

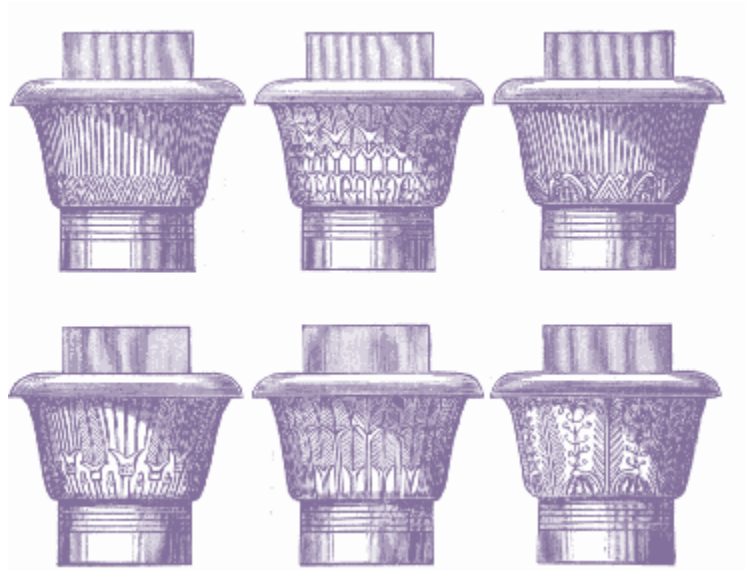
Stellar Code™

Antares

Guidebook Appendix
and Empowerment
Symbols



The Pillar of the Temple



Weaving the Internal Column of Light Interchakral Spaces and Subtle Bodies

WHAT IT REALLY MEANS SPIRITUALLY TO BE A PILLAR OF THE TEMPLE?

Ageless wisdom refers to the expression *Pillar of the Temple* to categorize a type of Chela (guardians) that are disciples of a Master, Guru or teacher that contribute and work along under the master's guidance towards a spiritual path.

Every Temple needs columns, they are the basic structure to support the energies from above and at the same time they receive the Divine energy, assimilate it and ground or

anchor it to make it accessible to others that are in need of the Divine energy.

Many ancient temples personify their columns to represent not only the original energy which the Temple is the conduit of, but also the vibration of their Chelas.

THE BODY OF LIGHT

The majority of the students of the spiritual science know about the existence of the 7 primary chakras, but most do not realize that a regular human being actually encompasses up to 14 principal chakras that have their existence and functionality related to the simultaneous multi-



dimensional realities of every being. There are 7 chakras inside of the human body, 7 chakras outside the human physical body, plus what we call the Alpha and Omega chakras.

Most are not even aware that these energy centers are pulsating sources of energy and that they irradiate Light and have their internal structure organized from the start to be able to operate in at least six different dimensions.

Under the control of the karmic game, all the seven original physical chakras had their actions purposely restricted, so they could only vibrate up to the astral plane. Under a limited structure and functionality, the chakra appears like two cones: one opening to the front of the body and another to the back of the body.

The place where the two vertices of the cones touch at the Central Channel of the body is usually blocked due to an incredible amount of mental, emotional, spiritual and karmic junk.

These residues purposely make the chakras vibrate slower and sometimes can make

them stop rotating and assimilating energies altogether.

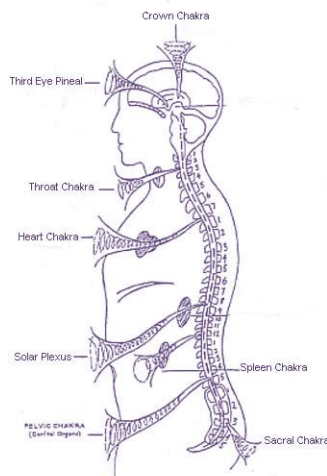
The consequence is that when the energy level declines because of these blockages, it damages the meridian system of distribution of energy throughout the body. Many times this is what causes physical illnesses and even premature death.

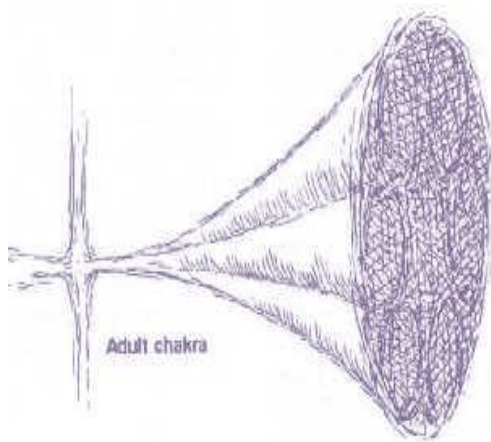
A weak structure of the chakras can only make the energy circulate from the front to the back and vice versa, without ever reaching the frequencies or activating the structural design we have built in to incorporate higher vibrations from other dimensions.

WHY THE PRESENT CHAKRA CONFIGURATION?

Inside of every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, within us resides a subtle system of channels, *nadis*, and centers of energy, *chakras*, which compose our energy grid work, and that encompasses our physical, intellectual, emotional and spiritual being.

Each of the seven chakras has several spiritual qualities. These qualities are intact within us, and even though they might not always be manifest, they can never be destroyed.





According to tradition, while the Human race was still in its development stages, as just Spiritual beings still in the primary stages of energetic densification, the system of the seven chakras was fashioned primarily to absorb elemental light to keep the physical body going. In doing so, it was necessary to protect the heart chakra in order to guarantee the isolation of this energetic center from the others; mainly because in order to propitiate the enacting of the karmic drama efficiently, the three lower chakras could work independently as wheels of energy without the moderated effect of the heart center to prevent or direct their actions, and consequently not interfering on the basic functioning of their gathering of sensorial “experiences”.

Because of this original mechanism, all the answers to the basic challenges in life tended to be destined to failure, disharmony and unbalance.

The discussion if this original densification of the “Human template” was a good or a bad idea is not part of this book. Neither are we questioning if this is a result of an interference in the original blueprint. We are limiting ourselves to describe how the system of the seven physical chakras was originally conceive to be working in the moment of transition of the Human race, from a Spiritual situation to a more dense material vibrational reality.

Below we will describe how the system of chakras worked originally and still works in a large number of people today:

The Six Chakra offers only intellectual answers for the perceived reality.

The Fifth Chakra offers mainly empty forms of communication, filled with pre-conceived concept and judgmental impressions.

The Fourth Chakra was not supposed to interfere in your decisions, unless consciously activated.

The Third Chakra generates answers that are Ego-based, anchored in personal power and influence.

The Second Chakra inclines the individual uncoordinated sexual impulses.

The First Chakra invites a person to live in a constructed behavior based on elements of survival and instinctual fear.



THE KARMIC GAME

During the Karmic Game of Light and Shadows, where the objective is to put in direct contact with the system of responsibility of our actions and the way they ripple through others lives, we see that a soul can live pretty much dissociated from its spiritual life and even dissociated from its own physical body. It is possible to live an entire existence without grounding the energy through the planet and existing only through the undulation of facts that occurs in the life, never interacting or participating with it actively. If a person is not grounded into its life energy, it is impossible to have their heart chakra activated.

If this is the case, the person will only tend to operate its entire energy system through the First Chakra, basic necessities of survival, the Soul Chakra, the primary connection with the soul, and the Solar Plexus Chakra, which defines the elements of individuality and human will. For this person, all their attitude will be based on fear, instinct and the karmic waves, egocentric inclinations based only on what is determined and dictated by the Ego-based mind. Nothing will be able to be changes in this person's life unless they makes a volunteer movement towards grounding their existence and starting to work with their own body. By working with their own body, we mean working with the physical center of energy: the seven chakras and activating the flames of the heart, since the transpersonal chakras hold no possibility to be awakened unconsciously without the help of the Heart Center.

Obviously, it is evident that the answers programmed to be manifested through this energetic scheme were all geared to the

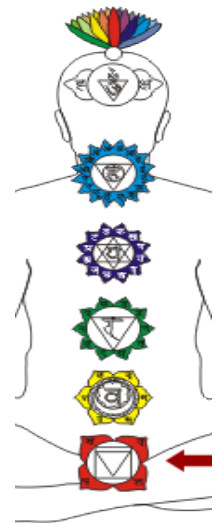
generation of Karma and, therefore, life experiences since a more balanced solution and approach proper of a Fourth Chakra developed though love and compassion were not accessible.

WORKING WITH THE THREE LOWER CENTERS

To definitely anchor the energy of light inside of our Antahkarana channel, we need to focus our attention to two basic points between the three lower chakras spaces. It is said that the majority of all the karmic junk, old wounds, wrong and limiting beliefs systems, and hurts are accumulated in these regions. It is necessary to make a conscious and intentional effort to clean up these spaces, as one is progressing on the Spiritual path and aspires to be a Lightwarrior. The reason for this cleansing is to eliminate the pattern of fear, in all its manifestations, as the authentic warrior is fearless and valiant. We will briefly describe the original energy of each of the lower chakras.

THE FIRST CHAKRA

The first chakra is situated below the sacrum bone in which resides the Kundalini, and its main aspect is innocence. Innocence is the quality by which we experience pure, childlike joy, without the limitations of prejudice or conditionings. Innocence gives us dignity, balance, and a tremendous sense of direction and purpose in life. It is nothing but

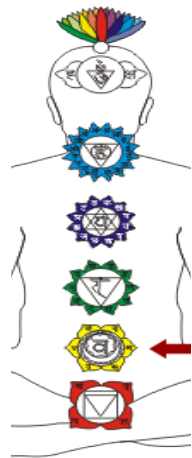




simplicity, purity and joy.

It is the inner wisdom that is ever present in little children and sometimes gets clouded by our modern lifestyles. But it is a quality which exists eternally within us and cannot be destroyed, waiting to be manifested as pure joy when the Kundalini rises.

