



AWAKENING OF THE INTERNAL DIVINE STARS

WORKING WITH TRANSPERSONAL AND
SUB-PERSONAL CHAKRAS

*“I simply believe that some part of the human Self or Soul
is not subject to the laws of space and time.”*

*~ Carl Gustav Jung
founder of Analytical Psychology*

INTRODUCTION

Many Schools of Knowledge and Wisdom talk about the Chakras or Nadis. They are points of energy inside and outside our physical bodies. All of these schools agree to the concept that these centers or vortexes are expressions of the different levels of our thought process, not only in the physical level but also in extra-physical realms.

There are said to be 21 minor Chakras¹ which are reflected points of the major Chakras.

These 21 are further grouped into 10 bilateral minor Chakras that correspond to the foot, hand, knee, elbow, groin, clavicular, groin, navel, shoulder and ear. The spleen may also be classified as a minor Chakra by some authorities despite not having an associated coupled minor Chakra. The spleen is a very vital energy point because through it we process the Prana that is decoded into “digestible” energy particles to nurture and “feed” our physical bodies and subtle bodies.

The objective of this eBook is to introduce you to the working with the Transpersonal

¹ There are 21 minor chakras distributed all over the body: 1 in front of each ear, 1 above each breast, 1 where the clavicles meet, 1 in the palm of each hand, 1 on the sole of each foot, 1 just behind each eye, 1 related to each gonad, 1 near the liver, 1 connected with the stomach, 2 connected with the spleen, 1 behind each knee, 1 near the thymus gland, and 1 near the solar plexus. These are about 3 inches in diameter and are 1 inch distant from the body. The 2 in the palms are very important in healing. The 2 on the breast are important when suckling the infant. These minor chakras are at the points where the energy strands cross each other 14 times. There are even smaller vortices. These are where the energy strands cross each other only 7 times, and may very well correspond to the acupuncture points of Chinese medicine.

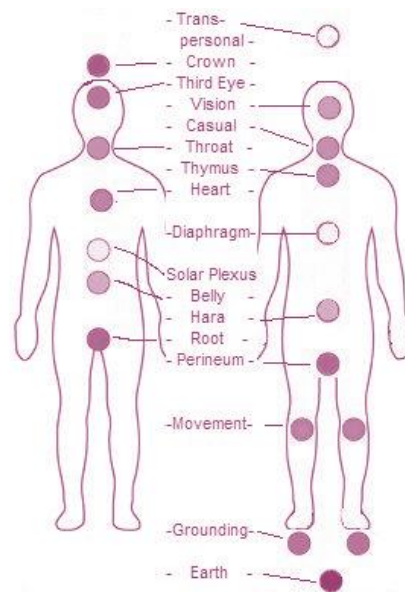
Chakras and Sub-personal Chakras, because they are the key centers for opening one up to higher dimensions.

A LITTLE ABOUT THE GENERAL CHAKRAS

The Chakras have a number of specific functions. They were originally designed:

- To allow Universal Energy to flow into the physical body and to be distributed throughout the body.
- To allow energy to flow into and out of the aura.
- To bring about the development of self-consciousness.

The Chakras take the universal energy, break it down into useable parts and through energy channels called Nadis, pass the energy to the endocrine glands, nervous system and blood. Each Chakra has a specific body part to maintain and other functions as related. They are detailed in the following chart.



Included beside the physical part for which each Chakra is responsible, are the psychological responsibilities of each Chakra. This means they impact psychological aspects through the mind, emotions, body, etc.

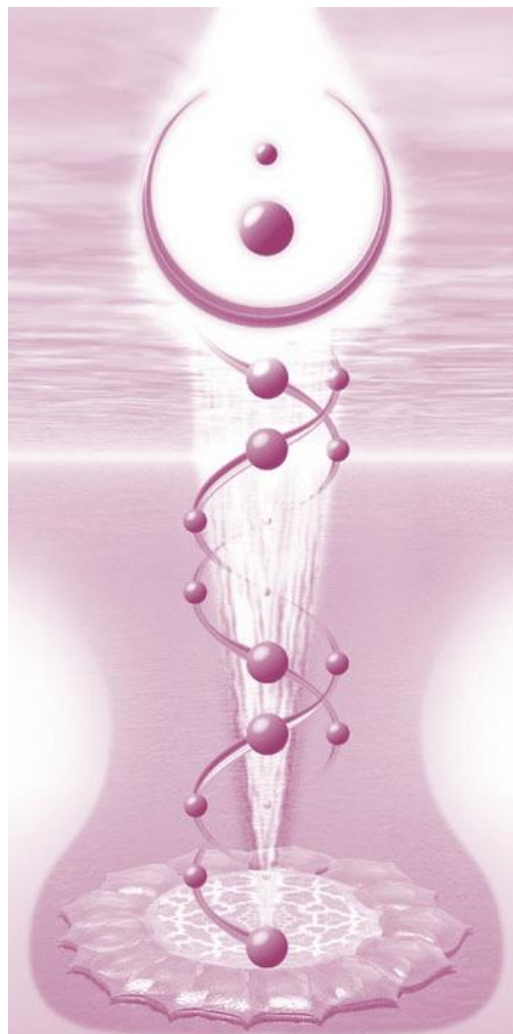
WHAT ARE THE TRANSPERSONAL AND SUBPERSONAL CHAKRAS?

In addition to the seven major Chakras², there are several significant Chakras located off the physical body which are important for your spiritual well-being and the “secret keys” of your Spiritual Journey. In order to properly access and work with them, one should look first to develop, ground and balance the 7 major physical Chakras.

The Chakras above the Crown Chakra are designated as *Transpersonal Chakras*³, although this term has a number of different meanings, and often equated with higher vibrations of Light and Sound. The ones below the soles of your feet are known to be *Sub-Personal Chakras* and they have a lot to do with the incarnational and grounding energies, and the different levels of acceptance that we have of our lives and our life purposes.

