



Message Two of Twelve
The Fifth dimension is Now!

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa
November 30, 2004, TOSA Center for Enlightened Living, Tijeras, New Mexico, USA

*(Note: This transmission opens with two energy exercises left in the text for your benefit.
We strongly urge you to participate in them.)*

Archangel Zadkiel speaks:

Yes! I am here, good afternoon. . . welcome! It is good to see you all here! What a beautiful vibrant rainbow of colors we see today! Yes!

*It is most majestic for you to be here to be in the truth of your own majesty.
May everyone know how loved they are!*

Calling in the Ascended Heart Chakra: Root of the Ascended State

So, how was your practice? You say “what practice?” Some say “Did I practice or not? I forget, was I supposed to?” Do you remember? Of course! So, let us do this practice together.

You begin with your right hand on your heart. Yes! Let’s do again, yes, breath in, yes, as you have the hand on the heart today allow yourself to understand the truth of the root chakra of the ascended state.

For while we are here to talk to you about the next chakra we are also here to talk to you about the creationism energy that has now expanded on the planet that in the next 30 days will crescendo, *(we like that word)*.

Creationism energy that will come in as a culminating crescendo in the next 30 days! As you have your hand on your heart, close your eyes, feeling the energy in the swirl of the divine infinite symbol.



Feel the crystalline emerald green of this symbol. Know it as it comes through you. Expand this so that it goes beyond your body, beyond this temple, beyond this life.

Send out this energy, you can do it, you know how. Yes! And, as you send it out, as you expand it, call in the infinite symbol that interlocks with this one of the vibrant pure gold.

Vertically interlocking with this one, *(the emerald green)*, and allow that vibrant gold to go up all the way up and out the crown. Then send it all the way down and out the feet.

***Let the two become one, let it clear, let it heal; let it escalate your vibration.
This is the truth of this practice.***

This is the place of spacious energy, yes! Relax your arm from your heart as we ask you to bring both hands down to the solar plexus to do some further cleansing.

We wish for you to do this with your hands on your solar plexus and to call in that same heart symbol of the integrated infinite. The emerald infinite with the gold infinite interlocked.

Let it embrace all of what used to be the there. Yes! Breathe as you call in the linkage and let it release. Yes! This is a powerful gift!

Breathe ever deeper. . .out, in again, out. Yes! Very good, out and in, in and out. Yes! Yes! Relax your hands outwards and say thanks to yourselves! Thank you. Thank you, and you may relax.

The Floating Soul Energy

This feels much better, it feels like floating. Floating is an important energy! Whenever you float, you lay on your back on some water and you hang out and let the water float you around.

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If you have not done this, simulate it. You can try this in your tub. While your tub may not be big enough, (*to fully float*), it is important for you to practice the understanding of what it feels like to float. To BE. To touch the truth of the soul.

This is an important practice because in this practice one finds the depth of the truth. One understands what truth is.

For when you float the ego has no spaciousness. In that moment there is you, and there is the floating; and in “the you” there is the preciousness, the vitality, the oneness, the wholeness, the truth of the being that you are: Effervescent, Joyous, and always available at the highest source working through the divine and knowing the truth.

Embracing the Galactic Imprint: Healing Up!

We talk to you about the floating as we discuss the energy chakras today. We offer you the further gift of moving up, lifting up, healing up!

It is time for you to say yes to your fifth dimensional existence and to say thank you to the hologram of this dimension.

To understand the big screen TV!

To KNOW that you are the observer as you are the observed!

This is an important discernment for you to remember. You are in the opportunity to observe as you are in the opportunity to be observed. So let us talk to you about the next chakra of the ascended state.

The “Truth” Chakra

The second chakra in the ascended state in the truth of your being as you move up into the Galactic Imprint of Universal Oneness is the chakra of truth.



The chakra of truth exists right now where you think it is a throat and this is very ironic, is it not, because it is used for much more than the truth! Very often it is misused. Yes!

It encompasses much different energy. Take your hands and bring them to your throat, and let the spine go as straight as you can for this moment. Yes, yes!

