

L/L RESEARCH



HOMECOMING 2019
LOUISVILLE, KY

AUGUST 30 – SEPTEMBER 1

THE PARTICIPANT-DRIVEN SYMPOSIUM

TABLE OF CONTENTS

I. CURRICULUM PRESENTATIONS & DESCRIPTIONS

1. <i>Presentation Table</i>	4
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II. PRESENTERS' MATERIAL

VOJTECH SCHLESINGER

2. <i>Chakra Balancing With Essential Oils</i>	8
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EDDIE EARLES

3. <i>The Parable of the Prodigal Son, Explained</i>	23
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DR. JOHN TRAFFAS

4. <i>Qi Research and Development</i>	27
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PRESENTATIONS & DESCRIPTIONS

Vojtech S.	<i>Chakra Balancing with Essential Oils</i>	Chakra balancing meditation using essential oil blend created especially to this event to help us to align with our energy body. We will explore how essential oils can be used for spiritual purposes.
Austin B.	<i>Love and Wisdom</i>	Ra called love and wisdom "two faces of the same coin." As denizens of a density striving for love, what role does wisdom play in our seeking? We'll explore the dynamic between love and wisdom through the lens of the Law of One.
Eddie E.	<i>The Parable of the Prodigal Son, Explained</i>	I will reveal the true message of the Parable of the Prodigal Son, which is impossible to divine from modern conventional Christian teaching. In doing so I will utilize, and tie together, ancient Egyptian cosmology, the Christian gospel, the Ra material, the works of Robert Monroe, and the presentation of a previous Homecoming attendee.
Lily Y.	<i>It Just Happened</i>	A special moment on my spiritual journey – how I met Jesus.
Suzanna M.	<i>Observations of Self-Empowerment</i>	<p>Just when you think you've figured out how to "do you" despite the limitations presented by our culture, something hits you from left field and knocks the wind out of your self-love sails. Shame, the feeling of being unacceptable, can be triggered so easily, and it's a brutal challenge to break free from its barbed grasp.</p> <p>Recently I found myself ensnared in that shame once again, and now face a perceived choice between my authentic self and a muted "acceptable" version of me palatable to my employer. I'll share the story of this struggle and invite others to share their experiences with remaining authentic in the face of shame or non-acceptance.</p>
Lynn F.	<i>Through the Black Hole</i>	A magician's search for truth in darker places, sharings from my journey over the past few years.
Jonathan G.	<i>With an Infinite Ocean of Spiritual Love and Support Surrounding Us, why can we often absorb no more than the occasional droplet?</i>	<p>I. Brief exposition of Eastern Tantra (pron.: TUHN-truh): The Goddess and the flow of the Life Force, including my own modest experience with a Tantrik Goddess.</p> <p>II. Brief exposition of Western psychological Attachment Theory: how our earliest patterns of second chakra experience can severely limit our experience of the Life Force (including some of my own miserable experience with this).</p>

- III. Brief mention of self-forgiveness and such like which can increase the flow of the Life Force, as well as an exposition of the shift which occurs when the Life Force enters the heart center with sufficient energy to become self-reflecting of Love: i.e., the shift from mainly experiencing the Life Force as specified lower chakra chunks of personalized data towards a more general experience of the flow of life being a continuous stream of varied expressions of Love.
- IV. Authentic L/L staff-recommended sharing by any who would express feelings or thoughts stirred by the foregoing presentation.
- V. Optional transmission of Goddess energy or something else along those lines.

Trish and
Gary B.

*Marriage Mission
Statement*

As our marriage climaxed into a crisis state, we cocooned ourselves from the world. For 26 hours over the course of three days we deconstructed and rebuilt the relationship from the ground up. We would like to share our journey with you and invite discussion and questions about boundaries, truth telling, authenticity, and emotional intimacy in and outside of marriage, etc.

John T.

*Qi Research and
Development*

- 1) My presentation will cover a few of the ways each may put the Law of One and Confederation thoughts into practice as applied to the channeling of a universal energy known as qi, ki, prana, or intelligent energy and which is also known just as all is composed of as the love and light of the Creator.
- 2) I plan to first discuss factors, principles, and later suggestions to each one's own subconscious, many sourced from the Ra Material, that contribute to greater harmony with the Creator in thought and posture when channeling Qi.
- 3) I plan to discuss, show, and give time for each to partner up, and switching partners with each exercise, practice together how we may work with qi, how its flow can be tested, and discover within the allotted time to some degree what increases and obstructs its flow.
- 4) Collaboration, so as to find the highest and best principles, will be encouraged.
- 5) I am open to test principles or potential principles, because with any group, and especially this one, we may discover helpful ideas from each other.

- Beatriz G. *Why attending Homecoming is good for our health and well being* This presentation is about achieving health by maintaining a balanced ph in the body. Generally, people focus on diet as a means to balance the ph in the body, but one of the main reasons that our ph becomes too acidic (and thus engenders disease) is stress. And the main source of stress in our lives is that we live too much in survival (from the lower three chakras). Moving up the energy centers within into higher states of being balances the ph in our bodies. We become alkaline and move beyond disease. Homecoming offers us this opportunity to move into higher states of being through the exchange of higher truths (Law of One) within a community setting of love and light.
- Trish B. *Heart Sharing/ Heart Circle* The function of a heart sharing or heart circle is to provide an open and safe space that allows us to identify our feelings as they arise, to express ourselves fully, and to experience the art of sharing and listening. At the Coming Home to a New Earth Gathering, this offering allowed selves to share their experiences of catalyst (positive or negative) to other selves in a way that did not assume a need for “fixing.” Those who shared were given an opportunity to open the forum for advice or empathetic/supportive expressions from the others in the circle at their discretion. This environment fosters an experience of being “heard” and/or “seen.” With a few minor guidelines put into place in regards to timing and safe-space holding, participants can find an opening of the green and blue rays, and participate in building trust and community.
- Zachary H. *Crystallized Healing* A workshop utilizing andara crystals to facilitate healing of the mind/body/spirit complex. We will create a space where each entity desiring healing will have an opportunity to enter into a less distorted configuration of mind/body/spirit complex. Every healing is a meeting between the entity wanting to be healed, the healer, and the grace of the one infinite creator. The strength of the squaring effect of our collective calling and the desire to be healed will determine our capacity to receive the grace of our infinite creator and enter into less distorted configurations of mind/body/spirit complex.
- Ken W. *Eyes and Ears* I would play some recordings of original music and corresponding original short video(s). The content would have direction in a spiritual lesson. A short film/music video or two. Followed with time to discuss my intent with each project. Ideally each piece feels like a meditation on its topic.
- Bob W. *Balancing Our Merkaba Energy & Opening Our Heart - Preparing for the Ascension* We will learn to spin our inner heart energy to bring balance to our love, light and power, and rediscover our Magical Personality opening the portal to Infinite Unity Consciousness. Everyone will receive a free Merkaba crystal pendant.

- Morris H. *Mindfulness –
Being Present* What do we mean by mindfulness and being present? Living more in the moment can have a positive impact on your life. Much of our time is spent thinking back over things in our past and often worrying about what might happen in the future. So much energy goes into things we have no control over. If we can spend more time in the moment, we can live a much freer life.
- Gary B. *Meta-
Homecoming* A talk about Homecoming itself: how it is produced, how it is experienced, and how we might be able to more fully co-create the event.

VOJTECH SCHLESINGER
Chakra Balancing With Essential Oils

Prepared by Vojta Schlesinger for Homecoming 2019, special thanks to Jade Norby

“There is nothing less scientific than to deny something because it cannot be explained.”

Dr. Jean Valnet, in *The Practice of Aromatherapy*

Table of Contents

Mystery of Plant World	9
What are essential oils?	9
Aromatherapy the art and science of using the therapeutic properties of plants	9
Using essential oils	10
Homecoming Chakra Blend Roller	10
Description of selected plants.....	10
Spikenard (<i>Nardostachys jatamansi</i>).....	11
Coriander (<i>Coriandrum sativum</i>).....	11
Yuzu (<i>Citrus junos</i>).....	12
Neroli (<i>Citrus aurantium amara</i>).....	12
Blue Chamomile (<i>Matricaria chamomilla</i>)	13
Indian Frankincense (<i>Boswellia Serrata</i>)	14
Myrrh (<i>Commiphora myrrha</i>)	15
Using your chakra roller.....	15
Safety warning	16
Chakra Balancing Meditation	16
Healing with hands.....	16
Preparing the hands	17
Gather and prepare energy for your hands.....	17
Work with each energy center.....	18

Mystery of Plant World

Pure sunlight shines on the grass, on the leaves, and the flowers of the world. The plant world is just full of beautiful sights, there isn't a tree or flower that doesn't radiate beauty of the One Infinite Creator.