² In Hinduism, the concept of Chakras is part of a complex of ideas related to esoteric anatomy. These ideas occur most often in the class of texts that are called Āgamas or Tantras. This is a large body of scripture, most of which is rejected by the traditionalists.

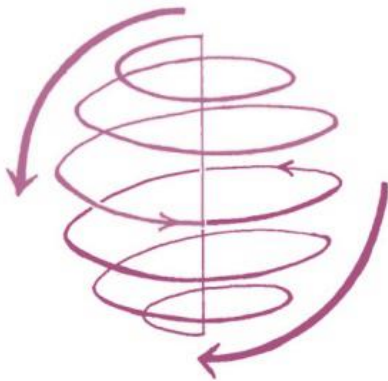
³ Although Transpersonal Chakras are named and described in the literature of Hindu Tantra, Tantric Buddhism, and Daoism, it is unclear if the Subpersonal Chakras are listed in tantric texts; although since Transpersonal Chakras are enumerated in these texts, it seems likely that somewhere in these texts, Subpersonal Chakras are also.



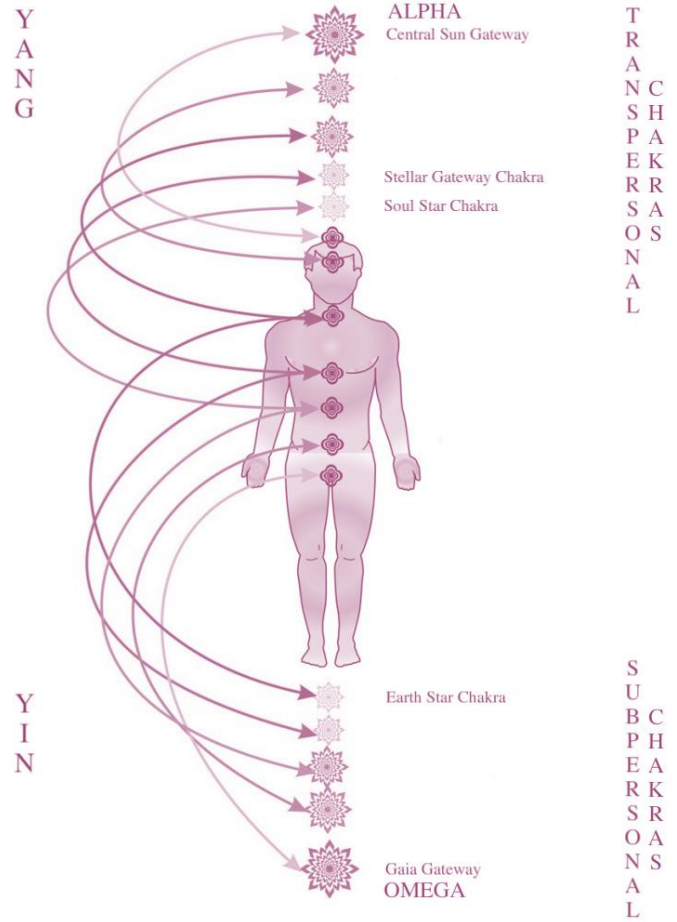
In some traditions, the Sahasrara, or Crown, Chakra (the 7th physical Chakra) is equated with the crown of the head and is therefore transitional. It is both the highest personal or the lowest transpersonal Chakra. In other traditions, it is located above the head and one, or more, intermediate Chakras are placed between the crown and the Sahasrara. The Chakras are normally considered either working on a physical, mental or spiritual plane. They are therefore divided into these categories. The Chakras in the body are mainly concerned with the physical, while the Chakras in the head are considered to be more mental. The Crown Chakra is recognized as the link

between the body and the spirit. Other Chakras, however, also play a role in the spirit and cannot be dismissed. When dealing with subtle bodies and the Chakras, nothing is a straight forward as that.

The main objective of the working and activating of this power centers is to increase the coefficient of light inside of your regular Chakras and gradually awaken the **Internal Divine Stars** within your energetic template. We all know that the typical position for the Chakras is inside the body facing outward, although sometimes they are displaced outside of our physical body due blockages and psychic debris. The realignment and reawakening of these centers is the primary function and the reach of the work with Stellar Codes™. Once the initiation with the Stellar Code™ process begins, the Chakras will begin to rotate upwards creating a vertical column of light. The Heart Chakra is the key. Once the Heart Chakra begins to rotate, the other will follow naturally creating a beautiful column of light.



The initiations in the Stellar Codes™ will gradually increase energy and light and softly will undoubtedly unify all the Chakras in one unified field of light. This is the essence and the secret of liberation and ascension.



WORKING WITH A UNIFIED FIELD OF LIGHT

The big advantage in working with a unified Chakra is one of amplifying and expanding the reach your energetic field. Most of us are used to working with the seven Chakras separately. Now, in order to absorb the exterior energies more accurately through the magnetic fields of the Chakras, we no longer would need to use purely a mental or intellectual energy to develop these centers. The method of using mental energy always involves an alienated approach for all the system, but through the Unified Chakra and the opening of the *Internal Divine Stars*, one is able to open canals of energy from a

broadened spectrum, connected directly with the divine love that comes straight from the higher realms of the Soul and the original monad.

One may have experienced during self-healing and meditative sessions a humming noise every time the energy being worked encountered a point of resistance of the inflow. With the unified field practice, you will not experience this anymore. This also means that you will also be able to handle and process different and larger amounts of energy through your matrix field, facilitating healing and balancing of energies that not necessarily are harmonized through the collective field: these include love, energy of power, manifestation and sexual energies, depending on the situation. Once activated and cared for, the unified field will empower you to have a better judgment in your work, and you will not need to be concerned in what to do and how to do things. The work with a unified field of light will greatly attune your internal observer and direct you to a state of mastery of oneself.

