

Stellar Code™

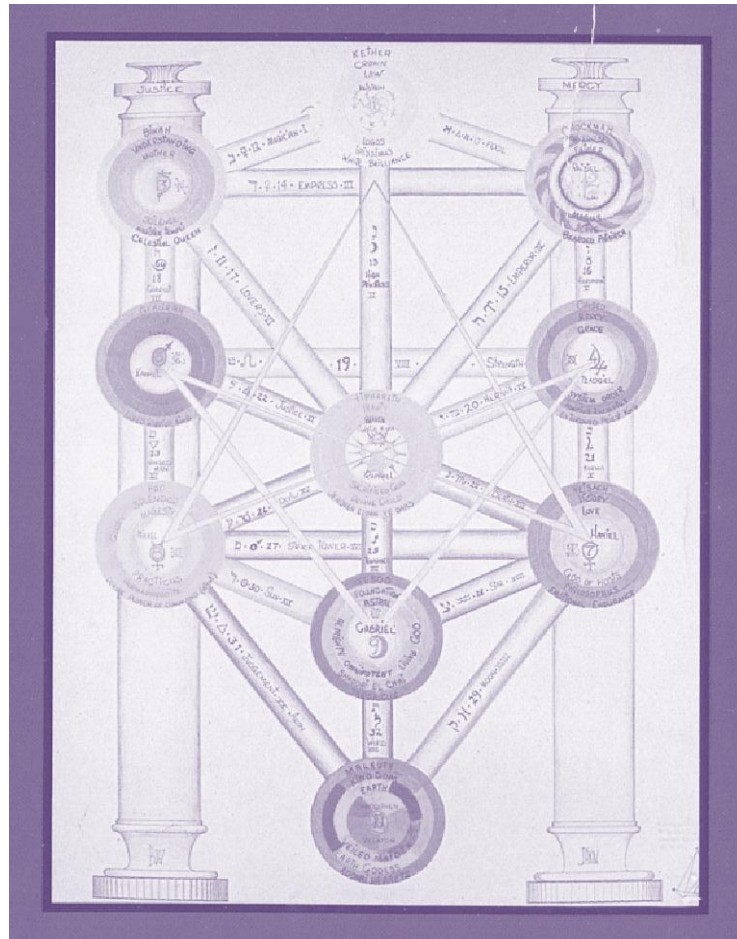
Lyra Guidebook  
Appendix





# STELLAR CODE™ - LYRA

## THE TEMPLE'S DOOR



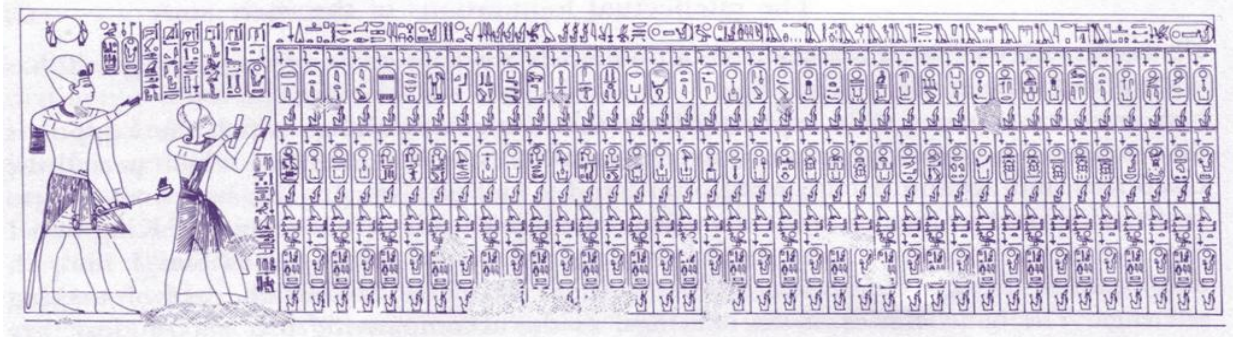
### FACING THE DWELLER OF THE THRESHOLD

Above the portal of the temple of Apollo at Delphi in ancient Greece was writing the maxim that Pythagoras adopted in his Golden Verses, as translated by Fabri 'Olivet:

“Man, know thyself”

Initiates developed an understanding of this maxim before they could move beyond the ante-chamber of the Egyptian temple. Pythagoras, a Great Initiate in the Egyptian tradition, expanded on this, stating:

“Knowing yourself, is equal to knowing the Gods and the Universe”



*“Every new beginning comes from some other beginning's end.”*

*~ Seneca*

## INTRODUCTION

This workbook is designed to be a guide to the Seeker of the Stellar Code™ program in the second phase of the attunements. This phase prepares one's Lower Self to step up for the higher level of internal and external service and commitment with the Higher Self, Monadic Self and Oversoul.

The next Stellar Codes™ will be basically directed to elucidate and manifest a different stage in the practice of this specific system. In other words, they will demand a different level of involvement and personal commitment from the Seeker as we are building Light elements on their internal planes that are the “hardware” that would be needed to reinsert and run all the new programming based on the Galactic Codes of Ascension, the Stellar Alchemy, through the personal inner guidance of each Soul.

## THE HOW-TO

The new approach of this workbook will be focusing on, not so much protocol in how to deal with certain energies signatures, but

will be focus on mastering some techniques in order to start exercising them in a more conscious way and applying management skills to coordinate and organize the inflow and outflow of Light. From this step on, we will be dealing with advanced techniques and procedures.

The Stellar Code™ program was designed to help the seeker rebuild their Rainbow Bridge - the Antahkarana (their enLightened way) - to their Higher Self, Spirit and Godhead levels. While the Stellar Codes are not depended on the sequence of each individual Code, they all complement themselves in the higher vibrational weaving of the Antahkarana.

The idea that our bodies are the temple of the Holy Spirit is not necessarily a rhetoric figure of speech; it is it is nothing more than the reality in how the energies and dimensions interact with each others. The symbol of the doors of the Temple having two columns is nothing more than the personification of our own inner temple, our Sanctus Sanctorum, from our inner planes of existence. As above, so below. The columns of the Temple are a representation



of our two channels of energy: the Ida and Pingala and the Central Channel, Sushumna. While all that the stellar alchemy does happens in the etheric realms, it starts at the physical body and its immediate manifestations.

our power centers and the proper resistors to receive and transmit Light and our transformers and power supplies.

## AT THE TEMPLE'S DOORS

*“There are two mistakes one can make along the road to truth - Not going all the way, and not starting.”*

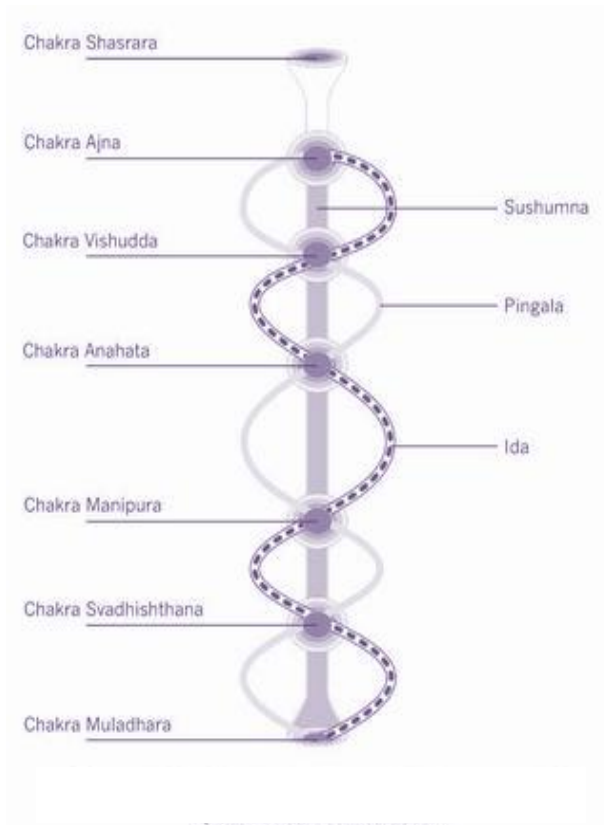
*~Buddha*

The Stellar Code™ - Lyra captivates many of the archetypal journeys of the Capricorn Constellation, along with the constellations surrounding it.

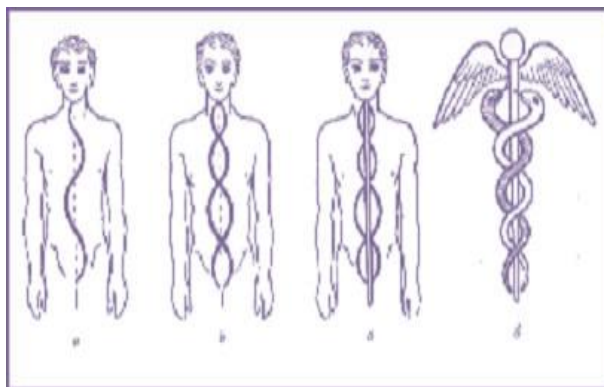
The stars are interconnected with each other, all flowing along magnetic field lines, the arteries of the galactic body. The galaxy's coiled field lines diverge into intergalactic space where they ultimately connect to other galaxies. These tendrils of energy act as the nervous system of the universe, relaying information from star to star, galaxy to galaxy, and little by little permeating throughout the fabric of the Cosmos.

This way, we are able to perceive the influence of the stars as a guides and facilitators in the diverse and necessary processes of transformations of our human soul-experience.

