new software. You can not, not do it, it is already here.

The emotional body will come forward and ask many questions, the emotional body will want to do many things. Many right now are indeed more torn than they have ever been. They see one decision and they see another. They see one way of being and they see another.

Humanity has entered a New Cycle of Being

Why is this happening? You ask how is this happening, why is it happening now? We offer you recognition that the new cycle has already begun. It is not coming, you are in it now! You have entered into this new cycle which began only eight days ago, and so in the past eight days many have experienced acceleration energies that have manifested in discomfort for the physical body.

The past eight days have thereby shown energies on the planet that will feel very disjointed until you acclimatize to them. This is why we bring you to the top of the Divine Galactic Blueprint. Dearest Ones, we have not taught of this before, we have talked of the ascended heart, we have talked of allowing the throat to go into it's natural state whereby your true communication form is through what you would call telepathic communication. We have encouraged you to lift up into the exploded crown so that you may fully integrate with divine energy. We now encourage you to go all the way to the top into the Divine Void. It is there that you will begin to remember your divine presence.

Dearest children, you are well beyond this world already, if you want to be. For those of you that are not sure, we implore you, go, be in density and please do it well, have a good time. If you are sure, then go to the top of the Divine Galactic Blueprint. It will be painful for you not to have a decision. It will be very painful, and we wish you no pain. We only come to offer you preparation, to offer you choice.

***In the choice, when it has been made, there is no pain.
There is no pain for you are in a rooted center of divine understanding.***

Do not offer yourself judgment on another's choice, is that not indeed painful? It only takes you away from your choice. Honor all choices. Honor all presences.

The past eight days have begun a rapid escalation into many, many, many energies. Dearest Ones, the next eight months will accelerate this entire world so far, so fast, that you will open your eyes and say oh my goodness, has it truly been eight months? Oh my goodness, what has happened here?

***How do you wish it to be? What do you wish to express, what do
you wish to experience?***

So many of you so often say, if not now when, and then you still put it off. You look at each other and say if not now when and then you go to bed and say tomorrow. Yes! Tomorrow is here. Tomorrow is now.

The cycle of recognition that you are in now, will bring with it the release of all constrictions, or the crystallization and the firming of all constriction.

If you are in constriction and you choose constriction then you will effortlessly be in constriction and you will not notice, it will not be painful. If you do not choose constriction and you lift above into another realm of existence, then it will not be painful.

The Five Symptoms of Constriction Congestion

We wish to offer you five, what you would call symptoms of constriction congestion. Through these five "symptoms" you will clearly know if you are deluding yourself that you have made a decision; it is indeed the most challenging to be honest with yourself. You can be honest with yourself on a Sunday, you can be honest with yourself the third Wednesday of every month, but it is important for you to be honest with yourself all the time.



Here are the five symptoms that you are indeed in congestion of much constriction; and the good news is that if you identify any of the five, celebrate! Yeah! You can make your choice. For some of you, you will say again? I thought I made it already? We're simply helping you to get clear by offering these symptoms to you.

Number One: You delight in the pain of others.

(Audience murmurs). OK, you all make comment, but go home and pay attention. There are many who still delight in the pain of others. They delight because ill fortune came to them. They fantasize of ill fortune happening to them. They judge their way of life. They judge their expression of life. They judge the way that they are expressing on the planet.

Dearest children, truly ask yourself, do you delight in the pain of others? We know this sounds harsh when you first hear it, yet many do. Many do. Pay attention. We are offering these symptoms for the benefit of all, not just you in this room today. For All.

It is a gift when you know these five symptoms of constriction and indecision. You will then be able to see when others are in constriction congestion. Through your own clarity you can offer them freedom by being free yourself. ***Your freedom frees others.*** Do you remember how many you free in your truth? A minimum of 100,000 you free when you stand in your freedom! Do not ever doubt this. You are working constantly. You are working constantly. You think you rest at night? (Audience laughter). Think again! OK, that was number one.

Ready for number two, or did we blow you away? You say no more, can not handle it! The truth can hurt, mmmm. OK.

Number two: You hold judgments upon yourself.

Yes, dearest children, when you judge yourself, you are judging others. There is no difference between you and the one you are next to. How can you truly release judgment of others when you judge yourself?

Dearest children, we wish for you to know, in all honesty, you like this word, we know you do, and so we wish for you to know in all honesty, you are beautiful beyond compare. You are perfect! You are whole! You are magnificent! We see you as the most glorious beings that have ever been. We adore your glorious manifestations, we love your bodies in so many beautiful ways that you express and adorn and be! Look all the hair you play with! We love this hair! Or lack of hair! We love it all! (Audience laughter). It is glorious! You must look in the mirror and say "Thank you, I love you." Hold this body, and help each other... help each other. Use your star consciousness, look at the one next to you and remind them how beautiful they are. Thank them for being here as you thank yourself for being here. We honor you dearly, you must release self-judgment.

OK, ready to go on? (Audience enthusiastically says yes) Only three more to go. Yes!

Number three: You do not take care of other beings on the planet, and we specifically mean all those who are not in human form.