Finally, the most important aspect of the awakening of the *Internal Divine Stars* and the development of the Unified Chakra is the gradual assimilation and integration of your Higher Self into your physical reality, assisting you to become a fully enSouled individual. This occurs because the mental energy used before to sift the higher energies will no longer be able to filter the Love energy once that the “emotional centers” no longer present any resistance to the higher channeling of unconditional love, compassion, though the usual rejection of the intellectual mind. The Unified Chakra will guide you through your personal path in getting the Central Channel properly aligned, Antahkarana developed and your unified field attuned with the Cosmic Mind

of God, at your right time, at the right rate and in a natural way. The lower Chakras⁴ (beneath the Base Chakra) would be "yin transpersonal" and link one to the Earth, the higher ones (above the Crown Chakra) would be "yang transpersonal" and link to the Cosmos.

WHAT IS THE SOUL STAR?

In our previous preparation work, we learned how activate our Soul Star⁵ Chakra, located at approximately six inches above the head, as an etheric star of light that hovers over every person's head on earth. It is the first of the Transpersonal Chakras and an important doorway for working with direct energies from the Spirit. The brightness of this star very much depends on the Soul's evolution of the Soul Extension on earth. The Soul Star is not the Soul, but rather an instrument through which the Soul does its work. The Soul Star is an extension of the Soul. It is the Soul Star that becomes activated upon doing the Soul Mantra.

The understanding of the Soul Star is very important in terms of understanding how to do the following meditations of Djwhal

⁴ Subpersonal chakras are five chakras in addition to the usual seven that some yogis assert are located in descending order below the feet as far as about four feet (about 1.3 meters) below the feet.

⁵ The Soul Star brings in spiritual energy from the spiritual core.

Location: about a foot above the head

Color: silver or ultraviolet

Source of: past knowledge, karmic memory

Seat of: time & timelessness, karma, portals in and through this time/space continuum soul chakra and soul genes and templates, personal archetypes and symbols

Khul. Upon saying the Soul Mantra⁶, the Soul Star will light up like a brilliant shining star (a small personal Sun) and is ready to go to work as long as the work is in service of the Soul.

After saying the Soul Mantra, the Soul Star will obey thought and creative visualization and will actually be able to move, expand, contract, or send out beams of energy at the Personality or Soul Extension's direction. The understanding, aid, and usage of your Soul Star will become absolutely invaluable to you in all areas of your life, but especially in the building your Antahkarana.

The Soul Star is the etheric symbol of that portion of the Soul manifested into matter. It is linked with the Soul, first by a thread of light, and later by a band of expanding rainbow fire⁷ as the fusion of personality and Soul proceeds. The Soul Star is an instrument of the Soul and can be used to clear the obstructions to union. It is an intelligent force that is used by the Soul to transform the matter of your physical, emotional, and mental bodies into a suitable vehicle through which it can function.

THE STELLAR GATEWAY

The Second Transpersonal Chakra to be activated in this stage of your attunements is the Stellar Gateway.

The Stellar Gateway, or Stellar Point, is located about 12 inches above and behind the head and can be found just above the Soul Star. When activated, this center

⁶ The Soul Mantra, or Monadic Mantra, is the foundation to all spiritual work. It is the key to open all doors: "I am the Monad, I am the Soul, I am the Light Divine, I am Love, I am Will, I am Fixed Design"

⁷ This is the visual representation of the Antakarana.

allows the two-way transference of energy from Spirit into the human consciousness. Once activated it is our direct line to the Divine Source. In other words, one step above the connection with your Soul. It is from this point that you will have the possibility to contact the other energies that compose your OverSoul. This connection needs to work both ways, as a spiritual exchange between you and the Divine. It gives access to infinite energy.

The best way to attain the opening state of the Stellar Gateway is through daily meditative practice as this enables a detachment of the heart and mind from the personal. Using this Chakra allows access to Divine wisdom and compassion and mindfulness. The Soul Star works like a transducer to temperate the very high vibrational energy and informational ray down from the higher spiritual planes through the Stellar Gateway and to a level we can assimilate into our physical existence.

THE EARTH STAR CHAKRA

The other Chakra to be activated in this workbook is the Earth Star Chakra. The Earth Star Chakra is the first of the Sub-Personal Chakras. It is of vital importance, especially when one is working not only with advanced energy work but also broader collective work. This is because a protected and safe spiritual grounding is the base of any successful transformational lightworking.

The Earth Star Chakra is a Chakra believed by to exist in line with one's spine six inches (about 40 centimeters) below the feet. When standing on the ground, it would be six inches below the surface of Earth. It would also be located six inches below

oneself wherever else one goes: for example when flying on an airplane or living in a skyscraper.

The Earth Star Chakra is believed to coordinate the “grounding cord” for one’s lightbody which leads to the center of the earth and, when functioning properly in coordination with the first Chakra (the Muladhara Chakra), allows one to be grounded and centered.⁸ This is the grounding point we use when we earth our energies and is found below our feet. It is our connection to Mother Earth and helps keep us firmly “planted” into physicality, which is where we are meant to be in our physical incarnation. Being properly grounded through the Earth Star will help to keep one’s subtle bodies anchored and aligned correctly.