The Initiation into the frequency of Capricorn is directed to present the seeker before his first self-awareness experience in front of the Sacred Temple. It is a rich knowledge to be acquired, but it requires a clean template of Intentions, of will of heart and connection with the soul program. To traverse the main doors of the Temple, the



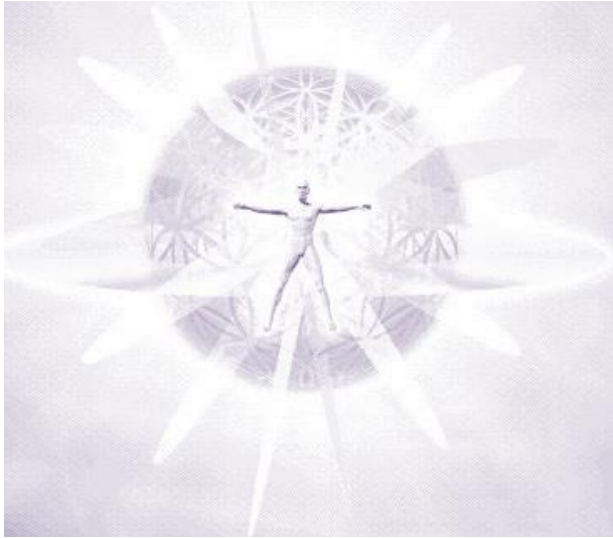
As one traces the footsteps of the spiritual path, we progressively witness of the charging, amplification and development of







seeker is called to face for the first time the creature named the “Dweller of Threshold”<sup>1</sup>.



Another explanation is that provided by Alice Bailey on esoteric astrology, *“From ancient recesses of the memory, from a deeply rooted past, which is definitely recalled, and from the racial and the individual subconscious (or founded and established thought reservoirs and desires, inherited and inherent) there emerges from individual past lives and experience, that which is the sum total of all instinctual tendencies, of all inherited glamour, and of*

---

<sup>1</sup> The Dweller on the Threshold refers to a fictional invisible malevolent entity that attaches to a human being. The term was first used by Bulwer-Lytton in his novel Zanoni.

In theosophical literature, Helena P. Blavatsky describes it as the discarded astral double of an individual in a previous life that may not have fully disintegrated yet when that individual is reborn. Thus the dweller will be drawn to the new incarnated personality due to their affinity. Sometimes this entity is also called Guardian of the Threshold. HPB also believed that there is no evil in the Universal system, except the one generated inside of Human mind and heart.

*all phases of wrong mental attitudes; to these, (as they constitute a blended whole) we give the name of the Dweller on the Threshold. This Dweller is the sums total of all the personality characteristics which have remained unconquered and unsubtle, and which must be finally overcome before initiation can be taken.”*

Each life sees some progress made; some personality defects straightened out, and some real advance effected. But the unconquered residue, and the ancient liabilities are numerous and excessively potent, and - when the soul contact's adequately established - there eventuates a life wherein the highly developed and powerful personality becomes, in itself, the Dweller on the Threshold.

Then the Angel of the Presence and the Dweller stand face to face and something must then be done. Eventually, the Light of the personal self wanes and fades out in the blaze of glory which emanates from the Angel.

Then the greater glory obliterates the lesser. This is, however, only possible when the personality eagerly enters into this relation with the Angel, recognizes itself as the Dweller<sup>2</sup>, and - as a disciple - begins the

---

<sup>2</sup> Nevertheless the Dweller on the Threshold is seen in contrast to the Solar Angel, both of which need to be cast aside for the disciple to walk through the gate of initiation. It is said that the dweller arrives at full potency prior to taking the third initiation. This makes sense as it is in the third initiation that the disciple enters into life and also overcomes illusion.

According to Bailey, triumph over the dweller leads to initiation, or an entry into a greater measure of life. This is referred to as lifting the first veil.



battle between the pairs of opposites; this experience was lived during the tests of Scorpio<sup>3</sup> - Antares Stellar Code attunements.

Furthermore, some of the elements from past lives are purified and reintegrated into the energetic matrix of the seeker, through the Stellar code Chiron and Orion. Also during the activation of Orion's belt stars, one is now able to access information about all the unfinished business pertaining to this life experience, healing, releasing and recalibration their reach and functions, eliminating previous karmic and ancestral negativities.

These tests and trials are ever self-initiated; the seeker puts their self into the positive or conditioning environment wherein the trials and the discipline are unavoidable and inevitable.

In Lyra, the seeker will experiences the first spark of the initiation towards the synthesis, or what is known by the ancient wisdom as the third Great Initiation: the "Transfiguration Experience".

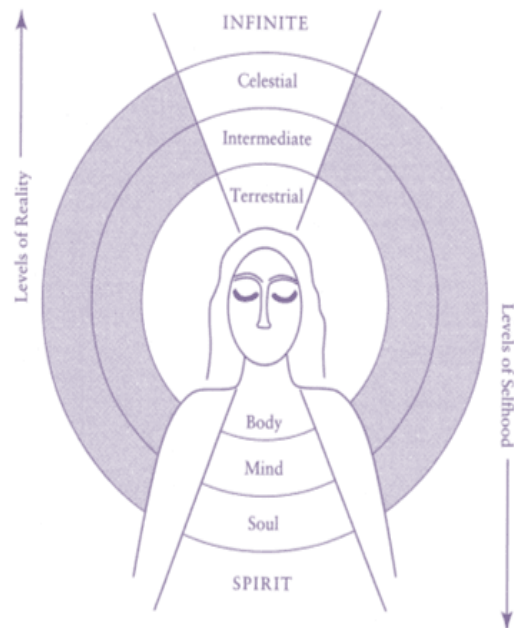
In this phase one is compelled to integrate voluntarily, with full self-realization of itself, the Higher Self and the Monadic Self as one full integrated being of Light, operating in and through the Lower Self, or Ego/Personality, in the present dimension. As we said before, this is a very important step in the journey through freedom and self-realization, and demands internal work, guided intention and self-commitment. Ascension or enLightenment just comes

---

<sup>3</sup> The three signs that are said to deal with the fusion of the dweller and the angel of the presence are Scorpio, Capricorn and Sagittarius.

through spiritual work, dedication, expansion of consciousness, amplification of the abilities to receive and reprocess Light, and more important of all, through the works done through your free will. Never expect that ascension will be done to you as a gift; that is not the law, neither is aligned with the reality of the Universe's plans.

## THE DWELLER OF THE THRESHOLD



To be put in plain simple language, the Dweller<sup>4</sup> is not a stranger to you; it is the

---

<sup>4</sup> The Dweller is the "one who stands before the Gate of God," who dwells in the shadow of the portal of initiation, and who faces the Angel of the Presence open-eyed, as the ancient scripture calls it. The Dweller can be defined as the sums total of the forces of the lower nature as expressed in the personality, prior to illumination, to inspiration and to initiation. The personality, at this stage, is exceedingly potent, and the Dweller embodies all the psychic and mental forces which down the ages have been



shadow part of your Ego in this life and maybe in several other past lives. It is real and it can take the shape of a creature formed through the collection of desires, limitations, false beliefs, fears accumulated by you during many eons. It is the personification of your repressed feelings, emotions and fears. It is more than a thought form, because it has been surviving on everything you do not accept, or neglect to understand and transform in this life or others. It is where resides the basic fear that fuels the demands of your Ego and even the Super-ego.

This is an entity that must be confronted and overcome. All the old beliefs, all thought systems, all the wrong ideologies and fears have to be removed before the seeker presents itself fully awake, aware and realized in front of the Gate of God; to receive the new guidance from its Higher Self, Soul Counsel, and his Oversoul.

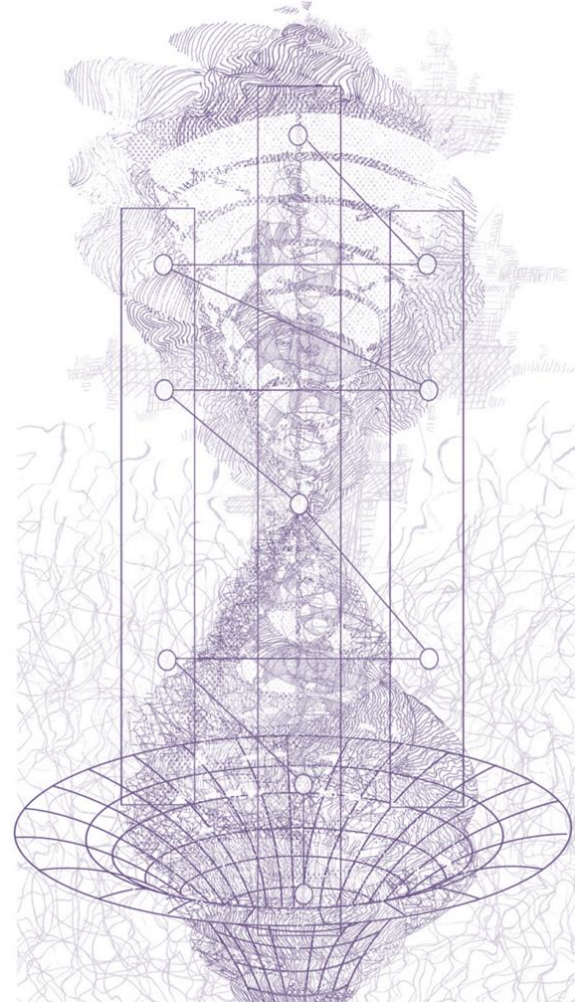
## FIRST TRAINING TECHNIQUE: DEEP ENERGETIC CLEANSE

The Deep Energetic Cleanse<sup>5</sup> process is fully realized and better processed when done at night time, immediately before bed time, and you can practice it lying down. The more you practice this exercise, the better.

---

unfolded in a man and nurtured with care; it can be looked upon as the potency of the threefold material form, prior to its consecration and dedication to the life of the soul and to the service of the Hierarchy, of God and humanity. *From Glamour - A World Problem - The Nature of Glamour by Alice Bailey and Dwjal Khul*

<sup>5</sup> This technique is loosely based on the original meditation from Diane Stein, 'Reliance on the Light'



Before starting any spiritual practice, we highly recommend the activation of the Soul Star, using the Soul Mantra<sup>6</sup> given by the Tibetan Master Dwjal Khul, which synthesizes the movement of the ascensional energies in our system.