However, providing aesthetic pleasure is not the most important function of plants. Of course, plants purify air and provides food and medicine for humans and animals, ultimately also for carnivores. They are a conduit between the light of the heavens and the dark of the earth, channeling energy from the sky into the Mother Earth.

What are essential oils?

Essential oils exist only in certain parts of aromatic plants, from which they are distilled or otherwise extracted. Only specific parts of the plants are used. Depending on the species, the essential oil might be extracted from the petals or flowering tops, leaves, twigs or stems, roots, rhizome, grass, resin, bark, chopped heartwood, fruit or seed.

Usually the most common extraction is steam distillation, but for some flowers this process is too rough, and extraction must be done differently using some type of solvent or CO₂ and this results in producing Absolutes. For essential oils coming from fruit peels (citrus types of essential oils) the cold pressed extraction is most common.

Essential oils are highly concentrated, they are approximately one hundred times stronger than the dried herb of the same plant. In one drop of essential oils is present the essence and power of many, many plants. For example, it requires about 3 pounds (~ 1.4kg) of flower material to produce 15ml of lavender essential oil, so to produce one of essential oil it requires approximately 4.5g of plant material.

Some plants like Rose are far more precious and for distilling a small bottle (5ml) of rose essential oil it requires about 250,000 rose petals (about 105 pounds or 48kg of flower material). This is what makes these precious oils so expensive.

Aromatherapy the art and science of using the therapeutic properties of plants

Related to herbal therapy, aromatherapy has been used historically by many cultures for religious, ceremonial, and medicinal purposes. Benefits of essential oils are also used cosmetically, not only for application in facial cleansers, toners, moisturizers and more, providing skin restorative properties but as well as for their beautiful fragrance.

In psychological context, aromatherapy is used to help reduce uncomfortable mental states and to promote harmonization and relaxation and other positive feelings. These can be achieved in two different ways: 1) choosing an essential oil with correct properties such as Lavender, Chamomile, Neroli for relaxing and relieving anxiety and 2) by using the memory and association with an aroma to recreate pleasant feelings. This also brings a challenge, as different smells are strongly associated with personal memories. When one smells a familiar smell, it triggers memories and feelings associated with that smell.

For this purpose of the homecoming roller I used a combination of essential oils to produce a very unique smell and to try not to bring any specific memories, as this combination shouldn't be something that could be experienced in the past to bring attachment. However, it does use plants and trees that are very traditional, and I am quite sure everyone has smelled at least once one or more of its fragrances.

Using essential oils

Essential oils are used to restore health and well-being via application (coming in contact with the skin) and inhalation (odor molecules entering the nose). When applied to the skin, their small molecular structure and attraction to oil (lipophilic) characteristics allow some absorption into the skin where they can enter the blood stream through small capillaries, circulate through the body, and be eliminated through the sweat glands and normal body functions. Most essential oils begin circulating about twenty minutes after application and can continue for as long as twenty-four hours. However, when applied to the skin, some of the essential oil evaporates away, so it is not known how much is absorbed.

When the aroma of an essential oil is inhaled through the nose, certain odor molecules enter the lungs and others travel to the brain. If in the lungs, the odor molecules enter the blood stream and circulate through the body, as described above. Those traveling to the brain are perceived by our sense of smell and have a profound effect, producing emotional responses, memories, instinctual drives, and even affecting glandular functions via the hypothalamus.

Anthropologist Lauren Van Der Post said, “*Scent . . . is not only biologically the oldest but also the most evocative of all our senses. It goes deeper than conscious thought or organized memory and has a will of its own which human imagination is compelled to obey.*”

Homecoming Chakra Blend Roller

This organic blend was created with careful selection of the best high vibration plants and trees that can aid every chakra. Every ingredient is traditionally used for centuries for various religious practices all over the world. Spikenard, Coriander, Frankincense, and Myrrh are mentioned in Bible. Yuzu is used in some Shinto ceremonies in Japan. Neroli essential oil is considered as one of the highest vibration essential oil. When it was possible, I used organic oils – only Neroli, Yuzu and Coriander are not organic because I couldn't get them in organic form. Despite this, the final product is still more than 98% organic.

We can make our own sacred blends using only natural ingredients, like essential oils diluted in cold pressed oil (this chakra blend is diluted in organic Jojoba oil) and use them within an oil-based perfume, or within a water-based spray, like an eau de cologne. The aroma in these circumstances is intended to attract the messengers of heaven and help us become closer to the universal whole, as we carry out our spiritual practice, such as prayer, affirmations, or meditation or any other sacred ritual.

Description of selected plants

For each chakra, one oil was selected to aid each chakra balance and support emotional healing. Some of the plants are working on multiple chakras if not all of them (for example in general way spikenard promotes a sense of heart-centered wholeness) or brings complex healing properties, so you do not have to think of every plant being limited to only one energy center. I listed the properties for each plant and its functioning on energy centers, and emotional healing that it can provide also with some historical context.

1st chakra



Used part and origin: *root, Nepal, organic*

Aroma: *heavy, warm, peaty, musty*

Emotional healing: *To encourage forgiveness, fearlessness, calm, centering, balance, and resolution.*

“Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus.” – John 12:3

Spikenard (*Nardostachys jatamansi*)

Known in ancient times as “nard”.

Spikenard helps to reconcile all that has happened to us in this lifetime upon the earth, and to make peace with those who have hurt us. It is a fragrance of forgiveness offered with love, as well as a fragrance that carries with it the bonds of human existence, the chains that bind us to the emotions that we may be fearful of letting go.

Its purpose is to release the past from the shackles of our own making, those that relentlessly bind us to repeating actions that affect the freedom of the spirit.

Nard contact the angels of potentiality. It expands, contracts, revealing the secrets of the soul and the light of the universe.

General: Promotes a sense of heart-centered wholeness.

Third: Promotes courage and resolution

Fourth: Comforts and balances emotions of the heart, especially for people who take on the cares of the world. Promotes compassion and the forgiveness of self and others. Helps to develop detached compassion.

Fifth: Promotes compassionate communication. Helps communication between humans and animals.

Seventh: Promotes love and devotion for the Divine.

2nd chakra



Used part and origin: *seeds, India*

Aroma: *sweet, warm, spicy*

Emotional healing: *To encourage creativity, imagination, good memory, confidence, motivation, optimism, sincerity, expressiveness, and enthusiasm.*

“And the manna was as coriander seed, and the color thereof as the color of bdellium.” – Numbers 11:7

Coriander (*Coriandrum sativum*)

Its fragrance is fresh, as if seeking new horizons. It’s cool, it’s hot, everchanging depending upon the receiver’s mood. In this fragrance lies the challenge of change, helping us to go forward, even if timidly, rather than stay behind ever wondering “What if?”

Coriander seeds have been used for thousands of years. They were found in Tutankhamen’s tomb.

General: Promotes enthusiasm and optimism. Supports healing.

First: Grounds. Promotes a sense of security.

Second: Promotes creativity, spontaneity, and passion. Promotes emotional warmth, enthusiasm, and optimism in relationships. Helps to heal relationship issues.

Third: Helps to manifest. Encourages confidence and motivation.

Fourth: Promotes sincerity and optimism. Helps to heal wounds of the heart.

Fifth: Promotes sincere expressiveness.

Sixth: Promotes imagination and helps to improve memory.

Seventh: Strengthens connection to spirituality.

Hands: Supports healing processes.

Feet: Grounds and assures.

3rd chakra



Used part: *peels*

Aroma: *a unique blend of fresh citrus, reminds of blend of mandarin and grapefruit*

Emotional healing: *To encourage focus, concentration, strength, courage, and centering.*

4th chakra



Used part and origin: *blossoms, Egypt*

Aroma: *highly radiant, sweet, floral*

Emotional healing: *To encourage lightness, the lifting of sorrows, completeness, joy, understanding, calm, regeneration, peace, and to feel guided.*

Yuzu (*Citrus junos*)

Yuzu is purifying, strong, and clearly focused. If we are feeling spiritually unsettled, yuzu gives us the spiritual purification and strength we need to move forward, and focus we require as we take in new thoughts and feelings. It also has within it the facility of discipline, which we require so as not to allow our thoughts to stray or allow ourselves to become unsettled and distracted by others. This yuzu offers sweetly, kindly and with a resolution that can withstand all storms – a confident smile upon its face. It is used in religious ceremonies by some Shinto priests for purification before prayer.

Third: personal power, uplifting, purifying.

Neroli (*Citrus aurantium amara*)

Neroli touches the realms of the angels, and anyone who uses it is brushed with the light of angel's wings. Neroli is one of the most precious essential oils, its vibration being one of the highest among them. It may be that it resonates with energy from another light-time in the universe, perhaps taking its light from another sun in the vast cosmos. Neroli is itself pure spirit, representing the purity in all things. It is always loving and peaceful. Neroli brings light into any day, but is especially useful whenever mistrust has overtaken reason, or during dark periods of dark depression.

