



Message TEN of Twelve Living the Knowing of Multi-Dimensionality

*Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa
July 31, 2005, TOSA Center for Enlightened Living, Tijeras, New Mexico, USA*

This discourse actually lasted three days. As you connect with this powerful message, you will find many practices that were expanded beyond this message. At the end of this insoulment is additional explanation and information to further assist your integration / maximizing of this material. We strongly suggest you read everything prior to utilizing the processes!

We are at a powerful time indeed!

Cherish your openness to receive the gift of your own Multi-dimensionality! Namaste!

Archangel Zadkiel Speaks

Yes! Hello! We are, great-full to be, here with you, today, for we have been most joyously anticipating this time with all of you. Yes! We have! It has been a jump up and down kind of month, has it not?

Yes! It has, and when one jumps up and down, one gets good exercise.

Yes! Deep breathing; sometimes too much, sometimes you say, "Oh my goodness, I cannot breathe anymore; must lay down and rest. So you do. No? Yes! You do and it is a good thing.

The Seven Rays and the Seven Suns

With us today we have a collective of seven rays. They are unified to offer you the opportunity to connect with the multi-dimensionality of the energy of the seven rays.

Know that with the seven rays there are seven suns. There are indeed seven suns that are open to you. Some of you that say, "Seven suns, my goodness what kind of sun do you mean?"

We say the sun that looks like a star. and It is good to see so many that are radiant with the energy of the seven suns. That are radiant with the energy of the recognition. In the radiance of the seven suns and the seven rays, *IT IS* a time of great reunification and *IT IS* a time of great upliftment. Yes! Indeed, *IT IS!*



Enjoying and Understanding the Shifting Body

As you move through this time, we wish first of all to share about your bodies. Many of you go, *"Not again, Zadkiel what's this with the bodies? Oh, my goodness!"*

We say we think they are so fun, no? Yes! Having a body is great fun and have fun with it. My goodness! We enjoy it. Every time we come through Kira, happy day! Yes! Much fun!

It is important to recognize that right now the bodies are experiencing major shift and transition. Because of this, much of what you thought you were over, done with, been there done that, is coming back! Oh, Yes!

Many say, *"I am going to throw a tantrum over this! I am tired of re-visiting this! Wasn't it just a few months ago I re-visited this? My goodness."*

And we say, YES! Have a dance again! Sometimes when you dance a dance you like, you do it again just because, no?

As the bodies are doing their happy dance of joyous reintegration, you may indeed feel some interesting things. We wish to share these interesting things so that you may recognize you are in a time of great energetic shift!

When you experience this shift, you may experience many sensations of the body. As you do this, we first share with you that many of you are now experiencing what feels like a headache, and even ask, *"How come I cannot get rid of this headache? I have had this headache for weeks. What is it with these headaches? What is going on?"*

You are all in the process of mineralizing the bloodstream. What does that mean? As you are mineralizing the bloodstream, what is happening is that you are shifting and accepting an oxygenated crystalline system.



In a 5th dimensional existence, it is oxygenation that will indeed support multidimensionality and multidimensional existence.

Since you are mineralizing and oxygenating the blood, it is important for you to recognize there are many things you can do to support multidimensional existence now. To make things easier. To make things much lighter.

Navigating the Shift with the Breath

Recognize that deep breathing is a central and most important factor through this time! This is why last month they say to you, "breathe, breathe, BREATHE!"¹ How many are breathing?

It is good for you to know that the practices you require are being offered to you. All you need to do, is to DO!

In the breathing, and within the breath, you offer yourself the gift of release and the gift of deep connection. Gifting yourself deep breath, you offer oxygenation. This supports a bloodstream that is entering into a crystalline phase of existence and BE-ing.



You see dearest ones, as you do this, as you move up, as you lift up from the heart, as you expand the heart ever more, you lift up through the exploded crown!

This is why we share with you about the headaches.

¹ Galactic Breath practice from Lesson Nine of this series.



It is the lifting energy. *This energy must lift up it cannot go down.* It must lift up.

*This does not mean it is not capable of moving downward, it simply means that is **MUST** move up at this time to support your multi-dimensionality. You **KNOW** this. Yes! You...**DO!***

As this energy lifts up, out and from you, sometimes it gets trapped in the head because the head likes to trap things. The head likes to ruminate.

Many of you have had interrupted sleep patterns and say, "Oh not news for me - been interrupted forever!" We say, "Well, yes and no." For, you must recognize that in the interruptions now, there are many other physical symptoms that can be happening.

There are many that are currently what we call clenching in their sleep. You know what we mean by this? We mean taking the teeth and literally clenching. Waking up saying: "Why do my jaws hurt? Why am I waking up with headache? Why do my teeth hurt? Why am I clenching so hard I thought I was stress free my goodness?"