---

<sup>6</sup> I AM the Monad,  
I AM the Soul  
I AM Light Divine.  
I AM Love,  
I AM Will,  
I AM Fixed Design.





## STEP ONE: DEDICATION AND DECREES

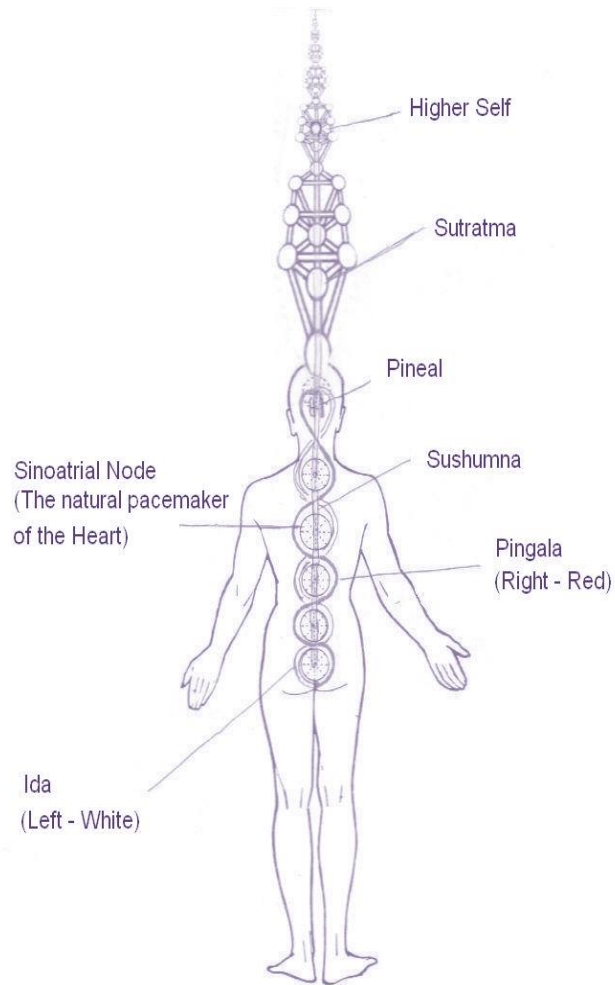
Dedicate yourself to the Light<sup>7</sup>

I decree and dream awake that I AM  
now entirely dedicated to the Light.

Divine Presence of God,

I humbly pray, dream awake and  
decree the Presence and assistance of  
Archangel Michael and the powers  
and energy of pure Light; from the  
Masters of Light, warriors of Light;  
the Lords of Grace, Masters of  
Protection and The Divine Cosmic  
Presence I AM, in the name of (*state  
your name*), NOW.

I sincerely request the cleansing,  
healing, alignment, activation,  
synchronization, restoration through  
infusion of Light of every wear and  
tear in my energetic fields, body and  
extra-physical bodies, through the  
Tunnel of pure Divine Light and the  
Crystal Axial. I decree that NOW, all my  
chakras, vortexes, meridians and energy  
centers are purified and aligned with all the  
pure vibrations of the Divine systems.



*(Wait till you can feel the energy touching  
both of your feet, before you proceed with  
this invocation)*

I humbly pray and dream awake and  
request the cleaning, cleansing, healing  
alignment, opening, activation,  
synchronization and the filling with Pure  
Christ-consciousness Light, while I appeal  
for the restoration of my grounding cord in  
the name of (*state your name*) in alignment  
and connection with all levels of existence,  
from the crystal heart of Mother Earth,  
beyond all the planetary and stellar  
structures, grids of Light, chakras, complex

---

<sup>7</sup> An extremely important observation is needed here. While you dedicate yourself to the Light, purposely mention while you are proceeding with your dedication that you are dedicating yourself to the forces of light that are aligned with Christ-consciousness, including all Beings of Light that only abide by the Law of One. The reason for this warning is that you will find that are many Beings of Light that are not necessarily working for the greater good and, in many ways, are against the vibration of Christ-consciousness.





of chakras, in all levels, dimensions and frequencies that are aligned with the energy of Mother-Father God and Christ-consciousness.

*(Wait till you can feel the energy touching both of your feet, before you proceed with this invocation)*

I humbly pray, dream awake and request the cleaning, cleansing, healing alignment, opening, activation, synchronization, the filling with Pure Christ-consciousness Light, of all patterns and programs that are running in *(state your name)* matrix template. I decree that all of those that are not aligned with *(state your name)* higher good be deleted and reset, bring all the clean system to harmonic vibration and aligned with Christ-consciousness in all chakras, system of chakras, connections, frequencies, and timelines.

## STEP TWO: CALLING INTO SPECIFIC ENERGETIC SYSTEMS

*(Specify the following patterns, one by one, calling each one of them to a place in your conscious attentive mind. As you call a new pattern or system, wait until the cleansing session is complete before passing to the next stage. Please keep this in perfect order: do not alter this sequence)*

“Physical System”

*(Visualize and feel the energy from above running down toward your physical body and wait until this energy reaches your feet.)*

*[Wait until the energy reaches your feet.]*

“Ethereic System”

*[Wait until the energy reaches your feet.]*

“Soul System.”

*[Wait until the energy reaches your feet.]*

“Stellar System (Celestial)”

*[Wait until the energy reaches your feet.]*

“Cosmic I AM System”

*[Wait until the energy reaches your feet.]*

“All the chakras, galactic centers and connected systems on all levels”

*[Wait until the energy reaches your feet.]*

“All the  
Chakras of  
the Causal  
Body, systems  
connected to  
it, on all  
levels”

*[Wait until  
the energy  
reaches your  
feet.]*

“All the  
Ascensional  
chakras, all  
the system  
connected in all levels”

*[Wait until the energy reaches your feet.]*





Divine Presence of God,

“I am requesting the cleansing, the healing and alignment, opening, activation, synchronization, restoration, mending, infusion of Light of the Sutrama, the Silver Cord, of *(state your name)*. I am humbling requesting the same to be done in all the chakras in the back, all the Meridians, systems of vortexes, connections in all levels and frequencies.”

*[Wait until the energy reaches your feet.]*

Divine Presence of God,

“I am requesting the cleansing, the healing and alignment, opening, activation, synchronization, restoration, mending, infusion of Light for the entire heart system of *(state your name)*, all the chambers of the heart, the sacred heart, the higher heart, the ascending heart, all the system connected with this system, all chakras, vortex systems, meridians, in all the levels and frequencies, in all timelines and vibrational harmonics of the universe.”

*[Wait until the energy reaches your feet.]*

Divine Presence of God,

“I am requesting the cleansing, the healing and alignment, opening, activation, synchronization, restoration, mending, infusion of Light and reconnection between the Physical and Etheric body of *(state your name)*, in all chakras, all the Meridian system, vortex centers, and systemic energetic grid, in all levels and frequencies.”

*(Specify the following chakras, one by one, only proceeding with this exercise after you concretely feel it completely clean and you*

*feel that the energy finally reached your feet.)*

“Crown Chakra, the chakra system, in all levels and interconnection with the other chakras,”

*[Wait until the energy reaches your feet.]*

“The Third Eye Chakra, the complex system of vortexes and meridians connected to it, in all dimensions and frequencies”

*[Wait until the energy reaches your feet.]*

“The Throat Chakra, the chakra system, in all levels and interconnection with the other chakras, in all dimensions and frequencies”.

*[Wait until the energy reaches your feet]*

“The Heart Chakra, its chakra system of vortexes and meridians, in all levels and interconnection with the other chakras, in all dimensions and frequencies.”

*[Wait until the energy reaches your feet.]*

“The Solar Plexus Chakra, its chakra system of vortexes and meridians, in all levels and interconnection with the other chakras, in all dimensions and frequencies.”

*[Wait until the energy reaches your feet.]*

“The Umbilical Chakra, its chakra system of vortexes and meridians, in all levels and interconnection with the other chakras, in all dimensions and frequencies.”

*[Wait until the energy reaches your feet.]*

“The Root (Base) Chakra, its chakra system





of vortexes and meridians, in all levels and interconnection with the other chakras systems, in all dimensions and frequencies.”

*[Wait until the energy reaches your feet.]*

“I humbly ask and petition for the full cleansing, healing, realignment, activation, restoration and repair, synchronization of all the Emotional and Astral Bodies, filling with the most pure Light of Christ-consciousness for the body of *(State your name)*, including all chakras, Chakra systems, vortexes, nadis, meridians, the grid work and all the connections in all dimensions, timelines and frequencies.

### STEP THREE: ACCESSING AND CLEANSING THE TRANSPERSONAL AND OUT-OF-BODY CHAKRAS



*(Specify the Transpersonal chakras one by one, only passing to the next one after you feel the concrete sensation of the complete cleansing. Keep in mind that the order and sequence of this exercise is extremely important)*

“Transpersonal Chakras, related systems of this chakra, Meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Chakra of Higher Vision, related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Causal Body Chakra, related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Thymus Chakra, related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“Diaphragm Chakra, all the related systems of this chakra, Meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Hara Chakra, including the Hara Line related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Perineum Chakra, all the related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”



*[Wait until the energy reaches your feet]*

“The Movement Chakra, all the related systems of this chakra, Meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Grounding Chakra, all the related systems of this chakra, Meridians and vortexes, in all the levels, frequencies and dimensions to the Heart-core center of Earth and beyond.”

*[Wait until the energy reaches your feet]*

“The Sub-personal Earth Chakra, all the related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions and timelines, in all systems, from the crystal-centered heart of Earth to beyond.”

*[Wait until the energy reaches your feet]*

Divine Presence of God,

“I am requesting the cleansing, the healing and alignment, opening, activation, synchronization, restoration, mending, infusion of Light for the reconnection of the Mental Body and its related energy grid of *(state your name)*, all its chakras systems, connections and systems, in all levels, frequencies and dimensions.”