Neroli has another purpose – to bring self-recognition and relief. Our pain and sorrow is sometimes brought about because we have not seen how we might have affected others and inadvertently caused a rift or hurt others. Neroli allows the reflection that can throw light on the wounds that tie us to old patterns of relating. As truth is revealed, the self emerges into wholeness and unconditional love, stirring the spirit in ways that can be both unexpected and liberating. Then, the spirit can really soar.

General: brings in positive energy, links higher and lower energy centers – body and spirit. Clears energy blocks.

First: Renews and promotes love of life.

Second: Promotes a sense of freedom and sensual comfort. Eases fears and anxiety. Links with the seventh center to spiritualize sexuality.

Third: Promotes confidence, self-acceptance, a sense of personal freedom, and the manifestations of our aspirations.

Fourth: Promotes love, gratitude, and a sense of peace. Helps us to experience joyful love. Eases grief and sorrow.

Fifth: Promotes skillful and compassionate communication.

Enhances creative expression, verbally and in the arts.

Sixth: Promotes ability to understand. Unites the conscious and subconscious mind.

Seventh: Promotes direct communication with the spiritual realm. Helps to connect us to angels and feel guided. Links with the

Second center to spiritualize sexuality.

Hands: Helps to balance giving and receiving.

Feet: Grounds and balances.

5th chakra



Used part and origin: *Flower, Nepal, organic*

Aroma: *Intensely sweet, herbaceous-coumarin-like with a fresh-fruity undertone*

Emotional healing: *To encourage communication, relaxation, understanding, organization, empathy, patience, and calm, and to soothe.*

Blue Chamomile (*Matricaria chamomilla*)

This Wild Blue Chamomile from Nepal also known as German Chamomile, when used with purpose and direction, assists us in seeking spiritual understanding.

Its petal opens with the sun and it pull down the energy from heavens and solar system. When inhaled with purpose, it can allow a deeper knowledge of the working of the universe and of certain angelic orders who work close to the earth.

When confusion seems to become prevalent in a person's spiritual life, and the laws of the Creator seem to have no meaning to the life we live on earth, then the fragrance can often help us to understand.

As we all already know the answers, it is just that we need a stillness to react to the wisdom, found by meditation. It can help the transference of prayers, and gives clearer understanding of Creator's work, energies, and laws.

General: Calms and comforts. Gently helps balance emotions.

First: Gently grounds. Helpful during emotional challenges.

Second: Helps to calm and soothe emotions. Helps to calmly feel and understand emotions. Promotes calm understanding of our relationship with others.

Third: Helps to calm and balance our personal will. Promotes patience and calm acceptance of our own limitations Promotes a positive self-image. Supports the calm pursuit of personal goals.

Fourth: Promotes patience and compassion for our self and others. Eases grief and sorrow.

Fifth: Supports calm, gentle, and clear speaking of our emotions and truths. Strengthens.

Sixth: Relaxes the conscious mind. Promotes wise understanding and awareness.

Seventh: Promotes understanding of spirituality, helping to clear spiritual confusion. Helps to feel Divine support during emotional challenges.

Hands: Helps to offer comfort to those in need. Helps to receive and give healing energy.

Feet: Grounds. Helpful during emotional challenges.

6th chakra



Used part and origin: *Resin, India, organic*

Aroma: *Woody, Fresh, balsamic, incense-like*

Emotional healing: *To induce feelings of emotional stability, enlightenment, protection, introspection, courage, resolution, fortitude, acceptance, and inspiration.*

“Who is this that cometh out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense, with all powders of the merchant?” – Solomon 3:6

Indian Frankincense (*Boswellia Serrata*)

The oldest and most common type of Frankincense also known as Olibanum is the protector of the heavens that operates far beyond the auric field, in the light realms.

It is adaptogenic – it will adapt to a person’s spiritual state of being, like an ever-watchful older friend capable of offering support in a wide range of circumstances. But, like a vigilant parent, it will not let us go where we are not ready to go.

Holding the wisdom of the ages, it waits for what is asked of it, and can do all that may be required.

It has the authority and power to assist in the removal of all that is unwanted. In cases of spiritual shock or loss, when the spirit can step out of the body, even for a brief moment, frankincense can gently ease us back to our earthly home.

Frankincense is elevating, spiritual, and meditative and holds some of the wisdom of the universe, that which is manifested in the spiritual self.

Used in worship for thousands of years, it is valued both for its many healing powers and for its intoxicating fragrance.

Frankincense can properly be said to belong to the family of sacred scents.

General: Grounds. Calms and comforts. Stabilizes emotions. Expands the subtle bodies.

First: Grounds and promotes a sense of security.

Second: Encourages calm, balanced, emotional responses.

Third: Promotes courage and fortitude. Helps to break ties with the past.

Fourth: Promotes sincere compassion and service to others. Promotes acceptance and gratitude.

Fifth: Supports the ability to communicate spiritual truths.

Sixth: Quiets and clarifies the mind. Promotes introspection, inspiration, and wisdom. Promotes a meditative state to better receive and integrate healing energy.

Seventh: Focuses and strengthens spirituality. Helps us to know our spiritual purpose. Connects us with the eternal and the Divine, adapting to our needs. Supports our knowing that we are deeply accepted and loved by the Divine. Helps to heal spiritual wounds.

Hands: Promotes the ability to send compassion through touch.

Feet: Grounds. Connects our spirituality with the earth.

7th chakra



Used part and origin: *Resin, Somalia, organic*

Aroma: *warm, slightly musty, earthy*

Emotional healing: *To encourage fortitude, courage, peace, calm, sympathy, acceptance, and mastery.*

Given as gift to baby Jesus by one of the three wise men, at his birth in Bethlehem.

Myrrh (*Commiphora myrrha*)

This deep fragrance resonates with the wounded healer – the wounds running deep, carrying the pain of others – for infinity. The fragrance enables the letting go of the need to battle for the just against the unjust.

“The meaning of life,” so often sought, has no meaning when the purpose of life is realized. This realization can come from deep within the heart after the emotional wounds have healed.

Our spirit can also feel wounded, although it is always protected, but sometimes it seems outside of our grasp.

Myrrh, with all its submerged meanings, links with the pathway of the soul, standing at the very crossroads. It would be so easy to walk down any of the roads, hanging on to our wounds, but myrrh helps us to realize the need to let go, to forgive, and to move forward.

Used for more than four thousand years. The ancient Egyptians burned it at midday, in praise of the sun god Ra; they also used it in their Kyphi incense, and in embalming and as a “sun cream” and as bug repellent melting it with fat on their heads. The existence of myrrh tree was explained as it being a tear of the god Horus.

General: Grounds, warms, calms, protects, and strengthens. Help us let go of the past and move forward.

First: Grounds and restores.

Second: Warms the emotions. Promotes healing of emotional wounds. Helps to bring personal and spiritual desires into alignment.

Third: Promotes fortitude and courage. Helps to empower us to manifest our desires.

Fourth: Promotes forgiveness, gratitude, and a sense of peace.

Helps to let go of heartaches. Eases sorrow and grief.

Fifth: Supports confident, wise communication.

Sixth: Promotes meditative states. Supports dreaming.

Seventh: Helps to strengthen spirituality. Promotes spiritual calmness. Assists moving forward on a spiritual journey.

Hands: Connects with the higher energy centers while working with healing energy.

Feet: Grounds the lower energy centers, especially during healing work.

Using your chakra roller

This roller can be used differently as an anointing oil, as a personal natural perfume or as a special aromatherapeutic blend to aid prayer, or meditation or any other sacred ritual bringing harmonization, calm and mindful alignment with our subtle energies to heal emotional wounds.

Anointing is an ancient practice. It means, “to touch with oil” and was practiced by the ancient Mesopotamians, Egyptians, Syrians, and Persians, as well as by the Hebrews. Mary Magdalen is sometimes

called “the patroness of aromatherapy” because she famously anointed Jesus with a great deal of spikenard in John 12:3-7 and Mark 14:3-8.

For anointing you can put the blend on your fingertips and touch the area of the body in need that needs positive intention or energy center that you want to work with. If it is not possible to touch energy center, just rest your hands couple of inches away from energy center you want to work with.

You can also use the roller for stroking. Put the blend on your left palm, gently rub or pat your hands together. Then rest the hands in the area where it is needed. You can touch your body or use it without touching the body as essential oils are very potent and blend will work well even without touching.

Because this is the roller, you can “roll” this blend anywhere on the body or directly on the energy center you intend to work on. Besides that, the popular areas are similar to areas for using perfumes. I personally enjoy this on the wrist, palms, or behind the earlobes or even feet.

Safety warning

As this blend is natural, always check if you are not sensitive to some plants or ingredients before touching the body. You can test it with small amount on your hands or test it on wrist to see if you do not have any problems before you will apply the oil for massaging or for working directly with chakras on your body. The dilution and selection of essential oils is not intended to work with small children or with pregnant women.