It is not about the stress of the 3D world dear ones. It is about the energy trying to trap itself in the head of that which is being released now. Once you move into this crystal-energization there are several things that you can do.

1. Stay in high altitude or visit high altitude as often as possible.

Anything over five thousand feet² is very good for you. If it is not possible to be in over five thousand feet, then we suggest pictures of high altitude places around you such as the Himalayas, Andes, Rockies it does not matter. Meditate with high altitude pictures in front of you.

For the high altitude accelerates and escalates crystalline connection.

² 1524 meters



Is it any wonder why so many say, *"I must escape to the mountains to go find peace and serenity."*

2. **Continue to use deep, deep breath.** Deep breath brings forth many energies. Deep breath, combined with high altitude, will assist to integrate the crystallization of the bloodstreams.

Harmonizing with Sacred Color

Many of you have been hearing tones for a very long time now, and many of you are finally interpreting these tones. There are also many of you who say, *"Ringing in the ears, I cannot handle it anymore!"* We say, *"Sing with the music. Clap with it if you like!"*

Give yourself the opportunity to be in joyous connection with that which is connecting with you. Do not deny it.

Some say, *"Oh, this ringing in my ear I cannot handle it. It turns into deep pressure in my ears and sometimes I feel like it will not clear!"* Why would you want it to?

*Allow yourself the opportunity to call forth your song.
You are at the time of Your song.*

Each soul song wishes to express again. Yes! It...does. Each soul song is joyously expressed and released into the now, released into that which must be. Give it Color! **This month take in your sacred color.**

This month, take in Your sacred color. Do not deny what color it is. Suddenly you find yourself attracted to the color that you think is the weirdest color in the rainbow. Perfect! Or you are attracted to more than one color. Perfect! Or you find yourself with many crayons blending colors. Perfect!

Let the sacred color come in for you, and let it be free form. Do not restrict it. Let IT...BE.



Let it come forward. Be in great joy over the color that comes forward for you. Through that color, call forth the gift of great connection through harmony. Let your song come forth.

Each of you has a song. Imagine all these songs being sung together. *I'd like to teach the world to sing.* Yes, it is important to do so. Give yourself the gift of teaching everyone to sing and to find their scared voice.

As you do this, allow a great spiral and portal of the crystalization energy to effortlessly begin at the bottom of your feet and come up around the body.

Allowing and preparing you to integrate, to offer, to be, to enjoy, to dance, to love, to sing, to recognize, to be free. Now, we offer you an exercise.

The Archangelic Portal Activation: Flap and Clap³

Take your arms and try to stretch them out a little bit. Yes! Good!

Now Flap your arms up and down. Yes!

Now, clap yourself silly. Yes! Yes!

Look at the smiles around here. Go ahead look, we are serious. Yes! That's what this month is all about. Spread your wings! Fly! Clap yourself silly! Clap until you can't clap anymore until the laughing is so deliriously delicious that nothing can be so serious.

Remember that nothing in your experience can be so terrible, or so preoccupying. This month when anything comes to you and you say, *"I cannot take it anymore."* And oh my goodness, we hear you. You don't have to yell. When you call out to us and say, *"Why have you not come and done what I wanted?"*

³ This practice is demonstrated as it was "culminated" during the three days of delivery in the video by Sri & Kira that accompanies this lesson.



We will look at you and be saying, "*Okay; Fly! Spread your wings. Flap your wings and clap yourself silly.*" When you do let others around you spread their wings and clap themselves silly too, and then bring forth your color.

Bring forth your soul song. Let the crystalline energization of your bloodstream come forward⁴.

Dearest children, if you were to look at the sands of the hourglass, and if you were to flip the hourglass over, and you were to watch the sand start coming through, we would say to you, "*You better start clapping yourself silly before the last one falls!*"

*Learn how to clap yourself silly now.
Give yourself the gift of releasing what preoccupies you.*

It is this preoccupation that is causing the energies to become stuck in the body and specifically the head! When you experience this "head" energy or when you wake up and say, "*Oh my goodness, I am clenching my teeth.*" Or, "*I am grinding my teeth.*" Or, "*I have pressure in my ears.*" Or, "*I am just not sleeping well.*" Or, "*I just feel out of sorts, you know?*"

Or, you wake up really stuffy; know that this is not an allergy, or maybe it could be. ***Perhaps inside of you there is an allergy to the acceptance of wanting to be in multi-dimensionality all the time. Not just sometimes, all the time.***

As you experience these energies, or when during the day you say "*I just cannot take this headache anymore.*" What are you going to do? YES! Flapping and Clapping! Yes! Yes! Yes! Flap your wings and clap

⁴ Note: For several days after this discourse much more detailed information came through about this practice, please see the [addendum](#) at the end of this discourse and also watch the bonus video



yourself silly. Can you remember that? Let's all say that together, *"Flap your wings and clap yourself silly!"*

*"Flap your wings and clap yourself silly!"
Aren't you glad you came here today? Yes!*

When you do this outside we encourage you to do a little twirl. Oh yes. Twirl as you flap your wings and clap yourself silly. There is indeed a powerful vortex of energy waiting to come in for you and you can allow it to be. Twirl and clap yourself silly. If others look at you, and say, *"Oh my goodness, look at them, so silly."*

Then we say, good for them for being able to laugh. You have given them a great gift. A great gift! This is how you hold a gift. You can teach others and say, *"Let me show you what we're doing!"* And then find the color.