*(Please specify the following chakras one by one, only advancing in this exercise after the previous chakra presents itself entirely clean. The following chakras do not belong to the Kundalini/Etheric body*

*but they are related directly to the mental body and its grid system).*

“The Crown Chakra, all the related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions and timelines.”

*[Wait until the energy reaches your feet.]*

“Third Eye Chakra, all the related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Light Chakra, all its related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Higher Throat Chakra, lips, below the throat, all the related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*[Wait until the energy reaches your feet]*

“The Solar Plexus Chakra, related systems of this chakra, meridians and vortexes, in all the levels, frequencies and dimensions.”

*(Note: There is no correspondence or equivalent of the heart chakra present in the level of the Mental or mental grid)*

*[Wait until the energy reaches your feet.]*

“The Root Chakra, all the related root systems of this chakra, Meridians and vortexes, in all the levels, frequencies and dimensions and timelines to the crystal





heart of Earth and beyond.”

*[Wait until the energy reaches your feet]*

“All the Chakras, all the chakras systems including all vortexes, meridians and nadis and others related to the systems of this chakra, breast, fingers and toes. May this be done in all the levels, frequencies and all dimensions.”

*[Wait until the energy reaches your feet]*

Divine Presence of God,

“I am requesting the cleansing, the healing and alignment, opening, activation, synchronization, restoration, mending, infusion of Light for the permanent reconnection of all the Spiritual Body, the Galactic Body and the Causal Body of *(state your name)*, harmonizing and connecting all the chakras, the energetic grid of these chakras, meridians and vortexes, in all frequencies, timelines and dimensions, in perfect harmony with all that is..”

*(The following Chakra systems are considered collective groups of energy centers, not the same concept of individual chakras.)*

“All the Chakras, all the systems related to these Chakras, in all levels, dimensions and frequencies, which are related to the Chakras of Will, of Intention, of Action, and of propulsion to the Center of the Earth and beyond.

*(These are the chakras of the Galactic Body.)*

*[Wait until the energy reaches your feet]*

“All the Chakras, all the systems related to these Chakras, in all levels, dimensions and frequencies, which are related to the Chakras and all the auxiliary system supporting the chakras of Sound, Reception, Information, Communication, Annunciation, Manifestation, Creation and Executive Realization.

*(These are the Chakras of your Causal Body).*

*[Wait until the energy reaches your feet]*

“The Crown Chakra of the Spiritual Body, the Galactic Body and the Causal Body, the complex Crown system, related grids, in all levels and dimensions.”

*[Wait until the energy reaches your feet]*

Divine Presence of God,

“I am requesting the cleansing, the healing and alignment, opening, activation, synchronization, restoration, mending, infusion of Light for into the ascension process of *(state your name)*, in all levels, frequencies, timelines, and vibrational levels in perfect alignment with Divine will and in syntony with Christ-consciousness.”

*[Wait until the energy reaches your feet]*

*(Important note: The Ascension process, no matter the school being followed (Planetary or Galactic) is done through the integration, cleansing and purification of all the Bodies. To petition for the exclusive cleansing and integration of the ascensional body is to limit and delay the process of complete multidimensional*



*Integration. When all the levels of the other bodies are properly cleaned, the process pre-ascension will be done progressively and naturally, increasing the coefficient of assimilation of Light.*

#### STEP FOUR: PERFORMING THE CLOSING

Divine Mighty Presence of God,

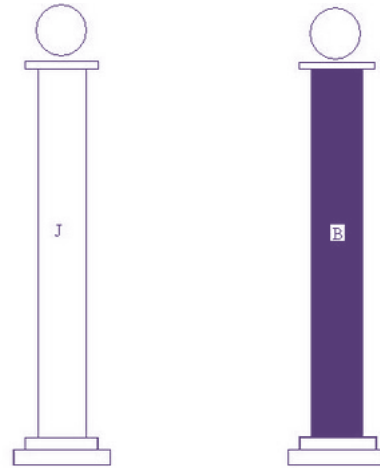
“I am requesting the cleansing, the healing and alignment, opening, activation, synchronization, restoration, mending, infusion of Light for to fulfill completely the energy system of (*state your name*) with the purity of Christ-consciousness Light, integrating in harmony all its compounds, systems and elements, in all dimensions, directions, timelines, and vibrational frequencies”.

*(Finish this meditation with a grateful reverence.)*

*(Seal this Spiritual exercise decreeing it to be done in the space between breaths with the following mantra.)*

And So It Is, Om Shanti Om

## THE SACRED TEMPLE



*“It took Solomon thirteen years, however, to complete the construction of his palace.”*

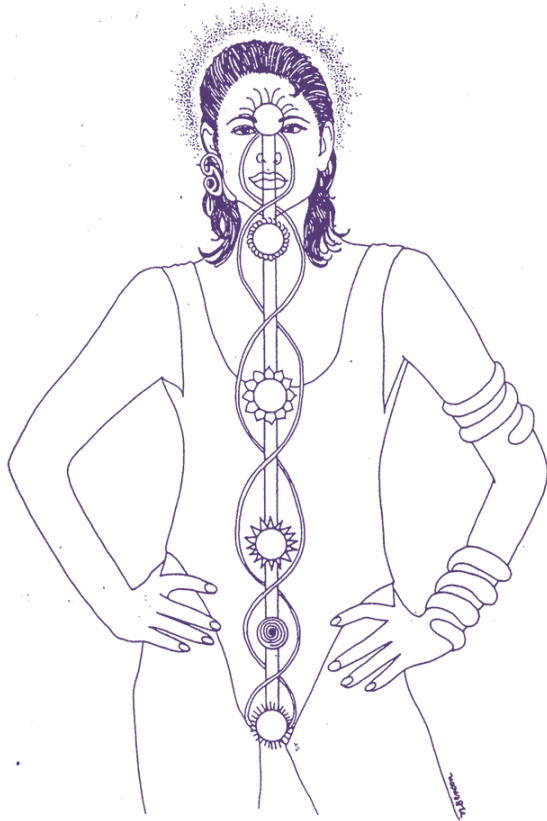
*~1 Kings 7*

It is time to start thinking about our personal Inner Sanctus, our personal sacred temple. We are starting now to understand the daily applications of this concept.

When we are inside of the normal state of consciousness, we are not inside of our temple, we are in the ante-chambers of it, because there we interact with other beings. We only enter the temple when we activate the two pillars, the Ida and Pingala, the inner energy channels, or Jakin and Boaz, the name of the two pillars of every temple.

When we see these pillars, we realize that each pillar holds five different types of energy. There are five positive ones and five negative ones. When we are into the normal stage of consciousness, we are always using one pillar (or channel) or another, because they command our physiological, psychological functions and brain waves.





They are the expression of the world of desires when on the 3D vibrational level.

In order to access deeper levels of truth, understanding and energies; we need to access the Middle Column, which hides the entrance of the Sacred Temple.

The Sepher Yetzirah affirms that our five fingers are the personifications of those five energies of each column, and when we unite those energies in order to pray or invoke, we can open these doors.

That is the reason for the mudras and their importance in many schools of wisdom.

Again, let us reiterate that when in the normal levels of consciousness, we are not inside of our temple. But how do we really know when we have entered the Temple?

There are some particular and clear signs that show when it is done. Once you have had a self-aware and awakened experiences inside your inner temple, then you are able to start working beyond your normal levels of reality. The truth is that every human being is a multidimensional being, but the majority has no awareness or even the perception of its role and work on the different levels of our multidimensionality. But only through this awareness is one completely able to concretely start its journey towards illumination and ascension.

The goal is to, little by little, unveil the chambers of the temple until we reach a central place, the abode with open skies: The Shekhinah.

To reach this point is to reach integration, illumination and freedom.

Every time you enter a sacred ground of a Temple, whether it is initiatic or not, or even a Church, there are some basic rituals that must be performed, due to the kind of reverence and respect that the samskara of the place may incite on you.

You may now understand that the “entering of the Temple” is nothing but the entering the sacred space of the SELF; and in this sense, your body is your Temple of the Holy Spirit. It is a truth known by many schools of Wisdom and cultures throughout time.

All the rituals performed in entrances of various Temples only simulate the respect and reverence we will one day receive and understand inside the sacredly of our own temples. Never lose the opportunity to rehearse these rituals while visiting sacred



grounds, they give us the opportunity to experiment with the atmosphere and ambience of the divinity that we one day will experience entering our own Ascended Divine bodies. Make of these opportunities the preparation for your final Initiation as a human being.

The final stage of Initiation can be understood as the stage that the seeker is no longer a just a seeker, and becomes a co-worker on the Master's path. In this chapter of his existence, he is not a master yet, because for that he would need to overcome death, maybe not even been completely self-realized. Only this task confers on the candidate the Spiritual Mastership.

*“And the last enemy to be destroyed is death.”*

*~ 1 Corinthians 15:26*

Levitation, healing capabilities, psychic abilities and clairvoyance (and the other Clairs) all pertain to the realms of the apprenticeship, they are not desirable abilities required for the masters. It is funny how we tend to think that those aptitudes are the ones that make us masters.

For the serious student of ageless wisdom, these are qualities that are not necessarily developed, studied or promoted in the ancient schools, and the reason being the fact that these gifts are actually innate capabilities of every human being, and seen them as from a divine origin or gift, implies that only divine Beings can manifest them, and this is not correctly portraying the truth. These abilities are by-products on the path of mastery, not the other way around. The secret of mastership relies on the practice of unconditional love.

Many Dark entities are known to control many of these powers and it is a matter of fact that a good part of them have them all. These “gifts” do not make them Divine, only masters of the Dark Magic and arts. They are not self-realized beings and they cannot ever perform the last initiation successfully.