THE SECOND CHAKRA



The second chakra is the chakra of creativity, pure attention and pure knowledge. It is the one which connects us to the inner source of inspiration, and enables us to experience the beauty around us.

The pure knowledge given by this chakra is not mental, but it is direct perception of Reality which can be felt in

our palms and indicates our subtle blockages. This is also the center of pure, steady attention and power of concentration.

On the physical level, it looks after our liver, kidneys, and the lower abdomen. When we think too much, this center gets drained of energy and diseases like diabetes or blood cancer can occur when this chakra goes completely out of balance.

PANDORA'S BOX

Between the first and the second chakras, we find the space known as the "Pandora's Box". According to the myth, Pandora opened a jar, or pithos. In modern accounts, this is sometimes mistranslated as "Pandora's box": releasing all the evils of mankind, although the particular evils,

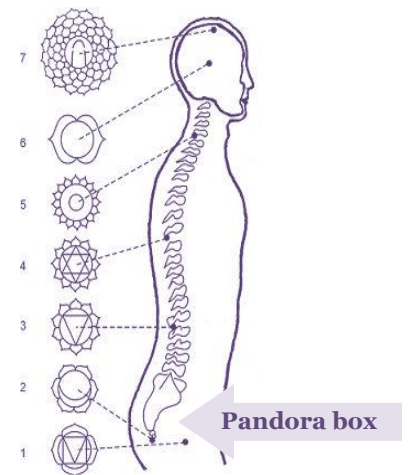
aside from plagues and diseases, are not specified in detail by Hesiod, and leaving only Hope inside once she had closed it again. Pandora opened the jar out of simple curiosity and not as a malicious act.

The comforting thing about Pandora's Box is that the gift of Hope was left inside of the box after all the evils and maladies that torment humanity were unleashed from the box. This is the ultimate gift to be developed and received with grace as a powerful tool to proceed with our life journey.

The same pattern can be observed with our individual Pandora's Box: it holds the collection of ancestral fear, unresolved feelings, and impressions of hurt, unflattering memories, psychic debris and karmic residues that have been left unclean by generations or even lifetimes. In summary, it is in this region of our bodies that we store our "wound files". The allegory of the Cleaning of the Augean Stables is a good metaphor for it.

THE THIRD CHAKRA

The third chakra is the one that gives us the sense of complete satisfaction and contentment. It is the center which makes us peaceful and generous, and also sustains our spiritual ascent. When enlightened by the Kundalini, it expresses as righteousness





and inner sense of morality, and it gives us complete balance at all levels in our life." This chakra regulates the direction and speed of our human evolution, as it is the command center of our sustenance: of food, family love, parental roles and relationships. Material satisfaction and a sense of calm arising from a healthy center (chakra) allow our attention to turn to inner spiritual pursuits.

THE VOID

Between the Second and the third chakras, we find yet another empty space called by some as the "void".

Surrounding the second and the third

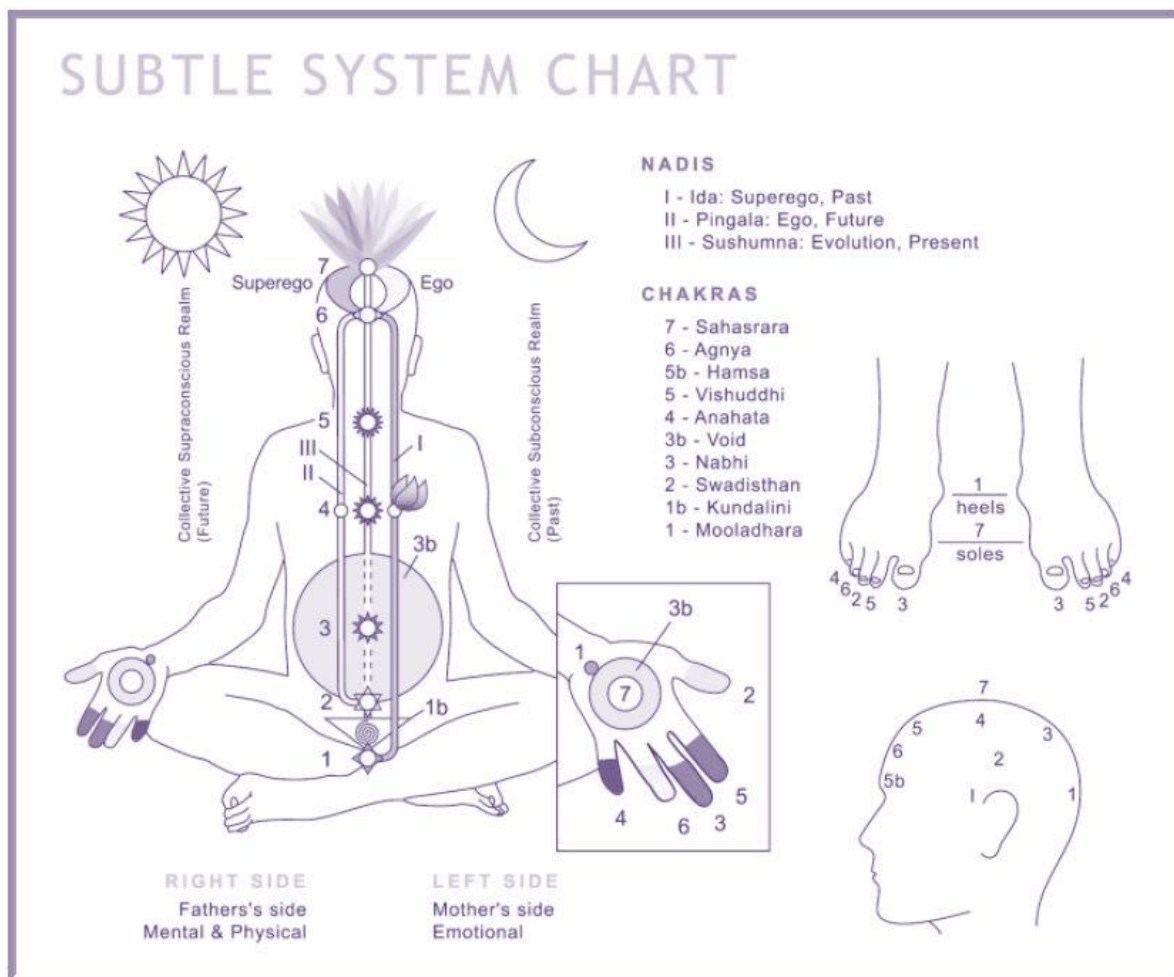
chakra is the Void which stands for the Principle of Mastery, the Guru Principle, within us.

In many spiritual traditions, this area is the "ocean of illusions" that needs to be crossed with the help of a spiritual guide. When the Kundalini is awakened and passes through the Void, this Principle of Mastery is established within us.

We identify the Void with the myth of the Fisher King's wound.

THE FISHER KING

The Fisher King, or the Wounded King, is a figure from the Arthurian legends. He is the





latest in a line charged with keeping the Holy Grail. Versions of his story vary widely, but in them he is always wounded in the legs or groin and incapable of moving on his own. While he is injured, his kingdom suffers as he does: his impotence affecting the fertility of the land and reducing it to a barren wasteland. Little is left for him to do but fish in the river near his castle. Knights travel from many lands to heal the Fisher King, but only the chosen can accomplish the feat.

As we said before, the samskaric energies can establish themselves in any space between any of the energy vortexes of our body, but usually they lodge themselves more easily between the structural construct of the first & second chakras and second & third chakras. In these regions, we experience the activation of the first three pairs of our Spiritual DNA¹.

¹ According to Esoteric teachings, the first two strands are Physical DNA; the other ten strands are Spiritual DNA. The twelve strands, which work in pairs, may be grouped as follows:

Pair 1, Backbone DNA: this pair is responsible for the physical aspects of the human body. They direct genetic patterning. Backbone DNA denotes the predispositions of individual to certain conditions such as aging, health, metabolism and general life structure. These also are responsible for the external characteristics one has, such as color of the hair, skin, etc.

Pair 2, Etheric DNA: Here we find the reservoir of the emotional aspects, and in this we have a registry on how the individual can act and react to emotional patterns. This part responds intuitively to the personality, which we called Ego. The activation of these strands facilitate the operation of the individual mind though a much broader perspective.

These are very delicate areas, since the lower chakras must be developed in order to sustain and support the higher energies that have been channeled through our bodies through the awakening of our Internal Divine Stars and through the assimilations of the Stellar Codes. We progressively tend to disregard and neglect these chakras, thinking they are portal only for lower energies, when this is not the case. They are gateways of very powerful energies that can be assessed and re-created in new levels of consciousness; and that facilitate the rise of the primeval energy of the coiled serpent of Kundalini on the base of the Human spine.

For most people who are on a spiritual path, there is no real danger of lasting effects, although the physical symptom staged may be long and uncomfortable if the conditions are left untreated. Eventually the person's vibrational field will adjust to the new "blueprint" and the chakras will continue to work.

