



Message SIX of Twelve ANCHORSHIP

*Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa
March 26, 2005, TOSA Center for Enlightened Living, Tijeras, New Mexico, USA*

Archangel Zadkiel speaks:

Yes! We are here! Good afternoon to you.

It is important, for YOU to KNOW, we are asking *for you to understand* there are points of anchorship that have come in for you today.

We are here to share with you about points of anchorship. And. We are here offering these points, *into this space*, so that you may indeed align to the point that calls to you...for there are many. There are more than one. There are many points, yes.

Why Am I Here?

It is important to remember! To ask your-SELF the question, “WHY AM I HERE?” “WHY AM I HERE?”

No...not in...this place...right now.

***Why are you “here?”
Why are you “STILL here?”
Why did you say YES?
Why have you RE-UPPED?***

Yes! For you have indeed re-upped. Oh, yes. Most definitely. You had the choice. You went in, you went out, you went around, you went sideways, some of you. Oh, yes. Even down below.

It is important for you to KNOW, that you have re-upped at this time.



You have asked yourself “WHY AM I HERE?”

***And, when you ask the question why am I here,
you must go deep into the truth of the I AM.
You must go deep into the heart center.
You must go deep into the root.
You must ask your “self”, “Why AM I HERE?”***

Can you answer that question, or does your mind kick in with what you believe to be the response? This is why we offer you the points of anchorship. This is why we have brought them in through the Divine Galactic Blueprint!

There are 12 Torches, there are 12 Points of Light. You must offer yourself the gift of declaring:

“Where is my torch? Do I wish to pick it up? Do I wish to carry it? Or, do I wish to simply walk through the path, knowing that all is illuminated and that indeed I can see it.”

Are you a torch-bearer or are you a walker? It does not matter what the choice is. There is not one that is better than the other.

***Each, in and of itself, is a mandatory piece of the
entire collection of the Universal Integration.***

This is why we come today! We come to offer you these points of anchorship.

The Integrated Energy of Golden Anchorship

So when we ask, “WHY AM I HERE?” YOU must answer the question, not the mind. The mind will want to answer first, yes? The mind will say, “Oh, I KNOW why I am here.”



Good! Let the mind answer. Write it down! Bring it forward! Play with it! Have fun! The mind loves to play, does it not? It exercises regularly, does it not? Yes! And it can lift some weight! Yes! You want to pump iron? Go upstairs between the ears. Oh, yes! You will find much there and it will move easily for you.

The gift of anchorship, the gift of understanding the truth of being a point of anchorship, is that in the clarity, in the understanding of why am I here, you give yourself the opportunity, the absolute gift of recognition, the knowing that you are, indeed, a torch!

Yes! YOU...ARE. As a torch, you have choices. You can stay and illuminate or you can walk. Either way you are a Being of Light that bears for many at the time of the FOREBEARANCE.

It is important for you to make this decision and to understand why you do this. So many say, "I do now know, I just do. I am called." That's a popular one – "I am called." We hear this a lot. OK! Who called you? And did you answer the phone? Are you sure it was the right number? Yes! It is important to pay attention to this. It is very important. **For when you have been called, you must ask yourself:**

"Why have I been called, and who is doing the calling, and who is doing the responding?"

The Coming Storm and Dimension Shifting

This is an important piece! When you gift yourself the integrated ENERGY of Golden Anchorship, you prepare for all storms.

Is it not perfect today you sit inside a storm¹? Yes! For there is indeed a storm coming.

It is...an energetic storm.

¹ Zadkiel is referring to the snowstorm that was happening during the delivery of this live Insoulment.



It is...a storm of creationism.

It is...a storm that was set in motion a very long time ago.

You will know the storm well. As you know this storm, as you work through this storm, you have been received a gift. Where do you wish to reside? We are not talking about the house. We are talking about the truth of where you wish to reside. Where do YOU wish to reside?

Some will say, “In the heart, of course.” We say, good start! It is important to recognize that the heart, as the root, is a start. It is a beginning, a foundation upon which you build that house.

Where do you wish to reside?

Very shortly, in your third dimensional experience, you will find yourself shifting. You will be moving, most definitely in many ways. You will be moving about.

*Your energy will be in multi-dimensional spaces very effortlessly
if you give your “self” the opportunity to reside properly.
TO BE IN THE TRUTH OF WHERE YOU ARE RESIDING.*

Some of you will move – oh definitely; and you will MOVE in more than JUST a third dimensional experience. You will be moving through many realms.