They knowingly have no control of what may happen to them once the Material Ego is dead, because the human passion is still much engraved in their beings. They will do pilgrimage through various world, with absolutely no sovereignty, experiencing suffering and having little or no control over what can happen to them.

*“At that moment the curtain in the sanctuary of the Temple was torn in two, from top to bottom. The earth shook, rocks split apart...”*

*~ Matthew 27:51*

*“Behind the second curtain was a room called the Most Holy Place...”*

*~ Hebrews 9:3*

Our final initiation, death, is one we shall pass the threshold alone. In the Stellar Code - Lyra, we emulate this experience through the event called by the mystics as the *Death of the Ego*. Once mastering this step, we will be enabling us to conquer death, and then our real life will be able to start in a more fortunate way. The veils of separation<sup>8</sup> and duality will be lifted permanently and we will be able to finally see the truth. Our Soul and our eternal truth reside on the reality beyond these veils.

---

<sup>8</sup> The veils of Paroketh, are the imaginary and symbolic veils that separate the worldly from the archetypal experiences of human beings.





In life terms, this is what we call the Initiation of the Synthesis, or Transfiguration: where the Ego no longer has the power to impose inertia in our path of ascension and enLightenment. To do so, we need to face our old demons and frailties, the Dweller of the Threshold, and overcome its power over our Human will.

When we call for the *death of the Ego*, we are not talking about the elimination of Ego, because along with the physical body, the ego is one of the many necessary built in devices we need to experience fully a human existence. We are not calling for the annihilation of the Ego, on this stage, but the freedom from its interference in our projects, activities, relationships and life purpose. In later stages on the mastery path, the Ego/personality will be transformed, alchemized and assimilated by higher bodies.

To reach this stage, we need to prepare ourselves for this experience of Mastery, releasing old wounds and debris accumulated and attached to what we believe are ourselves, which is not necessarily the real truth.

*“...and ye shall know the truth, and the truth shall set you free.”*

*~ John 8:32*

Of course, the internal realization of truth brings an immense responsibility because you are no longer ignorant of the Universal Laws, neither are you submitted to the waves of the cause and effect hopelessly. You are now, a sovereign being, conscious and fully aware of your path and your purpose on the big scheme of creation. You

are no longer a common person, because they may not know the truth, but you do.

Strive to be the best you can be, do not procure excuses for your mistakes and failure, and do not make promises you have no intention to fulfill. Above all, honor your life purpose and try seriously to not break your life commitments, whatever they may be, because the breaking of a Spiritual mission, or assignment, Samaya<sup>9</sup>, is very bad and can result in being thrown back to the beginning of the path with the forfeiture of the spiritual gifts you had previously acquired.

Many Masters are reticent about teaching because they know the responsibilities they develop while mentoring their students. Many masters test their seeker-students with many difficult lessons, to make sure they know what they want and if they have the stamina of spirit to continue on the path of mastership. Those that are trailing this path by mere curiosity are the ones that give up at the first sign of resistance and trials.



<sup>9</sup> The *samaya* is a set of vows or precepts given to initiates of an esoteric order as part of the empowerment or initiation ceremony that creates a bond between the guru and disciple. In this case the vows from the Lower Self to the Higher Self to accomplish the life lessons and soul purpose.



In the archetypal Journey of Hercules, his initiation of Synthesis comes after the episode of the wounding of Chiron. As a disciple, fully aware of the harm the unconditioned demands of his Ego caused to his mentor, he volunteers to practice some sort of redemption task. His challenge was to conquer and subdue the terrible Dog from Hell, Cerberus, the dog with three heads, representative of the lower instincts or lower chakras, in order to free Prometheus. The task is a metaphor for freeing his own humanity.



In ancient Egypt, the last initiation is done under the auspices of the goddess Maat<sup>10</sup>. She was the one that directly guarded the gates of the Great Initiation for all the candidates.

---

<sup>10</sup> Maat, Ma'at, Māt or Mayet, was the Ancient Egyptian concept of truth, balance, order, law, morality, and justice. Maat was also personified as a goddess regulating the stars, seasons, and the actions of both mortals and the deities, who set the order of the universe from chaos at the moment of creation.

The Ancient Egyptians had a deep conviction of an underlying holiness and unity within the universe. Cosmic harmony was achieved by correct public and ritual life. Any disturbance in cosmic harmony could have consequences for the individual as well as the state.

In the Duat, the Egyptian underworld, the hearts<sup>11</sup> of the dead were said to be weighed against her single "Feather of Ma'at", symbolically representing the concept of Maat, in the Hall of Two Truths. A heart which was unworthy was devoured by the goddess Ammit and its owner condemned remaining in the Duat. The heart was considered the location of the soul by ancient Egyptians. Those people with good and pure hearts were sent on to Aaru, the Egyptian concept of Paradise.

Master Christ himself left for us a collection of marvelous teachings, restricted

---

<sup>11</sup>An important part of the Egyptian soul was thought to be the Ib (jb), or heart. The Ib or metaphysical heart was believed to be formed from one drop of blood from the child's mothers heart, taken at conception.

To Ancient Egyptians, it was the heart and not the brain that was the seat of emotion, thought, will and intention. This is evidenced by the many expressions in the Egyptian language which incorporate the word ib, Awt-ib: happiness (literally, wideness of heart), Xak-ib: estranged (literally, truncated of heart). This word was transcribed by Wallis Budge as Ab.

In Egyptian religion, the heart was the key to the afterlife. It was conceived as surviving death in the nether world, where it gave evidence for, or against, and its possessor. It was thought that the heart was examined by Anubis and the deities during the Weighing of the Heart ceremony. If the heart weighed more than the feather of Maat, it was immediately consumed by the monster Ammit.



beforehand only to Mystic Masters and the avid students of the Kabbalah. His teaching, even distorted by centuries of manipulation, continues to reveal to the awakened mind the mysteries of the alchemy of our souls.

## CREATING THE PERSONAL TEMPLE OF THE SACRED HEART



One of the more important steps that must be done before the receiving of Lyra attunement is the building of your crystal heart temple. The reason for this exercise is not only to create the substrata to transfer and upgrade your emotional energies to a higher level of vibration, but also to build a sacred place, from where you will be able to perform healing, counsel, care of others, and it will be also a place of gathering and meeting for higher vibrational beings such as your Soul Family or Oversoul.

This is the first part of a very intensive integration work that will follow it naturally. The uniqueness of this technique resides in the fact that you will be exercising your abilities as co-creator of the Universe, along with The Divine Mind, and also, you will be sending out an statement which says that

you are fully aware of your abilities, that you are building an intentional bridge to operate willingly with the higher levels energies, Masters and Lords.

Your Heart Temple is the first step, or Stone, towards building your Spiritual Temple: your heart is your home. Obviously, we are not referring to your physical heart, neither we are speaking specifically about your heart center; we are referring to your Sacred Heart, where lies the secret of your power and divinity, your throne of power, which is your gateway of communication and interconnection with the entire universe.

### MEDITATION FOR THE BUILDING OF A CRYSTAL PYRAMID IN 5D

Activate your Soul Star by doing the Soul Mantra three times. If you wish, practice the alternating breathing (alternating nostril technique) ahead of time, in order to balance your internal channels.

Dedicate yourself to the Light and to the higher vibration of Christ-consciousness. Ask consciously for the help and assistance of your soul to build in the fifth dimension a crystal pyramid, where you can go to recharge, to receive guidance and to contact other beings. With a very focused intention, give the decree that his will be done and materialized in 5D, according to Divine Will.

Use visualization to help you build this or any other structure in the etheric planes.

Imagine a pyramid made of pure crystal and feel the energy from it. Try to feel its texture and irradiating Light as much as you can; strive to transform this into a very special sensorial experience.





With your mind's eye, visualize that from the top of this pyramid there is a spiraling ray of Light emanating naturally. It contains all the colors of the rainbow and you can feel at your heart center that this ray also encompasses all the Divine qualities of Mother/Father God.

Slowly enter the pyramid, taking time to perceive the walls, the floors, from where beautiful Light is emanating. At the center of this Spiritual place, you can see the presence a center table and twelve chairs. All the objects are made of crystal. Lie down on that table, and see how it adapts perfectly to your body.

With your eyes lightly closed, take a moment to breathe in the atmosphere of this magic place. Open your eyes and focus on the crystal quartz that is located just above the table and is hanging down. It emanates the pink light of love and restores all your centers with a very subtle vibration. It is magnificent.

Breathe in and breathe out strongly at least three times, but be careful to do not restrain your lungs as this is supposed to be done naturally. Thank the presence and assistance of your Angels and your Family of Light, in the moment where you are celebrating your first self-realized Light infusion inside your sacred temple. Now, count back from 10 to 1, and slowly open your eyes.

This is a basic visualization/meditation given by Archangel Michael, to get you started on one of your functions as a Lightworkers: the building of new structures and platforms of Light. As a suggestion, you may visit this place many times, and on every occasion, add your personal touch,

adding elements and artifacts that are sacred for you. It is very important that you feel yourself at home. This is a necessary step to start self-realizing your true nature of 5D. Return to your Sacred Pyramid, every time your heart asks for it.

## EXAMPLES ON HOW TO UTILIZE THE CRYSTAL PYRAMID

1. When having serious experiences or conflicts with another human being in your life; enter the pyramid, which is now functioning as your heart temple. Stay inside in meditative state for as long as you need it. Respectfully ask for the presence of your Higher Self to mediate and guide this experience.

Sit in one of the chairs and, at the same time, imagine the other person which you are having difficulties with sitting over the other side of the crystal table. Through your Higher Self, send an invitation to the Higher Self of the other person to be present at this conversation as well.