Conversely, there will be some energetic changes in the general vibrational pattern of this energy field. It seems that as the energies progressively become more elevated through the activation of the higher chakras and transpersonal chakras, the *normal* vibrations of the first, second and third chakras are not compatible any longer with these other chakras, which force

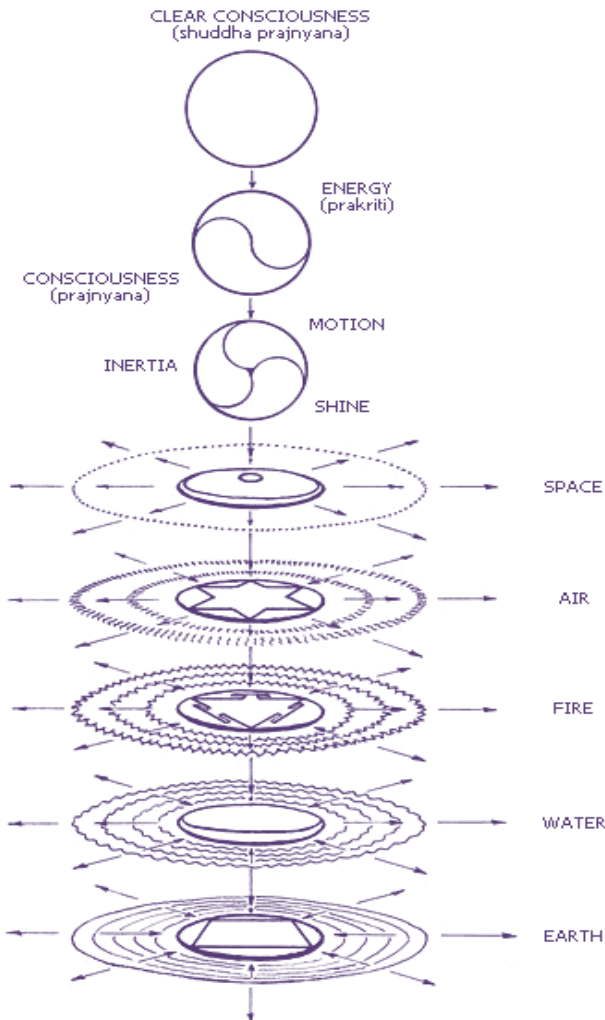
Pair 3, Psychic DNA: These strands are responsible for the genetic mental profile, in other words, they define how the mental energy will be used in direct thought: linear, logic, intuitive, artistic or emotional thinking. These are a very important part of the mind. Their activation can enable an individual to perceive other realities and to think in abstractive terms. We also find here the coding that gives the information on whether a person tends to be pessimist or an optimist.



them to re-pattern their grid to absorb more higher frequencies emanations.

THE UNIFIED FIELD OF LIGHT

In working with the unified field of light or unified chakra you will be equipped with the energy of the first 7 physical chakras and



transpersonal chakras, above your Crown chakra, and harmonizing them through the main energies that are being generating through your attuned heart chakra. This basically means that the three lower energy centers will be aligned and will start to exchange energies and resonate with the other centers. This will re-pattern the

original design of these centers and enable them to vibrate and receive higher frequencies. In doing so, those vortexes will include the energy of loving-kindness, or Metta, and Compassion as the principal elements in these interactions.

Consequently, in expanding the Unified Chakra outside your physical body, you will feel its influence as a physically stationary wave. When you expand it inside of your physical body, it will be sensed as a complex energy field, with only one joined center visible due to the harmonizing of the frequencies. The building of this integrated column of light gradually will eliminate the necessary time to absorb the processing and transforming of emotional energies.

WORKING WITH THE UNIFIED FIELD AS A PILLAR OF LIGHT

To work with the Unified Field is work with a new energetic template. It reflects the possibility to consciously alter the basic incarnational restrictions of your physical body, enabling it to reach its multi-purposes and functionalities and integrating the diverse human energetic bodies

Traditionally, the chakras present themselves as cones, located in seven different points of the body. They were the only way the various energetic human fields could exchange energies. Through the forming and developing of the Column of Light as a Pillar of the Temple, the new unified field anchors a different way to assimilate diverse frequencies; aligning the different subtle bodies and the physical one,



through the harmonization of its vibrational patterns.

Another great advantage to working with the Unified Chakra template is the ability to increase the coefficient of Light in your entire system. The old system, which utilizes the seven chakras as individual unities absorbing energies separately, gives an intellectual character to the channeled energies. The Unified chakra system amalgamates a wider energetic scope anchored in energies of high frequencies of love. Maybe you experienced while working on healing sessions the starting presence of some buzzing sounds on your ears. This is a common phenomenon, especially when a higher frequency waves from above finds a resistance blockage in your energetic system.

This will not be a problem, because once you start gradually to unify and increase the size of your chakras; you will not find any problem in responding actively to different circumstances, because you will be able to mobilize automatically and naturally the exact quantum of energy to every situation without feeling weakness or restraint.

The following three techniques will help you get the most out of your meditation session. First, the Pillar of Light Invocation will help you draw in high quality Source energy into your meditation space and into yourself, allowing you to optimize the clearing effect with the assistance of the appropriate merits and strengths of various beings of light. This technique helps in accelerating your light quotient building advancing your spiritual path.

UNIFIED CHAKRA EXERCISE NUMBER 1

To start this work you will need to be seated comfortably in a restful position, breathing deeply² and absorbing light and pure cosmic Prana through your Heart Center.

As you breathe in the light, you should feel that the light is gradually infiltrating through all your meridians and expanding your heart through all the directions. As you breathe out, feel your heart growing in a spherical way. Concentrate on this center for at least four of the rhythmic breathing cycles.

As you inhale and exhale, try to envelop successively the chakras in pairs:

- The Third chakra along the Fifth Chakra
- The Second Chakra and the Sixth Chakra
- The First Chakra and the Seventh Chakra
- The Earth Chakra and the Soul Star Chakra

² Rhythmic Breathing Practices

- Sit comfortably, with spine erect, hands resting in your lap.
- Place your finger on the pulse. Inhale, counting to six pulse units.
- Hold your breath, counting to three pulse units.
- Exhale slowly, counting to six pulse units.
- Count to three pulse units before drawing the next breath. Continue this exercise without straining yourself.
- Next, inhale and hold your breath for a moment. Now pucker up your lips as if to whistle, and exhale a little.
- Hold. Then exhale a little more.
- Repeat till you have exhaled completely.
- Remember, breathing exercises should be comfortable, so never strain.



The Soul Star Chakra and the Earth Star Chakra that were latent in you are now fully activated inside of the new energy field template. The Earth Star Chakra connected with the end of your vertebral spine now connects you fully with the planetary consciousness. This connection was done before through the first chakra. The same way, the connection with your Soul Star supports the connection and the building upon your body of light in the fifth dimension. The expansion of the Unified Chakra will be expressed as a golden spherical light with a diameter of 25 to 49 feet.

For those wondering if this is possible, think of the Christ-Consciousness Unified Field, and how many beings it encompasses. Christ Jesus made a promise that, whenever three or more gathered in his name, He will be there: these are the wonders of our Christ-Consciousness Unified Field, which the Stellar Codes expands and works with.

Since the Spiritual realm coexists with the Unified Field, the second step of this exercise is to express the intention to have the proper level of your Spirit Self (your Higher Self, or I AM Presence) to merge with your unified field at your heart level.

After doing this exercise a couple of times, we suggest you to expand it, as the multidimensional being that you are, enlarging the Unified Chakra to reach:

- The Tenth Chakra – your Stellar Gateway
- The Eleventh Chakra – Your Oversoul
- The Twelfth Chakra- Your I AM Presence (Christic Level)

- The Thirteenth Chakra - The Source-Mother/ Father God, or ALL THAT IS.

The Unified Chakra broadens up the operational possibilities of the original chakra system, where the energies were received in a selective way and were integrated in an unconscious way. This is a new energetic pattern for response, because many things will change at the Egoic level, once the energy that will be vibrating outward from you is anchored in the Love and the Light of your soul.

As the love emanations of your soul gets integrated with your entire unified energetic matrix, even under “foreign energy attacks” you will feel no tension or lasting effects. Only through this volunteer and conscious process of integration can one reach the point of being a Column of Light that supports the loving energies that comes from the Cosmic Temple of the Divine Mind. The Unified Chakra will allow you to articulate and work with all the facets of your Spiritual and eternal Being.

With time and practice, you will be able to decree to yourself (unify) and all your chakras will be activated and will combine themselves converting and forming the Pillar of the Temple. As one practices this technique, one will have more chi running through the field overall and will not only feel better, but be better prepared to ascend: one will have a stronger field overall when running the internal energy 100% of capacity, making it more difficult to have one's field shattered extensively in a karmic encounter.

This is also a very powerful self-defense technique: when in the presence of danger,



one should activate the Soul Star Chakra, the little Sun above your head, decree internally the Unification and the chakras and recite three times to yourself: "I am a Pillar of the Temple of the Central Sun³".

UNIFIED CHAKRA EXERCISE NUMBER 2

Use the following invocation to create the Pillar of Light within the meditation space.

Archangel Metatron, please open my crown chakra, the very heart of my Soul, Higher Self, Oversoul, Universal Consciousness, I AM Presence, and Un-Differentiated Creator Source in Spirit.

Archangel Raziël, please open my pineal and pituitary chakras– the third-eye centre.

Archangel Khamiel, please open my throat chakra and my heart chakra. Please help me to express my Truth at all times, and to express unconditional Love at all times.

Archangel Michael, please open my solar-plexus chakra. Please help me to surrender my negative ego and to express at all times from my Wholeness. Help me to remember that I am Source manifested in form and help me to see the same in all of Creation.

Archangel Raphael, Gabriel and Ariel, please open my sacral chakra. Please help

³ The "Central Sun" is a Theosophical idea, a sort of divine super sun at the center of our galaxy. Of course there is no evidence for such an object, just the opposite, it is believed by astronomers that there is actually a massive black hole at the center of the galaxy. The Central Sun symbolically, however, can be taken to represent the Noetic/Atzilutic reality, or even the Manifest Godhead or Truth Consciousness, the Aurobindoan "Supermind" which Sri Aurobindo describes using the imagery of the sun.

me to express pure Divine creative energies at all times.

Archangel Sandalphon, please open my base chakra and my feet chakra. Please open the very heart of the Earth, the Sun, the Galaxy, the Universe, and Un-Differentiated Creator Source in Nature.

Archangel Metatron, please open, open, open, ignite, ignite, ignite the Pillar of Light. Please lower the Pillar of Light from the Un-Differentiated Creator Source in Spirit, down through my I AM Presence, down through my Universal Consciousness, down through my Oversoul⁴, down through my Higher Self, down through my Soul, down through my Lower Self, and please connect it to my crown chakra.

