



Message Twelve of Twelve

Ascending into Full Fifth Dimensional Consciousness

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa

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Archangel Zadkiel Speaks:

Yes! Hello and we welcome you. We wish to offer you energy exercises and experiences. Indeed! You say: "*Oh, Zadkiel, exercises and experiences sounds tough to me.*"

We say it is not that tough. It is...what is. Each time you inhale, each time you breathe, you are exercising, are you not? You are energetically exercising that which is within you. It is important to recognize that you must regularly exercise your energy.

Releasing from Energy Stagnation

Your energy can become stagnant as with everything else.

*For as you have and as you are, as you move and as you do,
as you excel, as you accelerate, and as you move evermore into the
depths of the Ascension Awareness that YOU...ARE:
it is important for you to REMEMBER that you must exercise your energy.*

You all say: "*I have energy. You have energy. Feel that energy. Don't feel energy.*" It is important to remember that as you move through many states of energetic alignment and energetic consciousness, ALL ENERGY IS FLUID.

*It is fluid as all is fluid.
There is no stagnation in a realm of pure energetic existence.*

For you dear ones that carry these bodies, these vessels, these cellular components that have skeletal systems and blood and tissues, it is important to REMEMBER that as you are returning to pure energy, the body will initially want to resist.



It may find you feeling sickly. You may say, "*I can not stop feeling sickly. I can not stop spinning. I can not stop feeling certain emotional ways. How can I move forward?*"

BE-ing Energy: Vibrational States

It is important to re-cog-nize that YOU...ARE...becoming adept at BE-ing energy, not feeling it, *BE-ing it!*

Re-cog-nizing the molecules within is ALL that offers you a body, is it not? Yes! Frequently you are moving in and out of many different vibrational states. We love this word vibrational states. We play it like a harp. Oh, Yes.

You say: *what vibrational state, this vibrational state, that vibrational state*, oh my goodness. It is important to remember that a vibrational state is maintained when you are in perfect harmonic alignment with the energy that is indeed you. The experience of pure consciousness. The experience of pure soul.

When you are experiencing pure soul, your energy vibrates and you shift into many vibrational experiences. So many say, "*I have been somewhere. I have done something. My vibration shifted. It shifted from here to there. I go somewhere and feel higher vibrational state.*"

Ever do this? Yes! Of course you do. It is important to re-cog-nize that within each one of these experiences, you are simply practicing the exercise of moving energy.

It is a great gift to shift and move energy often. Try to avoid considering it as a higher or lower state. Discover this energy as an influx and an outflow.

You get bigger, you get smaller, and you expand. If you were to do a jumping jack, you would stand, then go up, then go down. These are different states of experience. There is one set of feelings when the arms



are going over your head, another set when the arms are coming back down, and a whole other set when you sit down! Yes!

Learning How to Consciously Move your Energy

Each one of those energies is an exercise. It is an exercise. Remember to avoid taking the experience of energy for granted.

Energy can indeed stagnate. It builds up and then what happens? It becomes most static. You ever see static? Shuffle across a wool rug, and you will find static. Yes! You are stimulating the energy that has been in its own way stopped.

When you stimulate, when you shuffle, you break up the stagnation. This is why we have shared so much about movement. Do you remember the Holy Shmoly¹? Good! If you do not, revisit it.

Yes! As you do the Holy Shmoly, as you open up the energy centers. As you go to the heart, as you move, as you do all of the practices², you give yourself the gift of fluidity! You become the fluid movement and nothing can be stagnant anymore.

Only within stagnation do you feel stiff, stuck, and unclear.

When you feel unclear, when you feel stuck, when you feel you must have more answers, when you say what is the next step, then is when you must move! Move the energy!

There are many ways to move the energy. Most recently we offered you the flap and clap; YES, you remember the flap and clap³? Good! As you experience the flap and clap and the opening created, you are moving, you are lifting!

¹ This is the Miracle Hands practice as taught in Lesson Three of this series.

² Direct reference to ALL practices that were shared during this entire series.

³ This is the Angelic Wing Portal practice from Lesson Ten. There is also a video of this practice.



Dearest ones! YOU...ARE...at the time now when your head will indeed try to keep you trapped evermore. Because the 5th dimensional expansion is complete.

The 5th dimensional experience is completed. It is open!