Ingredients: organic cold pressed Jojoba oil, essential oils: organic Spikenard, Coriander, Yuzu, Neroli, organic German Chamomile, organic Frankincense, organic Myrrh.

Chakra Balancing Meditation

One suggestion on how to possibly use this roller for meditation and ritual for chakra balancing is to apply the oil to your palms and use the hands to provide healing touch for balancing each chakra.

Start by applying roller on your palms and work from root chakra towards the crown. You can use affirmations to provide balancing. Feel your energy center and feel the healing energy flowing from your palms to rejuvenate each chakra. You can state your intention and imagine and create an energy ball between your hands and allowing a color associated with energy center to come into that ball. Hold the energy ball, infused with a color and this essential oil blend over the energy center you tend to, keeping the intention of healing and balance in your mind. Hold it until you feel you are done.

Personally, I like to lay down and place my left hand near my root chakra during the whole meditation to provide extra sense of grounding. Then I am moving my right hands on each energy center working from first to seventh chakra. What is also working nicely is to hold the dominant hand over the heart chakra as this is a bridge between lower and higher energy centers and non-dominant hand over the stomach.

Healing with hands

Though we all have the innate ability to heal with our hands, it is helpful for you to prepare them, as well as yourself, before working with the energy centers. It definitely helps to be in a positive frame of mind: relaxed, focused, and supported.

Center in the breath.

Sit in a comfortable position, with your back supported. Your spine should be as straight as possible.

Relax your body, your face, eyes, letting them rest gently.

Take couple of deep breaths and notice the way your breath moves in and out of the body. Notice the parts of your body that move with the breathing, and the order in which they move. Notice how far the breath moves into your chest and stomach, how much air you draw in, and how much you breathe out. Notice the temperature of breath while you breathe in and breathe out.

“As I breathe out, I release all that is unbalanced and is ready to be released, on a physical, emotional and spiritual level. As I breathe in, I am drawing in all the energy that I need for this working.”

Now bring your awareness into your stomach and let any thoughts you are having float in and out, observing them as if you were watching clouds float by in a big, blue sky.

Bring awareness to your breath again and imagine how each cell in your body is being nourished and energized by it. Notice any thoughts and come back to your breath.

Preparing the hands

Appreciate your hands. Bring your awareness to your hands. Feel them and appreciate them.

Take a moment to reflect upon all the things your hands do every day. Feel gratitude for them, as they are remarkable!

Clear your mind, and again focus on your hands. Feel and be aware of each part – the palm, the back, each finger, each knuckle, and each fingernail.

Hold your hands together while you visualize them encased in a beautiful pink light, and take three, slow, relaxed breaths.

Activate your hands: Imagine, as you breathe, that you are sending breath directly into your hands. Notice how they might tingle or change temperature.

Imagine that, with your breath, you are activating your hands – turning on their energy receptors and preparing them to send healing energy of One Infinite Creator.

Take a few moments to feel and experience this sensation.

Gather and prepare energy for your hands

Bring your awareness into your First energy center. Imagine it is opening and drawing up the earth’s energy as it grounds and replenishes. Let this energy move up through your energy centers to the Fourth (Heart).

Imagine your Seventh (Crown) energy center opening, and a beautiful wave of pale, violet light pouring into you from above, filling your Heart center, and bringing in spiritual strength, purpose, and guidance.

Allow both energies (earth and heaven) to co-mingle with the compassion of your Heart center. In this way, you are tapping into the infinite resource of the universe. It is in your best interest to use this energy instead of your own in order to prevent depletion. It is not your own energy; it is energy of One Infinite Creator. Love/light, light/love.

Raise all these energies up into your Fifth (Throat) energy center and allow them to pour down your shoulders and arms into your hands. Instruct this energy to keep flowing into and through you until you are finished working.

Work with each energy center

Let your awareness move into your First (Root) energy center at the base of your spine. Visualize, feel, or imagine a clear red light facing down into earth, spinning clockwise, round and full, warming, stimulating, revitalizing, bringing power, strength, and courage. Let this red color become vibrant. Feel grounded and connected with Mother Earth and enjoy this sensation.

I am safe.

I am secure.

I am.

Move your awareness to your Second (Sacral) energy center, two inches below your navel. Imagine a clear orange light, spinning clockwise, shining out the front and back of your body. Its shape is round and full, activating, rejuvenating, bringing enthusiasm, cheerfulness, well-being, and optimism. Feel comfortable with and connected to your creative, emotional and sensual self.

I feel my emotions.

I desire. I create.

I feel.

Move your awareness to your Third (Solar Plexus) energy center two inches above your navel. Imagine a beautiful clear yellow light, spinning clockwise, shining out the front and back of your body, round and full, awakening, inspiring. Bringing knowledge, mental clarity, vitality, joy, and happiness. Affirm your personal power and will.

I am worthy, competent, beautiful human being.

I am powerful, and I use my powers wisely.

I can.

Move your awareness to your Fourth (Heart) energy center in the middle of your chest. Visualize a clear green light shining out the front and back of your body, spinning clockwise, round and full, balancing, soothing, calming, cleansing. Bringing harmony, friendliness, hope, peace, and stability. Feel capacity for compassion and unconditional love.

I love others unconditionally.

I know how to tend to myself and to others.

It is safe for me to love and to be loved.

I love.

Move your awareness to your Fifth (Throat) energy center at the center of your throat. Visualize a clear, sky blue light spinning clockwise, radiating out the front and back of your neck, round and full, soothing, and calming. Bringing concentration, sincerity, devotion, and introspection. Experience and enjoy being with what is true for you.

I listen carefully to others.

I tell the honest truth.

I speak.

Move your awareness to the center of your forehead at the Sixth (Third Eye) energy center. Imagine a deep, clear, indigo blue light shining out the front and back of your head, spinning clockwise, round and full,

soothing, calming. Bringing devotion, intuition, integration, and present awareness Appreciate and affirm your mental capacities.

I open myself to my intuition and deepest knowing

I have an excellent mind that is both intuitive and rational.

I see and understand.

Move your awareness to the top of your head at the Seventh (Crown) energy center. Experience a clear violet light, round and full, spinning clockwise, shining up to the heavens, relaxing, inspiring, purifying, restoring. Bringing creativity, humility, protection, and spirituality. Enjoy being aware of your deepest and highest spirituality.

I am one with the Divine.

I am open to receiving the wisdom of the universe.

I am that. I am.

Take a few moments to experience all of your energy centers, spinning harmoniously together. Sense how your body radiates the clear colors like a rainbow. Visualize the centers becoming the size appropriate for you to return back – not too open and not too closed. Look forward to being balanced, knowing your energy centers are drawing in and distributing all the energy they need.

Take a few deep, re-orienting breaths, open your eyes, and feel relaxed, refreshed, completely in your body, and fully appreciating who you are.

Used sources and further suggested reading on the topic

- “Aromatherapy for the Soul” by Valerie Ann Worwood
- “Aromatherapy & Subtle Energy Techniques” by Joni Kein & Ruah Bull

THE SEVEN MAIN CHAKRAS CHART

	1st chakra	2nd chakra	3rd chakra	4th chakra	5th chakra	6th chakra	7th chakra
Modern Name	Root or base chakra	Sacral chakra	Solar Plexus chakra	Heart chakra	Throat chakra	Brow chakra, Third Eye	Crown chakra
Sanskrit Name	Muladhara or Guda chakra	Indra or swada or Svadasthan chakra	Manipurak or Nabhi chakra	Anahata chakra	Kanath or Vishudhi chakra	Ajuna or Do Dal Kanwal chakra	Sahasrara chakra
Situated	Back of the rectum, coccyx, base of the spine	Near the sacral bone (above first lumbar). Two inches below navel.	Near the solar plexus at the umbilicus (7th and 8th thoracic vertebrae)	Between the breasts (5th thoracic) – center of chest.	Near the cervical plexus (3rd cervical vertebra), center of throat	Between the eyes in the middle of the forehead	Top of the head (approached via base of skull)
Color	Red	Orange	Yellow	Green	Blue (sky blue)	Indigo (dark blue)	Violet, white or white-gold
Element	Earth or solids	Water	Fire	Earth/Air	Fire/Water/Air (ether)	Air (ether)	None, some say magnesium, speech, or spirit
	This chakra needs to be cleansed and purified before any others; it is first to be activated. The support chakra.	It controls the creation of the physical form. Sexual energy and all its desires.	Suggestive of the sun, which is also needed for the metabolism of plant and human life.	The protector and distributor of energy for the lower chakras.	Keeps the lower energy currents running smoothly and energizes rational thought. Where intelligence focuses in creativity, especially of the spoken/written word.	Where mind and spirit meet with physical context. The energy from this point spreads into every cell of the body, links the subtle energy fields. All other chakras are dependent upon, and ruled by, this. Cognition: consciousness and subconsciousness.	All energies running through subtle meridians in our bodies – such as chi and prana – stop here. It is thought meridians and the acupuncture points or nadirs were discovered through opening of the crown chakra and higher consciousness.
Associated emotions	Fear, obsessive/compulsive behavior, protective instincts	Desire, jealousy	Warmth, nurturing, fiery nature	Love, compassion, protectiveness	Honesty or dishonesty, criticism	Imagination, idealism, love	Emotional imbalance
Challenge	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
Right	To have	To feel, to want	To act	To love	To speak	To see	To know, to learn
Weakness	Nonattachment, nervous instability	Lust, addictions, anger, pride, aggression	Emotional instability, skin eruptions	Heart problems, overprotectiveness, attachment, greed,	Imbalances of all kinds, vertigo, allergies, anemia,	Pessimism, self-pity, migraine, sleeplessness,	Coma, epilepsy