I allow the Pillar of Light to descend down through my body, and as it descends it opens, clears, balances and aligns all my chakras in one straight line through the centre of my body.

I allow the Pillar of Light to exit through my base chakra and my feet into the heart of the Earth, the Sun, the Galaxy, the Universe, and Un-Differentiated Creator Source in Nature.

Archangel Sandalphon, please anchor the Pillar of Light into the very heart of the Un-Differentiated Creator Source in Nature.

Archangel Metatron, please anchor the Pillar of Light into the very heart of the Un-Differentiated Creator Source in Spirit.

⁴ The I AM Presence, the Universal, or Christ, Consciousness and the Oversoul are the three vibrational frequencies, or levels, within the Monad.



Archangel Metatron, please expand this Pillar of Light to whatever size is appropriate for today.

Take a few minutes to breathe deeply and exhale fully.

On the inhale breath, visualize a counter-clockwise spiral of Pure White Light moving from the heart of the Un-Differentiated Creator Source in Nature to the heart of the Un-Differentiated Creator Source in Spirit through this Pillar of Light.

On the exhale breath, visualize a clockwise spiral of Pure White Light from Un-Differentiated Creator Source in Spirit down to Un-Differentiated Creator Source in Nature.

This helps to establish the main energy flow for the meditation period.

UNIFIED CHAKRA EXERCISE NUMBER 3

OPENING UP TO DIFFERENT ASPECTS OF SELF

There are two keys to this meditation. First, set your intention to connect to all aspects of your Higher Self. Know that through your intent you can and will connect to all aspects of Higher Self. The intent serves to focus your energies.

Secondly, “feel” the connection with each level of Self as you connect upward.

In the beginning, if you are unable to feel anything, just use your imagination to make the connection. As you work with it every day, you will begin to feel the difference between the various levels of Self. It is very important not to rush through this

meditation, and to feel the connection with each level of Self.

Find a comfortable chair to sit in and sit upright. Take a few deep breaths and exhale completely each time. Then breathe in Light through your heart chakra. Allow the Light to expand radially from your heart chakra like a sphere in all directions.

Continue to breathe in Light.

Then allow the Light to expand to encompass your throat and solar-plexus chakras.

Continue to breathe in Light. Allow the Light to expand to encompass your third-eye chakra and sacral chakra.

Continue to breathe in Light. Allow the Light to expand to encompass your crown chakra and your base chakra.

Take a moment to totally embrace your physical body. Feel the connection with your physical body. Visualize your whole body, including all the organs of your body, bathed in White Light of Source.

Continue to breathe in Light.

Allow the Light to expand to encompass your etheric body which interpenetrates your physical body, and extends outside your physical body like a second skin. Take a moment to totally embrace your etheric body. Feel the connection with your etheric body.

Continue to breathe in Light.

Allow the Light to expand out to your emotional body, which interpenetrates your physical body, etheric body, and extends outside your etheric body approximately



150 mm or 6 inches. Take a moment to totally embrace your emotional body. Feel the connection with your emotional body.

Continue to breathe in Light.

Allow the Light to expand out to your mental body, which interpenetrates your physical body, etheric body, emotional body, and extends outside your emotional body. Take a moment to totally embrace your mental body. Feel the connection with your mental body.

Continue to breathe in Light.

Allow the Light to expand out to your spiritual body, which interpenetrates your physical body, etheric body, emotional body, mental body, and extends outside your mental body. Take a moment to totally embrace your spiritual body. Feel the connection with your spiritual body. Continue to breathe in Light. Feel all the fields around your body merge into a single Unified field.

Continue to breathe in Light,

Allow the Light to expand. With your intent connect up to your Lower Self. Take a moment to totally embrace your Lower Self, and give it your un-conditional love and understanding. Feel the connection.

Continue to breathe in Light.

Then lovingly command your emotional body, your mental body and Lower Self to surrender to your Soul, and to express fully under the direct supervision of your Soul with the new expanded awareness of self.

Continue to breathe in Light,

Allow the Light to expand. With your intent connect up to your Soul. Take a moment to totally embrace your Soul, and feel the unconditional love from your Soul. Feel the connection.

Continue to breathe in Light,

Allow the Light to expand. With your intent connect up to your Higher Self. Take a moment to totally embrace your Higher Self, and feel the unconditional love from your Higher Self. Feel the connection.

Continue to breathe in Light,

Allow the Light to expand. With your intent connect up to the Oversoul level of your Being. Take a moment to totally embrace the Oversoul, and feel the unconditional love from IT. Feel the connection. Ask your Oversoul level to facilitate full reconnection with IT and to assist you to release all blockages and to rejuvenate all your bodies.

Continue to breathe in Light,

Allow the Light to expand. With your intent connect up to the Universal Consciousness level of your Being. Take a moment to totally embrace your Universal Consciousness, and feel the unconditional love from IT. Feel the connection. Ask your Universal Consciousness level to help you to come into Unity Consciousness.

Continue to breathe in Light,

Allow the Light to expand. With your intent connect up to the I AM Presence level of your Being. Take a moment to totally embrace your I AM Presence, and feel the un-conditional love from IT. Feel the connection. Know that this is your true identity as Differentiated Source. Note how



expanded you feel, and sense your Power. Take time to commune with the I AM Presence and bring up any of your personal concerns or desires.

Continue to breathe in Light,

Allow the Light to expand. With your intent connect up to Un-Differentiated Source. Take a moment to totally embrace Un-Differentiated Source in Spirit and Nature, and feel the unconditional love from IT. Feel the connection, and the Oneness with everything that exists throughout all of Creation. Stay for as long as you desire in this heightened vibration.

Ask Spirit to allow you to express from your Wholeness in all that you do throughout the day.

Come fully back into your everyday normal waking consciousness when you are ready.

ACTIVATING YOUR LIGHTBODY

It is a misconception to think that we need to "create a body of light" in order to start working with our full spiritual potential. When a soul takes upon incarnation, it receives three basic elements to enable this soul to function in the realms of duality: it receives a Physical body; it receives an Ego and a Lightbody. Since the Lightbody is not entirely developed initially, it needs to be activated to be fully functional with all its potentiality engaged in being a multidimensional cosmic being.

Once the Lightbody is activated, all the blockages that have accumulated inside of the Central Channel tend to disappear. The primary structure of the chakra changes its configuration and gradually, starting from

its center, the chakra will become more spherical. The positive aspect of this transformation is obvious: the chakras will receive and irradiate energy from all directions and will start transmitting those higher vibrational frequencies with ease.

As the body progressively liberates the Karmic material accumulated through various life times, or many simultaneous existences, the new spherical format will not allow those remains to build up again.

As the spheres, the physical chakras, are worked upon both through the attunements and energies from the stellar codes and also through the aspirant's internal work, they will tend to intentionally combine themselves in a straight column of light. The rebuilding of this central channel, Antahkarana, is the entire objective of the application of the ancient knowledge. All the spherical vortexes tend to fuse as one unified energetically/vibrational field.

Each of the transpersonal chakras⁵ has a different geometrical structure than the ones we normally deal with within the physical body, and they are engineered to receive and transmit higher specific vibrations from the superior Mind associated with the transpersonal chakras.

For this instance, it is to be understood that the Ninth Chakra, our Stellar Gateway, and the eleventh one hold unique crystalline receptacle structures which are oblong and flat, and from where we can find the primarily connections with the galactic

⁵ The Transpersonal Chakras reportedly placed outside of the physical body. For more information, please see *The Awakening of the Internal Divine Stars* eBook by Humanity Healing.



axitonal lines. Those receptacles are used by the Superior Consciousness, the Logoic Minds, to modulate and filter the astral influences over the incarnated soul physical body and etheric body, when the time comes to reconnect the Meridians with the axitonal lines.

The higher consciousness and masters are the hands of the Divine mind that recalibrate these axitonal lines, the circulatory system and nervous system through the connections of the Ninth Chakra. The Ninth chakra is for us the control panel that presides and influences the alchemization of the entire system of the physical body and the fusion of the subtle bodies and vortexes.

We have known that the majority of the human beings on earth were suffering from atrophy of the Alpha and Omega chakras. Even being classified as chakras, the functions of these centers are completely distinct and differ a lot in nature from what the other energy centers are and do. Both of these centers are regulated by sensible energetic waves: magnetic and gravitational in nature, both also serving as anchors of the etheric "matter" of the seventh dimension. The Alpha Chakra is our Soul star chakra; it is the connection between the physical body and the "Eternal light" (beyond duality) in the fifth dimension. The Omega chakra is our Earth Star chakra (a point of connection with the bottom part of our Spine to a point below the surface of Earth). It can be defined as our primary link with Planet Earth as a hologram. Through this point, we connect with all the "web" of holographic incarnations. It is necessary to say that this point, the Omega chakra does not have the same connotation of the

Karmic matrix of the fourth dimension, because the Omega chakra or the Earth Star is a non-Karmic chakra.

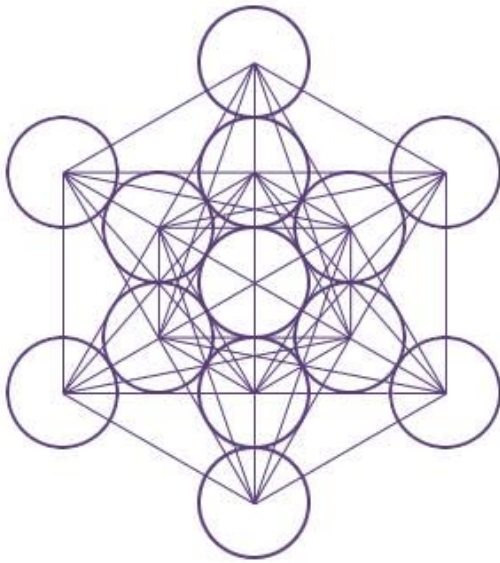
The correct location of the ninth chakra differs a lot, according to the school that is teaching the techniques. For us, the name is not relevant and we tend to classify it as the energy center located above the Soul Star (Alpha center), and refer to it as the Stellar Gateway.