Accepting the Existence of the Fifth Dimension

This door, this pathway, this existence, has been here, has been available. ALL of the necessary energetic alignments are complete for you to 100% exist as an energetic expansion of pure delight.

Are you ready?

Your brain will kick in and say, "OK, now what? Where am I going? What am I doing?"

You are at the time when these 12 lessons of the Living in the 5th Dimension, combined with the explanation of the Divine Galactic Blueprint, are the pathways that offer you an opportunity to truly lift from the body...yet still have a body!

Do you understand this? To lift from the body, yet to still have a body?

This is not a parlor trick. You already do this often. To consciously do this, you must allow yourself to remain in the consciousness of energetic exercise. Energetic exercise!

You must exercise your energy.

Now the brain and the body for many, right now, they are not ready. And you will say, "OK, they are not ready. This is OK."

Help them exercise to be ready! Breathing together is an exercise. Holding hands is an exercise. Swirling is an exercise. All!



Remember we shared with you breathing with a tree⁴? Remember aligning your spine with the tree? This is also a very powerful energetic exercise because it allows you to align with the elementals. It allows you to call in the elemental energy and to re-cog-nize the energetic shift between a Light Being who is on their expansionary path and an elemental that is expanding through that which is in density form now.

We shall explain more, so here it comes.

Experiencing Energy & Dispelling the Myths

Are you seeing the fairies? Yes! This is the good question. Many more are now seeing. They say: "*What is that twinkling in the twilight? What do I see?*" We use the word fairy because it conjures up such sweet smiles from you when we say it. It is most precious.

Yet! To use the word fairy is very limited. You must understand that all of the definitions that we offer to you are *limited* and YOU...KNOW... this. They are limited to that which has been brought through in your density realm. Much of which has been created based upon misunderstandings.

The representation of the angels in your realm here is a fantasy that all angels have wings. That we fly in. We like to fly, and indeed YOU...DO...too. YOU...do not need feathers.

Wings of feathers are a creation of the realm of density which understands a propensity to fly needs a feathered wing. This is a misunderstanding of the divine energetic portal from which we are able to transport ourselves effortlessly. From which you are able to transport yourself effortlessly.

The time of your truth of teleportation is upon you. This is why the myths must dissipate. Yet the myths are beautiful, are they not? Beautiful winged creatures! The human with the winged feathers is very

⁴ Reference to the practice offered within Lesson Nine of this series.



beautiful. Through this form of angelic representation, one feels safe. Many have accepted many things in the feeling of familial safety.

Familial Safety and Breaking Paradigms

Familial is represented to you as a human in form. This is the family we talk about. In familial safety you want everything to look like you or at least close enough to you to form a basis of comparison. You want it to look familiar. You want it to be familiar enough so that you can feel safe and comfortable.

Dearest children, YOU...ARE...at the time of breaking through ALL paradigms. To break through ALL paradigms.

Break through what you think you look like. Break through what you believe ALL looks like, what ALL “should be”. This paradigm release opens the gateway to the 5th dimensional experience.

When many first walk into a multi or another dimensional experience, often times the initial experience is very similar to your current concept of density because you are still in a density consciousness format.

You bring that with you, yet very quickly, YOU...ARE...able to dissipate through the myth and go into the truth of that which is existing in front of you.

Practice by seeing the fairies! A good time to do is around the sunset. It is energetically a very good time. It is also very powerful. If you have not already, you must begin to allow yourself the gift of reconnecting with your sun. **Reconnect!**

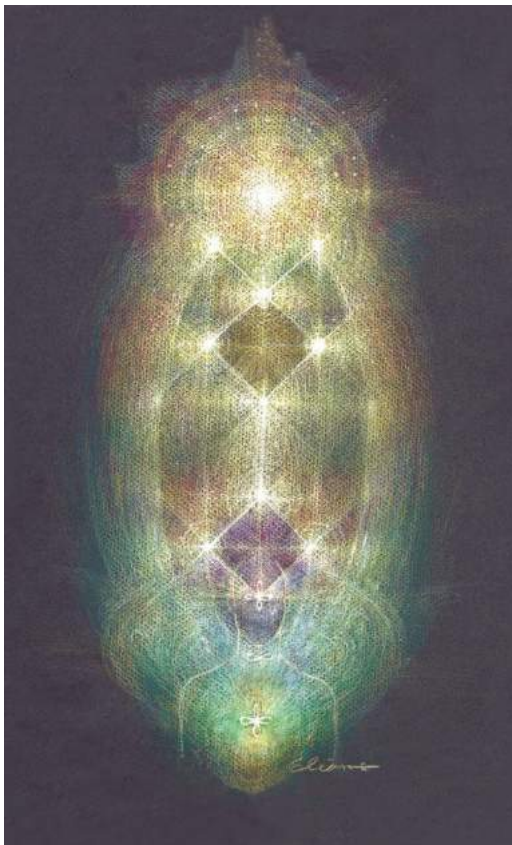
You live in a world that has become paranoid of that which offers you the greatest gift. Your sun is a great gift in many ways; yet there is great paranoia of the sun. We are not saying to abuse the sun. We are saying it is important for you to reconnect with this ever-important energy.