Statement	"I am."	"I desire. I create."	"I manifest."	"I love."	menstrual problems, sore throat, laryngitis	catarrh, sinus problems, hay fever	"I am one with the Divine."
Balanced state	Strong relationship with Mother Earth, positive attitude about life, good health, vitality, feeling stable/safe/secure.	Comfortable with feelings, self-love, enthusiasm about life, creative, emotionally intelligent and aware, capable of feeling sexual/sensual pleasure.	Inner harmony, self-acceptance, confidence, comfortable with life experiences, attract what is wanted in life, attuned to the present, right use of power, warm personality, responsible.	Warm and sincere, ability to nurture oneself and others, joyful giving, compassionate, altruistic, grateful, peaceful.	Easily and comfortably able to express feelings, good listener, clear speaker, unselfish, ability to listen to and understand inner wisdom, involved in creative activities.	Active intelligence, intuitive, good memory, open-minded, open to spirituality, perceptive.	Balanced with other energy centers, unites inner and outer life, healthy detachment, divinely guided actions, spiritual, thoughtful, wise.
Imbalanced state	Disconnected from body, fearful, disorganized, excessive worry, possessive.	Sexual problems, mood swings, emotionally dependent or detached, co-dependent, feelings of guilt, lack of self-love.	Low self-esteem, temper outbursts, stubbornness, hyperactivity, control issues, trying too hard to please, shame, misuse of power, unable to express anger.	Love and intimacy issues, anti-social tendencies, grief, depression, difficulty in forgiving, jealousy.	Shyness, fear of speaking, talks too much, selfishness, inability to listen, disconnected from inner wisdom, rushed (feelings of not enough time).	Forgetful, impaired vision, overly mental, close-minded, disconnected from intuition, experiences nightmares.	Apathetic, fear of death, lack of life purpose, over-attachment, disconnected from spirituality, disassociation with body.
Positive actions to strengthen	Take care of yourself. Maintain a weight that is healthy for you. Rest, eat well, and exercise. Do work you love. Develop a conscious relationship with money. Organize. Say an affirmation that you have a positive attitude about life. Connect with Mother Earth.	Give and receive. Create. Play. Do things that you enjoy. Explore joyful sexuality. Say an affirmation that you are comfortable with your feelings. Talk to strangers, expect to laugh. Doing stuff that are out of my comfort zone. Rules kill fun, break the rules, have fun. Go out and dance.	Accomplish a goal. Learn to relax. Be proud of who you are. Express your anger in constructive ways. Be responsible. Say an affirmation that you attract what you want in your life. Break your bad habits and build new ones. Focus on what you want and not on what you don't want.	Give love and compassion unconditionally. Be sincere. Accept yourself and others. Be patient with yourself and others. Nurture yourself and others. Breathe deeply. Say an affirmation that you are at peace. Practice kindness and gratitude.	Speak the truth. Speak gently. Sing or chant. Express yourself. Listen well. Take time. Say an affirmation that you express yourself freely and creatively. Journal and put yourself out there. Ohmmmmmmg.	Meditation. Visualize. Imagine. Intuit. Study. Reflect. Learn something new. Write down your dreams. Say an affirmation that you have a clear and perceptive mind. Slow down. Balance other chakras. Practice silence. Hone your intuition. Let go of ego.	See the Divine in everybody, everywhere. Feel a sense of oneness and sense of purpose. Cultivate faith. Align yourself with Divine before you act or speak. Look inside yourself for answers. Say an affirmation that you are one with the universe.

EDDIE EARLES

The Parable of the Prodigal Son, Explained

The Parable of the Prodigal Son, Explained

Luke Chapter 15

11 And he said, A certain man had two sons:

12 And the younger of them said to [his] father, Father, give me the portion of goods that falleth [to me]. And he divided unto them [his] living.

13 And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living.

14 And when he had spent all, there arose a mighty famine in that land; and he began to be in want.

15 And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine.

16 And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him.

17 And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger!

18 I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,

19 And am no more worthy to be called thy son: make me as one of thy hired servants.

20 And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him.

21 And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son.

22 But the father said to his servants, Bring forth the best robe, and put [it] on him; and put a ring on his hand, and shoes on [his] feet:

23 And bring hither the fatted calf, and kill [it]; and let us eat, and be merry:

24 For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry.

25 Now his elder son was in the field: and as he came and drew nigh to the house, he heard musick and dancing.

26 And he called one of the servants, and asked what these things meant.

27 And he said unto him, Thy brother is come; and thy father hath killed the fatted calf, because he hath received him safe and sound.

28 And he was angry, and would not go in: therefore came his father out, and intreated him.

29 And he answering said to [his] father, Lo, these many years do I serve thee, neither transgressed I at any time thy commandment: and yet thou never gavest me a kid, that I might make merry with my friends:

30 But as soon as this thy son was come, which hath devoured thy living with harlots, thou hast killed for him the fatted calf.

31 And he said unto him, Son, thou art ever with me, and all that I have is thine.

32 *It was meet that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found.*

Jesus' parable of the Prodigal Son is well-known; any of you who grew up in a mainstream Christian denomination will have studied it in Sunday School and heard sermons about it in Church. It's widely misunderstood, never properly explained in organized churches. To ferret out its true meaning, we must step back in time, to the age of Jesus.

Christian writings in the "official" canons, be they Protestant, Catholic, or Orthodox, make little reference to activities of Jesus between his 13th and (approximately) 30th years of age. This omission is deliberate; at the Synods of Antioch, in the 3rd century A.D. (before the major sectarian schisms), the reigning bishops decided which writings would be included in the official canon, and which would not; and they directed that those writings not accepted, should be destroyed and obscured. This was because, by this time, the Church had become a dogmatic bureaucracy, dedicated not to spiritual advancement, but to the furtherance of its own wealth and power; in other words, a *service-to-self* alignment. Any account or commentary not useful in empowering and enriching the existing order would be banned, or at least, obfuscated.

What did Jesus do in that time? Contrary to popular notion, he was not a simple carpenter; he was of the lineage of the house of David, and would have been directed in rabbinical studies. At 13 he would have come of age. Esoteric tradition reveals that he then left Palestine for Persia, where he matriculated through a mystery school; he traveled thence to India, to the Hindu Kush region, for studies at a mystery school there, and finally, on to Egypt, where he passed through an Egyptian mystery school, where he would have become a full initiate, his studies culminating by "*dying the little death*", undergoing a *voluntary near-death experience* inside the sarcophagus in the King's Chamber of the Great Pyramid (which, by the way, is the subject of the reference to being "born again" in John 3:3).

(Digress to discuss division of mystery schools)

Allow me, now, to refer back to my 2018 presentation. We discussed, among other things, the means by which the perceptible universe is manifested. The Universe is holographic; every possible thing exists in latent, unmanifested form in any part of the universe, even the smallest indivisible portion. In order for manifestation to occur, the iterative idea of a thing, its "plan", must be isolated and surrounded by an active force seeking that "plan"; and once it acts, the perceptible manifestation, the "real thing" appears. In the Egyptian metaphor, the containing void is "*The One Who Gives Birth Without Knowing It*" (*Mer*, or *Isis*); the activating principle is *Osiris*; the iterative idea is a "*Neter*"; and the manifested thing is *Horus*, the child. Thus any perceptible thing is composed of three elements.

In Ra's metaphor, the containing element is "*Intelligent Infinity*", and the activating element is referred to as "*Intelligent Energy*".

As a initiate of an Egyptian mystery school, Jesus would have been intimately familiar with the Egyptian metaphors of manifestation.

Not everything contained in The One Who Gives Birth Without Knowing It achieves manifestation; only a tiny portion of the possible ever appears. This includes souls; many, many souls desire manifestation, yet never achieve it. And of course many more are content to remain latent.

Manifestation is not a haphazard event; it is a holy action. There is no difference between Creator and Creation, and this meeting, this interface between the containing element and the activating force, is as close as we can come to naming or defining God.