Accepting Multi-Dimensional Existence

We wish to talk to you more about color, as we mentioned to you earlier, we have come to you today with the Seven rays and the Seven suns.

Dearest children, you are at the time of the great reunification! Even as we share this time, and this moment...now, there are planets that are moving into alignment that very closely will be visible here again.

There are more than what you see in your solar system. You know this, and they are coming back into full circle and reconnection. There is one in particular that will be here very soon. For you say, *"How soon Zadkiel? We want a date, and a time, and a minute, and an hour, okay?"*

You think we do not hear you? We wish to share with you, very shortly in your time, less than 2 years from now, it will suddenly "appear". When this time comes, it will be a great magnificent miracle and it will open up many energy streams that are already here now.



We offer you the gift of multi-dimensional existence so that YOU can be present. We ask you now with great seriousness;

How many of you KNOW that you are dimension shifting?

The reason we ask you about this multidimensional existence, and the knowing that you are shifting, is because even if you aren't sure, gift yourself the gift of pretending. It is okay. It is a good way to begin.

You can do this alone or you can be with a friend and say, "Lets dimension shift right now." Guess what! It is that easy because IT IS...who you are.

You are already preparing. You are already doing it.

It is only the mind of the 3D that wishes you to believe that you are not. If you believe you are not, then you are not. And! As you absolutely know, the effortless shift will open you to deeper connection with those who are already speaking to you. You know this!

You are not crazy. You are not alone, and you are preparing.

This is why the seven rays come to you today! It is not about just one thing. It is about opening up your "self" to the gift of KNOWING multi-dimensionality. You see this beautiful shirt⁵? We like the colors of this shirt! Yes. Many rays in one shirt, we like this. Look at this shirt because it represents so many of all the colors. All of the colors!

Taking Inventory and Releasing

All of the rays are coming forward with great magnificence.

*Where do you wish to be? What do you wish to do?
What have you been calling for in your life?
Take inventory this month.*

⁵ Zadkiel is referring to a vibrant tie-die shirt in the crowd.



Take inventory. Look at where you live and take inventory. Is everything serving you? Do you love everything that's there? If you don't it is time to say, "*Enough!*" It is better to be without that which does not bring you joy, than it is to spend even one moment compromising.

Do you have something hanging on the wall because your great Aunt Ida gave it to you? Now you know Aunt Ida never visits, but just in case, you have it hanging. It is time to say, "*Goodbye Aunt Ida, I love you and this is going into a box!*" It may be time for it to go to who can appreciate it.

When your Soul color comes forth dear children, first make it your pillow case. Make it your pillow case! Let it nourish you as you sleep. Let it come in for you. Let it be with you. Let it nourish, nourish, nourish.

If you go into your home space, your living space, and there are some of you that are leaving living places right now very unexpectedly, it is time.

You must be nourished by where you are living. You must be.

If you sit on the fence long enough you get a crotch burn. (*huge laughter*) Yes! And this one hurts! Yes! It does. And so, you must know - How much pain can you take, and do you want to buy the ointment? It is time for you to let it go. You do not need any ointment. Yes!

All you need is to be very clear, very nourished, and very available.

"I am ready to be available." "I am ready to be available." Oh, what a powerful mantra. Because with the power and declaration of the I AM READY. I AM READY. TO BE. AVAILABLE!

You could just do it in little pieces like that if you want. With that powerful mantra, you offer yourself all new energy. Do not be afraid of that which you must dispel of - in your heart you know what you must dispel of. You know what does not serve you. When you say, "YES" by passing it on, recycle as they say; letting it go, and moving forward,



when you say, "YES", you open up infinite multidimensional opportunities to come and fill you in ways you have yet to discover. In ways that in your heart you dare not dream. And so, we offer you this insight:

Dream! Let your magnificence come in. Everything is possible. Everything!

After you go through the inventory of your home space the next inventory to assess is your body. Yes! We're talking about the body again. Body. Body. Body. They are so fun. When you go into your body inventory pay attention!