Close the eyes and give yourself the gift of connecting with the emerald green spiral from the heart. As you breathe in, lift this spiral to your throat. As it lifts into the throat you watch it become sapphire in color.

Breathe and lift as it becomes from emerald to sapphire, deep sapphire, and as it does if you feel congestion in the throat let it come out, make the noise, let it go, clear it. Say OK! Go! Yes...Yes!

Make the noise, even if you are thirsty, let it out, let it go. Excellent, excellent, excellent and relax. Yes! Float again.

We encourage many of you this month to do that again, and again, and again, and again. Each time you do it, don't be surprised if you find more caught in your throat; if you find yourself with a sore throat.

Some of you may have even have been playing with a sore throat in the past few days. This is because this energy was already moving, because the placement of this energy was already rising inside of you.

You may have been speaking things that you think are unheard of, you may have been feeling things that you thought you should not have been feeling, you may have said, "Why have I said that, how have I said that, how could I let myself be that way?"

Good! Yes! It is good for you to know that it means that you are clearing it out. That you are coming into the power of the chakra of truth! You must convert this chakra to the chakra of truth.

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Releasing the Word

All that comes out from the throat chakra...if you choose to use the word...is the word of the false Gods. The false God of the word. Yes!

As you integrate, as you bring in the truth, as you integrate the new “root” which is the heart, as you live in the root, you can come into your true center at any time.

As you allow this new energy to lift into the truth chakra, the second chakra of the ascended body, it is a beautiful emerald converted into sapphire spiral.

The reason we say emerald converted into sapphire is because it carries an aquamarine color, yet it is a sapphire blue with the green melded in to it. This is best we can describe this chakra, for the rainbow of the 12 chakras that are coming in for you now are very different than the colors you are accustomed to seeing here and so we do our best to give you the information that gives you the visual. This is the best we can do.

Now that we have brought this energy into our throat, how many of you are feeling in your throat? Are you not? Yes! Yes, you are! You say, “Oh my goodness, I did not know it was there!” Good, it is OK that you did not know it was there, it is time to let it go.

Creationism Energy

Dearest children, for the next 30 days you are in the powerful energy of the greatest creationism that has been in existence on this sphere/planet since your beginning!

We need to talk to you about this because you must be aware of the rapid escalation of events, and the chaos and the craziness.

We will begin by explaining the concept of creationism.



The energy of creationism is as if you have a sphere, and in that sphere there first must be made an environment that is compatible with those designed to be of that sphere. An environment that allows each to be able to exist in the manner of expression that they desire.

When the sphere is created, it is first created to support the expression of expansion of light in whatever expression that is taking and so creationism begins with supportive structures.

In the supportive structures there is the birthing of an energy, there is the birthing of the supportive structures, and therefore creationism is a way of describing a birthing process, is it not?

You begin with a birthing process. You must first birth something, yet the energy must exist to create the birth structure.

After the birthing there is the time of expansion, the time of creating, the time of growing evermore. There is the time of saying OK to that which has been given birth to and to place it in this environment to expand.

***That is what gives birth to creationism.
As a being of light, as a being of true light all you can do is expand!***

You have heard this before, I have shared this with you many times, you can only expand. Yet, many receive energy and hold on so tight! They say, "OK here it is, mine, mine, mine!" It is and it is not.

Energy cannot be owned just as a planet can not be owned.

Who owns this piece of the planet, who owns that piece of the planet causes much chaos, does it not? We do not need to spend time on this one.

You know this.



The Time of Culmination is Here

In the birthing process, you have been birthing as beings of expansion, of beings of light. This has been a process for you for many; many, many, many what you call years and in three cycles.

This is the culminating time of the third cycle of the existence of the density experience. The way of expressing yourself through having birthed into vessels, this is the time of culmination. This is the time of the third expression of density expansion.

This is also the last time that you will do it this way!

You've collectively been here, done this, before. Enough is enough, it is time to go on and so in that process of gorgeousness; because to us it is gorgeousness to see you all so beautifully expanding and growing and getting ever higher. So in that process, in that time, you have attained your own creationism energy.