There are those of you who have been practicing, who have been working, that have been in and out of the fifth dimensional experience. You are becoming very adept at it even if you have not wrapped around it. What we mean by this is that you may not, in and of yourself,

KNOW that you have indeed been dimension shifting quite frequently. You say, “feels like it, maybe, not sure.”

This is why we ask you the why am I here?



Because when you answer that question from the understanding of multi-dimensionality you are able to bring in the TRUTH, the UNDERSTANDING that you are EVER here as you are EVER there. We offer you this concept.

The Word and the Return of the Goddess Energy

We wish for a moment to share with you about the concept and the word. How the WORD became the decline of the Goddess energy on the planet.

It is important for you to understand that prior to the written word, the Goddess energy was most revered on this planet. Prior to what you call the alphabet there was the embrace of feminine energy. It was most revered. The concept of love and wisdom was shared without words. Is not the love of a mother shared without words? Can you not feel this without hearing a word come from a mouth?

It is important to recognize you are at the time of the release of the word because you are at the time of the reunification of the Goddess energy back into a third dimensional realm, which will help escalate the movement, the shift of the energy, back into a fifth dimensional world.

It IS TRULY the time of the release of the alphabetic word.

When one goes into the SILENCE, this is why we called you into silence today. When you go truly into the silence, when you go beyond the word, there is no longer conflict, is there not?

When the written word came to be, it was when the religion, the foundation was born of the patterning of the word. And when the war of the word began. Soon it was acceptable to go against each other because

of the power of the written word that had taken away the truth of the balance of the masculine/feminine. That had placed the imbalance on



the planet; that said, “*There is no more goddess, thereby there is only god, thereby there is only one and if you do not like my one then you should not be here! So we will legitimize letting go of you!*”

It is important for you to take this in!

We offer this to you as an opportunity to release word. As an opportunity for you to realize when you greet and meet each other in the balance and the truth, of true silence, there is no word to argue over.

There is only the essence. There is the greeting. And while you are in body you have the gift; you can still do this. The body does not need to interrupt this pattern for you.

When you are in the true balance of the energy, when you ARE THE ONE ESSENCE, there is nothing to argue, there is nothing to judge.

There is nothing to separate you.

There is only essence meeting essence, light reintegrating with light becoming one again.

It is important for you. Yes! It is important for you to remember this.

We offer you this understanding to help those of you that still have the third dimensional mind in full gear. To be able to give you greater harmony when you see more and more war erupting around you in the third dimensional world. For there is more coming.

We wish for you to know this. This is not meant to scare, this is not meant to be fearful, it is just meant to be. It is what is happening.

And as you understand this, that, in and of itself, offers a reintegration of the masculine/feminine balance. This balance assists you to understand why it is happening rather than be repelled, scared and frightened by it.



Many will scamper on this planet, “Where do I go, what do I do?”

They will re-act. You need not re-act. You need ...TO BE.

ACTION IN BEING OFFERS PEACE!

ACTION IN BEING OFFERS PEACE!

You wish to put action in motion? Put the action into your BEING-NESS. Put the action into your WHOLENESS.

Go into the silence and call back the truth of essence. From there you will be able to maintain the gift of love for all, even when those around you say hate is OK. You will hear this; you will hear that Hate is OK!

It is important for you to BE in the understanding of the truth. This is why we bring you this understanding. This is why we offer you this anchorship. This is why we invite you to go back into the wordless silence. Where the truth can be honored. Where the balance of the masculine and the feminine is already PRESENT.

It does not need to be called in; it does not need to be reintegrated. This is why so many are seeking balance now in so many ways. Do you not see so many around you and that within your own heart you seek UNION? They seek for balance. It comes in so many different FORMS.

Balance is being sought by the ALL because you ARE in the STATE OF UNIFICATION; you are in the STATE of REBALANCING. The moment of bringing old energies into a harmonic state.

The moment to anchor and call forward Effervescent joy!



To come back into balance, ALL that is out of balance will rear itself, and it will rear itself quite profoundly! We can assure you of this! It will not be MELLOW. It will be quite visible, and it will be quite prominent. If you choose to be in a third dimensional experience it will be all consuming.

So, we offer you the gift of anchorship. We offer you the opportunity to answer the question from your soul, “WHY AM I HERE?”