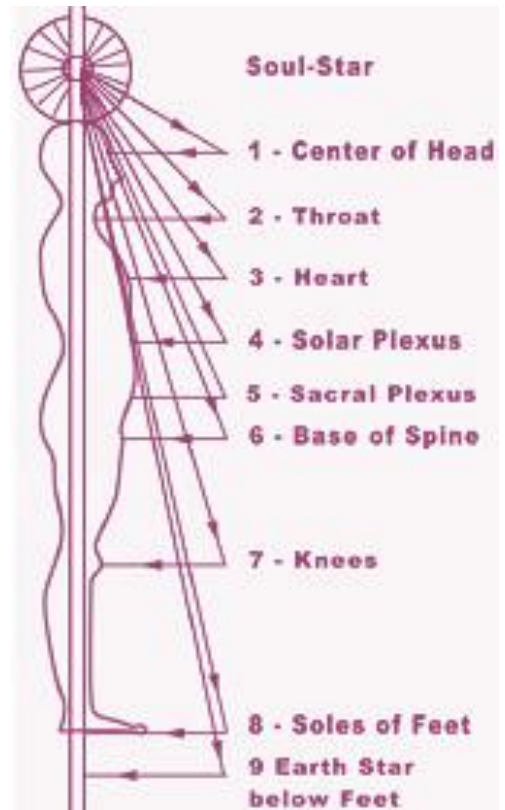
The Soul Star is an etheric star of Light that hovers approximately 6 to 8 inches above the head. The Soul Star is not the Soul, but rather an instrument through which the Soul does its work. An extension of the Soul, it becomes activated by saying the Soul mantra. After saying the Soul mantra, the Soul Star will obey thought and creative visualization and will actually be able to move. *The central canal* refers to the column of energy that extends from the base of the spine to the top of the head, also known as the Chakra column. It is an important practice to widen the central canal and clear it of psychic debris. It can be widened into a column of light that is the size of the circumference of one’s head. One observation should be noted: It is important after activating the Soul Star and the work on widening the central canal, to continue with regular exercises to clear up all the

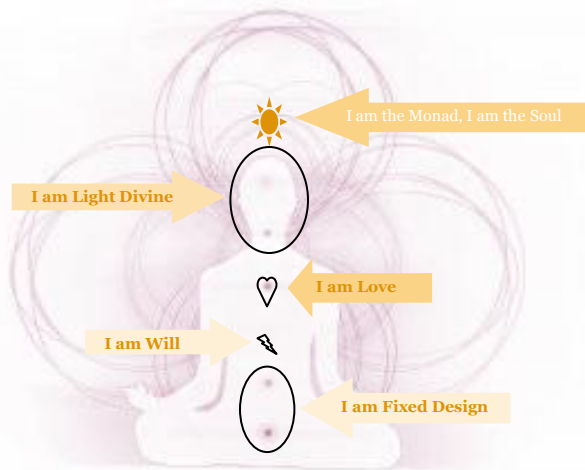
SOUL STAR EXERCISES

TECHNIQUE 1: THE TRIANGULATION MEDITATION EXTENDED VERSION

In earlier eBooks, we started to work with the Triangulation exercise by working with the basic seven Chakras. In this level, we are going a little further and will work with the Triangulation to activate the Earth Star Chakra.

⁸ The Earth Star Chakra functions effectively on the physical plane by enabling the ability to do such things as get a good education, hold a job, keep one’s personal finances in order, and stay healthy by getting good nutrition, getting enough physical exercise and not using recreational drugs or not using them to excess.





karmic and psychic residues that are created.

When you are doing your personal Spiritual energy work, the consequent activation of the Earth Star can facilitate this process by allowing those residues and psychic remains to be directed to a place where all their energy can be recycled, reused properly and relocated safely to other areas of Creation. Nothing is wasted or forgotten inside the Mind of God.

1. Say the *Soul Mantra* three times while concentrating on the Soul Star. Visualize the Soul Star as a brilliant star or sun situated about six inches above your head.

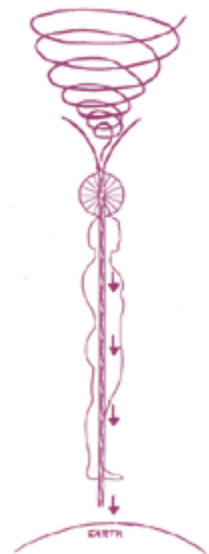
Soul Mantra

*I am the Monad, I am the Soul
I am the Light Divine
I am Love, I am Will
I am Fixed Design*

2. Move the Soul Star with the power of your mind and imagination diagonally forward to a position one foot in front of your third eye. Then bring the Soul Star straight back to the center of your head and into the

central canal and Chakra column. Now bring the Soul Star straight upward through the entire central canal and back to six inches above your head. Be sure to move the Soul Star very slowly and deliberately in its upward motion. As it moves, the Soul Star is literally burning away hindering thought forms and psychic debris. This work is a cooperative effort of both the personality and the Soul who are using the Soul Star as their instrument. Your Soul is very excited to have this opportunity to work with you in this manner.

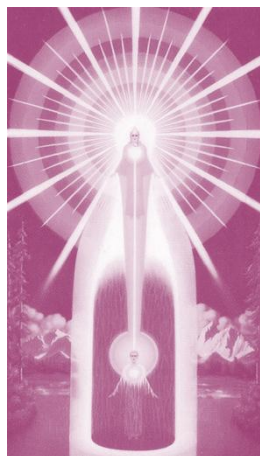
3. Repeat this same process of creating the triangle with the third eye one more time.
4. Repeat this same procedure for the throat, heart, solar plexus, sacral, root, knee Chakras, the Chakras in the soles of your feet and the Earth Star Chakra, which sits about six inches below the feet. Do this triangulation method two times for each of these centers.
5. End each session by invoking the Spiritual Whirlwind or Etheric Vortex to clear any loose debris from the aura.



THE SPIRITUAL WHIRLWIND OR ETHERIC VORTEX

The Spiritual Whirlwind is a tool of the Soul that can be invoked by you, the

personality. Its basic use is to sweep loose debris from your aura. It can also be used to transmit energies of higher vibration from the Soul to the lower vehicles. The process of building the Central Channel by using the Soul Star creates debris as it burns through emotional and mental thought forms clogging your channel. This debris needs to be removed from your aura at the close of any session that involves moving the Soul Star through the Central Channel. This is true whether you are building the Central Channel or widening it after you have completed building the Central Channel. This energy will come under the direction of the Soul and its intensity will be determined by the commands and observance of your higher good.