The Expression of Consciousness

In the creationism energy that has entered into the planetary sphere over the past 60 days there has been energy that has been offering many rapid growth and rapid terror, rapid chaos and rapid unity. It is a time where your consciousness is being called forth as your expression. You cannot hide from this one...get that!

You cannot hide from this one and we talk to you about it today because your words are meaningless in this one also, the words have no meaning!

In the effort for you to call in greater consciousness, many of you speak many good words. You know the words to say and then you go home and don't live them.



In the time of the calling out of the consciousness, in the time of the creationism, it is indeed the truth of your consciousness that will be expressing and manifesting itself over the next 30 days.

This will come out to you very forwardly. Observe as you are observed during this time because all those who are connected with you in your experience, your families, your friends, your coworkers, even those you do not know, maybe someone you met long time ago, do not know, but all those who are connected with you in one realm or another are in this creationism process with you at this time; their consciousness, as with your consciousness, ALL.

Therefore it has to be all 6 billion, (*7B in 2020*), would it not? Yes! All 6 billion are going to be coming forth in the creationism energy.

In the creationism energy the truth of your consciousness will be your greatest expression. Your words have no validation.

Over the next 30 days, especially over the next 30 days, there will be many, many, many manifestations of consciousness coming into form.

As your consciousness comes into form pay attention. Pay attention to your own life. Pay attention to your own environment. Pay attention to that which you think is happening to you, for you, with you, among you, because it is all an expression of the truth of your consciousness.

Here is the gift, if that is not gift enough, here is the big gift: you have the opportunity because you are AWARE of what is happening to pay attention enough to say:

“Do I or do I not need to shift my consciousness?
Am I or am I not being true to myself?
Am I or am I not living the truth?
Am I speaking the truth? Am I being the truth?”



Am I in the absolute oneness with this powerful creationism?
I am aligned with divinity! I am light! I have the opportunity to call forth
now the greatest form of creationism ever available, ever!”

Is that powerful enough?

This is big...huge, you must let everyone know this, do not keep this a big secret! If they think you're crazy, just say OK, thanks, doesn't matter you gave them the seed. This month, the next 30 days, are very important. Pay attention to every minute, every second, every second within a second, everything you do...everything you do.

Last month we asked you to keep your eyes focused on the divine. This month practice even more!

Keep your eyes focused on the divine at all times! Call in consciousness. You will see around you by the end of this month acts of consciousness that will horrify you if you do not stay focused on the divine!

The Power of Miracles is in Your Hands

Dearest ones; you have the gift of knowing! You have the gift of BE-ing. You have the gift of knowing that the consciousness that you are is expressing now. If all around you is not in alignment with the truth of the highest light, joy, and peace, then know that you do have, in this 30 days, the absolute power of miracles in your hands.

It is in your hands to build the miracles and you can do it this month. You are the miracle maker.

You want it; you reach out and get it. You say yes! Yes...Yes! Some will say, “I cannot believe this, it is too much for me to believe.” Know then that their consciousness is still expressing ego. OK, good. This is an opportunity to pay attention and say,



“I must make a decision. Does my ego rule my consciousness or does my consciousness say thank you?”

What a good gift; a good reminder. It is then that you take your hand to your heart and focus your eyes on the divine. You have this power.

You are powerful beyond your own measure and it is in your time of collective history, the window is wide open.

You are preparing for the year of the Lord. We can only describe it as the year of the Lord and we shall talk much more about this when we talk to you again in that year. We are wasting no time and this is why we have asked for first day to talk to you. No time to waste.

As you enter into the year of the Lord it is extremely important for your consciousness to have made a decision. And! This is the month of the decision making process that will be made in more than just in your own hearts dear children.

It will be made globally by those who are conscious and by those who are not so conscious and this is fine. Consciousness does not discriminate. Consciousness has no barriers, however, inside a vessel consciousness can be in many different forms and so all forms will express this month. You will see them all come up. Pay attention globally!

Pay attention. Pay attention. Pay attention.

We wish not to offer you anything that you may feel is frightening. We wish only to bring you the news of the joy.

You are at the time of the greatest unveiling, the greatest connectivity, the greatest manifestation; the power of the miracle is in your hands.



