



Message Twelve:

The Heart of Ess-See- Nah

Originally Delivered September 26, 2009,

TOSA Ranch, New Mexico, USA

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa

...unlocked at TOSA Blue Mountain, Ecuador, January 03, 2022

The Essene Brethren share through Master Lady Kira Raa:

A buoyant hello to YOU! BE-loved ONES. Indeed! IT IS... a buoyant hello. We offer YOU... a great blessing of the journey. Indeed, the many eons of the vast experience of Es-See-Nah has been a journey, an expansion, and indeed... a circle... in many ways.

Embarking on the Journey of Divine Love

Embarking on the journey of divine love is the journey of the illusion!

IT IS...the journey of divine love.

When you embark on the journey of divine love, many energies express as divine.... and... many energies express as love.

When Es-See-Nah energy interfaces with this world of form, in this tiny section of your universe, YOU... begin to re-cognize divine love. The journey of divine love IS the expansion of divine love. To experience what the physical vessel of the body interprets what is outside of divine love. Smile at this.

As YOU... re-cognize the journey of divine love, YOU... celebrate the Divine Mastery journey, re-connecting with the conscious energy of ALL cosmic brethren, together calling forward planetary unification. This is the energy this planet is re-establishing...NOW. The time-less experience outside of all timelines¹.

¹ In this culminating message of the Lost Books of the Essene, this passage is a direct reminder that the un-locking of this potentiality "needed" to arrive in 2022! The OPENING & SUSTAINING of the Sea of Neutrality.

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In the divine mastery journey of love, YOU... spread your wings as divine portals of light as others ignite simply because YOU...ARE.

The Completion Energy Blessing

We offer for you, with you, to you, as you, from you, and abundantly to YOU... today... a completion energy. IT IS...the energy of the journey of divine love brought forward with a great renewal and restoration of Es-See-Nah presence, HERE... now.

When ONE is recognized, indeed uplifted, embracing the golden energy of their feet, and walks with the loving presence of divine mastery presence in harmony with this abundant planet of life: THEN...ONE IS... fully empowered with the great blessing of the divine energy, synergy, and re-unification.

We offer YOU... today, a checklist. Indeed! We share utilizing this form for those who are still arising. We begin in the beginning. Again.

We offer YOU the re-cognition that your energy field is re-awakening. The Tri-a-Saa is on this planet again. The illumination of your divine mastery presence energy IS the re-cognition of your divine healer-ship and master-ship. IT IS... an energy of wholeness and oneness offering YOU reclamation of ALL the splinters of ALL the energies that have all-ways been HERE... in great manifest form.

Gazing at a check list of re-unification, notice:

Is my energy whole or is my energy split in many directions?

Answering this powerful question returns us to the First Book.

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- When you greet the one who is soundly asleep in your world, *does your beingness desire to force them to awake?*
- *Does your beingness compel the energy to shake them in their shoes and say, Wake up! Wake up!*
- And! How much attentive creative energy do you use through that moment?

These are important questions.

AS re-unification... balance, harmony, and ONENess restore, IT IS... a moment for YOU to release the imperative to believe that each and the ALL are not exactly where they ARE to BE. Each is exactly where the ONE IS to BE. Each heartbeat follows its heartbeat. Each drum beats in divine perfection.

IT IS... important to understand this question;

Where is YOUR energy? Is it whole or is it split?

An important question as you regain Es-See-Nah wholeness.

Living History of Ess-See-Nah Energy

We digress and offer a sharing you would call history. When Es-See-Nah walk in a world of illusion, there is no need for a grand announcement or press release, IT IS without any need for media attention.

PRESENCE IS! The subtle gift of divine mastery knowing that simply walks with the empowerment of Divine Oneness.

Re-cognize that ALL -- not some of your recorded history, is perception through a filter that shifts what IS to serve the paradigms of density.

And! There are wonderous, encoded, fabulous, enchanted, perfected, beauty-full and accurate messages waiting for YOU. However! They have been translated for those of heart-centered action and **divine reunification.**

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YOU...will all-ways be able to garner the greater truth within any message without falling prey to the illusionary expectation. This IS Es-See-Nah! To walk in presence and sustain unified presence.

The Checklist of Reunification: Item Two

Gazing at your checklist, the next question is:

How do I honor the vessel that so lovingly supports me through the experience of energy in a world of illusion?

1. Do I congest it with smoke?
2. Do I congest it with toxification?
3. Do I congest it with death?
4. How do I honor this beautiful vessel?

We offer this as the loving reminder that this vessel is as fragile as the most beautiful feather you see flying.

When you walk on the ground and a feather appears before you, KNOW that an angel is touching down to say: I KNOW who YOU...ARE.

Do you know who YOU...ARE?

This reminder is a gift of lightness that YOU know how to fly. A reminder that YOU...ARE... limit-less. YOU...ARE...FREE. YOU...ARE...FREE from the illusion of density.

When you find that feather, hold it in your hand, blow the breath of life toward it, and notice as it dances with your breath. Remember, this is the meaning of your body! To dance with your breath in ignited freedom. To play with a feather and remember who YOU...ARE. Dance with your breath in ignited freedom.