You MUST answer this question. You MUST understand WHY you are HERE, NOW. This is not one you can put off another minute. “Oh, I will decide why I am here in another month or two.” OK, if you want to.

Understand the more you put off answering the truth of this question from your soul and from your heart, the more that you release, the more that you step into your truth, the more those around you will be given the FREEDOM to step into their truth, too.

The Power of the Void and the Choice

You are a FREE-ER if you choose to be! YOU, in your power, in your truth, in your own anchorship give others the safety and the opportunity to be in theirs!

And when you vacillate, and when you respond, and when the mind kicks in and says, “Don’t know, maybe, I don’t know, OK I judge,” you cannot hold anchorship for others in that space.

This is why we invite you to go back into the Void. We talked to you about the Void last month, (*lesson five*), you remember? That we are going into the Void.



*Only in the Void can the truth emerge because in the
Void all is whole. In the Void all is there.*

Some of you have not yet gone in, some of you are still there, some of you have gone in and out and will go back again. It is OK. Visit as often as you need if you must, knowing that the door or the window, whichever you wish to see, is always OPEN.

It is ALWAYS OPEN.

You cannot get stuck there unless you choose to be there for a while. Sometimes choosing to be there for a while is not a bad thing. It gives you more clarity. It gives you the opportunity to revisit truth; balance. To be in the wordless state.

Remembering the Goddess Energy and True Community

Imagine with us. OK! Imagine if you will, this planet at a time when there was no written word. When the Goddess energy was still visible, VERY visible. When harmony reigned and when birth was joyous.

A time when all supported ALL. When true community existed.

Go to this time. Not the time your history books wish you to see where you are walking around like apes; let that go. Go to the time of true community. Go to the time of true essence; a time when the word, if you wish to use THAT word, was in song; was in tone; was in the gift of energetic to energetic; light to light; love to love; heart to heart. This is not impossibility. This IS your true state. You live heart to heart. You know this. You LIVE energy to energy. You know this.

*You ARE a blissful being of effervescence.
A BLISSFUL being of effervescence.*



Your energy is a great gift! It is only when you are out of balance that the energy must seek a word or expression that offers judgment within.

*Give yourself the gift of greeting many energy to energy.
Give yourself the gift of calling back the truth of your own energy.
Give yourself the gift of knowing the true balance of the
masculine/feminine within.*

Just have fun with it! Play with it! Go be joyous! Get on the swing-set! Go on the slide! Play in the sandbox and make a good castle! Yes! THIS will call it for you; it will offer you that for each of you touch this; even in this lifetime you have touched it. You must recall this time and bring it back to you.

You DO DESERVE IT. You DO deserve it.

Balance and Release of Fear

It is your birthright to BE IN BALANCE. Oftentimes, when you are so close to the balance you seek, everything may look out of balance. “*Why did I lose my partner? I thought I had the Beloved in front of me? Why did I not have this? Why is this not happening? WHAT IS GOING ON?*”

***YOU ARE COMING INTO BALANCE.
YOU SAY HALLELUGHA! YEAH! Coming into balance!***

Each step is a step forward; always remember this. There are no steps backward there are only words and sayings that want you to hear that, right? Two steps back, one step forward – whatever your little sayings are, LET IT GO!

***Be PRESENT WITH TRUTH; BE PRESENT WITH KNOWING.
The time of BEING IS HERE. It is upon you.***



It has always been with you! It has always been a part of you! And the time is here...now. You ARE at a time of glorious expansion, and in the time of glorious expansion even the atoms and the molecules must expand and release, and this will look very fascinating in many different ways.

DO NOT BE AFRAID.
Be in joy! Understand! Decide!
WHY AM I HERE? WHY AM I HERE?

Those of you that have rooted your heart, that have said, “Yes! I will ascend into a higher chakra system; I will stay in the truth of joy,” you will find it very easy to walk through this time. Because the flow is available to you.

And there are other ways to make it easy to walk through this time. This is one way. You wish to do this way? This way is one way. And it IS an easy way. Truly, it is that easy.

Go back to the heart over and over and over again. And as you do, call in your anchorship. Understand the truth of who you are evermore.