The Miracle Manifestation Technique

Hold out your hands, good, both, put them both out and state:

“Holy Shmoly, there are miracles in here!” (much laughter)

This is important for you to remember. Any time that you are not in the consciousness of where you want to be, you put out your hands and you hear me say to you: Holy Shmoly, there are miracles in here.

This is your mantra of the month. What is it?

Holy Shmoly there are miracles in here.

Good mantra, yes, good, good clapping, yes, making miracles, yes!

Use this power, you have it, use this power, it is your month.

Dearest children we cannot say to you enough how long you have waited for this month, so embrace every second. Take it in; wake up every morning and say thank you, thank you, thank you.

“I have another opportunity to make miracles.”

It is a very important month for you and for everyone around you. If they cannot hear you, you take your hand and put it on their heart, you do not need words, this is the truth of this chakra, this is the truth. We do not need to give you words, we could sit here without speaking and you would hear us, know this too.

Words are but a convenient method of the realm of density to be able to reach as many as possible. This is why we offer you these new words. Energy, music, love, tone, these are the true words are they not? The gift of one heart to another, you carry that miracle with you all the time.

Do not judge, nor decide who is worthy. Know that YOU ARE WORTHY and so are all 6 billion. Know this, know this, know this, know this! You are worthy. You are an amazing being of elevated light, love, joy, and peace.

Wake up every morning during these 30 days and say;

“Yes, I made it to this point. I asked to be here and I still am. I am here at the time of the miracle. I am here at the time of the unveiling and I am ready to go into the year of the Lord. I am ready!”

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Declare this every day of this month and by the end of this month your consciousness will be activated to a point of galactic reunion and you will be ready to receive the divine blueprinting.

This will bring you into the higher truth and connectivity and the miracles you see will be so common place you may forget they are miracles.

Yes! You will know the truth, and you will know the being-ness. You will understand the gift because you are the gift. This is why it is important for you to be living in the ascended chakras.

Embracing the Ascended Chakras

This is why you clear the throat chakra. Let it clear, let it clear, let it come out. Some of you may have physical clearing, it's OK, let it go, it is important to let it go. You have nothing to hold on to, it has not served you to this point except to bring you to here, so now you can let it go. What a gift, what a gift you are.

What a gift to be here at this time, at this powerful time and you must dearest children be kind to yourself.

Constantly have gratitude for you! Be great-full for the love and joy that you are. The measurement that you give yourself is often way too harsh. You judge yourself by others, or by others feelings, people, pictures, whatever. Judgment is a big false God, and so pay attention. Allow yourself the release of judging yourself, allow yourself to wake up and look in a mirror, and say,

“Cool. I am so cool because I understand the gift of consciousness. I understand the gift of joy. I understand the gift of peace. I understand the gift of being here, and Holy Shmoly there are miracles in these hands!”



Creating Miracle Energy

Every minute, of every day, you keep your eyes focused on the divine, and when dear children the events that horrify many occur, you can look at your hands and say: “Holy Shmoly, there are miracles in these hands.”

Then rub your hands together calling in all the energy of the universe, all the energy of God, all the energy of the world and you say, “Yes, there are miracles in these hands.”

When you are done you send it out by releasing your hands outward and say; “*Dearest God heal which must be healed; release that which must be released.*”

Know this is all you can do and that this will work, this will work! Do it often. Breathing deeply and completely while you do this is good.

The Truth of Who you Are

You are here because you are teachers. This is why you are here and sometimes the best way you can teach is to simply to hold the space of who you are, and to stay in the love that you are, and to understand the consciousness.

Sometimes the best way you can be of service is to remember to love you, to stay connected to you, to know how vibrant you are. To know how alive, how centered, happy, well, whole, joyous, peaceful, forgiving, guilt free, flying, floating, freeing, being, knowing, connecting, living and giving you are. This is important for you to know.

Remember our floating, try to float this month. Let yourself float in one way or another. It is easy to float. Just sit quietly and you can float. Bring a lotus underneath you, let it support you, and float upon it. It does not matter what color, shape, size it is, just let it be.