Must anything die for you to live?

The heart of Es-See-Nah already has answered this. We do not need to answer it for YOU.

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In your world...NOW... there are great manipulations of many energies in all worlds of density. This is a dance and a celebration! As each energy gathers forward for re-unification, the ignition of light arises with ever greater substantial anchorship.

We proceed with your checklist: Item Three

Invite the inquiry of your-self and ask: Where am I attached?
Begin with this planet, BE-Loved ONES. *Where am I attached?*

ALL attachment limits! And ALL attachment teaches.

Attachment is a great, bounty-full, beauty-full teacher.
And...YOU...ARE...in a world of great attachment.

Gravity and Attachment

Gravity is the greatest attacher of ALL! *Gravity begins where your heart ignites.* What do we mean by this? **As YOU forgot that YOU... are not bound here... gravity became anchored as a belief that it is part of you.**

Gravity is a gift offering momentum and propulsion in a world of polarities. The North Pole and South Pole. The magnetization and power-full energies assist YOU on your journey. They offer great expansion and the opportunity to remember divine love.

IT IS... an experience, of this experience of gravity.

IT IS... time to hang upside down. Yes, indeed! When you hang upside down, in that moment... there is a remembrance, a sensation, and an expanded understanding.

If you cannot hang upside down, lay over the side of your bed and place your head toward the floor. Bring your hands up over your shoulders and hang them down toward the floor. In that moment, reverse your gravitational pull, and as YOU...ARISE..., celebrate your buoyancy and ability to instantaneously bring balance into a world experience of polarity. A world that offers YOU both light and dark.

ALL must be in balance. Where are you attached?

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The Greater Understanding of Karma and World Population

We share about *the word* ...karma. YOU were offered the great gift of the relaxing of the divine karmic imperative. This arrived with the influx of the millennial energy that opened a great portal of re-unification on the planet known as Beloved Gaia, after a linear year you call 2000, and...more profoundly... 2001.

The gift of a release of a karmic imperative... is that YOU...ARE... truly FREE to witness your attachments. To notice your energies. To attend to your Self-response-able re-ignition of the loving journey of your Divine Mastery Presence in form as the vehicle of expanding consciousness.

For those who seek karma, it is very much here. For those seeking to re-ignite attachment to karma, it is very much available.

AND! The energetic imperative that has many souls attached to this planetary experience, *and for those that enjoy numbers*, first notice the population of this world in 1999. Then...notice the world population at the culmination of 2009.

The difference between the two are the voluntary Light BEings that have flooded into this experience of form... to BE...Here... during this time of reunification².

Let us share as we try not to engage the brain and offer this.

- Between the evolution of the expansion of the Divine Beings of Light that are attached to a planet of density and growing over many linear years through expanding and contracting consciousness...the consciousness NOW is not equal to that of other times. These cycles are part of your divine mastery flow into ABUNDANT AND FULL re-unification.

² This formula APPLIES TODAY. This is due to the exponential explosion of Light Beings that have come forward to assist with the rapid expansion of consciousness.

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- Until 1999, there were souls, fractions of souls, and the splinters of souls bound to this planet through various *obligations*, merely a word we offer. Some were voluntary obligations who truly forgot and became attached. Others were those who arrived as a soul journey of unification. And, the vast majority were those created during the time you know as Su'laria³. Arriving here to ignite a light body as that opportunity was not previously available to them.
- This is why your planet is heavily protected, and why so many pay attention to YOU... because, indeed, YOU...ARE... Bounty-FULL body of light.

Es-See-Nah energy arose with great love, healing, Divine mastery presence and re-cognition. Walking without attachment, this energy enters and is able to move on.

In 1999, the number of Beings... here.... on a soul journey of divine expansion peaked. And... planetary population keeps growing. Yes! As many transition, they are not returning. And, as many come forward, it is because they are clear, aware, and able to free others to BE... aware⁴. Legions of BEings of divine love are HERE at a great moment of re-unification. And Es-See-Nah is here... again... without attachment.

Reconciling Attachment

We are back to your checklist. What are you attached to?

IT IS... a blessing to KNOW and not a cause for self-judgment. When YOU understand what you are attached to, celebrate, and move forward with the great choice of Active Divine Mastery Presence. The choice of divine flow activated through the Law of Instantaneous Manifestation.

³ Su'Laria is part of the journey of consciousness in this experience of potentiality. It was the civilization that existed in this solar system on the planet known as Mars. This complete cosmology is found in Sri & Kira's groundbreaking book: 2012: Atlantean Revelations.

⁴ This is the basis of Ascended Presence. Awakening to the cycle of Awareness, Experience and Choice!

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This planet will soon enter a great time of rest. Great rest is all-ways needed after a bounty-full journey; is it not? When YOU... arrive at the completion of one journey the next journey has indeed all-ready begun. There is a moment of stillness, of balance, and of great rest. Great rest.

Consider this as a moment of great internal silence or the best night's sleep ever. When you wake and move from that, YOU feel joy, refreshment and are re-energized. YOU ARE... ready to move forward because you have gifted your-self with great rest.