Do not ever forget when those moments come in, when the truth of your anchorship is in front of you, when all judgment comes before you, when you recognize that the masculine/feminine is out of balance, when you do not see the Goddess honored, or embodied, or brought present... this is when you go to your heart and say:

“Thank you for this reminder. Thank you for putting this in front of me now. Thank you for giving me this visible opportunity to stand in balance; to be an anchor of balance; To be one who is able to transcend many dimensions.”



Understanding the Fifth Dimension and Anchorship

Dearest Ones, the fifth Dimension is but a resting ground. Little nap. Take a break, have a party, say, “Hello” to lost friends, “How you doing? Good to see you!” And then you are going from there.

This is merely a stopping ground; it is not the end all. It is a refresher. You are in an ever-expanding universe. Only a limited third dimensional concept would think, “OK we go from here to there.” OK, right? It is not a destination- vacation? Think of it as a retreat center! Good! You will rest and rejuve; and yes, some of you have work to do there quite awhile; and some of you will be there quite awhile.

And some of you will simply check in, say hello, and keep going. There are many destinations and they all bring you home. **THEY ALL BRING YOU HOME**, and they are all important; they are all great gifts of anchorship.

We have much to say about anchorship. You are out to sea, you throw down an anchor. OK. So what happens? The anchor hits ground and the boat stops; yet the anchor can be moving, can it not?

It has all the currents going on, it may hit the sand, it may hit a rock, but it just keeps anchoring. Nothing stops it from doing its job, does it not? Yes. It is designed to do one thing – hold fast. In the gift of anchorship, as a Light Anchor, you are being asked to hold fast. You are being asked to stay present.

TO BE in your understanding of our Authenticity of your Rooted Heart, and of the Ascended energy that you have called in.

You are being asked to call yourself into anchorship. There will be a time of great pull against you; against an anchor. And there will be many things that will happen, and this is OK. You can choose to up-anchor at that point if you wish! Just understand – you have the choice!



And sometimes you pull up anchor and go to another location. OK. You may need to do this, too. Yet, you must make your decision, “*Do I decide to stay as an anchor or not? Do I decide to hold the torch or not?*”

The Metronian Expression

In the Metronian Expressions; the Metronian Expressions are in the higher realms of the Divine Galactic Blueprint, above the exploded crown. As you move forward into the next resolution and evolution of the Blueprint, you go through the Metronian Energies.

The Metronian Energies are currently brought here by Metatron. Metatron is very, very present in this energy stream for you, holding open an active portal.

This portal has five streams to it; these five streams open up the portal that lifts you from the exploded crown chakra and brings you into the higher realms of the Divine Galactic Blueprint.

You cannot go there until you have firmly allowed, given, and committed to the fifth dimensional experience. It would be DANGEROUS, quite frankly, to the third dimensional energy field that was not able to fully move into a fifth Dimensional stream to go beyond the exploded crown chakra.

Clearing Debris Energy

We offer to you today a breathing exercise. You have done this already before we began today. This will help you prepare for Metronian energy.

We encourage you to continue doing this throughout the day; often, many times. You must clear the spinal cord of debris energy. Debris energy comes in very often...very often, and it often sneaks up on you. It is the kind of thing you look at and say, “*Oh my goodness, where did this come from?*” Oh yes. Debris has its own energy idea, if you wish to use



that word. This energy has its own mind, if you wish to use that word. It is not something other than that which shows up and you have the opportunity to clear. So, we gift you the opportunity to clear it so that you may open up to the Metronian Channels².

The Metronian Channels have not been open on this planet before. You must understand that. They have recently become available because of the Fifth Dimensional acceleration.

As your planet spins ever faster, and there will be events that will assist it to spin ever faster this year, and as these events happen, and as your planet spins faster, the Metronian Channels will open ever more.

If you have prepared yourself and gone into 5th Dimensional energy, and if you have taken this in and stayed with the escalation of the energy, you will be able to transport through effortlessly.

Many have prepared for this with different ways. Merkaba vehicles, light vehicles, meditations. You have done so much prep work, this is good! Time to get the Master's Degree! Time to come out of the Bachelor's and move forward.

The Metronian Channels are MOST POWERFUL. The energy held by Metatron, to be able to hold open the Metronian Channels are directly of the Elohimian Energy. This offers you a transport and direct communication that will absolutely clarify crystalline energy for you.

Questions from the Community

OK. So...Questions?