As you activate the truth chakra, the second chakra in your true chakra system, you are even further away from the egocentric drama of these first three, are you not? Yes! Say,

“OK, thank you for still helping me to have a body and that’s your place, this is good enough, because here is my root, (in my heart), here is my truth, (in my throat), and here is the true power.”

Stay in the Creationism Energy

This will activate much greater for you when we speak again. Stay in the creationism energy. This is the most powerful time and with this energy all is going to break loose. Expect the roller coaster this month dear ones. Expect it and love it. It can be lots of fun even when you’re at the top looking down. OK? So have fun with it.

It is OK to be in the roller coaster if you understand that it is there as part of your creationism energy.

Do not buck it. If you stand on top of roller coaster and try to hold it back chances are it’s going to be painful, it is much better to let go. Do not buck that which is in front of you. If you are asked to go to the heart and your heart says “yes”, then do it even if the ego says nooooo.

The ego is a terrible tyrant, it is an absolute tyrant and it is a pirate.

It will steal the truth from you every time. It will delude you. It will use things like false love, collusion, false security, false beliefs, false safety, false monies, false everything.

It will use all of it to stop you from your truth and if you are in separation from the ego, you are in the ego and the ego is saying,

“Come to me little child, I have a cookie.”



The Ego Dance

Sometimes the ego manifests the cookie in the forms of people. Here's the cookie person, come on, come on! Yet, you don't see that oven behind you, ah no, and so pay attention!

Pay attention to the heart because in the time of creationism energy everything is expressing so the ego will be doing a big dance for everyone this month too. Know that, that it is the roller coaster this month. It's going to be the ego dance and this is a dance we don't want to have to do.

It's OK to just let it show up, be the observer as you are the observed. Let the ego dance happen and keep coming back home to your truth. Ask yourself when the ego is present: "Is this my path, is this my path?"

You will know the answer in the moment! All you need to do is to keep your eyes focused on the Divine. Let the consciousness come out. See what is the truth, know what is expressing.

If more chaos appears in your life then your consciousness is still in chaos. Dearest children embrace that gift early on and let it shift. The truth of your consciousness is what will be expressing.

If chaos is around you then your consciousness is still in chaos. If fear is around you then your consciousness is in fear. If those around you are in chaos, pay attention, observe as you are the observer. Words are not necessary. Is your body falling apart? OK, pay attention!

Know that in this 30 days you have been given the gift of KNOWING so that you can smile. Be in joy. Be in peace. Be in love. Instantaneously hold out your hands of miracles and say:

"Holy Shmoly, there are miracles in these hands"



Another way you can use the “miracles of your hands” is to do the energy exercise and then place your hands on the back of one in front of you. As you do this you go into the back of one in front of you or you touch hands with another who has just done and you share this energy, you offer this gift.

Miracles are happening now!

Each of you has been blessed with many gifts as we have been here today, we have heard each one of you, we feel you, we understand, we are grateful you are here, in person as they say, vessel to vessel, we get to say hello, we get to remember, we get to share time, love, energy, space, the gift of being, recognizing, opening, expanding, releasing and dancing, these are all good things.

And so dearest children, this month, ‘cough, cough, cough’, clear, let it come out, yes, yes! Let it come out, transfer to the truth, it is already there, it has always been there. You have touched it. Let it be, let it come in, let it express, remember you are the bearer of miracles!

Remember consciousness is escalating rapidly. Pay attention!

Wake up each morning with gratitude, look in that mirror and be in joy. All is abundantly clear, all is abundantly ready. You have earned this time in your history, do not waste it. You can if you wish, we just suggest you don’t.

Archangel Uriel Appears

Know how loved you are, know how much we love you. We have Uriel here who has been very quiet. Uriel would like simply to say hello. We are going to come back and answer your questions when Uriel is done speaking today.

(Archangel Uriel enters Kira Raa and begins speaking)



Hello. It is very good to see all of you here. We came in to say simply welcome, we are Archangel Uriel. Those of you who may be confused as Sri Ram Kaa and Kira Raa where when we first appeared, we spell that for you, it is u, r, i, e, l.