In Ra's metaphor, in our (3rd) density, at least, everything manifested manifests in bipartite form. One phase of the manifested experiences, or perceives "*Space-Time*", comprising three dimensions of Space, and 1 dimension of Time. Opposite, or between times of this phase, exists

"*Time-Space*", comprising three dimensions of Time and one of Space. Thus everything outside the containing void, at this density, toggles between Space-Time and Time-Space.

In the Egyptian metaphor, (and in the metaphors of many mystery schools), every manifested thing yearns for higher achievement, for higher station. An atom yearns to become a molecule. A molecule yearns to become an organism. An organism yearns to become a celestial body, which aims to be a star, which hopes to become a galaxy. And everything, no matter how low or simple, or how mighty and complex, desires reunion with its *Neter*.

In Ra's metaphor, each soul desires to progress through the densities, to achieve, ultimately, reunion with the Creator.

We should spare a thought, however, for those souls who never "leave the nest".

Several years ago (I don't remember exactly when), a couple from Frankfort, KY, attended Homecoming. Their surname was Coffey. Mr. Coffey had come with the intention of revealing a remarkable thing about himself. He had come into incarnation (this time, at least), with the specific mission of allowing unmanifested souls brief access to his body, to have a taste of the experience; to know, however briefly, some feeling of physical existence. His earliest memory, he related to us, was of seeing the faces of souls, lined up to pass through him; one by one, for a fraction of a second, each one entered and then exited him, gaining some of the experience they so intensely yearned for.

This is a startling and inspiring example of *service to others*. Manifestation is trying, a travail; and Earth School is the hardest of path of all, fraught with danger of distraction, of capture of the soul's attention by darker negative entities. Not every soul has the strong constitution necessary to survive here.

Why should any soul want to manifest, to experience the pain and trouble that accompanies physical appearance?

The answer is simple, but seldom discussed. Spiritual work may only be accomplished in Space-Time. Let us borrow the physicist's concept of *work*, defining it as *force applied through a distance*. The definition is conventionally applied in a physical, Cartesian sense, but it serves for spiritual work as well. In Time-Space, since there are three dimensions of time, and one of space, all of time is perceived simultaneously. Nothing is hidden, but no work can be done because there can be no perception of a *sequence of events* (sequentiality being necessary for a perception of distance). Spiritual work requires that spiritual or emotional force be applied through a sequence of events or situations. It is only possible in the context of Space-Time, not in Time-Space (and certainly not inside the Void!). *And it is spiritual work that builds and gladdens Creation/Creator.*

Souls originate inside the Void, inside The One Who Gives Birth Without Knowing It. In that situation a soul perceives no separation from Creator/Creation. Upon incarnation, however, the opposite eventually

obtains. A soul (in third density, at least) perceives itself as separate from the rest of creation, and is capable of material attachments. Pain, and catalyst (that which impels souls forward) arise from this sense of separation from Creator, and from material attachments. Eventually the weight of this pain, the pain of separation, becomes so great that the soul turns to the spiritual path, the path of return.

Armed with this knowledge we may now dissect the parable. The elder son is a soul, born timelessly, in full connection to the Creator. It knows no pain. At some point, it decides to venture out on its own, to experience materiality and incarnation (verse 13). Eventually, materiality and separation bring their painful weight to bear (verses 13-17). The soul, in desperation, turns to the path of return (verses 18-19). It becomes a seeker. It then makes a conscious decision to return by pursuing the hard road ahead, and Heaven is gladdened (verse 20). Eventually reunion is achieved. Verses 21-24 describe the soul returning to Creator/Creation; in Ra's metaphor, this would be the social-memory complex merging into Creation at the end of 7th density. Verses 25 to 32 describe why this journey and return were so important, and why Heaven is so pleased. *Realization* is the work of God, and only that portion of Creation that passes through the trial of separation has a full appreciation for Unity.

Why, then, was it necessary to relate this simple truth in the form of a parable?

Jesus was a mystery-school initiate; the Apostles appear not to have been. We may go so far as to observe that, in the accepted canon, the Apostles come off as dense, so much so that (as presented) they may be little more than literary devices. This situation leads us to doubt the veracity of the currently available Gospel accounts. At this point speculation is all that is left to us, and here is mine:

I believe that the actual teachings of Jesus were more direct and revelatory than our modern bible relates. The truth was found threatening by religious authorities; after all, what use is a Pharisee, a priest, a bishop, among those who know that there is no difference between Creator and Creation? The awakened need to gatekeepers. As an institution, therefore, the Church felt it necessary to see that any potentially useful teachings should be obfuscated, contorted in such a way as to allow the gatekeepers to be able to insist upon the need for "expert" interpretation, that interpretation of course guaranteeing that their own power and position would remain uninterrupted. A parable would be the closest that ordinary people, those who compose the "flock", would be allowed to get to the truth.

DR. JOHN TRAFFAS
Qi Research and Development

What is Qi? Discuss.

Set up conscious part and progression of principles... start with the four factors of the conscious part and test in various ways. Then test some of the principles in relation to each other using the fire hose exercise, the torus, brighter, live long and prosper, spiral, intent, Merkaba, the lower dantien, Metatron's Cubes, ILOTIC, FEPOTOIC, and CLTC. **Collaboration. Ask group what it means. Test repeatedly with different partners. Ask for suggestions.**

What does extending qi feel like? Discuss.

How do various thoughts effect the flow of qi?

Test:

- 1) **Unity or Separation?**
- 2) **Extend qi with faith or focus on the feeling of qi flowing?**
- 3) **I Love you (channeling Creator's Love and blessing it on its way) or I love you?**
- 4) **Beloved Creator, please shine through me or I got the Power!**
- 5) **You got it/you did it/You are the champion of the world or Continue in Unity/Harmony/Loving Service to Others**

Share a variety of ki tests for broader perspective on what can be done.

Note: Numbered Quotes below are of course from The Ra Contact: Teaching the Law of One, though copied from lawofone.info. Most other quotes are referenced by links to llresearch.org. One quote is from an Edgar Cayce reading and is within their copyright policy to share without special permission (less than 500 words, their copyright information included.)

Set up Subconscious Process:

From 79.33 "Magical ability is the ability to consciously use the so-called unconscious."

From 99.8 "Those who turn to the deep mind, seeing it in the guise of the maiden, go forth to court it. The courtship has nothing of plunder in its semblance and may be protracted, yet the treasure gained by such careful courtship is great."

Hebrew and Sanskrit vowel sounds: 74.17, 74.19, 75.26, 75.28

Intelligent Infinity: 3.9 and (search exact phrase on lawofone.info.)

Magical Personality, desire, will, polarity, two energies, free will effect on magic: 73.7-73.22

Crystallized Energy Centers: 51.7, 51.8, and

75.35 Questioner: May anyone in third density accomplish some degree of healing if they have the proper will, desire, and polarity, or is there a minimal balance of the energy centers of the healer that is also necessary?

Ra: I am Ra. Any entity may at any time **instantaneously** clear and balance its energy centers. Thus in many cases those normally quite blocked, weakened, and distorted may, through love and strength of will, become

healers momentarily. To be a healer by nature one must indeed train its self in the disciplines of the personality.

Tube/shaft of Light: https://www.llresearch.org/origins/mcu/Mcu_volume_01.aspx

In 52.11, Ra said, "**Always begin and end in the Creator**, not in technique." Indeed. And yet, one may invite and include the Creator during the technique portion as well. One may ask the Creator to act and create and join oneself in employing each and every portion of every technique and principle one decides to use.

From: TEXT OF EDGAR CAYCE READING 1861-4 ...

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 13th day of January, 1940, in accordance with request made by the self - Mr. [1861], Associate Member of the Ass'n for Research & Enlightenment, Inc.

25. (Q) How may I bring into activity my pineal and pituitary glands, as well as the Kundalini and other chakras, that I may attain to higher mental and spiritual powers? Are there exercises for this purpose, and if there are, please give them. (A) As indicated, first so FILL the mind with the ideal that it may vibrate throughout the whole of the MENTAL being!

Then, close the desires of the fleshly self to conditions about same. MEDITATE upon "THY WILL WITH ME." Feel same. Fill ALL the centers of the body, from the lowest to the highest, with that ideal; opening the centers by surrounding self first with that consciousness, "NOT MY WILL BUT THINE, O LORD, BE DONE IN AND THROUGH ME."

And then, have that desire, that purpose, not of attaining without HIS direction, but WITH His direction - who is the Maker, the Giver of life and light; as it is indeed in Him that we live and move and have our being.

26. (Q) Is there any method whereby I might develop such faculties as a perfect memory; intuition, telepathy, astral projection, and healing of others, as well as myself? (A) All healing of every nature comes from the DIVINE within that body, or the body applied to such methods or manners of healing.

The attuning of self - not as to that this or that may be accomplished. But remember, as has ever been given of old, ALL manner of expression, all life, emanates from one source - God! God in thyself; not as "I will, but as Thou wilt."