Q: I have been feeling this energy building and feeling pretty strongly that I want to be on the land in community and I did connect with a group of women who haven't been together since Lemuria, we call it the female Christ energy, but that doesn't look like it's going to be a living

² These channels as of 2020 have anchored the opening of the Cosmic Prime Meridians.



community. Can you give me information about what will be? I feel there are more people coming.....

Zadkiel: Yes! We mentioned that many of you, very soon, and we wish to clarify that “soon” for you may seem a little longer than “soon” that we offer you, however, it is important for you to understand that you will be moving.

And the community that you seek is not exclusively feminine; it is a feminine/masculine, very balanced and harmonic community. You will actually help be in the foundation of this community; however, the others you have met are not all aligned with you yet. Some of them are not sure, even, that they understand the concept of community.

It is important for you to be holding the truth, when you answer the question of WHY AM I HERE call in the understanding, yes, dear one, you are here, this is part of why you feel this call to this land and why you feel this call to community, because your time to be able to bring this manifestation into reality is upon you.

You must, however, recognize that you are one of these that puts it together, rather than finding it. You will help establish it. Oh yes. Let them find you. As you give yourself this energetic shift you will help them find you. It is also important for you to continue declaring.

This is important for us to share with everyone; as you allow the energetic shift, as you call in the opportunity for the Metronian Channels to open, this is ABOVE the exploded crown chakra on the Divine Galactic Blueprint, your MAGNETIZATION becomes most powerful. You MAGNETIZE your energy field. And, as your energy field magnetizes you become very powerful at attracting those that you wish to have around you.

It is beyond what you would wish to have around you, as it is those that you have been called forth to be around and that were called forth to be around you, which is why you are here to begin with.



It is part of answering the question of why am I here? So we thank you for asking this for everyone. Yes. Many blessings.

Q: You mentioned that until the word came forth the Divine Feminine was more in power. I am accepting that I am here embodying WORD. I teach and reach others through WORD. Can you share some wisdom with me as to how, in my work, I can help bring the Divine Feminine back into balance?

Zadkiel: This is a beautiful question and we appreciate your asking. YES; We would LOVE to share this for all who wish to hear! It is important to bring the Word forth from the Void and not forth from the head. Bring it from the Void.

And when you bring forth the Word, read the Word and ask yourself, *“Does this offer judgment? Does this respect balance? Does this bring forth to the one who will receive this Word an opportunity to claim their own Void?”* If you can answer, “yes” to that, then you keep going. And you shall indeed reintegrate the energy you seek through that conceptual way of presenting.

Q: I have had this beam in my head of the 33rd dimension, and also apparently being “One of the Four”, and was also been told of being prepared to move on or being called to move on from where I have been. I was wondering if you could tell me what’s occurring?

Zadkiel: We are already answering you *(Zadkiel sends energy directly into her eyes)*

Q: Yes, I can tell!

Zadkiel: You must know this without the word, which is why we are answering you through the beams that are coming through us into you now. When you ask with great specificity, you will get specificity. Remain in the truth of knowing and the understanding will be there. This is not of this world, what you do. And so you must let your



understanding come in from that manner. Drink much lemon water for the next two days.

Q: This is quite a new path for me and there is a lot of change going on for me as there is for everybody, but it seems like the more information I get, I find joy in all of this and comfort, but at the same time I am feeling a little bit confused as to where I am going and what I am doing. Can you help me out with this confusion? I am moving to California and I am just not sure what I am doing anymore? It is kind of scary. I get into total fear the closer I get to my move.

Zadkiel: What you fear is ALL third dimensional turmoil. And you have called much third dimensional turmoil to you because you have polarized this energy around you now. Thereby, the only thing you can do is to embrace it fully. If you are in fear then **YOU BE IN FEAR. TRULY BE IN FEAR.**

We understand this may not sound like what you wish to hear. Thereby we offer you the **FREEDOM** that you seek if you embrace this fear fully and understand the root of this fear you will stop a pattern that. For you have been spinning out of control for almost two years. It is time to stop this pattern. It is time to get on the stick, as they say. You have called this new energy to you so that you can free yourself from this pattern and in order to do it you must go deep into it. As you go deep into it you have the opportunity to do this before you make a physical move. This will not be your last physical move. **AND you must ONLY CONTINUE WITH THAT WHICH YOU KNOW IN YOUR HEART IS RIGHT! You listen to too many people. Listen only to YOU.**

You have the Divine opportunity to be able to do this from your own heart. This is why this energy has come into you, dearest child, you are seeking balance, you are seeking union. It is already **THERE** for you.