There is a permanent "Column of Light", referred to as "the lighted way", which is approximately 5 inches wide that descends downwards from the Stellar Gateway to the central channel of our physical bodies and chakras and reaches downward approximately 7.8 inches below our feet. This column of light when traveling through our physical body reduces its surface to about $\frac{3}{4}$ of an inch, 0.75 inches. It covers all the space of the central channel and our spine. When the Soul Star and Earth Star chakras are fully awakened and functionally operating, one can feel the Metatrionic waves traveling through the spine and through the Column of Light. These special magnetic waves are electrical and gravitational and they oscillate from one side to another between the Alpha and Omega Chakras, the Soul Star and Earth Star. These are points of balance of those high-frequency waves.

Through the Metatrionic waves, the influx of life is maintained and distributed through all the energy centers, and keeps the influx of vital pranic energy inside of the reduced Column of Light that is located inside of the physical central channel. The Waves of Metatron also facilitate in the adaptation and transmutation of the physical body to



the fully-activated Lightbody matrix. The Metatronic Wave is the quintessential element responsible for the opening and maintenance of the Triple Heart Flame.



Once the chakras reestablish the new spherical structure and have increased in size and with the collapsing of the space between, there is an interesting matrix structure of energetic latticework that rearrange itself through the connections from the central points of the chakras with a system of rotating points on the outermost layer of the chakra. These new configurations are vital for the supportive connections with the network of axitonal lines and axial systems. This way, our new activated chakras can respond and interact properly with the system of Universal resonance and wave movements of higher evolution.

All new arrangements on the chakra structure and the subtle bodies (emotional, spiritual and mental) that pertain to the activation of the Lightbody are essential in order to create one unified energy field of

light through the central channel, transforming the Chela into a true column of the Temple of the Divine Mind.

The Unified field of light is created from inside out, through the opening of your central channel, which allows the seeker to receive fully the pranic energy as a constant dispensation; and this pranic assistance can also be translated as Divine guidance, inspiration, enlightenment, an increase of healing capabilities or simply a better communion with the Divine Mind. In the middle of this re-adjustment process, one can experience a change in the normal pulsation of the body, as well as changes in the way the fluids of the body behave. Once the initiation 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 others will follow naturally creating a beautiful column of light.

PHYSICALLY MOVING THE ENERGIES UPWARDS

In order to create a proper environment to change the vibrational pattern of the lower chakras and facilitate the energetic cleansing of the two areas previously of the work with the Stellar Code Attunements, we suggest working with some body movement and breathing techniques.

For the First Chakra, we suggest the utilizing of any "Bending Forward" exercise, and obviously we prefer that you pick one or two that will not add to strain in your body, but that will work with the grounding energy you will need to receive the full activation.



For the Second Chakra, we suggest the use of awareness and breath, to open the hips. This center deals with Water, and with the emotional element of your nature. It is important to make movement so this energy does not accumulate and stagnate.

Finally, we recommend the practice of the Warrior Pose to support the elimination of the space between the Second and Third Chakras, the Void. Warrior I (Virabhadrasana I) with the hands clasped behind your back. Visualize a bright light shining in all directions out of your heart center as the bottom of the sacrum releases away from the low back. Repeat on both sides. For details, see pictures and instructions below.

EXERCISES TO BRING MOVEMENT AND FLEXIBILITY TO THE LOWER CENTERS

RELAXING, CLEANSING AND ENERGIZING

While performing these stretches, use the following visualization:

- Inhale good health; exhale all the pains and discomfort.
- Inhale relaxing and comforting energy; exhale stress, tension and fatigue.
- Inhale love and peace; exhale your hatred and resentment away.
- Inhale calmness and confidence; exhale your fears and worries.
- Inhale happiness; exhale your sadness and depression.
- Inhale kindness; exhale irritability and anger.

- Inhale positive and creative thoughts; exhale negative and harmful thoughts.

Inhale positive and good emotions; exhale negative and harmful emotions.

FIRST CHAKRA – BENDING FORWARD

Note: These poses are linked to a Yoga Resource⁶ to give additional information, if required.



[Padangusthasana \(Big Toe Pose\)](#)

This pose gently lengthens and strengthens even stubbornly tight hamstrings.



[Balasana \(Child's Pose\)](#)

Balasana is a restful pose that can be sequenced between more challenging asanas.



[Uttana Shishosana \(Extended Puppy Pose\)](#)

A cross between Child's Pose and Downward Facing Dog. This pose lengthens the spine and calms the mind.



[Janu Sirsasana \(Head-to-Knee Forward Bend\)](#)

A forward bend for all levels of students, Janu Sirsasana is also a spinal twist.



[Marichyasana I \(Pose Dedicated to the Sage Marichi, I\)](#)

Marichi is the Vedic Adam, and the "father" of humanity.

⁶ <http://www.yogajournal.com>



[Uttanasana \(Standing Forward Bend\)](#)

Uttanasana will wake up your hamstrings and soothe your mind.



[Upavistha Konasana \(Wide-Angle Seated Forward Bend\)](#)

A good preparation for most of the seated forward bends, twists, and the wide-leg standing poses.



[Baddha Konasana \(Bound Angle Pose\)](#)

Bound Angle Pose is an excellent groin and hip-opener.



[Adho Mukha Svanasana \(Downward-Facing Dog\)](#)

One of the most widely recognized yoga poses... an all-over, rejuvenating stretch.



[Ananda Balasana \(Happy Baby Pose\)](#)

This pose gently brings a greater awareness to the hip joints.



[Parsvottanasana \(Intense Side Stretch Pose\)](#)

This beginner variation is done with the hands on the floor.



[Paschimottanasana \(Seated Forward Bend\)](#)

Paschimottanasana can help a distracted mind unwind.



[Ardha Uttanasana \(Standing Half Forward Bend\)](#)

Half Intense Stretch Pose is commonly known as Half Standing Forward Bend Pose



[Prasarita Padottanasana \(Wide-Legged Forward Bend\)](#)

The pose as described here is technically known as Prasarita Padottanasana I.

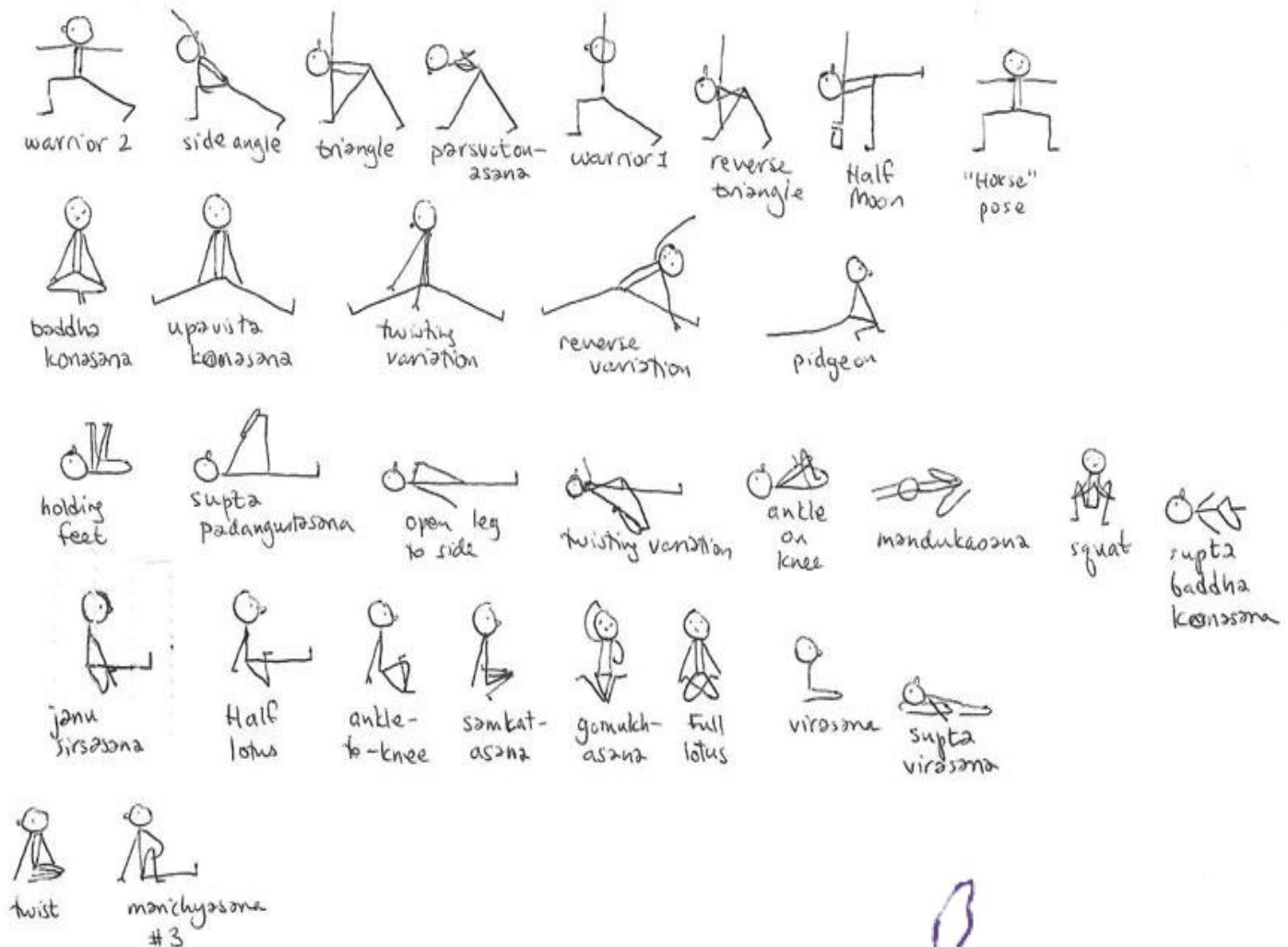
THE SECOND CHAKRA EXERCISES

In order to stimulate and activate the energies of the second chakra, we suggest some exercises that are directly related to Hip-openers. They are not obligatory, but they will greatly facilitate the effective operational cleansing of the "Pandora Box" and the "Void" areas. You may chose to practice these poses, with rhythmic breathing lying down in your bed.