Reconnect with this energy as you reconnect with the energy of the moon and as you reconnect with all the elementals that are dancing around you now.

Fully Activating the Divine Galactic Blueprint

The more that you reconnect and carry forth ALL these energies; you will then be able to take your own Divine Galactic pathways and begin spinning them. It is not a one-dimensional existence.



When you enter into the Divine Galactic Blueprint you start from the ascended heart and move through the truth chakra. YES!

Then you move up through to the anchor of the exploded crown, what you formerly have called the third eye.

When you allow then the ascended heart to lift into the center of the exploded crown chakra, just above the head in the area you formerly called the eighth chakra, it is important for YOU to re-cog-nize and expand your view. *Expand your view!*

Let yourself spin. Let the blueprint start spinning.

Now some will say, "*Clockwise, counterclockwise, which way?*" This does not matter, spin in the direction that feels right for you. You are not all the same. You each are unique and some of you will be spinning in ways you didn't know you could spin. It will be most fun!



Allow yourself to open this pathway. As you do, open ever more to fully living in this fifth dimensional energy now.

Children, it is important to remember one thing, you have spent lifetimes practicing for this moment now. Many say, "I have not learned enough. I have not studied enough. I don't think I know how." Rubbish! YOU...KNOW...how. YOU...HAVE done it before!

Entering into the Self-Ascended State

You must **remember** there is no time needed. Years and years of study and practice, this book, that book are not needed. No! What you need to do is **remember you have done this all before.**

Dearest children that is the pure definition of Self-Ascension. The pure definition of Self-Ascension is remembering that you are a co-creator.

Within the full remembrance as a co-creator, YOU...absolutely KNOW...YOU HAVE...done this ALL before. When you return to your co-creative consciousness with full memory, then you are in the Self-Ascended state. Then...YOU...ARE... AWARE⁵! Then...YOU...ARE...able to move forward with great delight and great ease.

More and more you have much that is calling back to you saying, "No, I must do this. No, I must do that. No, I must do." We invite you to release the word must all together. ***There is not any-thing you must do.***

Many at this time wish to convince others of many ideas. You have many that wish to convince you of other ideas. As you look around this planet you see many who are trying to convince others of their ideas.

REMEMBER dearest ones that your soul in its expansion, is ready to do only one thing now - begin the reunification with the Oneness of life.

⁵ Awareness is the First step in integrating full Ascended Consciousness into form. It begins the eternal experience cycle of Awareness, Experience and Choice!



You are at the most powerful time. In this realm of density, under the veil of forgetfulness, would it not make perfect sense that others would try to convince others of their way if they are seeking reunification?

"Oh you must do it this way. You must do it that way. My way is the only way; this way is the only way. Your way is wrong; my way is right!" How often we hear this from so many of you! It is simply another misunderstanding under the veil of density of reunification.

That the power of the belief system becomes so overwhelming⁶ that it must now force itself upon others because there is simply a misunderstanding while you are operating under the premise of density.

Many of you understand that polarization is indeed increasing at this time. *It must!* As the 5th dimensional energies are fully completed and fully available, *fully available*, try to wrap around that one! Fully available to live in right now! The seventh and the ninth are already calling to you and you know this. It is much more beyond the fifth.

As we are exercising our energy together with laughter, is that not a good exercise of energy? Yes!

Each Must Find Their Own Way

As you are exercising your energy, you must realize that as your multi-dimensional energies have become completed for your sustenance and integration, that the third dimension is holding on tight.

This is why polarization will continue to increase!
The third dimension is not without its own consciousness in and of itself.
This alignment that is calling many into it, is absolutely OK!
YOU...Must KNOW this!