Disrespect and disregard for the co-habitants of your planet, is a disrespect to yourself. Do you kick the dog because you had a bad day? It is important to know many do. We offer you this first to remember, how can you be in pure union and pure love, when you can not respect all expressions of love? All expressions.

Now this is also not limited to four-leggeds. What about all these beautiful trees? What about all this wonderful air? ***Wake up in the morning and smile because you can.*** Go outside and say thank you. You still have eyes that can see, you still have hands that can feel, you still have a nose that can breathe, you still have lungs that take in air. Dearest children, see each dawn as the dawn of a newborn.

Wake up each morning and find one new thing that you did not see the day before. This one task, if you wish to call it a task, will eliminate all pain. Just wake up each morning and say, oh my goodness, that plant grew a new leaf! Wow, I'm calling a friend. (Laughter). Yes! And if they ask what's up with you, say my plant has a new leaf! And I'm calling you because I can! Yes! ***Your presence is the present.*** Yes. Wake up each morning as a child anew, delight when you can make a glass of water, look at the water in the glass. Very cool, very cool. You can even swish it around, and you pour it on your bodies all the time, are you playing? Are you having fun? Have fun! Just have fun! Yes, it is a good thing.



If you hold on to the constriction energy, you will get very, what you call sick on a physical level. Your emotional state will degrade, you will have a challenging time, and you will fall into a very comfortable loop of depression, fear, and poverty consciousness. These are all constriction energies because they say flow is not mine.

We are offering you these easy ways to be free of constriction energy, and remember, you are not just doing this for you, you are doing it for all. You wish to be of service, no? Yes, we hear it all the time. I want to be of service. How can I be of service? What is my service? What is my path? Oh my goodness! **You are the service, you are the path!** As you free yourself of all congesting constrictions you become every more available in this great cycle that has come upon your planet now.

Only two more symptoms, ready? Yes you are, we like this, we are having so much fun.

Number Four: Your emotions are unstable.
(Much Audience laughter).

OK. We understand, you say Zadkiel, when are they not? We offer you an opportunity to recognize. **Responding and recognizing your emotional body is different than being the emotional body.** This is what is important to understand. Are you ruled by your emotions, or are you able to be the observer and witness? You are still here, you still have a body, you can not expect not to have emotions, my goodness how fun would that be? Yes, you are here in a body, so experience everything and do it well.

Remember to be the observer of the emotional body, cradle it as a child, appreciate it. If it is causing you sadness, love it for causing you sadness and look at the sadness. If you are feeling alienated or depressed, pay attention. You have a choice in that moment, to believe that you are the emotional body, or to love the emotional body. This is where the freedom comes in. You do not need to deny it. All this ego talk, oh my goodness. What is the ego, get rid of the ego, hate the ego, do this to the ego, oh my goodness, it is so abused! **Love and cradle this ego for supporting you; however you are not the ego.** Be the gift that you are. Lovingly give yourself the opportunity to observe, rather than be owned by the emotional body.

Freedom children, freedom. True freedom is not something granted you by a government, because anything granted you by another can always be taken away. Even when you least expect it, pay attention. **It is important for you to remember your freedom exists right here, right now, in your recognition.** As we complete these five symptoms, these five processes, you may say oh my goodness, those were the hardest five I've ever heard, and you may say, oh my goodness I celebrate I've made it through these five. Wonderful! Wonderful! Are you holding the freedom of presence for everyone? That is service.

Dearest children, it is not what you do, it is not how many meals you make for another, it is not how many books you give away, it is not your word, it is **you**. It is **you**. You must know, more than you have ever known, it is you. You are the reason we are here. Without you, why should we be here? You are why we are here. You. Always know that, each and every one of you is the gift. You are so precious...you are so precious.

Number five, drum roll please. (Audience does "drum roll"). Oh my goodness! We're going have to do that again, we just had fun! Yes!

Number five: Let your voice be heard without censorship.

Many of you still stifle your voice. Where does constriction energy first appear? Remember? The throat. It is because your voice has been constricted so much. You may say "I can not be myself." Oh my goodness, see rule number one. It is important to pay attention. Do not censor yourself. Now we wish for you to also recognize this does not mean for you to become a buoyant pontificator. (Audience laughter). Yes. Many are buoyant pontificators. This is not what we are talking about. What we are saying is that there are many ways that your voice is heard and most of them do not include words.

What are you paying attention to?
Where is your consciousness?
What do you focus on?
What energy do you call to you?





Where do you keep your attention at all times?

Freedom: Your True Voice

Dearest children, keep your eyes on the divine at all times. For in so doing, you're keeping your eyes on your own Divine self.

***Keep your eyes on the divine at all times, it is that simple.
That is the true voice.***

The true voice has nothing to do with the word. The word is simply a modality that offers us a time of great fun. Keep your eyes on your own Divine being, on the Divine love that you are, at all times. This is why, before we offered you these five "symptoms" today, we brought you to the very top of the Divine Galactic Blueprint and encouraged you to go into the void.

Spend time in the void at the top, because in that moment you can go deep, with a visual if you want, (the Divine Galactic Blueprint), that will bring you right into your Divine center. You will see the sacred geometries come forward. You will hear the sacred tones come forward. You will be present in all that is.