*Note: in order not to create a karmic responsibility, you call upon the other individual's Higher Self that instead of the image of the person's physical body, you ask that there be a manifestation of the archetypical energy that is the source of the conflict in you.*

When explaining your petition, try to be clear, non-aggressive, and respectful; disregarding all the lower emotions you may feel for this person, such as anger, shame, guilt, fear, etc. Expose your heart, and try to speak from a place of love inside your heart. Expose the facts that in your understanding



generated this conflict and let your Higher Self guide this conversation.

When you finish, you thank the presence of everyone, and leave your “case” on the top of the crystal table, declaring that you are looking for a divine solution, for the greater good of all that are involved, with no establishment of future Karma, or harm for any of the parts.

Before you leave, concentrate respectfully on the crystal table and imagine the violet flame of purification, burning all the negativity of the situation, creating a new harmonic vibration, bringing forgiveness, liberation, harmony and peaceful resolution to all. Now, perceive how the crystal quartz above the table is emanating a golden light that is now irradiating its ray toward the conflict situation that is exposed on the table. Gradually, this light takes over the entire temple, walls, and all the interior of this pyramid.

This is the point where you let go and let God; where the wisdom of Spirit will take over now that the situation is something that is energized with the light of ALL THAT IS. Trust that everything will be done, according to Divine Will, and according with the Laws of the Universe and perfectly aligned with Christ-consciousness.

2. The second way to utilize your 5D heart temple is when you are feeling tired, sick, devitalized or out of balance.

Enter the pyramid, repeat all the procedures that were suggested before, make these to be your rituals of respect and reverence when on sacred ground. Lay upon the crystal table. Call for the divine assistance of your angels, and also your Higher Self (your

Soul), to guide and protect you, while you respectfully decree for your healing, balance, clarity, restoration in all levels of your being.

Manifest your intentions vibrating through your heart. This is an important part and shall not be dismissed. Your heart is the bridge to your Spiritual life; you should try to talk through this vibrational language as much as you can.

Ask your Higher Self to guide you while the Violet Flame circulates through all your vortexes and energy systems, balancing all your bodies. Feel the golden light coming from your crystal quartz above vibrating like a pendulum and emanating towards you the most pure golden liquid light.



This exercise will accelerate the process of energy liberation, specifically of all the negative, and accumulated and stagnated energies of your physical body.

Make a habit to go to your personal temple, every time you feel the need to rest or rejuvenate yourself. Use it when you need to make important decisions, or for the



concrete materialization of your intentions<sup>12</sup>, not necessarily desires.

Through the continuous access to your crystal temple, with the frequency of the fifth dimensions energies, you will avoid the negative distorted energies from the third dimensional realms, and the conflicts and ambiguous energies of the fourth dimension. It is time to recuperate your natural abilities to function on more subtle planes of existence, where only Perfection is possible.

Inside of this sacred temple, you will always be utilizing the Universal Laws of Manifestation, you will be always aligned with your Higher Self and Monadic Self, in a more dynamic way, as you trail into the path of self-mastery.

One alternative routine to the alternate nostril breathing is to perform along with it, the Humming Bee Breathing, with the difference being that, in doing these two breathing techniques in one, you may consciously keep your tongue on the top of your mouth, just behind your teeth. The addition of this technique will allow the vibration to reach down your other centers and reach the heart chambers. It is also a practice that pulls the energy of Kundalini, from the bottom of your spine, and gives it the energy to start ascending in its journey up the spine.

### THE HUMMING BEE BREATH

The humming bee breath is also known as *Brahmari Pranayama*. The pleasant

---

<sup>12</sup> There is a fundamental difference between desires and intentions. Desires tend to be tinted with the energies of the Ego, when intentions are naturally placed in a higher vibrational pattern.

vibrations that occur throughout this breathing exercise are often very soothing, and can help calm the nerves. Inhale deeply from both nostrils. Use the index or thumb fingers to block the ears and when you exhale, try to produce the humming sound of a female bee from the mouth and nose and feel the vibrations of this sound in the head and neck region.



### INSTRUCTIONS

1. Sit straight up, with your chest and abdomen open. Close your eyes and concentrate on your breathing.
2. Breathe through both nostrils in a long and steady breath. Keep your lips closed, but the back of the mouth cavity open and Hold this breath for a moment.
3. Breath back out through your nostrils with hum. Push in at the upper abdomen and keeping your chest still and your jaw relaxed.
4. Repeat for several breaths (*it is best to do about two to three minutes*). Hum on every exhalation, until the vibrations should spread throughout your face.





## TIPS & WARNINGS

This breathing exercise is best performed while humming during both the inhalation, and exhalation. Humming during the inhalation, however, takes practice. It requires conscious control of your palate, which creates the humming through vibration.

## BRAHMARI PRANAYAMA PROCEDURE

1. Partially close your glottis (*The opening between the vocal cords at the upper part of the larynx*) as you inhale through both nostrils, making a snoring sound.
2. Now exhale little by little, emitting a sound like a humming bee.
3. Humming as you exhale allows you to spin out your breath and make a longer exhalation.

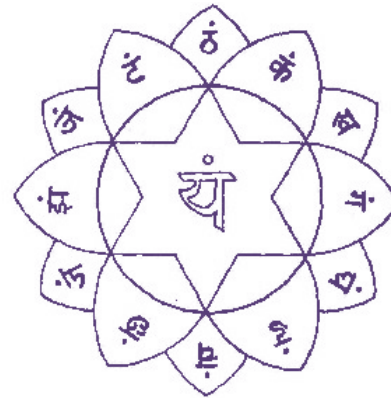
## BENEFITS OF BRAHMARI PRANAYAMA

Pranayama develops a deep connection with the flow of life force (*Prana*) throughout your body. Further, Brahmari helps reduce stress, strain and anxiety, expand joy and let to relax both physically and mentally. Moreover, the inhalation clears and vibrates the throat. Other benefits include:

1. Invigorates (*fill with life and energy*) the thyroid gland increasing metabolism.
2. Balances hormonal secretion.
3. Triggers serotonin release, resulting in balanced moods, that is involved in sleep, depression, memory, and other neurological processes.
4. Helps in balance blood sugar.
5. Helps in oxidizes fats in the body.

6. Very good for Alzheimer's disease (*Alzheimer's is a brain disease that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.*)

## INITIATING YOUR SACRED HEART



Every temple needs a pyre to hold the sacred fire. Your Crystal Heart Temple needs to be activated in order to manifest in 5D the divine threefold flame.

The heart chakra is the alchemical pyre of and the bridge of transformation This chakra (the fourth) that converts the compatible energies of the three lower chakras (below the heart center) elevating their vibration, and at the same time presiding over the descending of the energies of the three higher chakras to the lower vortexes. This is what we call the opening of the channels of your body, as a temple, to allow the alchemical marriage between the heavenly vibrations with the earthly ones. This union can only be sealed by unconditional love. When performed in



harmonious ways, we become a conduit of Divine Grace, and our hearts becomes a powerful transmission of universal energy, turning us into an incredible tool for the healing of others. Once properly activated, your sacred heart will allow you to understand more, without words, the trials of others and the reason behind them, because your capability to love will be incredibly increased.

From the new anchored energies of the heart, we are able to change our internal and external worlds, reconciling their divergences, and healing those we have contact with. Only then, the pure consciousness of who we are and what we came here to do, acquires its true colors and meaning. Only through an open higher heart is one able to receive spiritual gifts and, in turn, is able to replicate those gifts to bless the lives of others.

The opening of the heart chakra requires not just a combination of techniques, but a deeper sense of understanding. First, we learn to see the world in terms of relationships. It requires a certain loss of ego, allowing an ability to merge with things outside of the self.

Lastly, it requires an understanding and control of the breath, for it is the tool of physical, mental and spiritual transformation.

It known that the average person does not breathe very deeply. A normal pair of lungs can hold about two pints of air, while the average person breathes in about one pint or less per breath. Unlike food, which takes hours or even days to digest, each inhalation of air immediately enters the bloodstream.

Oxygen must be constantly supplied to each and every cell, or the cells die quickly.

Let us initiate this by recognizing its position. You may have perhaps seen pictures of the "Sacred Heart of Jesus" or the "Sacred Heart of Mary" showing the physical heart with a Divine Flame above it.



The Divine Flame on the top is the actual Sacred Heart, while the lower section is a symbolic image of what is normally called the "Heart Chakra."

The Sacred Heart is often envisioned as a threefold flame, and each flame is symbolic of the attributes present in a person whose heart has opened fully.

The first flame is blue, which is the color of empowerment or courage. The second is yellow, which is the color of wisdom. The third flame is pink, which is the color of unconditional love. When these flames are combined as one, they become violet, or the Fire of Transformation. The former Self is gone and you are left with only truth. The Self lives to fulfill its mission in Heaven and



on earth. That, quite simply, is why you are here now.



### VISUALIZATION STEPS

Find a calm place to meditate and truthfully go inside.

The intention of this guided meditation is to connect the energies that are contained within your physical and subtle bodies, and then to direct this energy within your upper heart. For this experience you will be utilizing the “sexual energy” of your body, which is your battery, and has nothing to do with Sexual issues. Sexual energy is the basic energy of creation. The love that emanates from these developed centers has nothing to do with the love that vibrates from the second chakra.

The motor to propel this energy up your spine and ignite your sacred heart is your Intention, the quality of your thoughts and the vibration level you have been expressing in your life and while working with subtle energies.

### STEP ONE: THE SOUL MANTRA

The first stage of this work is to activate your Soul Star using the Soul Mantra.

Now practice the alternating breathing technique, as described below. The following are a few basic exercises in complete breathing and opening the chest.

### ONE ROUND OF ANULOMA VILOMA (ALTERNATE NOSTRIL BREATHING)



Inhale through the left nostril, closing the right with the thumb, to the count of four.



Hold the breath, closing both nostrils, to the count of sixteen.



Exhale through the right nostril, closing the left with the ring and little fingers, to the count of eight.



Inhale through the right nostril, keeping the left nostril closed with the ring and little fingers, to the count of four.