Let that be the purpose, the import, the intent, the DESIRE; and that which is needed for the bringing of its abilities and faculties of every nature in attunement will be done.

And thus give off, in harmonious accent, that as will be pleasing in His sight - the purpose for which each soul enters a material experience.

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Silence: 5.2 "The mind must be opened like a door. The key is silence."

10.14 Questioner: For general development [of the] reader of this book, could you state some of the practices or exercises to perform to produce an acceleration toward the Law of One?

Ra: I am Ra.

Exercise One. This is the most nearly centered and usable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously seek that love in awareness and understanding distortions. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life-experience of an entity. The second seeking of love within the moment begins the addition. The third seeking powers the second, the fourth powering or doubling the third. As with the previous type of empowerment, there will be some loss of power due to flaws within the seeking in the distortion of insincerity. However, the conscious statement of self to self of the desire to seek love is so central an act of will that, as before, the loss of power due to this friction is inconsequential.

Exercise Two. The universe is one being. When a mind/body/spirit complex views another mind/body/spirit complex, see the Creator. This is an helpful exercise.

Exercise Three. Gaze within a mirror. See the Creator.

Exercise Four. Gaze at the creation which lies about the mind/body/spirit complex of each entity. See the Creator. **Discuss relation to qi development, time allowing.**

From 1.0 Let us for a moment consider thought. What is it, my friends, to take thought? Took you then thought today? What thoughts did you think today? What thoughts were part of the original thought today? In how many of your thoughts did the creation abide? Was love contained? And was service freely given?

Discuss relation to qi development, time allowing.

4.19 Questioner: Then would this training program involve specific things to do, specific instructions and exercises?

Ra: I am Ra. We are not at this time incarnate among your peoples; thus, we can guide and attempt to specify, but cannot, by example, show. This is an handicap. However, there should indeed be fairly specific exercises of mind, body, and spirit during the teach/learning process we offer. **Discuss relation to qi development, time allowing.**

52.11 Questioner: Thank you. Just a little point that was bothering me of no real importance.

Well, is there then, from the point of view of an individual who wishes to follow the service-to-others path from our present position in third density, is there anything of importance other than disciplines of personality, knowledge of self, and strengthening of will?

Ra: I am Ra. This is technique. This is not the heart. Let us examine the heart of evolution.

Let us remember that we are all one. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching. In this unity lies light. This is the fundamental teaching of all planes of existence in materialization. Unity, love, light, and joy; this is the heart of evolution of the spirit.

The second-ranking lessons are learn/taught in meditation and in service. At some point the mind/body/spirit complex is so smoothly activated and balanced by these central thoughts or distortions that the techniques you have mentioned become quite significant. However, the universe, its mystery unbroken, is one. Always begin and end in the Creator, not in technique." **Discuss relation to qi development, time allowing.**

From 49.4 "The function of intuition is to inform intelligence. In your illusion the unbridled predominance of intuition will tend to keep an entity from the greater polarizations due to the vagaries of

intuitive perception. As you may see, these two types of brain structure need to be balanced in order that the net sum of experiential catalyst will be polarization and illumination, for without the acceptance by the rational mind of the worth of the intuitive faculty the creative aspects which aid in illumination will be stifled." **Discuss relation to qi development, time allowing.**

Love/love from https://www.llresearch.org/transcripts/issues/2010/2010_1113.aspx "R: Q'uo, I had one question on this topic. Earlier you mentioned not to attempt to serve from the yellow-ray center and I did not understand the context. Would you say it in a different way?

We are those of Q'uo, and are aware of your query, my brother. When we speak of loving from the yellow-ray energy center, we are speaking of willing oneself to love. The emotions that you are given with your physical body are finite. They can be exhausted and we do not encourage the attempt to love and to serve from the yellow ray." -full transcript recommended!

Torus: from http://www.llresearch.org/transcripts/issues/2007/2007_1027.aspx The model of this activity is that of what is known in the Buddhist world as kundalini. You have the infinite love and light of the one Creator streaming through the chakra system from the bottom up, feeding it with an infinite supply of light. This is the power and the energy with which you work in getting to know yourself, becoming friends with yourself, and working with all of the various aspects of physical life on Earth as you know it.

In itself, it is a powerful and infinite energy. And yet, as the seeker begins to mature he begins to have a yearning and a thirst for the immediate impact of divine light. Therefore, as the seeker becomes more aware of the true nature of his desire, he begins to be able to focus that desire and to set an intention to ask for the highest and best.

As the seeker does this on a continuing and intensifying basis, that gateway to intelligent infinity becomes clear. As that intensification persists, the gateway opens and the light of inspiration comes through to bless and fructify the fallow and waiting soul.

In the end you might see this expressing as a completed circuit. The bodily energy, having to do with incarnation and carefully enclosed within incarnation, is as the field that is planted and seeded and sown with this fructifying information-ridden love everlasting that, unlike the energy that streams from the bottom of the energy body upwards, has pointed and articulated information in the silence of that inspiration.

The energy coming through from the bottom of the chakras up is that energy which is yours to manipulate or distort, shall we say, in the ways that you find helpful, useful and beautiful. The divine inspiration that you call through the gateway of intelligent infinity is as a massive information-rich fountain that permeates you at the point at which your desire to seek has matched your intention to seek from above, as it were.

There is in this process a kind of self-abnegation.[2] There is the realization that the mind does not have enough words, the heart does not have enough tears, and the being that expresses on the conscious level does not have the capacity, in and of itself, to understand what it is getting through the gateway of intelligent infinity. Consequently, this work is done in a state of unknowing.

That state of unknowing is usually achieved within your density only by a process of self-acceptance that can be lengthy. Self, as it expresses in waking consciousness, simply needs to be put to bed or moved away so that the self is empty and waiting.

This is exquisitely difficult for most intelligent people to do. They have that unspoken assumption that their minds and their insights are going to be adequate to processing the information that comes through the gateway of intelligent infinity. However, this is not so.

What comes forth from this hidden or non-verbal exchange of information is a shadow of the information itself. And yet, the process of making that connection through the gateway of intelligent infinity is akin to splitting the atom, so that even a shadow of that light illumines magnificently the inner landscape of the one who makes that connection.

As you sit in meditation, visualize with us your energy body, with its rainbow of colors: red, orange, yellow, green, blue, indigo and violet. The indigo and violet rays are at the brow and the crown of the head, the very tip of your physicality. Allow the light and the love of the one infinite Creator to flow through the bottoms of your feet, the base of your spine, and up your spine. Feel that energy kissing and moving through each chakra. Feel it pouring out the top of your head in a fountain of colored light. That is, light which is colored by your working with each of the chakra energies to bring them into your own unique balance. You can see that there is a circular spray, shall we say, of radiated light that moves from the top of your head in all directions.

Now, allow yourself to feel the essence of your desire. What do you desire? Those ready to work with the gateway to intelligent infinity will be saying something like, "I desire to seek the truth. I desire firsthand experience of the One. I seek to know in order to serve," and sentiments of that basic nature which ask nothing for the self except to rest with the Beloved at last and practice the presence of the one infinite Creator.

As you find that desire, my friends, begin to feel the energy within your third eye vibrate. Feel it come alive. Oh, sacred desire! It is vital to be passionate in your seeking. Then, imagine that contact, that moment when that desire is fructified by the inspiration which is focused only for you and adequate in every detail for all that you could ever wish to know or use in order to serve.

See your radiation begin to have weight. You are now not simply radiating out into a void, shall we say, or the area around your head. You have become a fountain. As the inspiration flows into that portion of your energy body it then bursts forth again, but with a weight, so that it is more like water than light in its behavior. It begins streaming in a beautiful circular, symmetrical fountain and coming back under you to catch up again with the energy of the earth, that love and light that comes into the body from the base of the chakras. You sit in the middle of a **torus**,^[3] shall we say, of created light that is your interface with all that there is.

This is the essence of the indigo and the violet rays. Beyond all the techniques of the discipline of the personality, beyond any detail, skill or technique, there is this one overriding essence of connection between energies that are different in a profound way, energies that, when put together, create of you a true and powerful lighthouse. " -full transcript recommended!

Balancing and Forgiveness. This is a lengthy and very important topic in itself that I won't spend much time on during the presentation, but it is probably the most important work for any positively polarized seeker to do after consciously accepting the lessons of Unity and Love to some degree. **In 73.7**, Ra says, "It is assumed that an adept will have its energy centers functioning smoothly and in a balanced manner to its best

effort before a magical working. " ... and so, if you are anything like me, I would suggest practicing forgiveness and balancing each time before invoking the magical personality.

From: https://www.llresearch.org/transcripts/issues/1998/1998_0315.aspx V: How does the releasing of past traumatic experiences or past programming relate to the progress that can be made and the changes that will be necessary at this time to go further in the ascension process?