The Spiritual Whirlwind may also be used to clear debris from your aura that you pickup during the day as a result of being in close proximity to groups of people. Suggested times to use the Spiritual Whirlwind are:

1. At the end of a session of Soul Star work on the Central Channel.
2. After being in a crowd of people such as shopping malls, airplanes, subways, theaters, and night clubs, etc.
3. After doing healing or body work on an individual.

4. To invoke specific qualities of energy from the Soul.
5. At the beginning of a group or public meditation. An individual can vortex a room full of people if they are not familiar with the technique.
6. At the end of the work day to regain your center after returning home from work.

TECHNIQUE 2: USING THE SPIRITUAL WHIRLWIND

You can invoke the etheric vortex by identifying as the Soul ("I am the Soul") and focusing your mind about 30 feet above your head and saying:

In the wisdom of the Soul, I invoke the Spiritual Whirlwind.

Visualize a spinning whirlwind of energy similar in shape to the funnel of a tornado. See the whirlwind rotating clockwise (from left to right if you live in the Northern hemisphere) as it moves downward through the aura. If you live in the Southern hemisphere visualize the spinning whirlwind rotating counter-clockwise (from right to left). The tip or lowest point of the Spiritual Whirlwind follows the Central Channel. The color of the vortex is usually white. As the vortex sweeps through the aura it picks up loose debris floating in your aura from the clearing work and carries them deep into the earth, about 30 feet below the Earth Star, where they can be utilized by lower evolving life forms. When



it drops its load into the earth, it simply ceases to move and disappears. A new whirlwind must be invoked by you. This process is continued for about five minutes or until you feel that your aura is clear. The size and speed of the vortex is controlled by the Soul. As the whirlwind sweeps debris out of your aura, it also fills it with the light of higher and more rarified energies from the highest sub-plane of the lower mental, emotional and physical etheric planes.

TECHNIQUE 3: HOW TO LINK SOUL STARS

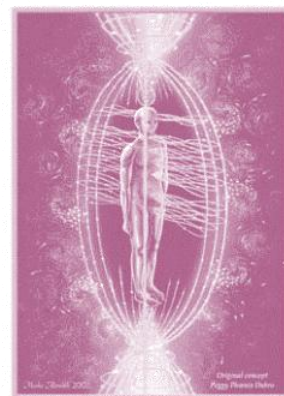
When performing an attunement, distance energy work, or just sending a prayer to someone; you may use the technique Linkage of the Soul Stars. This is a very easy process once you have some type of familiarity with the activation of your personal Soul Star. It is very useful to link Soul Star to Soul Star with your group, with clients, or family members; whether they are physically present or not. In any operation that involves more than one individual, such as a conference, the group link adds influence to your energetic process. Per your preference, you may also chose to link to the Spiritual Hierarchy and any fully enlightened spiritual master or saint with which you are affiliated, such as Christ and or the Ascended Masters.

There are many ways to activate these centers. Generally a trained mind, or consciousness, can activate collective conscientious energy in three different ways:

1. Through energetic circulation. This is the conscientious use of the will and intention in linking the Soul Stars inside of a closed circle.
2. Through energetic absorption. This is the mechanism to send and

receive energy to others and places. This is how many empaths assimilate energy from their environment, but it is also a way to send energy to non-local individuals and even through time and space.

3. Through natural energy radiation. This type can be understood by the Eastern concept of the Darsham of the Master, which means a self-realized Master can naturally irradiate grace and blessings just by being. Therefore, any disciple can gather those blessings just by being in the presence of the Master. Without any effort the Soul Stars are automatically linked.



STELLAR GATEWAY EXERCISES

TECHNIQUE 1: ACTIVATION OF THE STELLAR GATEWAY CHAKRA

The safest way to activate this transpersonal energy center is to the use of the model described by the Soul Mantra. First one has to activate the Soul Star and then move up a level towards the Stellar Gateway. Start reciting the Soul Mantra three times. This

will spark the energy from the Soul to help you achieve more in your spiritual work. As you ascend in energy, imagine the Stellar Point right above your Soul Star and, with your mind's eye, visualize it rotating and gleaming. Repeat the Soul Mantra adding each time a new level (see below).

Depending on your level of initiation / spiritual evolution, you will know which level resonates best for you at this time. Visualize a ball of radiant light above your head, coming and merging initially with your Soul Star, then descending and merging with your body while saying the mantra⁹ will help you integrate the higher bodies and the higher centers.

Repeat each three times.

SOUL STAR - SPIRITUAL BODY -
PLANETARY LEVEL

I am the Soul
I am the Light Divine
I am Love, I am Will
I am Fixed Design

STELLAR GATEWAY - MONADIC AND
LOGOIC BODIES - PLANETARY LEVEL

I am the Monad
I am the Light Divine
I am Love, I am Will
I am Fixed Design

TECHNIQUE 2: SUPPORTED MEDITATION

Relax your body; regulate your breathing to a comfort level for yourself.

Transport yourself to a place where you can spend some time with yourself. We suggest

⁹ Here are some powerful mantras from Joshua David Stone's book *Cosmic Ascension*.

you to spend time alone on the peak of a high mountain or someplace far away from your earthly cares and let go of the events of your personal life.

Feel a sense of space, freedom and boundlessness.

Music: The best music for this meditation is complete SILENCE. If you feel you really need some supporting sound, then consider using some background white noise.

Mantra: OM

Color: Violet and White will have an expanding effect.

Voice: The sound "m" opens the crown Chakra. It resembles an endless humming vibration and should be sung in B. It represents unity and the pure, unformed and unlimited consciousness that contains all matter in its latent form.