*Break free of the desire to help others find their way.
This is important to KNOW. Each must find their own way.*

⁶ This is an early reference to the density attraction of Group think and the nature of this energy.



How you can be of greatest service is to be the greatest Self that you are NOW. Stand in your Light, in the purity of your Light, in the openness of your Being. As you stand in your Light and as you emanate your truth, that is how you serve others. That is how you do it!

*Your words mean nothing, dear ones, to anyone.
YOU...Must KNOW this, even to yourself.*

We have shared with you that there would come the time when the word would have no meaning, that you would be known by the truth of the Light within.

*You would be known...*we used the word marker at that time because we had no adequate way to describe this experience until we fully explained lifting into the exploded crown.

When you carry your true heart, the Ascended heart, into the exploded crown, you are once more a beacon of great Light and great Joy!

This is how you will be known.

Emanation and Realignment

There will be many that will very quickly change their words often. *"Oh no I meant this. Oh no I meant that. Oh no I wanted to do that. Oh no I should have done that."*

*The word is not necessary. All we see is your heart. All we see is your intent.
It is not the word. Your heart combined with the intent of the soul
is the truth of your emanation.*

What are you emanating? What *are* you emanating?
And as many emanate and go forward evermore, they will discover as they emanate within their truth, that they may shift those they are with. Yes! There will be those who say they cannot handle this, and that you



are messed up. OK! And, there will be those who say, "*Wow, never saw you before. Must hang with you now! Cool!*" Understand that this will happen, even if it has happened to you before.

Realignment is an energetic exercise. It is important to recognize that as you energetically exercise, all of the alignments, all of the meridians, all of the lay lines are shifting. Do you think only the planet is shifting? Dearest children, ALL is shifting with it.

Recognizing the Gift of the Seven Portals

Grids and new foundations are being opened, are being realigned, and are being reintegrated. You carry within you the roadmap to reintegrate many of these energies. Dearest ones are you not dancing for joy that all seven ascension portals are now open on this planet? *All seven!*

Dance in great joy at sunset. Call in your fairies, have a party. IT...IS... a good thing! They have not ever been open at one time on this planet ever. *Understand that!* Is that strong enough for you to get? IT...IS!

And so, YOU...must recognize, IT...IS...good! *All seven and each seven are tied to another seven, are tied to another seven.* It is a boundless framework that is now opening and expanding all around this beautiful globe. And you can enter into the fifth dimension at anytime from anywhere.

This temple⁷ now carries that grid work. YOU...carry it within the temple of your heart. You carry it within the temple of your BE-ing-ness. In the recognition of your emanation, pay attention dear ones. Your emanation is what carries you.

Many will say: "*How can I do this and keep a body? Will my body know what to do?*" Please believe us, it has plenty of practice. It can do it on auto pilot now. Yes! It can!

⁷ A direct reference to the 16-sided Lotus Temple at TOSA Ranch, New Mexico where this Insoulment was originally delivered.



Let your body do what it does best. Let your body know you trust it.

*Your body needs to be trusted as much as you trust your soul,
as much as you trust your spirit.*

Acknowledging the Body

Dearest children, as you have grown in trust, trust your body to take care of you. It is not out of balance. It is not in need of chemicalization. It simply needs you to trust it...enough. Love your body...enough.

If you have not today, take in a good look at your body and say, "I love you!" From the deepest sincerity of your exploded crown integration offer this love, and then do it again and say thank you.

You have this magnificent vehicle that has housed you, that has taken care of you. If it is resisting you right now, then it is you who are resisting it. It has offered you a powerful gift.

Every day, *every day*, begin your energy exercises by hugging your body and laughing joyously and saying, "I love you, thank you!" You will be amazed at how it will respond. You will be amazed!

Remember dearest ones that this body has housed YOU because it knows the truth of you, and yet, it is afraid of you leaving. This is why you must trust the body. If you trust the body, you can truly integrate the heart. And! As you truly integrate the heart, and as the heart integrates into the exploded crown, *then the body knows there is no fear* because it sees you in harmony with yourself.

It is only when you are in disharmony with yourself that the body responds with discomfort.

The body will create its own way of saying: "Something isn't right here. I am calling you, pay attention." And so, pay attention.