Hold the breath, closing both nostrils, to the count of sixteen.





Exhale through the left nostril, keeping the right closed with the thumb, to the count of eight.

*This exercise will allow you to have balance between both of your internal columns: Ida and Pingala, allowing optimum equilibrium of function to both sides of the brain: that is optimum creativity and optimum logical verbal activity.*

### PROCEEDING WITH GROUNDING

Relax yourself, and breathe deeply. Release all tension.

Visualize your energy flowing freely from your Crown right down through all of your chakras to your Root Chakra.

Now, see your vital energy extend down, like a long tail from the base of your spine, through the Earth to its molten core. This is known as the Hara Line.

Wrap your imaginary tail snugly around the earth's core. Send any negative energy in your body down through this tail to be neutralized by the Core.

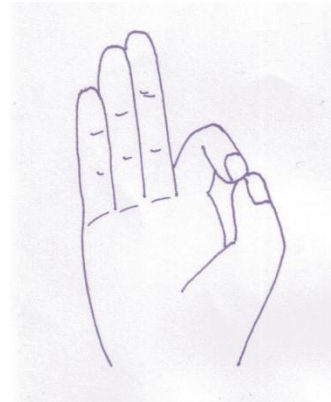
Then, receive fresh, invigorating Earth energy up through this tail to your Root Chakra, then up to the rest of your body and chakras. Our physical bodies are reflections of our use of energy.

### HEART CHAKRA - GYAN MUDRA

The simplest mudra to apply to the heart chakra is the simple Gyan mudra. It is not the only mudra which will open the heart

chakra but is by far the easiest to apply and has many positive side effects.

The Gyan mudra itself has a double effect in that it assists in grounding at the lower end of the energetic system, as well as opening the energetic faculties associated with mental and psychic faculties at the upper end of the energetic system. By applying the Gyan mudra over the heart chakra you not only receive these benefits you also have an immediate effect on the heart chakra.



Apply this mudra with both hands placing the right hand (thumb and index finger close to the body) over the heart chakra. The

heart chakra is the centre associated with love and compassion. Love and compassion can manifest in many different ways over and above that which we commonly conceive.

The faculty of love and compassion is the faculty of generous sharing or, more importantly, energetic sharing. By balancing and opening the heart chakra we will slowly enable and facilitate the clearing of our arm and hand channels that are involved in healing. Not only does working this chakra have the conscious effect of changing your view of you, society and your place in society, you will also be generously, and without realizing it, sharing your high level good quality energy with those whom you come into contact both consciously, if you



choose, and subconsciously because you are now a more compassionate loving being.

## THE EXERCISE

### STEP 1

Now, to begin this exercise, start efficiently by closing your eyes and relax. Bring to your mind to a time when you experienced great joy, fulfillment the happiest moment in your life.

Remember this in as much detail as you can, and as you do, try to feel the emotions you were feeling in that occasion then. Try to feel the smells, the air, the ambience, and sounds. The better you make this exercise sensorial, the better it will be.

Imagine that you are reliving the event in its full details, and to feel the emotions and the physical sensations as powerfully as you can.

Now notice where in your body you feel the energy strongest. Perhaps it is in your heart, or in your mid-region.

Imagine a ball of pure translucent light there, and while you continue to hold onto the story that triggered that emotion, place both hands over that spot. Know that the ball of light is attaching itself to your hand, then after a few seconds, if it is not already in your heart, keep moving your hand until the ball of energy is contained within your lower heart.

### STEP TWO

Now, let the account drop away from your mind completely and, as you do this, pay close attention if the energy had shifted or changed in any way.

Let the translucent ball of light rest for a moment in your heart, vibrating strongly.

Now let one of your hands move upward directly above the other. As you do this, imagine that you are drawing some of the energy to the region where your Sacred Heart rests.

Now it is like turning on a valve that is igniting a burner on your heart. This is, in its turn, releasing “gas” without the flame. Let it fill the region around your upper heart, the intoxicating gas of pure love, joy, happiness and fulfillment.

It has been the original destination of the energy all along, for it will always seek to go where it will serve humanity, just as your greatest joy seeks to express itself in the world. Feel this energy filling your Sacred Heart fully and unconditionally.

### STEP THREE

The activation of the Sacred Heart three-fold flame is as simple as stating your intention. By now, through the Stellar Code activations, you may have already been given a jump start in this process. All the stellar syllables have been installed as aka cords from your heart to your Higher Self. These cords were tuned to the vibrations from your Soul to facilitate the igniting of your three-fold flame.

In doing this, all power to create realities (and to destroy) will gradually be presented to you, but yet you must now learn to use it skillfully. Again, the secret of everything is the intention. Keep your heart clean and attuned with the higher realms; frequently attune yourself with the Christ Vibration. Never react to occasions, prefer always to ACT, instead.



As you hold your hand over the upper heart, say these three words, and as you say them breathe deeply knowing that they are igniting your truest light. Your intention is all that is needed now.

**"It is done!"**

You have said YES to the Universe, you consciously opened another door to your Higher Self, and your heart is now alive.

The more you focus on this life in the next three days the more you will feel its effects. It is like a newborn child, needing you to feed and nurture it that it may grow strong and bright. That will be your task until the next lesson. Then we will share more, that you may understand with your mind what is already known in your heart.

Once in time, all humans were able to communicate multidimensionally, to see themselves within the soul of all beings, and to offer their love as it was and will always be offered back to them.

Nevertheless, after a long period of time, a new world settled in, based upon untrue laws with serious distortions made to limit the expression of true life. Until then a gland called the thymus<sup>13</sup> was strong within Humans, controlling and inspiring their natural healing and gifts, regulating the intake of higher energies and distributing it through the many other energy centers.

With new vibration pattern in place, humans stopped to listening to the inspiration offered by the thymus gland, and the thymus began shrinking. In most adults

---

<sup>13</sup> When this word is broken down, "thy," and "mus," which is short for "muse," or "that which inspires," the gift of its presence is revealed.

it is difficult to find at all, for the energy that flowed to and from it when you were a child has ceased.

Awakening the thymus is the physical counterpart to activating the Sacred Heart. From now on, your thymus, or Sacred Heart, is awakened again, and while it may not grow within your physical body, but it will certainly be back to functioning in the other subtle bodies.

A bridge is then reestablished, one that leads back to your innocence. You will cross this bridge and bring all those you love with you. That is the true aim of this meditation.

Now that the Sacred Heart within has been reignited, we must keep the flame strong. There are three suggested methods for fulfilling this; the first two are of a physical nature and the second spiritual.

1. *Massage softly your physical heart chakra. For women, perform the massage in the clock wise direction, for men, do it the other way, counter-clockwise. This will activate the different polarities and balance the general influx of energies.*
2. *Gently tap the area of the upper heart with three fingers, focusing on the flame within.*

This visualization, combined with the tapping, will draw energy to this energetic center, and a connection will be made between the two worlds.

This is the bridge we were referring to, and the awakened Sacred Heart will be the path that leads you there. Follow these instructions several times a day and you will begin to feel a flow of energy you did not





sense before. It is this flow that leads you to the second step.

3. *Commit yourself to spending at least one hour a day for the next three days "Seeing" the Awakened Sacred Heart in others.*

If you truly want to know yourself to be awake, see others as awake, regardless of any evidence to the contrary.

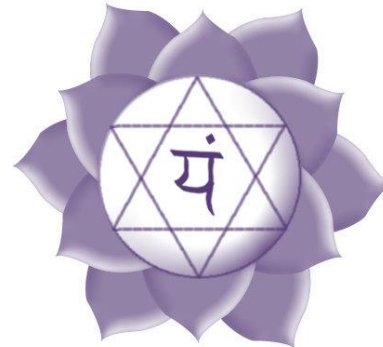
You cannot receive a gift you are not willing to give, otherwise you will still be forcing your mind into the “ego's theory of separation”.

You do not need to say a word to anyone about this. In fact it is better that you do not. Only give. Only love. Your own Sacred Heart will then explode with Light, the Light that is your Home.

*“There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord. There are different kinds of working, but the same God works all of them in all men. Now to each one the manifestation of the Spirit is given for the common good.”*

*~ 1 Corinthians 12: 4-7*

There are awakened beings on every level now waiting for your assistance, and you will learn it only when your heart expands to contain the whole world.



After the period of these activations, we suggest that you make a practice in your life to connect with your higher heart every morning, even for a brief period. Imagine a golden cross coming from the East and emanating golden rays that enters your heart center; enlightening it and restoring it to its luminous energy. Vibrate softly the mantra of the heart chakra which is the letter O. The sound is long and precise. It identifies itself with the etheric principal of air.

Take a moment and imagine that inside of your heart, there are mountains, valleys, forests, a multitude of flying birds and colorful skies. Never limit the capabilities and the powers of your heart. If you need a place to be away from the normal world, climb the highest mountains inside your heart and feel the strong gusty winds; the masters of the East always climbed the mountains to teach their disciples in how to get out of the physical bodies and wear the astral bodies.

There are many spiritual gifts hidden behind the development of the Higher Heart: all of them are powers to support and guide you through your own journey of enlightenment.