We are here with the Elohimian advanced work. We bring to the planet now and will be revealing very shortly, in the next, what you call phase of moon, the Galactic Divine Blueprint that must be accelerated and activated with the new chakra system that you are learning.

As you move into the Galactic Divine Blueprint, the Elohimian response and the Enochian way of life will be revealed again on this planet. Even now the Kira Raa and Sri Ram Kaa are being trained with the Enochian way and they have been given the 12 torches of the keys of the Elohimian to be able to reopen and reestablish on your planet at this time.

It is time dearest children. There is no time to waste. You have but what you call several years of preparation and there is a stairway that leads to a dimension of time that is available for all who wish to enter through.

We wish to simply say hello. It is quite challenging at this moment for this body to be able to hold all of our energy. We simply wish to say hello because we recognize the gift and the truth of all that you are. It is important that you hear that the time of the galactic blueprinting is now available.

The planet, the energy, the vibrational state of this planet has been unable to receive this until this time; it is now ready to be revealed again, the 12 torches lead to the Elohimian existence. Many blessings to you.

We are learning formalities from your Archangel Zadkiel and please understand that for us there is no time to waste.



We are much more versed in linear time than Archangel Zadkiel for we have been through many and we have been in and out of what you call your planet and this existence and have brought messages through many over many centuries of time.

We have not been through what we call the female before and this is most beneficial that we come through the feminine form at this time on the history of planet and so as we are adapting here.

We have been offering many messages over the past week and we will be continuing and completing this work very shortly. We will reveal all for there is nothing to hide, you must know.

You must be prepared. Only those who are ready to be prepared will show up and we understand this and this is why we are here offering you this gift of Metatron, the gift of the Elohim, the gift of the worlds. . .of the worlds. . .of the worlds.

The time of the unification of the five bodies into the one has already begun and the time of the ascension into the 12 torches is here. The energy fields that are being brought together are escalating rapidly and those who are ready will step into them and those who are not will have another experience and this is all in divine perfection.

It is simply the time of declaration of consciousness. We welcome you.

(Archangel Zadkiel returns)a

Yes! What you think of Uriel? A little different?

Yes! Yes! Yes!

And so the Uriel is soon going to be primary in the Kira Raa, but we like coming in so we are going to be hanging out for a while.



Questions from the Attendees to Archangel Zadkiel

And so do you have question? Yes!

Q. Do you all, (Angels), work together? Why am I so obsessed with Metatron now?

Z. Well, because Metatron is here, number one. Metatron has always been here. Metatron has always been with the Kira from the time of birth and so this could be part of why. And the energy of the Archangel Uriel is directly aligned with the Metatron energy and so you will be seeing much more coming in. Do we all work together? What a great question.

Yes, of course we do! We are all in a field of energy. We are all in a field of energy and we are all, as you say, Uhm, how do we put this into earth terms? We are all of the same spark of light, this is best way to offer to you. Uriel wishes for us to share with you too that he represents himself as rainbow of colors. He is a broad rainbow, very broad rainbow yet he has been working with a white and golden ray very directly and he wishes us to tell you, you will know more about this shortly. Yes!

Yes, your question?

Q. When you were kind enough and wonderful enough to give us the exercise of our hands for in times of unrest or chaos or things that in 3-D tend to unnerving, upsetting, whatever or bring up fear in a lot of people are there any other states of mind or practices that we can offer in these times? Can we do them unto ourselves? Can we bring people into groups to magnify the energies to heal?

Z. Yes, all of the above. You may take the exercises that we have taught you today and teach others who wish to learn. It is important for you to call us in. To call in the Zadkiel. Call in the Uriel for Uriel is here. The Uriel is guiding very much. And so call us in and offer this opportunity. You may put together groups. You may talk to others.



Most important, most important and we answer this for everyone, hold your consciousness. Pay attention, pay attention because you are in the time of rapid creationism, escalation, manifestation and miracles so please hold your own consciousness and as you do and as you offer these other exercises to others how you direct them and the consciousness behind them is most important. Thank you. Many blessings to you.

Q. Can you also speak of the importance of the oneness of the unified field during this time? You spoke of the six million but also we have hundreds of millions of beings that are wanting to flow their light through us at this time.