Violet brings about a transformation of mind and Soul and opens both to spiritual dimensions of being. White contains all the colors of the spectrum. It integrates the different levels of life to a higher unity and opens our Souls to divine light, knowledge and healing.

Smell: You can use the aromatic Olibanum or Lotus¹⁰.

This is the classical incense that is burnt in religious ceremonies. It consists of the resin of the olibanum tree. Its fragrance has a

¹⁰ Lotus blossoms are the symbol of beauty and spiritual completeness. Although the enlightened person lives in the mud (earthly) material world, this in no way affects their true Self in his union with God. Light and harmony radiate out of such people, spreading love, joy and knowledge to the world. The scent of the lotus flower bears the same message, guiding the receptive and ready soul on its path to Unity.

revitalizing effect on mind and Soul and purifies the atmosphere.

For a more prolonged exercise it is suggested to do only one exercise for the Higher Mind and activation of higher Chakras; which is described below. You will notice that the exercise is a combination of techniques offered before:

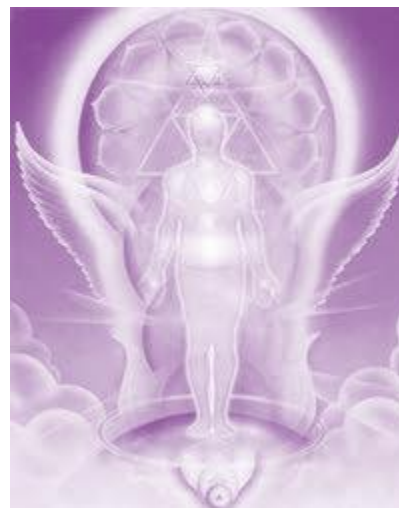
1. Sit erect as previously instructed. Focus your attention on the pineal gland, which is located in the center of your head at the level of your ears but slightly lower than the pituitary.
2. Visualize a VIOLET color (shading toward pink). See this energy envelop the pineal gland in a sort of haze.
3. Audibly sound "OM" 7 times in full voice.
4. Pause. Silently repeat 7 times.
5. Pause. Then audibly repeat 7 times.

Note: When the silent chanting is properly employed, it is more effective than the audible intonation in stimulating the pineal area.

The audible intonation of "OM", or "AUM", should end in a sustained humming sound. Locate the vibrations of this sound in the pineal gland. Feel them massage the gland until it responds with a similar vibratory action, almost as if it were glowing in this violet-pink color.

Practice this series -- audible - silent - audible -- 2 times per day, preferably in the early morning and just before retiring each day.

Continue this exercise for several weeks BEFORE attempting the Unification of all Chakras in one Unified field.



PURE LOVE TECHNIQUE 1: CONNECTING WITH THE DIVINE FEMININE ENERGY - THE COSMIC MOTHER

This is one of the three initiations of the Divine Feminine energy. It is called the "the three jewels" of Kwan Yin. It is a powerful exercise and attunement that facilitates Karmic transmutation and healing. The jewels are the personification of the wisdom of the bodhisattvas. They are etheric jewels that awake the dormant abilities and virtues of the pure heart region. Once activated, they together ignite an entire new connection of the heart energy: the Etheric Heart.

After this self-attunement, you will be more connected with the Divine Feminine energy, and you may ask for blessings, protection and healing at any time. This attunement is dispensed and encompasses all your superior subtle bodies, providing healing, karmic transmutations, the search of your interior truth, and the effective development of compassionate love.

"I take refuge in Buddha, Dharma and Sanga,

I abstain myself of negative actions and thoughts, from physical, mental and emotional sources.

I accumulate all the Virtue Dharma of the Universe, in the name and at the service of all the sentient Beings."

ATTUNEMENT PROCEDURE

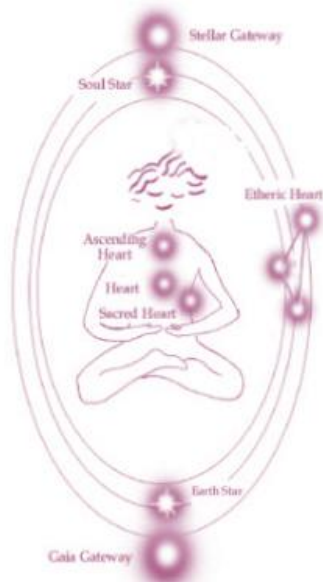
Visualize the Divine Mother in front of you. It is not really important what aspect of the Divine Mother you chose to work with; it could be the goddess Isis, Kwan Yin, Mother Kali or Mother Mary. What is important is the feeling that will be invoked and installed in you of feeling unconditionally loved and cared for, just like the Divine son/daughter you are.

- Slowly get closer to the Mother. Feel her warmth, and with your eyes closed, try to perceive and feel the sweetness and love that is radiating from your heart to yours.
- Imagine the sweet touch of Mother in your hair and head and in your face. Get closer to her bosom and feel protected and loved.
- Keep yourself inside this energy, and let it take over softly take over your entire being.
- Look at Mother, and see that she is giving you a gift. It is a spiritual diamond.
- Thank Mother for this gift and insert it inside of your heart Chakra.

- See how the diamond shines intensely and how gradually and softly your heart gets more and more enlightened.
- Visualize this bright shinny energy to extending to all the parts of your body, from head to toes, but above all, observe how this Motherly energy expands, changes and activate your heart Chakra area.
- Concentrate on the mantra Om Mani Padme Ohm, vibrating softly through all your energy centers. Stay in this state for a while.
- If you wish to share or send this Feminine healing energy to someone, first chose the person you would like to direct this energy to, and then visualize the person in front of you.
- Take the diamond out of your heart, and give lovingly to the person, with the same respect, brightness and unconditional love that it was given to you by Mother.
- Imagine the person receiving the Diamond and slowly, the jewel starts to fulfill the heart area and all the parts of their body with pure light.
- See the person completely happy, fulfilled, and satisfied and has the eyes shining with pure love.