You are free. Feel your wings and fly. Become accustomed to flying because indeed you will be flying much more, and much more prevalently. Dearest, dearest ones, so much we offer to you. You are in a great cycle, a great cycle. This cycle has much energy in it and you will do just fine. You will do just fine! Simply let yourself be.

Know how important you are, how loved you are. Know that everything that is happening right now is in express Divine order. We are here for you! You have called us here and we are delighted to respond. We will take questions...OK.

Audience question: I have a lot of tones that want to come through me and I don't always know when it's appropriate to let them come out.

Zadkiel: Yes this is true! We are honored that you ask this question because many have tones that are coming through them and do not even let them come through. Dearest child, it is important for you to let the tones come through as often as you can, in a safe format for you. Now what we mean by that, is that you are very aligned with the vibrational spaces that are occurring on the planet now that have not been here before. You are hearing tones of these integrated energies. It is most healing for you to integrate them in an outside format with fluid movement of the body. Do this often. Much love, many blessings.

Audience question: These gifts you gave us today; Will they help us to get off traditional medication if we want to get off traditional medication?

Zadkiel: What do you think?

Questioner: I think yes.

Zadkiel: Very good. Dearest child, ***of course***, and it will only be, as long as you allow it to be. In other words, to fully embrace the five "symptoms" that we have offered, for many will be way too challenging. Truly. Even though you sit in the little room and say piece of cake, when you look at them, when you truly bring them to your attention, we encourage you write them down, put them on little notepad, and then you look every morning and say OK I can do this, bring it into your consciousness. As part of what you bring into your consciousness is your freedom. We have talked so much about freedom. ***We invite everyone to recognize, in your freedom, is Free From.***

What do you wish to be free from? Let your freedom be Free From.

Yes Dear One, many blessings. You're welcome.

Questioner: I am craving freedom, and time to be, and what just keeps showing up is this doing, doing! The To Do list and so many people coming for help. How can I be in the face of all this doing-ness ?

Zadkiel: A profound question because everyone here is asking the same question. Yes. You must know one thing. The To Do list will never go away. OK, you say that's not encouragement, we say OK, let us start here though. You live in a world of lists. You all do. You



live in a world of to do, must do, because you are energy, because you are expansion, you must move, it is an imperative of energy to be in constant motion, and so it manifests in the world of density as lists, and to do lists and what to do and how to do. Give yourself the gift of conscious freedom. You must first of all unravel that you deserve time to be whole.

Number one: You deserve to be whole.

Number two: Nothing, nothing, nothing is that imperative that it should take away from your freedom and your peace. Nothing.

That is simply the ego that says I can not take a moment. I can not stop. The ego loves to engage. Remember you are energy that loves to be in movement. If you must, begin by making your own time, book it for yourself. Write it down, this is my time, and then start small. Give yourself that break. When you take on more, you must always ask yourself, in the acceptance of this that I am taking on, does it serve my highest good, and trust the immediate answer. Many take on more because of money, take on because of ego, and do not take on because of highest good. Simply re-pattern how you accept, and accept that you should be whole, pattern yourself to be in freedom, and you will be delighted with how quickly it will occur. Thank you for asking for everyone. Many blessings.

Audience question: I used to be able to eat anything I wanted, of course I am not eating meat now, except an occasional fish, but um, ah, I have a lot of heartburn lately, like in the last two weeks. I can not eat anything without feeling very full and like I can not eat that anymore.

Zadkiel: So why are you eating it?

Questioner: I don't know what else to eat.

Zadkiel: Perhaps your body is ready to cleanse. Dear children, and we thank you for asking this question, especially since the last eight days and continuing through the next eight months, these energies will play havoc with your body.

If your body feels full and you are responding negatively to whatever you are eating, we strongly recommend you just don't eat it. Do not force. You maybe delighted to find out you could just live on some fresh vegetable juice for a day or two and then suddenly everything feels good again.

Perhaps your body is achieving a vibrational space that is asking for you to enjoy *with* it. This is often how the body talks to you, especially when we are nourishing with foods that may not be the best for the vibrational increase that is happening at that moment. This is a *powerful* question because many are going through this right now. Many.

Do not judge what you eat, pay attention to how you feel, listen to your body. Remember one thing, you can eat far less food than you have been trained to believe you need and be quite fine. Dearest children, the food quantities that are consumed in this country especially, are *staggering!* My goodness you have fun with food! Yes! The quantities needed for your body are so small, you would be stunned, so have no fear you are hurting yourself, have no fear you will be sick.

Now for many, when they start to pay attention to the body, they may indeed experience a small headache, or feel a little pain. Drink more water. You are actually detoxifying, this is not damaging, it is detoxifying, and we are grateful you have asked this question, it has great, great appropriateness in this time. Many blessings. Just eat less, you'll feel good.

Dearest children, we come to offer you great encouragement. You are at the time of great joy. Indeed it is the Joy-volution! We hope you all participate. Yes!

So much love, and Many, many, many blessings.

As you venture out, remember, be Free from, in your Free-dom.

Let your presence free others; we love you dearly.