You must simply walk into your Void and claim it.



You have been avoiding it because you are afraid to step in it. What a beautiful gift you give so many by modeling this. Now do it for yourself because that which you seek is already there for you and the joy that is you is beyond your imagination at this time. Dearest One, go into the cocoon so that your wings may spread and you may truly fly. You will walk through this. Know this. Know that it is perfection and do not have fear of the outcome. Simply walk through it. It will and is in perfection. Know this. Many Blessings.

Q: I also have been feeling all this energy and when you talk about those of us that move into the 5th Dimension and are just there for a short time and then moving on, I feel like that is me.

Zadkiel: Good!

Q: Can you share with me how I might be able to be aware of when that's occurring? There is a lot of stuff happening right now and I feel it moving me forward and I am just trusting my senses. So I am wanting some advice or guidelines so I know when I am moving through that.

Zadkiel: We ask you this. Clarify your question. Moving through what?

Q: Moving through that energy of the 5th Dimension to the next level.

Zadkiel: OK. It is important for you to recognize that you still must keep going into the 5th Dimension. The energies you are feeling around you right now, the energies that are calling you, are streams of consciousness that you have around you that are touching into the Metronian Channels before you are ready to integrate. You must keep going into the 5th Dimension with greater clarity. It is most important that you do trust! This is a great lesson for you. You are still integrating the trust/love. When you fully integrate the trust/love as ONE ENERGY without any separation, then you be able to lift fully into the Metronian Channels. Yes. You know this. Yes! Many blessings.

Q: How may I best achieve balance and higher awareness of my Self?



Zadkiel: Yes! We appreciate you asking this question because this is a question many will ask and so we thank you for bringing this question up. It is important for you to answer the question again, “why am I here?” And to keep answering that question.

Keep refining that question. It is also important to remain committed and focused on the Divine at all times. See the Divine in everything. And when you do not see the Divine, when you see that you are not seeing the Divine, be kind and gentle to yourself for that recognition and then again turn your eyes back to the recognition of the Divine.

This, too, is for a higher. This, too, is for love. The more that you practice this, the more that you integrate, then effortlessly you will be able to stay in this balance. It is also an honoring of your Divine Heart in perfect balance and union.

Go into your Divine Heart; anchor your Divine Heart, and stay in the truth of knowing. The more that you do this, the more will unveil and the EFFORTLESSNESS OF THE FLOW will be abundant for you.

Dearest Ones, we now speak to all of you.

It is important for you to recognize that the highest energy of love that has ever been available on a densified planet is here now.

It is here now.

You are at the time of bringing forth the highest energy of love.

**It is important to go beyond the concept of love as an emotion,
and to remember that LOVE IS A PLACE OF BEING.**

IT IS A KNOWING. IT IS A ONESHIP. IT IS BALANCE.

IT IS PERFECTION. IT IS UNDERSTANDING.

IT IS JOYOUS REUNION.



How do you do this?

You first claim the understanding that you are not alone. That you are never alone. When you sit, or you say, I am alone, or I am lonely, you go into your heart and you remember I am not alone.

I AM a Universal Being of Oneship.

I know why I AM...HERE!

And if you do not know, you keep going, keep going. You claim balance. You claim reunification. You understand the truth of Being. You joyously celebrate your fear; you joyously celebrate your celebration of Being. You are deeply loved.

You are DEEPLY LOVED. You are deeply honored! Know that the peace that you seek on this planet exists within you already. Be the peace. Be the oneship. Be the knowing.

We love you dearly. Many blessings.



Archangelic Metronian Preparation Breathing Exercise:

1. Take your hands and place one on the front of your solar plexus and the other on the back of your head at the occipital spot, (bottom of head just above the neck).
2. Sit up as straight as you can, let your spine be as straight as you can.
3. Begin to really flex your “butt” muscles 3-4 times and open up that energy center.
4. The breath is going to go up the spine and out the crown, so you are basically holding straight this portal of clear energy.
5. Breathe in deeply drawing the breath up the entire spine and out the crown.
6. When you exhale, do so with sound, (*integrate the Ave-SA energy*), and continue to fully exhale as long as you can so that all breath is released.
7. Repeat the entire process several times.
8. Complete by relaxing the hands onto your lap palms up and by enjoying some deep cleansing breaths.