While you do some of those poses, try to concentrate on the breathing out of the elements/residues and debris that are lodged in the Spaces between the lower centers. This is a very important step for the cleansing. Sometimes we have to mess the house, change the furniture in order to clean spaces that we normally do not have access to.



HIP OPENERS



THE THIRD CHAKRA MOVEMENT

The Virabhadras Pose is also known as the Warrior Pose⁷. It may seem strange to name a yoga pose after a warrior because yogis are known for their non-violent ways, but remember that one of the most revered of all the yoga texts, the Bhagavad-Gita, is the dialog between two famous and feared

⁷ There are three variation of Warrior, of which this is customarily numbered 1





warriors, Krishna and Arjuna, set on a battlefield between two great armies spoiling for a fight. What is really being commemorated in this pose's name, and held up as an ideal for all practitioners, is the spiritual warrior, who bravely does battle with the universal enemy, self-ignorance (avidya), the ultimate source of all our suffering.

STEP BY STEP

Stand in upward position. With an exhale, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms perpendicular to the floor (and parallel to each other), and reach actively through the little-finger sides of the hands toward the ceiling. Firm your scapulas against your back and draw them down toward the coccyx.

Turn your left foot in 45 to 60 degrees to the right and your right foot out 90 degrees to the right. Align the right heel with the left heel. Exhale and rotate your torso to the right, squaring the front of your pelvis as much as possible with the front edge of your mat. As the left hip point turns forward, press the head of the left femur back to ground the heel. Lengthen your coccyx toward the floor, and arch your upper torso back slightly.

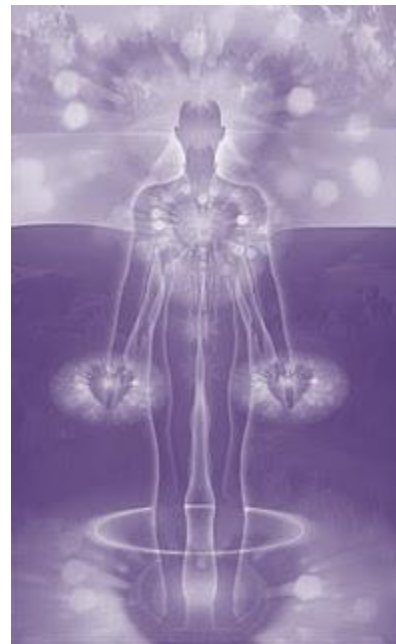
With your left heel firmly anchored to the floor, exhale and bend your right knee over the right ankle so the shin is perpendicular to the floor. More flexible students should align their right thigh parallel to the floor.

Reach strongly through your arms, lifting the ribcage away from the pelvis. As you ground down through the back foot, feel a lift that runs up the back leg, across the



belly and chest, and up into the arms. If possible, bring the palms together. Spread the palms against each other and reach a little higher through the pinky-sides of the hands. Keep your head in a neutral position, gazing forward, or tilt it back and look up at your thumbs.

Stay for 30 seconds to a minute. To come up, inhale, press the back heel firmly into the floor and reach up through the arms, straightening the right knee. Turn the feet forward and release the arms with an exhalation, or keep them extended upward for more challenge. Take a few breaths, then turn the feet to the left and repeat for the same length.



LEARNING HOW TO WORK WITH THE GOLDEN LIQUID LIGHT



From ancient Buddhist Sutras, to sacred Vedic texts and even through the passing of wisdom through the most diverse spectrum of Schools of Knowledge; we find that the workings with the Golden Light has held an esteemed place of reverence as a measure of the Divine and Holy Light of Pure dispensation of Grace.

We speak of a period lost in the sands of time, long ago, a “Golden Age” where humanity and all sentient life dwelled with higher Angelic and Devic beings in perfect harmony with All That Is. We refer to a period where the Light of Grace inhabited with us the dwellings of Mother Earth.

It is said that the Golden Light awakens the original formations of the Language of Light in our Divine template: these are encoded messages in a language of energetic geometrical symbols, sound vibrations, prearranged frequencies and archetypical images.

Further and more deeply, the Golden Light is a harbinger of the Divine Winged Messenger who brings about the next age or epoch in humanities transformation.

We will describe some initial techniques that will facilitate the sealing of the interchakral and subtle bodies’ spaces after the cleansing and the progressive collapsing of the Space Between.

In the Spica Attunement, you were introduced to the work with the Platinum Liquid Light, the original energy that is able to restore the defective energetic template and reset its functionality and potential.

The second part of this process is to start working with the Golden Liquid Light,

which can be defined as the Prima Materia of the your higher Light bodies in other dimensions. It is through your Gold Light Body, that you access your true essence, solar self and ascension through the Central Sun.

In the course of the building of the highest personal level (apart from the mysterious "eighth" and "ninth" bodies), it is the gold in color Lightbody that carries the impressions of past lives. It is equivalent to the Theosophical Causal Body. Alternatively, it might be a higher octave of the etheric body: there is really no way to tell from the limited information available.

The use of the Golden Light can restore, repair, re-pattern and accelerate manifestation, because as we build the familiarity with this “element”, we also build and activate our bodies of light in multiple dimensions, therefore allowing the soul to be more mobile to perform not only its purpose, but to help this task through complete conscious intentional volition.

EXERCISE WITH THE GOLDEN LIQUID LIGHT

Calm yourself, sit comfortably and activate your Soul Star.

Call Upon your I AM Presence to assist you during this experience.

Call to the Higher Realms to be assisted by the Maha Chohan of the Golden Ray to provide with this dispensation of Grace.

This Golden Ray is guarded by the Higher Beings that only serve the Christ Consciousness in the Universe. They abide by the Law of One and work diligently



through the guidance of the Divine Mind of ALL THAT IS.

Visualize a big jar in front of you. With your mind's eyes see this jar filled with pure luminous liquid Light, very dense and consistent.

Visualize this liquid to be poured slowly upon all the energy centers of your body. Start the immersion on this Golden Liquid Light from your crown chakra.

Imagine and feel the Golden Liquid Light descending downwards in clockwise rotation, and, as it continues its journey, it is transforming every single cell, every single energy center and your entire energy grid in pure gold.

As it proceeds with its movement downwards, this Golden Liquid Light restores all the functionality of your chakras which are now vibrating on a higher scale of cosmic frequencies. Its density unblocks and efficiently eliminates all the residues that are left over your previous cleansings.

The Use of the Golden Liquid Light guarantees that you are sealing a new pattern inside of your energetic field and, at the same time, you are expanding this field of consciousness to its full potentiality. Practice this exercise with great attention and zeal and do not rush when working with any of the Liquid Light, especially the Golden one.

As you calmly visit every one of your centers, let the Golden Liquid Light fill the gaps of your physical body, your etheric body, your emotional body, your mental body.

Breath in the Golden Liquid Light now from your heart chakra and pump it up your chakras together with this decree: integrate and expand.

Feel that you are unity of light, in an ever expanding field of light and joy and grace. Decree that you will only allow the energies of higher vibrations and Christ Consciousness to have access to your energetic template. You have sealed this coefficient of energy inside of your field now.

As the energy continues downwards, visualize it reaching the ground around your feet and being immediately received by Mother Earth and converted into flowers, new life and sustenance to her complex system of beings.

As the energy continues to pour downwards through Divine Grace, more and more flowers start to bloom and they start to color the world.

You can apply the Golden Liquid Light to your friends, but first make sure they have already undergone some type of spiritual cleansing.

Close this ceremony by thanking the abundant blessings of the Maha Chohan, Guardian of the Golden Liquid Light for his compassionate gift to you and all that you share your existence with. Bow in Namaste position with a grateful heart.

Thank the presence of Your Divine I AM Presence, for allowing you to receive this gift and entrust your Soul with the everlasting effects of this light, to be activated by your Higher Self in your benefit, or at the benefit of others, as an



intention for service.

Bring your consciousness back to the present moment; breathe deeply at least three times before you open your eyes, and say three times: I AM a Column of Light at the Temple of the Central Sun. Om Shanti Aum.

SUN MEDITATION

1. Sit outside and facing the sun. With the eyes closed to prevent sun damage, look directly into the sun while shielding the sun with one's eyelids. Do not wear sunglasses.

2. Inhale deeply and then exhale slowly. Allow the sun to enter the pineal gland in the center of one's head. Imagine the warmth of the sun filling first one's head, and then spreading down the core of one's spine.

3. Inhale deeply and then exhale slowly. Then imagine the core radiating out to fill one's entire grid work from head to toe with the vibrations of the sun. Breathe slowly in and out as this is occurring.

4. Inhale deeply and then exhale slowly. Move the fire of the sun through each meridian in the form, opening and cleansing each to the best of one's ability from the bottom of the feet to the top of the head and through the arms and hands.

5. Inhale deeply and then exhale slowly. Blow the fire of the sun beginning with the chakras under the feet leading to the aurora in the center of Earth. Imagine an inferno raging under you as you clear out everything with the fire element that is in the grounding energy flow.

6. Inhale deeply and then exhale slowly. Now move the fire through the feet knee and hips chakras, along with the three chakras that sit under the hips. Imagine that you have an inferno raging from your hips down and clear out everything that no longer resonates.

7. Inhale deeply and then exhale slowly. Next move fire through the major chakra centers above the waist through the top of the head. Imagine the upper body becoming an inferno raging from your waist unto the top of your head.