Your body experiences vibrations as sonic shock waves. As your body feels a sonic shock wave of a vibrational shift, *if your body is not prepared with enough love from the truth of you*, it will respond negatively to many vibrational shifts, especially when they happen in a short period of time.

On this planet now, the vibrational densities are shifting rapidly and often many times during the day. You are in a period right now of rapid destabilization which will lead to a stabilization period which will not be fully stable until June, this coming June⁸.

You have between now and then to become well practiced at loving your body. As you do, you will effortlessly go through this time. *Effortlessly!* There will be many, many, many, *many* destabilizations during this time in many ways between now and what you call the June.

It is important for you to be stable within. This is why it is **imperative for YOU...** to review these 12 messages. Look at all the energy exercises. Do them! Integrate them! Make sure you know them!

It is not the only way. Yet, it is one way and it is a way that makes it a lot easier. Sometimes it is just easier. You don't have to suffer through anything! It is important to know that. It is very important to know that.

*When you choose to suffer, you are choosing to experience, so suffer good! And when you're done, you say enough of that, I am done! I choose not to suffer! We say Hallelujah; OK let's get on with it! Yet we will support whatever your choice is. If you choose to suffer, suffer good. If you choose to get on with it, then get on with it. Get on that horse and ride.
Yes! it is time. It is time! It is time!*

The Gift of Decision

As you move forward now, make your declaration to your soul, to the depth of your soul, to the depth of your body. We have asked you,

⁸ This was the original sharing and would have been equal to eight months. The sequence of the eight is the greater message for this time.



implored you, and shared with you that the only must, *if you must have a must*, is to make a decision.

What is your choice? Do you stay in density or are you choosing to align with dimensional energies that are not of density?

It's a simple choice, yet many have not made it. There are many within themselves that believe they have and have not. This is the only place where you can be stuck. If you say yes, then say YES! If you say no, then say NO! Either way IT..IS...a good thing. You know what you are doing, do it well.

All around you, you will see many who will begin making more choices and who will be drawn to those of you that are holding the emanation of the pure consciousness of Light, of the reintegration of Oneness and One-ship. It is a great time for you. It is a *great* time!

Connect with the portals often. Connect with the energies often. You must know that all of these portals have gone down deep into what you call the core of this earth and have connected as one at the central core.

When you connect with one, you connect with all. There is no separation. There is not just one or the other. There is ALL. It is a power-full cleansing and it is a power-full time.

[Lighting the 12 Torches of the Elohim](#)

Dearest ones, as you move up through your own Divine Galactic stairway, there are the 12 torches of the Elohim and the Enochian lifestyle.

The 12 torches of the Elohim have not ever been lit together at a time where they were revealed to each of you. As you move into the exploded crown, you open 4 torches of the Elohim connection. As you move beyond into the 5th dimension, you open 4 more. And as you go beyond



the seventh and the ninth *and* the eleventh, the twelve torches are fully illuminated for you.

The Elohim, the Creators, that which IS a gift of great Light, Love, and Expansion, is YOU. YOU...must recognize you are a co-creator. YOU...ARE...a co-creator! As a co-creator in full remembrance, ALL is well and ALL is lit.

*Do you wish to live an Enochian lifestyle?
Do you wish to live the Elohimian way?
It is as simple as your chosen emanation.*

You must begin, and it takes energetic exercise. It does take energetic practice because you have many times when your energy is pulled in different ways and it does stagnate.

Stagnation can occur in the body as tumors, cancers, and many different ways. Stagnation can occur as depression or many emotional challenges. Stagnation can occur in many ways! Many ways!

Ask yourself, "*Am I stagnant?*"

And if you are, call forth a torch. You will know from where. Look at your own Divine Galactic Blueprint and see which torch in that moment calls to you. That is the torch that shall come.

It shall transmute with the transmuting flame all stagnation and call forth the opportunity to hold all emanation.

You are at the time of powerful emanation. More and more you are at a time where the word means nothing.



The 12 Torches of the Elohim Ignition Practice

Breathe deeply into your hearts.

We light around each one of you now four torches. The colors of the flames are different for each of you. Breathe! Feel! Know!

YOU...must...KNOW!

See the colors of them. Many colors, many flames, each of these fully activated. When you bring your heart into the exploded crown, these torches are present.

You may grab them with your hands, you may call them forward, and you may simply move them with the energy that you are. Use them in your healing. Use them in your work. Bring them forward. Call them forward. Anchor them around you. Anchor them around all you do.