**What are you attached to? Do you offer your-self rest?
Call forward an Avesa breath, BE-loved Ones. Yes!**

Item 4 of the Checklist

Indeed! YOU....ARE...in a great moment of harmony on your planet... NOW. Beyond that is the next step on your checklist.

Do you feel complete with your experience... of this life?

This does not imply readiness to depart this life experience. It simply invites the understanding of the greater experience. Do you feel complete with this experience... of this life?

Ask your-self this question. Witness your heart response. Then ignite within your life the divine mastery action of completeness in the fullness of this life experience with the gift of sharing with ALL.

As YOU ARE complete, YOU ARE of true service. As YOU ARE... fully complete... YOU free others to do the same.

Some say: I am complete and have no reason to stay here. Es-See-Nah says: Release attachment. I AM... here. How may I serve? What light is ready for ignition? Whose heart is ready to upswell? Whose energy, in this moment, would in-joy ignition and divine remembrance. A touch. A glance. A noticing. A re-affirmation.

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Many here forget. Forgetting is the easy way. Most in-joy the easy way, and this is fine. Es-See-Nah releases attachment to easy, hard, difficult, soft. *Es-See-Nah simply says: I AM... here. Completeness is a gift I share freely. As I AM ready, I am not attached. As I share and experience LOVE...IT IS... the divine expansion this experience of form in ALL ways.*

Checklist Item 5

Here is the last check on your list:

Do YOU see your-self in ALL?

What an amazing world you have assisted to co-create. YOU... your-self, have billions of your-self. *Can you let go of the attachment that would say, I am not you, and you are not me?*

True healing is upon your world... now. True healing does not occur through any pill. True healing occurs as YOU respond to this checklist with joy, buoyancy, and lack of self-judgment.

Only one energy sabotages receiving this gift; the doubt of who YOU...ARE.

In this world, confidence of the divine is misunderstood. Let us return to what we mentioned earlier. You are so ready.

The Golden Ignition

Here... now... there are many who are asleep.

Is it truly important for them to waken? Or, is the gift for YOU to re-lease your attachment to them. To remember who YOU...ARE... so that YOU may free others, on their time and in their way, their light, their understanding. To heal their own self through this gift.

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Gazing into your beauty-full hands as part of a beauty-full vessel, experience and see gold ignition. If needed, pretend to do so. Feel the golden energy radiate from your hands and the area of your Star Consciousness above the third eye⁵. Send that energy to the gold in your hands. You are working out a new muscle.

As the gold from the hands connects with the gold of your Star Consciousness, feel this energy pour into you as YOU ARE holding your self with the divine mastery presence of wholeness and healing. Feel these energies connect as the great and beauty-full gift they are.

Bringing your hands now to the area of your Ascended heart center, activate your Tri-a-Saa. Igniting first the pyramid from your heart to your feet as you invite that energy to captivate, lift and energize YOU.

Raise the next pyramid from your heart to the area of your temples. The heart is the base point of another pyramid, as it lifts to your temples. Feel your self lift UP into this energy. Then, from your temples to the area above your exploded crown, ignite another pyramid.

Experience from your heart a great golden emanation. Notice and witness this golden emanation emerge and spiral around you, offering divine re-cognition and wholeness.

If there is any part of your body calling out, send it love and relaxation.

The Golden Resurrection

In the golden energy of resurrection in a Golden Age, your ability to stabilize and lift through the energy of your heart is your greatest asset. IT IS...ONE

⁵ Star Consciousness is the area where direct connection is established beyond the paradigms of density. It is located approx. 1-2 inches above the third eye. This is fully shared in Sri & Kira's Profound book: Sacred Union: The Journey Home.

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you can call on effort-lessly, quickly, beauty-fully, limit-lessly, and at your will. A word need not be spoken to invoke this gift.

They will understand through your heart. Let your heart anchor.

Invite a deep Avesa breath in this moment, BE-Loved Ones.

In the energy of reunification, celebration, and Es-See-Nah, IT IS... all-ways your choice. How you move forward and All you ever need do... is reach out your hand, and we will receive it.

WE ARE...HERE...WITH YOU...ALL-ways!

We have much more to share. This is, indeed, the beginning of the next cycle.

Receive a deep AVESA breath. YOU ARE receiving a message...now. If a question is in your heart, ask it now and receive the answer.

How you trust that receptivity is a gift we offer YOU... now. As you lift your energy from the heart, through your throat, through the top of the crown... WE ARE... there, as YOU ARE there.

Celebrate your journey of divine love and mastery presence, BE-loved Ones! YOU...ARE... beginning another great journey! IT IS... miraculous, indeed, as YOU...invite IT to BE!

We love you. We are great-full for YOU and to witness YOU through the eyes of this one who gifts us with this sight of this world⁶. You are most beauty-full. You have come so far and are ready for the next journey... indeed.

We do not say good-bye. Simply WE LOVE YOU!

⁶ This is a direct reference to the full-body Insoulment process that calls forward the messages. Master Lady Kira Raa completely vacates her body as her soul's essence is held by Wisdom Teacher Sri Ram Kaa thereby inviting the gift of direct divine connection for ALL to experience and receive the blessing of.

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