8. Inhale deeply and then exhale slowly. Now push the fire through the chakras above the head leading to one's source. Imagine an inferno raging above the head clearing anything or anyone interfering with your connection to your oversoul.

9. Inhale deeply and then exhale slowly. Intend to increase the pace of field rotation now to spin off the density as there is enough fire to do so. Take many deep breaths inhaling and exhaling as you spin up the field.

10. Inhale deeply and then exhale slowly. As you complete, intend to slow the field back down to a comfortable pace of field rotation. Now fill the field from the grounding chakras through the chakras above the head with the element of water to wash away the ashes of that which was transmuted with the fire element in working with the sun.

11. Inhale deeply and then exhale slowly. Now fill the field from the grounding chakras through the chakras above the head with the element of air to blow away that



which no longer resonates in your life dance.

12. Inhale deeply and then exhale slowly. Now fill the field from the grounding chakras through the chakras above the head with the element of earth to connect with a larger body of the consensus that you are a part of. Intend to allow the global patterning associated to be pulled off that is not one's responsibility to transmute as a single human.

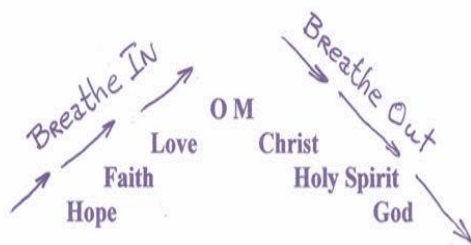
13. Inhale deeply and then exhale slowly. Now intend to synthesize the field into a rainbow of tones from densest to lightest in color. This will have the affect of releasing anything remaining that is not your own to clear.

THE BREATHS OF THE ELOHIM

The Two Breaths of the Elohim are truly One Breath that helps us become One with Our Creator.

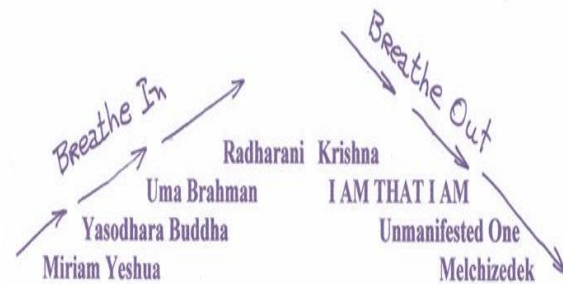
1ST BREATH

This breath of the Elohim is a very easy and gentle there is no need to breathe in a strenuous manner. As you breathe in and out say the names of the Seven Spirits Silently. In time the practice of this breath will become very relaxed and easy.



2ND BREATH

This Elohim Breath of the Godhead is an also very easy and gentle. There is no need to breathe in a strenuous manner. You will notice that the Elohim Breath of the Godhead is a little deeper than the Breath of the Elohim, the first breath. As you breathe in and out say the names of the Seven Personalities of the Godhead Silently. In time the practice of this breath will become very relaxed and easy.



3RD BREATH

Once you have learned both breaths separately you are ready for the third breath. The third breath is a little more difficult but miraculous. It is the combining of the two breaths into one breath. Begin by breathing the 2nd breath until it is smooth and comfortable then begin to add the names of the Seven Spirits into the Elohim Breath of the Godhead.

As you say the names of:

1. Miriam /Yeshua also hear the name of Hope along with them.
2. Yasodhara/Buddha also hear the name of Faith along with them.
3. Uma/Brahman also hear the name of Love along with them.



4. Radharani/Krishna also hear the name of OM along with them.
5. I Am That I Am also hear the name of Christ along with them.
6. Unmanifested One also hear the name of the Holy Spirit along with them.
7. Melchizedek also hear the name of God along with them.

The next step is to add the names of the Elohim. Silently say one name on each beat of your heart like this:

Breathe In:

- Hope- first beat
- Faith- second beat
- Love- third beat
- Om- fourth beat
- Christ- fifth beat
- Holy Spirit- sixth beat
- God- seventh beat

Breathe Out:

- Hope- first beat
- Faith- second beat
- Love- third beat
- Om- fourth beat
- Christ- fifth beat
- Holy Spirit- sixth beat
- God- seventh beat

The use of the Elohim Breath greatly increases the flow of Ki. With a little practice it becomes quite natural to breathe in this way in hands on healing, distant healing and passing of attunements. It is also a great breath for meditation and in ascending Ki energy and connecting with "The Highest Source." It is not about belief systems but about direct experience. Try for yourself and see.

Another step is to bring in the Kundalini Yoga influence. This is done by using the seven names with the seven chakras. Start with the base of the spine and proceed upward to the crown on the in breath and repeat this sequence from the base of the spine to the crown on the out breath. This is a gentle process that does not force the Kundalini current to open. It is a natural unfoldment.

It is highly recommended that a person working with the Elohim Breath become familiar with the teachings of the Masters.

PRAYER OF THE ELOHIM

*Our Mother and Father of Heaven Holy are
Your Names Your Kingdom come, Your
Will be done on earth as it is in Heaven
Give us this day our daily bread Forgive us
our trespasses as we forgive those who
trespass against us Lead us from
temptation and deliver us from illusion For
yours is the Kingdom, the Power and the
Glory forever,*

Amen

ATTUNEMENT PROCEDURE

The time spent in each position below is only a general guideline to give you an idea



of the attunement. Use your intuition as to how long to spend in each position. This is an easy thing and just let it flow naturally. Don't let yourself concentrate on how long to stay in a position. That will distract you. Just feel your way through it. The whole attunement takes about an hour. It can last a little longer. It is a good idea to allow another hour of time to remain in a quiet space and experience the attunement energy, shifts in consciousness, adjustments to your energy fields, etc. that may happen in this opening of the Heart and the Whole Subtle Anatomy.



1. We ask to be received into the Circle of Light. (Hands together at the heart)



2. Breathe the breath of the Elohim, palms up (or if you don't know it, just a deep even breath).



3. Visualize the White Light coming down into the Crown- Breathe the Breath of the Elohim.



4. As you open your arms up to shoulder length- visualize the rainbow forming between your hands. Breathe Here. Palms face up.



5. Turn the Palms face down- to ground the rainbow into the earth. Breathe again.



6. Brings hands back to the heart and say "Namaste" and bow to that light that dwells within us all.

"Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being."

~Genesis 2.7

ASPIRANT PREPARATION

The Attunement and Initiation takes about an hour. It is important that the Aspirant be in a comfortable position and puts themselves in a receptive meditative state.

The Aspirant then activates their Soul Star by reciting the Soul Mantra three times:

*I am the Monad,
I am the Soul,*



*I am Light Divine.
I am Love,
I am Will,
I am Fixed Design.*

ATTUNEMENT PROCESS

Choose a quiet place for the attunement.

The attunement process need not be memorized but can be read aloud.

The Student should be seated in a comfortable chair.

Read the Following Prayer out loud

AFFIRMATION OF THE HIGHER SELF

Unmanifested ONE,

*We ask to be channels of Your Presence
Your Guidance,*

Your Blessing, Your Anointing,

*Your Love in this healing and attunement
process,*

My sincere gratitude,

Amen.

PREPARATION

*Our One Creator, through our Faith in You,
We pray that you open and establish an
Attunement Link with us.*

Om Shanti Ohm

(Pause for the link to be established)

*Our One Creator, We thank you for
opening and establishing the Attunement
Link with us. We pray that you also*

*establish a permanent connection
with Students Name.*

*Our One Creator, through our Faith in You,
We pray that you give to Students Name,
Spica Code, the First Degree Attunement of
Stellar Code at this time.*

Om Shanti Ohm

Spend some time in meditation, with your eyes closed. At this point, the two Empowerments of the Antares Attunement – Antares and Aldebaran, will take place. In your mind's eye, visualize the Antares Symbol, or Syllable⁸, being drawn. While doing this, with your right hand, trace the Symbol in front of you. Slowly and deliberately do this three times. Visualize the Symbol becoming a Thread connecting your Heart Chakra to your Higher Self, your I AM Presence. Feel the energetic vibration being received through your Heart Chakra and radiating out through your body, traveling up and down your Central Channel. Take a few minutes to receive and experience the Empowerment Energy into your whole being, raising your energetic signature.

Repeat this with the Aldebaran Empowerment.

Visualize the two Threads braiding themselves into a Strand. Feel the flow of Light and Love for you from your I AM Presence increase. Feel the Light safely filling you as water in a vessel and when you can hold no more, feel the Light gently

⁸ In writing, a syllable is a written representation of a sequence of sounds, or audible vibrations. In the same way, the Symbols of the Empowerments are also Syllables, as they are representative of energetic vibratory signatures.



being absorbed into every fiber of your Being.

When you are ready, open your eyes and come back to yourself. Complete the process with the following Prayer of Gratitude

Our One Creator, I acknowledge and we thank you for the full attunement and activation of Spica Code, the chord of the Stellar Code in and through my whole being.

We thank you for establishing this permanent attunement and connection with and through you.

Om Shanti Ohm

I AM grateful for your continual Presence, Guidance, Blessing, Anointing and Love in this healing and attunement process.

Our One Creator, I AM sincerely Thankful for your continual Healing, Peace, Abundance, Joy, Love and Happiness and enlightenment in my Life.

I AM fully aware and receptive to receive the attunement offered by the Teachers of Humanity Healing at this time.

Fiat Lux,

Om Shanti Ohm

The Initiation

After the Teacher has made the initial Bridge and the Student the resultant conduit (the Empowerment) for the two energetic frequencies of the Antares Stellar Code™ and they have woven together into the Antares Strand of the Lightwarrior Cord (the Attunement), the Teacher will Seal the

Strand to prevent unraveling and the resultant disconnection. The Teacher does this by impressing upon the Strand the esoteric Symbols of the Star and its corresponding Angel. The braiding and Sealing process is also aided by the Harmonizing Symbol.