We are those of Q'uo, and we thank you for your question, my sister. The past often seems to be a kind of permanent burden, at least the less pleasant portion of that past. There are crystallized nuggets of pain, emotional and spiritual pain, that are locked deeply within the personality and character of each seeker. Any attempt to analyze or therapize them into a new configuration is limited in its success because it is not seen by most therapeutic entities that the issue is forgiveness. The deeply buried programming and crystals of pain are seen as that which need to be taken out, to be pulled up by the roots, seen, in other words, as weeds in a garden. And yet this approach only tends to build walls thick enough to protect one from those crystallized areas of pain without coming into a balanced awareness of that pain. One cannot give it away. One can only give away what one has forgiven oneself for feeling, and the triggers for this forgiveness are different for each seeker. The key, however, is forgiveness of self, forgiveness of others, forgiveness of humanity. For truly it is the very nature of the physical world as you know it, this heavy chemical density in which you abide, that almost nothing can be known. However, when the senses are awakened by that final iota of forgiveness it is as though someone has lifted the burden from the shoulders.

From https://www.llresearch.org/transcripts/issues/2009/2009_0208_02.aspx S: Yes, thank you very much, that was very helpful. The second query has to do with the manner in which a meditation may proceed and the meditative states that are obtained within the course of one or more meditations. It seems to me, in my experience, that I come to various states to which I just give idiosyncratic names that resonate to me, if not to anybody else, such as bliss or splendor or glory. And as I come to these experiences—and they can be somewhat overwhelming—it seems to me that I get into a quandary. It's a quandary about whether to stop and explore that experience or to push on, so to speak, and to seek to go further. I'm wondering whether it is Q'uo's opinion that the former, that is the exploration, is useful in establishing a base camp or a beachhead as one continues the daily practice of meditation or whether one should always go for the gold?

I am Quo, and am aware of your query, my brother. **We are of the opinion, through our own experience, that the seeking of the highest level of awareness at any particular meditative period is that which is to be recommended. And of course, my brother, as you know, the highest form of awareness is the fully experienced presence of the one infinite Creator.** It is always helpful to meditate, however well or poorly the meditation is undertaken. Any fruits gained in meditation will aid the entity in its progress toward union with the One. When the door is opened toward that union, we recommend going through the door rather than exploring what comes before the door. **49.2 Discuss relation to qi development, time allowing.**

Meditation for Optimizing Qi Flow

Conscious Part:

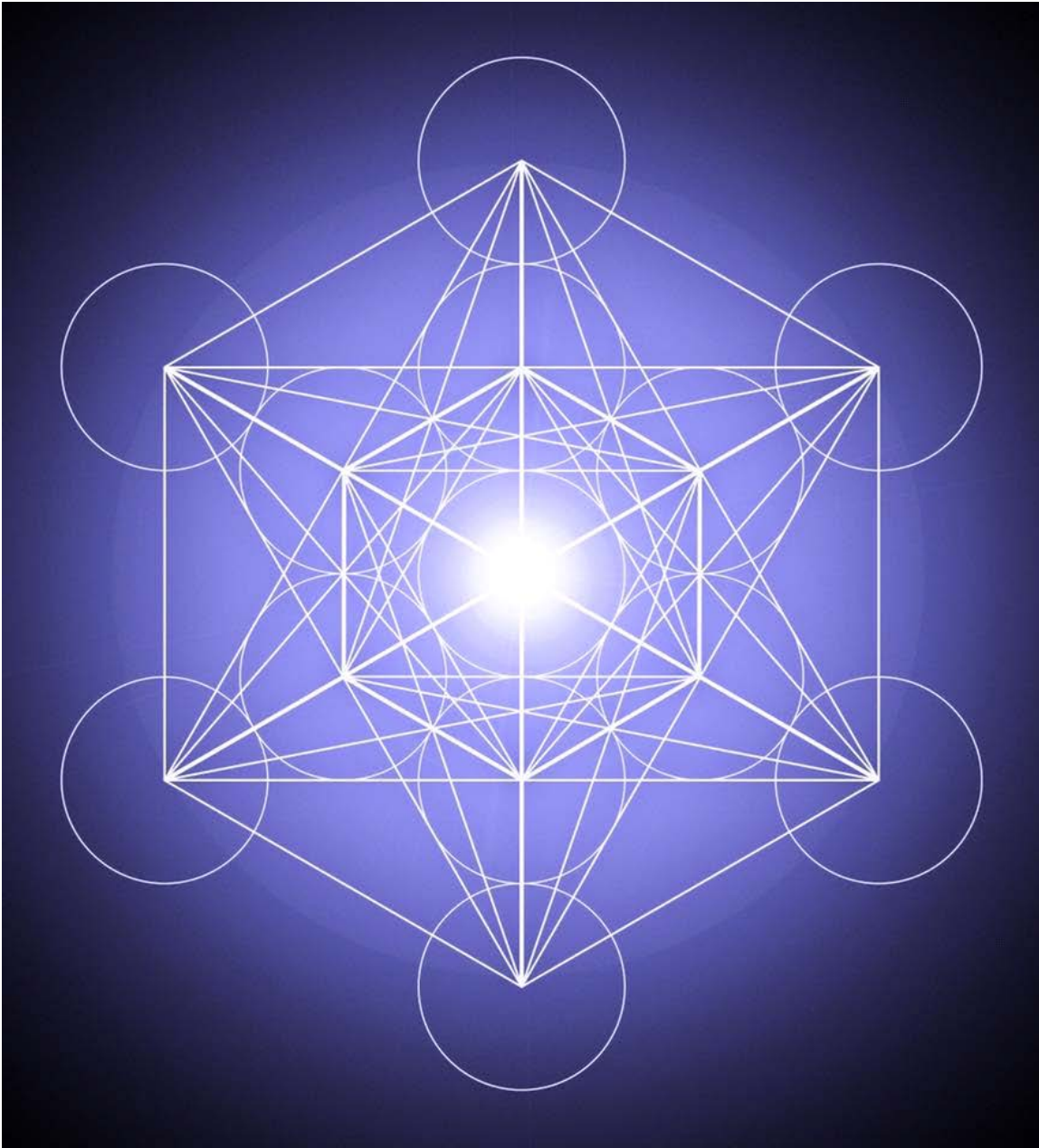
- 1) Unity, Love, Light and Joy
- 2) Posture

3) Stay Still and Calm in that posture until the beginning of the next step.

4) Attention on one or more principles that unify, one at a time, and hand each off to the subconscious mind to continue infinitely and then focus consciously on the next one if you wish to chain them together. There are four basic and equal principles (keep one point, relax completely, keep weight underside, and extend ki), and I have found, so far, twelve mostly heierarchical advanced principles: 1) Brighter x3 2) Live long and prosper 3) Spiral x3 4) Intent x3 5) Merkaba 6) Lower Dantien 7) Torus 8) Metatron's Cubes 9) ILOTIC 10) Mustard Seed Exercise 11) FEPOTOIC 12) CLTC







Subconscious Part

- 1) Beloved, continue infinitely.
- 2) Beloved, realize the torus in a crystal ball matrix
- 3) Beloved, take up slack with the Creator
- 4) Beloved, Om.
- 5) Beloved, Adonai.
- 6) Beloved, Intelligent Infinity, realize the second torus in a crystal ball matrix.

- 7) Beloved Highest and Best, please.
- 8) Beloved Angels, I love you. Please bless me with Love and Light and thank you so much!
- 9) Beloved Q'uo. I love you. Please bless me with Love and Light, help deepen my meditation, and thank you so much!
- 10) (**Optional**... one should be as well-balanced and self-forgiven and forgive others as best as one can if including this step... **In 73.7**, Ra says, "It is assumed that an adept will have its energy centers functioning smoothly and in a balanced manner to its best effort before a magical working. ") Beloved, Magical Personality, please join me (make gesture.) I love you. Please bless me with Love and Light, help deepen my meditation and thank you so much! Station Two, the great cross of life, please become the Creator.
- 11) Beloved, crystallized energy centers, review both toruses and then realize tube/shaft of light with MC's spinning and alive.
- 12) Beloved, Silence. Drift Toward Sleep. This step is where one should spend the great majority of time in meditation. Consider everything else as preparation for this step and in this step we turn it all over to the subconscious to handle. Allow the subconscious to emerge to the foreground, while the conscious finally settles and rests in the background.

After meditation remember to thank and return the Magical Personality by making gesture of removing amulet/clothing. Thank the Creator! Thank each other!

Lengthy, isn't it? One may shorten it and yet keep the qi flowing very strongly by doing the conscious part followed by at least numbers 1, 11, and 12 of the subconscious part.

Unfortunately there will unlikely be time to cover in detail the material of these pages along with all I have planned during the presentation. If you would like to practice applying anything covered or otherwise or if you have any questions, please visit me. If we lack time for visiting, you may contact me at my email: kienergy@yahoo.com or on my personal facebook page. I love to share. In Love and Light, John Traffas