To close this encounter, visualize once more Mother at your side (in truth she never left), and from a place inside your shining heart, thank her for this precious gift, hug her and show her how grateful you are for receiving such a precious gift.

WORKING WITH THE ENERGIES OF THE SECRET CHAMBERS OF THE HEART



There are three major points of energy that are the “star constellation” of the Higher Heart Chakra: the Sacred Heart Chakra, the Heart Chakra and the Ascending Heart Chakra.

Once these internal stars are developed, and with the balancing of the Divine Feminine and Divine Masculine energies that is inherent with the Stellar Code™ Matrix Attunements, there will be a corresponding opening of the “constellations points” of the Etheric Heart Chakra.

As Above, So Below.



THE SACRED HEART

The Sacred Heart Chakra is located just below the Heart Chakra and can also be found in the auric field to the left side of the body and is the lower point of the Etheric Heart of the causal body or etheric body as it is known.

- Location: Location of the Chakral Heart area just below the Heart Chakra to the left.
- Color: unknown
- Element: Ether
- Gems/Minerals: Herkimer Diamond

Placing a Herkimer Diamond over the Sacred Heart Chakra will help access this energy, bringing a sense of clarity, balance, and direction when there is confusion.

HEART CHAKRA – THE MIDDLE HEART

The Heart Chakra¹¹ is the center of compassion. When the heart is open; you transcend the real or self-imposed limits of people, plants, animals and all of life. This is the humanitarian center, where you care about social causes.

- Location: The center of the chest.
- Color: Green or pink.
- Tone: A
- Note: F#
- Element: Nature
- Sense: Touch
- Meridians:
 - Gallbladder: Wood Energy - Yang Organ
 - Liver: Wood Energy - Yin Organ
- Glands/Organs: Heart, Lungs, Immune system, Thymus Gland, Lymph glands.
- Illness: Heart pain, Heart attack, High blood pressure, Negativity, Fatigue, Difficulty breathing, Tension, Insomnia, Anger, Paranoia, Cancer.
- Balanced Energy: Compassionate, empathetic, humanitarian, see the good in everyone, desire to nurture others, friendly, outgoing, in-touch with feelings, sexual energy-can surrender and merge in a love relationship, can wait for the right partner.
- Excessive Energy: the non-worked energy from this center can transform one in a demanding, overly critical, possessive, moody, melodramatic, and manic-depressive

¹¹ These designations for the Heart Chakra were shared by The Wingmakers.

and then tend to use the energies and devices of the lower centers¹² to control others.

- Deficient Energy: The lack of the energy of difficult to assimilate this energy can provoke paranoia, feeling sorry for oneself, indecisive, afraid of letting go and being free, feeling unworthy love, unable to reach out, terrified of rejection, in need of constant reassurance.
- Gems/Minerals: Emerald, Green Tourmaline, Pink Tourmaline, Malachite, Green Jade, Rose Quartz, Moss agate.

THE THYMUS CHAKRA – THE ASCENDING HEART

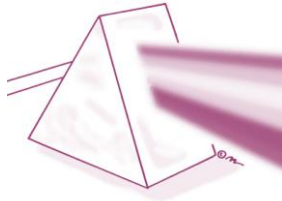
The Ascending Heart, or Thymus, Chakra is the portal into the universal Akashic records and it is through this Chakra that we communicate with the higher powers. This is the first source of your Monad

- Location: between the throat and heart area.
- Color: Purple / Blue
- Sound: HUL
- Element: Air / Ether
- Gems/Minerals: Aqua Aura, Amazonite, Aquamarine, Apophyllite, Chrysocolla, Silica, Idocrase, Phrenite, Turquoise
- Essential Oils: tea tree, thyme and Clary sage.
- Mantra: I AM, I AM

¹² In lower chakras, elements like power, money or sex are used to control.

SECRET CHAMBERS OF THE HEART EXERCISES

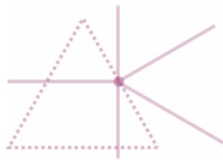
THE PRISMATIC TRIANGLE TECHNIQUE, PART 1



Find a quiet place where you can relax and calm your mind.

Visualize a pure crystalline triangle floating in front of you. Rotate the triangle so that you see it has depth. Fix the triangle in front of you so that you are looking at it from the side. You see a crystalline rectangle that slopes away from you.

Now, with the help of your mind's eye, imagine a Red ray of light coming out of your base Chakra into the center of the face of the crystalline prismatic triangle. The triangle receives the red ray and it converts it to a White ray as it passes through the prismatic center and directs it straight up to the Universe. With that ray, all the blockages and limitations that belonged to that Chakra are transferred from you to the Universe where the energy will be converted to a form that can be used for the Greater Good of All.



Breathe deeply and calmly between each step of the visualization.

Imagine now second ray joining the first. This one is an Orange ray coming out of your Sacral Chakra heading towards the same point on the crystalline prismatic triangle. Again, upon receiving the Orange Ray, the triangle again converts it to the pure crystalline white light that turns up and it is directed to the Universe. With the ascending ray, all the blockages, limitations and psychic debris leave your immediate plan and go to the proper region in the Universe.

Now, imagine a third ray joining the first two: a Yellow ray coming from the Solar Plexus Chakra and heading towards the crystalline prismatic triangle. In arriving there, it is immediately absorbed by the center of the triangle and transformed in the white crystalline ray of light that ascends to the Universe, removing from you all the limitations and blockages that were previously hindering your umbilical Chakra to fully perform at its best rate.