The techniques and symbols for this are part of the Teaching Certification for the Stellar Codes™, which is available to all that complete the Stellar Code™ Matrix Mastery program.

Using the Symbols

The Stellar Code™ Attunements and Initiation are done through the realignment and rewiring of the basic energetic points in our subtle bodies. A syllable (Greek: συλλαβή) is a unit of organization for a sequence of speech sounds, audible vibrations of a wave frequency. The Stellar Code™ is a collection of these syllables that carry the tie between humans and the “Music of the Spheres”. They are more than a symbol; they are the pictographic representation of the Vibration of each one of the Stars.

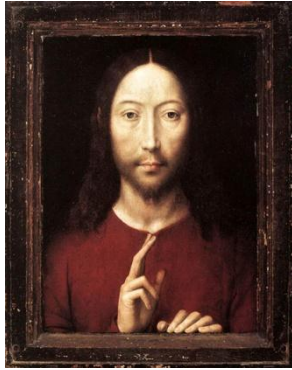


The Symbols may be drawn, calligraphy style, or visualized in their entirety, but they are most effective when traced in the air. They are a visual representation of a Blessing, or Benediction. When this is done, they

⁹ An ancient Greek (Pythagorean) doctrine postulating harmonious relationships among the planets governed by their proportionate speeds of revolution and their fixed distance from the earth.



should be traced with the first two fingers of the right hand. This position will feel intuitively correct as it has been the hand position for Benedictions in various Faiths throughout history.



ANTARES EMPOWERMENT SYMBOL

The Antares Empowerment Symbol holds the tenacity, the prudence and the strength of the heart of Scorpio, where inspiration and the will of regeneration allows the individual to progress on the path even when every single factor seems to be disadvantageous to him. The symbol of the Heart of Antares inspires a penetrating mind and the ability to discern and to understand facts, situations and people that are not necessarily clear for others, and to do this without much effort. This syllable expresses the changes and mutations of nature and its cycles, and the first outlook in the perception on how to guard and preserve these cycles. Since the attunement in the Antares Stellar Code™ dissolves illusions and gives one the clarity of purpose to help rid oneself of elements of fear and of binding forces that could be preventing progress.

ANTARES-ALDEBARAN EMPOWERMENT SYMBOL

The Antares-Aldebaran Empowerment Symbol holds the secret of the balance and the mind of the First Ray of Will. Aldebaran is said to be the Star of Illumination because it works towards the waves of evolution and, balancing Antares, it composes one "Arm of the Royal Stars of the Persians". Through complementarily energies, both stars open the potentialities of the mind to working conjunction of the heart under the Divine Providence and guidance, through Intelligent Movement. The Collective Intelligences that reign over Aldebaran guides the aspirant to a realm of different perspectives, where the spirit can adapt and transform, utilizing the internal resources to harmonize its environment

Both Symbols are in complementary opposition to each other and esoterically both represent the two first columns of the temple: Antares, the Spirit that balances Matter and Aldebaran, the Matter that complements Spirit.

HARMONIZING SYMBOL

The symbol of the Harmonizer brings the possibility of inclusion of all elements of reality. The Energy of the Cosmic Mother/Earthly Mother, passive energy merges with the energy of the Father, an active one to bring to fruition the energy of manifestation. This symbol is a representation of the diverse energetic frequencies of the Universe expressed in the 3D matrix. It is a useful symbol for closing ceremonies, rituals and healing processes, as a seal, where not only cleansing power can be perceived, but the certainty that the



divine will be done and the Universe will provide the sequential follow up for the action.

It is also an important enabler for the weaving of the Threads of the different Empowerments into the single Strand of each Stellar Code™.

THE PEGASUS BRIDGE

The Pegasus Bridge is an additional Empowerment that is used with those Aspirants who are receiving their Stellar Code™ Attunement and Initiation for the Cord of the Lightwarrior but **have not** yet received an Attunement and Initiation for **both** the Cords of the Lightmaker and Lightweaver.

It acts as a connector to and filter for the Divine energies of these two facets, allowing the Lightwarrior to be grounded in them until future Stellar Code™ Attunements and Initiations fully anchor these energies.

It is not necessary for those who have already received Attunements and Initiations for both Lightmaker and Lightweaver Strands.

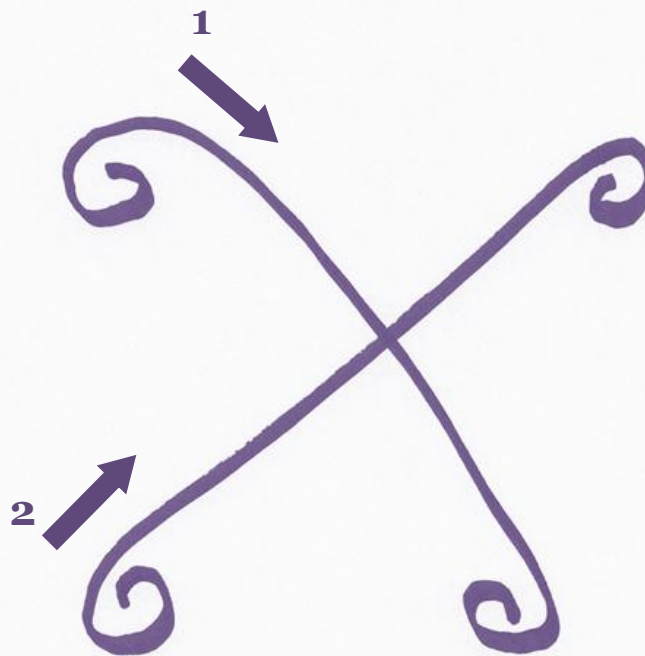


ANTARES EMPOWERMENT SYMBOL





ANTARES-ALDEBARAN EMPOWERMENT SYMBOLS



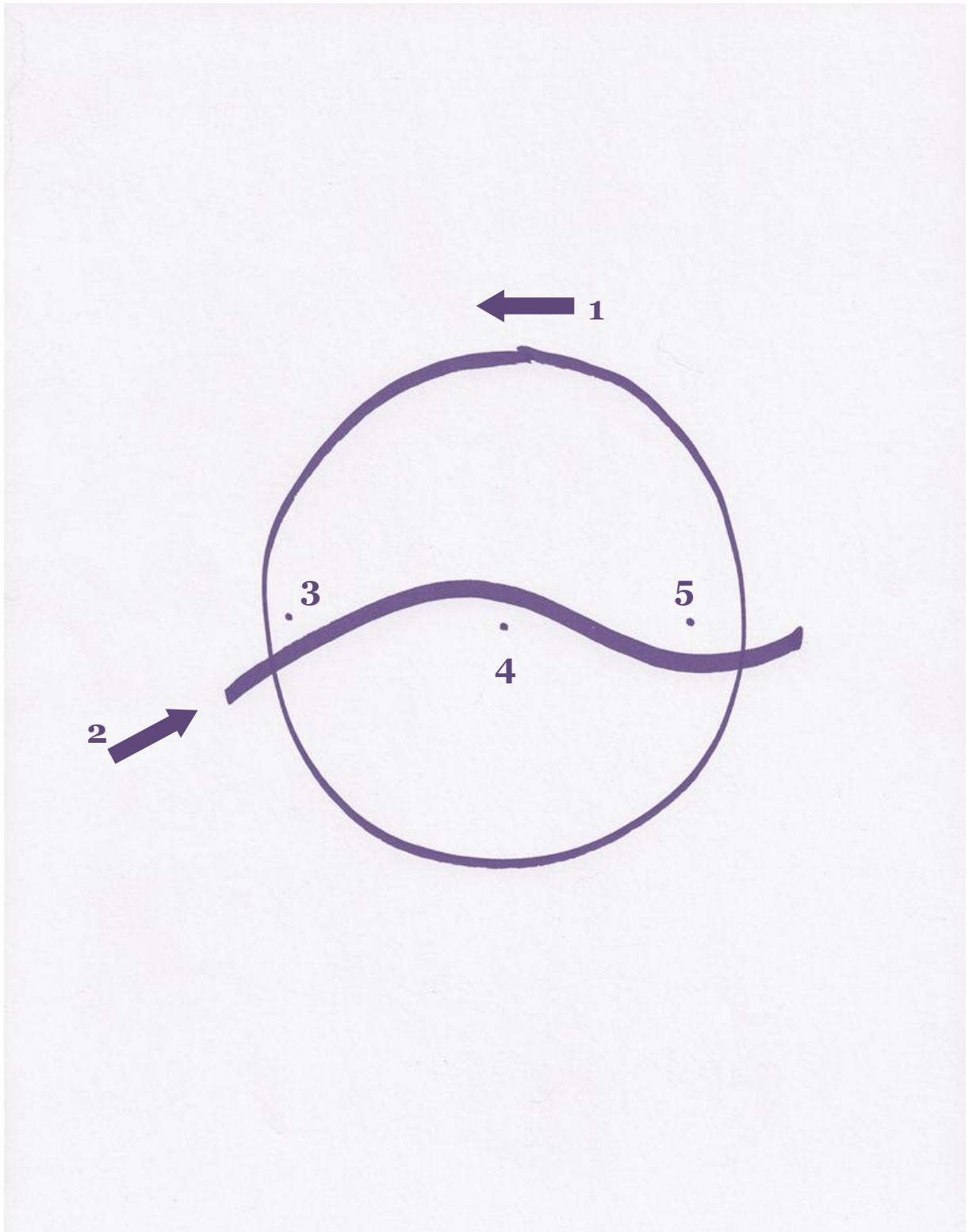
NOTE:

In the Northern Hemisphere, the initial spiral of each leg of the X is clockwise in rotation.

In the Southern Hemisphere, the same symbol is drawn in reverse, so that the spirals are counter-clockwise



HARMONIZING SYMBOL





PEGASUS BRIDGE SYMBOL