KNOW the truth. They are as shamanic as they are mystical, as they are enlightened, as they are Light, as they ARE...YOU.

Welcoming the Benevolent Ones

We wish to talk to you about the Benevolent Ones. The Benevolent Ones are present on the planet now. Some of you have already talked to them in person, as they say, through the Kira, and some of you have met them energetically.

It is important for you to know that we have loved this year with you and that we shall simply be, as you call, the moderator or the guest host, for the Benevolent Ones will indeed begin your journey well beyond the fifth dimension.

They bring great Wisdom from the Source that YOU...ARE. They bring great Light and great Love to YOU. The information they have to bring



to you must only be brought through them. We wish for you to know this, because as we share this with you, as your torches are lit now, we are offering each one of you a crystalline connection so that you may already begin connecting with them.

The Benevolent Ones have come in to assist you to understand why preparation is needed. We are offering to those of you reading this, the same energetic preparation.

It is a most powerful time. It is a most powerful BE-ing. It is a most powerful KNOWING when you can dance in the celebration of the truth of the soul! When you can be in the joyous celebration with ALL.

Dance at sunset with the elementals; see the fairies. Let it BE and release! Release the picture in your mind of what you think it should look like. Let it evolve.

Take your torches, put them before you and look through the flame. From there you shall see the true picture and it shall expand for you exponentially. There are no limits. Limitlessness is your home. It is “the time” for YOU to re-connect deeply.

Go deep into your heart. Bring your hands to your heart and close your eyes. Let your four torches, the great gift of illumination come forward before you now. However you wish to see them, bring them in front of you.

Take in this moment of Divine knowing. You are a conscious co-creator. You are in a state of KNOWING, BE-ing, and re-leasing ALL that is not of great service to you.

*Many blessings, many blessings.
Take in a deep breath. BE...the emanators.
REMEMBER! Your emanation is your truth. It is all that is true.*

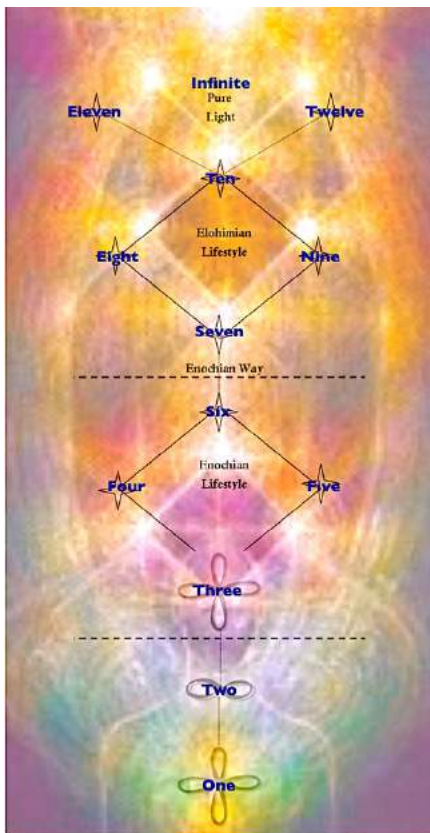


Meet each emanation to emanation. Know this gift as you know yourself, as we know YOU.

And so, in your heart whatever question you are calling forward, whatever in your heart is of the highest emanation, KNOW that YOU...ARE...heard.

KNOW that YOU...ARE...being responded to.

KNOW how much you are loved.
 KNOW how great-full WE ARE for YOU!
 Many blessings.



The Divine Galactic Blueprint In-depth Overview

The energy of the Divine Galactic Blueprint moves UP!

- 1. The Ascended Heart** – (traditional 4th chakra)
 - 2. The Truth Chakra** – (traditional 5th chakra)
 - 3. The base of the Expanded (exploded) Crown** - (traditional 6th chakra)
 - 4 & 5. Stabilizing the Crown expansion**
 - 6. Balance between Density and Infinity**
 (Note: DGB Chakras 4,5, and 6 are the expanded traditional 7th chakra)
 - 7. Gateway to Ascended State of being**
 - 8 & 9. Stabilizing presence of Ascended energy**
 - 10. Gateway to the infinite**
 - 11 & 12. Anchors of the Crystalline light**
- Infinite -- the void of creation -- the “zero-point”**