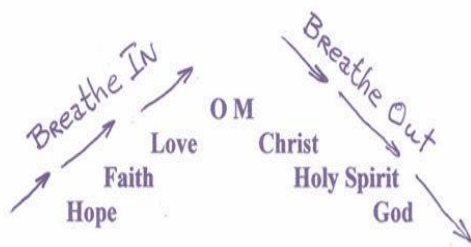
## PART II: LYRA ATTUNEMENT AND INITIATION

### THE BREATHS OF THE ELOHIM

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

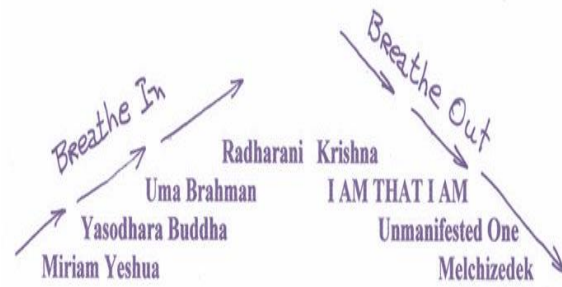
#### 1ST BREATH

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*

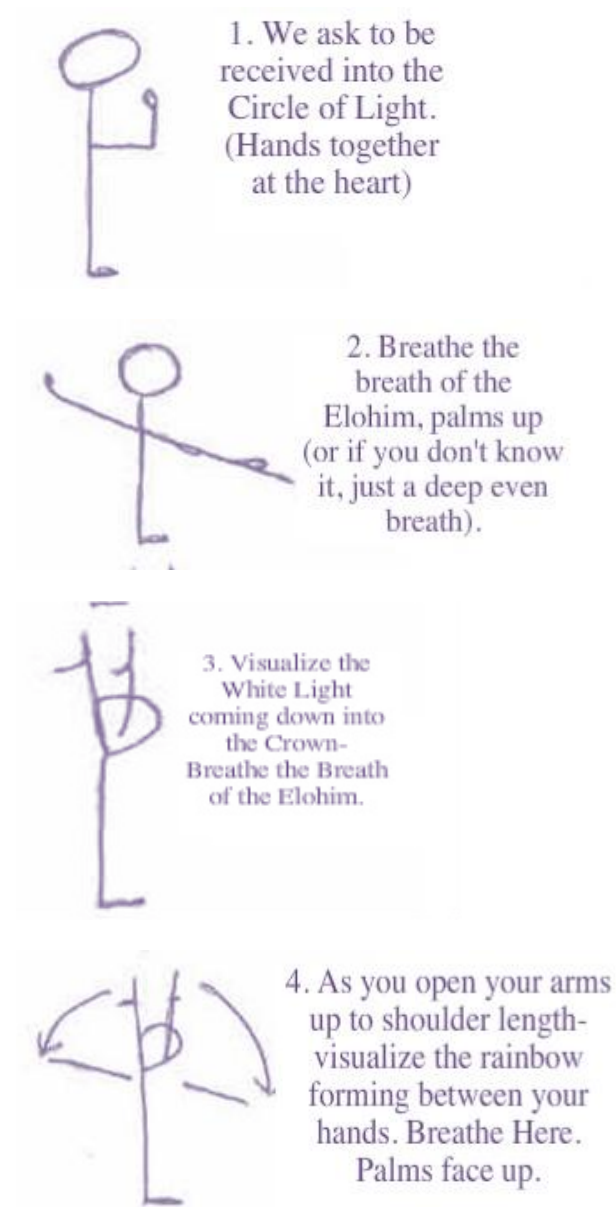
### **ATTUNEMENT PROCEDURE**

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 three Empowerments of the Lyra Attunement – Cygnus, Vega and Altair, will take place. In your mind's eye, visualize the Cygnus Symbol, or Syllable<sup>14</sup>, 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 Vega and the Altair Empowerments.

When the three threads are finished, visualize the Threads braiding themselves into a single Strand. When they are braided, fuse them together into a undivided whole by using the symbol of the Harmonizer. Feel the magnified 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 being absorbed into every fiber of your Being.

---

<sup>14</sup> 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.



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 three energetic frequencies of the Lyra Stellar Code™ and they have woven together into the Lyra Strand of the Lightweaver 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<sup>15</sup>”. 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 should be traced with the

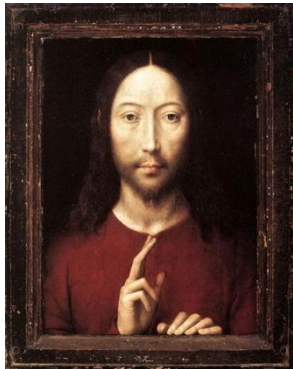
first two fingers of the right hand. This position will feel intuitively correct as it has

<sup>15</sup> 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.





been the hand position for Benedictions in various Faiths throughout history.



### **LYRA ATTUNEMENT SYMBOLS**

Stellar Code™ - Lyra is one of the Strands that make up the Cord of the Lightweaver. Through the Empowerments of this Stellar Code™, the Gifts of the Spirit that you have received can be woven into your integral being and begin to work in syntony with each other

### **CYGNUS**

Cygnus holds the symbols of communication, messages and amplifies the Gifts of Spirit related to annunciation and premonition. These are gifts that have been permanently bestowed upon you by your Divine Self, but when not in-tuned with its frequencies, these Blessings can just pass right through us.

### **VEGA**

Vega brings the gift of communication and the ability to overcome difficulties by the means of spiritual creativity. Through the influence and in-tuning of the internal vibrations with the Vega frequencies, some concrete “aptitudes” or Gifts of the Spirit can be developed; such as the gift of wisdom, the gift of knowledge, the gift of prophesy and the gift of discerning spirit.

### **ALTAIR**

Aquila, the celestial eagle, is one of the three constellations that form the Summer Triangle. The dominant star of Aquila, alpha aquilae, is Altair.

Aquila/Altair was known in ancient times as the Servant of God, specifically Zeus. He carried Zeus’ thunderbolts. In India, the sequence of the three stars of Aquila were also known as the footsteps of Visnu.

The energy of Altair brings great imagination, strong passions, indomitable will, a dominating character, and influence over others, clairvoyance, and a keen penetrating mind.

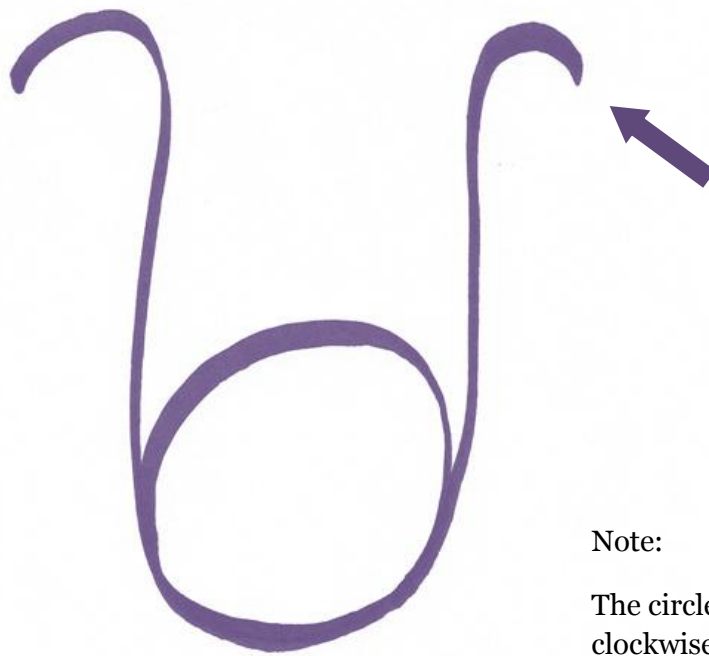
### **HARMONIZING SYMBOL**

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™.



## CYGNUS EMPOWERMENT SYMBOL

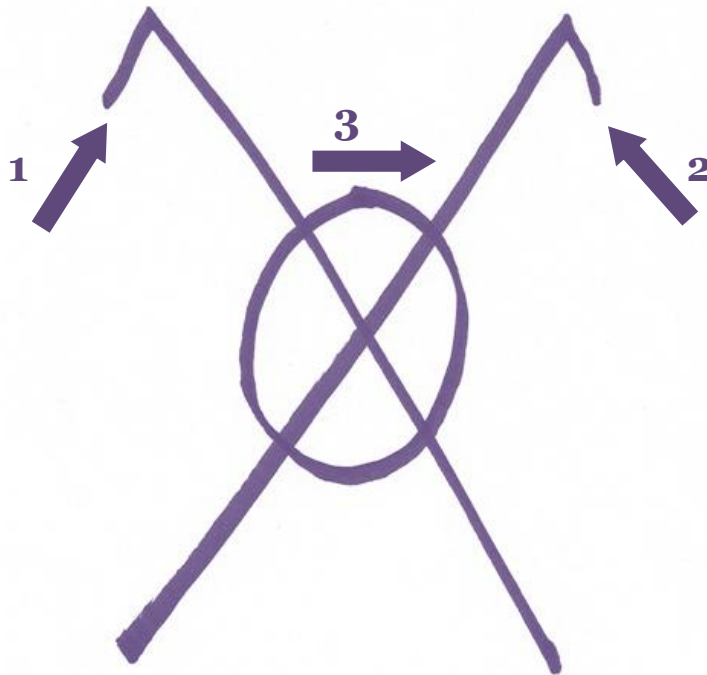


Note:

The circle is drawn  
clockwise

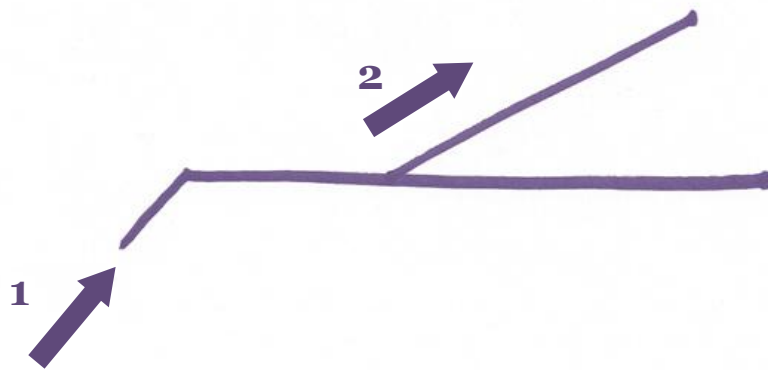


## VEGA EMPOWERMENT SYMBOL





# ALTAIR EMPOWERMENT SYMBOL







## HARMONIZING SYMBOL