Z. Yes, and as you speak of course we watch the fields above you just go. Thank you for saying this. And so it is an important gift for this to be spoken and you may speak of it often yourself.

As all know there are more beings that are not here than are in vessel. And this is important for you to know. You think there's a lot here? Nothing compared. Six billion here; many more not here.

This is part of the consciousness that we speak of and this is a refinement of what we have spoken of already. Which is, that during, especially during this thirty-day period to be very aware.

As your consciousness is connected with those that are willing to be here, that are willing to serve, that are willing to say yes I shall be part of this alignment with you. I will help, I will be.

It is important that at all times you hold the consciousness of great love beingness and be, uhm, heart chakra in the new format, as we described, is an attractor for these beings.

It is like a light, it is like a torch in the middle of the dark field and so as each of us allows, on this planet, as you allow the ascended the chakra of the heart to open into the golden emerald being you become a great torch and will attract evermore.

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Your consciousness must be married with format in order for this to be of even higher service. And hold this all the time. Thank you for bringing this refinement question to all. Many blessings to you, Dear One. Suns sparkle above you head. We enjoy it. Thank you.

Q. Is it possible to have discomfort in the chest area during this time?

Z. Oh, more than possible, highly likely. Especially in the chest area and it may even feel kind of like a heartburn or above the chest. It might be even higher than like here, the center chest it may even go higher chest and as you call the energy into the throat it could feel like it's just choking you all the way. If you are having this form of discomfort breath, breath, breath and water, water, water. Not only the water you drink, the water you float. So, bath, float whatever. Stay in water, drink water, be water, visualize water, put waterfall around you, you get it. It is to help. It is an integration so it is important to pay attention. Yes, Thank you for being brave and saying I want to know about this. Thank you.

Q. Why when Kira channels does it have to hurt her body?

Z. This is a question we get a lot so we appreciate you asking this question because so many people ask this question. They answer this question a lot and often times we do not get to answer this question. So we do thank you for asking.

First you must know that before the Kira's soul came into this planet there was an agreement that she would come and the year she would activate and that they would be able to be used in this manner.

She was born to be, as you call channel, we prefer oracle. She was born to be the oracle of the words. She was born to carry the Metronian message. We have simply been the one who has prepared the way.

As the refinements have been coming in, as the body has been releasing more, the Kira also agreed prior to coming in to this incarnation, to the

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death processes that have gone through her to help prepare and has agreed in conscious form of this density to purify ever more to bring in higher strata.

We believe what you refer to is when we leave what happens it seems that Kira takes a while to recuperate. Part of this is because she has not always done what we said. *(Much laughter)*. Don't tell her we said that.

Part of it is because of the high frequency and completion of removal of 100% of the Kira personality. There are but four on this planet, number four, that are able to completely vacate the way that Kira does and this is why it is most unique and frightening for some to see because there are only three others, besides the Kira, who have agreed to do this complete removal of all personality egoic self while we are here.

Know that the exchange that is offered is an imprint of healing love energy that is always fit. Anything that is perceived as a damage please know has been agreed to and that it is our highest service to not ever cause pain. This is why we leave often, we could stay all day. So know this too. We thank you for your love and asking. We thank you. Yes.

During this thirty days then yes, there is much power in this miracle exercise. Do not dispel the humor, which we give the exercise with. This is a very powerful exercise.

We encourage you to hold your groups. All of you. The more people you get together doing this work, the more will be impacted, yes. And so this very good culminating question and we appreciate you asking.

Remember to watch that which is manifesting around you. Then be honest, be truthful, each of you. Watch what is manifesting around you because it is the state of your consciousness that is manifesting.

Pay attention. Many blessings. Thank you. Many, many blessings.



Know how loved you are. Yes, how special you are.

Know how revered you are.

Know how honored you are. Love yourself enough to say:

“I am ready, I am willing and I am moving forward and I know the truth of my heart. I know the truth of my soul and I pay attention to the first yes! Or the first no! I am willing to observe and I am observed. I am a beacon and I am grateful.”

Many blessings Dear Ones. We see you soon. Many blessings.



There are Miracles in these hands!