Next, imagine a Green ray coming out of your Heart Chakra and slowly heading towards the crystalline prismatic triangle with the first three rays of light. Again, the floating crystalline triangle will receive this energy and convert it to the bright white light and immediately direct it to the Universal mind, taking with it all the obstructions, blockages and difficulties, both physical and extra-physical, found in the Heart Chakra.

Imagine a vivid Blue ray coming from the center of your Throat Chakra, joining the other rays of light and naturally flowing towards the crystalline prismatic triangle. It is slowly absorbed and transformed into pure white light and naturally ascends again

from the back face of the prismatic triangle towards the infinite Universe, taking all the impurities, hindrances and blockages that the Throat Chakra contained. Spend some extra time with the Blue ray until you feel it flow clear as the Throat Chakra is the Chakra that absorbs blockages the most easily.

Imagine now sixth ray joining the first five. This one is an Indigo ray coming out of your Third Eye Chakra and heading towards the same point on the crystalline prismatic triangle. Again, upon receiving the Indigo Ray, the triangle again converts it to the pure crystalline white light that turns up and it is directed to the Universe. With the ascending ray, all the blockages, limitations and psychic debris leave your immediate plan and go to the proper region in the Universe.

At this point you have six rays of different color frequencies coming out of their respective Chakras and being directed at the same point in the rectangular side face of the crystalline prismatic triangle. The crystalline prism receives these rays, absorbs them and transforms them into pure white light, facilitating their ascension to the Universe.

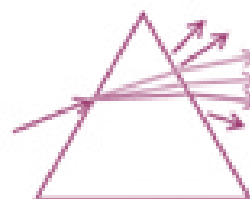
The next important step of this exercise is to now visualize your Crown Chakra, from where a pure Violet ray is generated and is directed to the crystalline prismatic triangle, completing the receivership of the seven ray frequencies of the Rainbow.

This time, when the Violet ray reaches the crystalline prism, instead of one single White ray coming out with the prior six rays transformed into one White ray, now seven different white flashes of pure crystalline white light ascends to the Universe in an

entwined spiraling ray.

THE PRISMATIC TRIANGLE TECHNIQUE, PART 2

After performing the first part of the Prismatic Triangle Technique, you may feel sleepy and may wish to restart the second part at a later date.



After performing the first part of the exercise, try to concentrate only on the floating crystalline prismatic triangle.

Visualize a White ray of liquid light flowing down to the very center of the rectangular face away from you of the crystalline prismatic triangle. As it moves through the body of the crystalline prism, it is transmuted and separates into seven rays which correspond to the seven different colors of the rainbow. Gently and softly, all the colorful rays start their journey, from the “heart center” of the crystalline prismatic triangle and back to the original Chakras where they came originally from.

This means, for example, that when you initially visualized the Violet ray coming out of your Crown Chakra, you now visualize the flow going the other direction and that the Violet ray, which has now been purified by the Universe of the energetic debris from your energetic system, renovating and re-alkemized, nurturing, balancing and restoring the seventh Chakra.

Note that while the seven rays are energizing your seven Chakras simultaneously, spend some time at each Chakra, starting with the Crown Chakra and moving down through each Chakra and each ray until you reach the Root Chakra. Feel the individual rays re-nurturing and re-energizing each of your energetic centers. Acknowledge and give Gratitude to the Universe for its gift of Light and Love.

Bath your Chakras in the corresponding colored rays until you feel fully energized and recharged.

Until this moment, the floating crystalline prismatic triangle has just received the one pure White ray from the Cosmos and decoded it transforming it into the seven colors directed to their seven respective Chakras.

Now, in order to open and purify the “constellation points” of the Higher Heart, visualize that from the floating crystalline prism, the seven rays merge with and energetically bolster the power of the last powerful Violet ray. This ray unsurprisingly directs itself to your Heart Chakra and the other two Secret Chambers of the Heart, the Sacred Heart and the Ascending Heart, filling up the entire pure heart region with the Violet ray.

This is the entrance point of an entirely new vibrational frequency into your system of Chakras. This new frequency is one that is of pure transmutation, liberation, and self-realization.

Once more, the Violet ray comes out of the floating crystalline prismatic triangle and now connects to your Crown Chakra filling every space in your crown with this rejuvenating frequency of all the tones and nuances pertaining to the palette or scale of the Violet ray.



Feel a very subtle and yet very powerful connection between the Heart region and the Crown region.

EXPLANATION OF THE IMPORTANCE OF THE SECRET CHAMBERS OF THE HEART EXERCISES

These exercises establish a very important connection that is to be maintained and nurtured, because it is a very important step for the structural transformation of the Chakra system.

Chakras are traditionally described as “cone-shaped” funnels extending out of the front and back of the body; with the exception of the Root and Crown Chakras, which point down and up respectively.

With the link between the Crown and the Higher Heart through the Secret Chambers of the Heart, the energetic “funnel” of the Heart Chakra will begin to orient itself with the Crown Chakra through the principal entrainment¹³. Once the Heart Chakra is oriented, the other Chakras will follow suit, creating a joint energetic pathway. With the

¹³ Entrainment is the principle of physics where by two interacting vibrational systems will assume the same vibrational frequency.



progressive cleansing of Karmic residues, the Chakra's energy vortexes, starting with the Heart Chakra at the center, begin to change themselves from a "coned-shape" design to a more spherical and integral format which allows it to absorb and radiate energy in all directions.

When this transmutation happens, the

structure of the Chakras tends to open gradually to the reception and accurate absorption of higher and different frequencies from other dimensional timelines.

As the structure of the bodies progressively gets cleansed of karmic residues, the new spherical format of the Chakras will not allow karma to accumulate itself again inside of the energetic matrix.

With time, the new spherical Chakras will be predisposed to enhance in size, starting with the Heart Chakra in the center, and to fuse themselves together into one Unified Field of Light.

This is the basic mechanism of the Ascension Process.