*If there is something that you are not comfortable with,
you have the power and ability to change it.*

Yet be careful! **You must change it as the expression of your highest gifts, not from what you are told it should be.** We are speaking primarily to the women here because many of you are under false pretenses of what you should be. In this society you are bombarded with a falsehood. Yes? Many of you already know this. So we speak not just for those in this room but for all that will hear this message.

Remember! DO NOT SHIFT BECAUSE ANOTHER TELLS YOU TO!

The Body Inventory Process

When we say take body inventory, and now we talk to everyone, go first into your heart. Ask yourself with loving intent: *"Does this body serve me? Am I able to accept that this body serves me? Am I able to love this body which serves me?"*

Those are the questions. That's how you take a true inventory.

Know that you will immediately know the true response to these questions because your heart will immediately answer them for you! If you are experiencing physical challenges at this time; hips, ankles,



bloodstreams, puffiness, whatever it is. If you are challenged with any physicals at this time, *are you able to love these challenges for what they are bringing to the surface?*

Honestly love them. Know that it is ok if you say, "No I can't love them. No, I cannot accept what is happening to me." Good! You're not on the fence! You know exactly what you're feeling. Start there and move forward with the process. It is imperative that you are not without understanding and taking an inventory of the body.

The Divine Galactic Blueprint as an Experience



Dearest ones you are at the time where the Divine Galactic Blueprint is becoming more than just that which you look at; *it is becoming YOU!*

As such, you are integrating into a Divine portal. You have opened up the ascended heart, and have put in neutral, as they say, the density chakras so that they can be loving and supportive in this experience of density for you.

You have moved into the truth chakra, the former throat chakra. You have looked at that and, said, "Yes, I accept and am willing to be embraced in truth." You have gone into the exploded crown, and you understand the gift of multidimensionality. From this

space there is an opening at the top of the exploded crown that catapults you into a multidimensional existence.

You cannot keep the crown open unless you are in full honesty with yourself, in all aspects of the self. And! In all aspects of your being whether it is physical, mental, emotional, or spiritual, it does not matter.



The time of honesty is here! Be honest with yourself and with all around you. Know that some will polarize and say, *"I cannot take your honesty. There is something wrong with you."*

Ok! You're clear. You're clear in your truth, and know that *all* who are clear of their truth will indeed see the truth of truth. Even if there is initial polarization those that you are truly to be aligned with in the time of multidimensional experience will realign again.

KNOW THIS. Have no fear. Have no fear. If you have fear, then be really fear-full and know that too will pass. Gift yourself the gift of this knowing.

How do you want your "Time" to look?

As you continue with the inventory process, after you have done the goodbye to Aunt Ida, and looked at the body and said, "Yes," and understand what's going on, then take a full inventory of how you want your time on the planet to look. So many of you say to us, *"I want more money. I want this job. I want this house. I want this car. I want this; I want that."* Okay!

Get really clear on what you want. Get clear on HOW.

We give you all paintbrushes, okay? Take your paintbrush -Right now. We ask you; hold your right hand out. Hold it up. Good! There is a huge paintbrush in it, and now that you have this paintbrush, swish it around, come on swish it around.

What color are you painting? What are you painting? Flap those arms again, and clap yourself silly! Yes! Yes! Good! Creativity! There is so much creativity here!

We encourage you to take your paintbrush out regularly and do what you just did. And after you are done painting in the air or painting in real whatever you want, write! Many of you dear ones aren't really clear



on what you want. You have a fantasy of what you want, yet you have not really committed it. You must help us to help you. We are able to support whatever you want.

You are at the time of powerful crystalline integration and as you call forth this crystalline integration are you really clear on what you want?

Take advantage of this time now! Are you worth one hour? Yes! You are, and much more of course. It will take about an hour the first time you do this. For some of you, you will have to visit again and again and this is OK! You can refine as you go.

Get clear, and as you gift yourself this gift of getting very clear, apply it to everything! What do you want relationship to look like? So many of you talk to us about relationship all the time, so we encourage you to ask yourself; What do you really want, and is what you are in right now really serving you? If it is not, is it able to help you shift?

Ask yourself these good questions, and then write it out. Ask yourself dearest children; How do you want your home space to support you? How do you want your emotional body to support you? What do you want?

If you knew tomorrow was your last day in this form, how would you live your life? Then! Ask yourself why you aren't already doing it.

Remember dearest children; there is an hourglass in front of you, and it is a joyous hourglass! With each sand that goes through there is a time of great freedom and great reunification.

Honor this body. Honor this life. Honor this beautiful gift of light, of life. This is an amazing and marvelous time of being. What do you truly want to do with it?

Pay attention to the truth! You are ALL in another dimension in this moment right now. Pay attention to it. Pay attention. Yes!



Many of you see it. Pay attention. Know the truth. Know who you are. You are loved, you are supported, and you are blessed!

You are free and you have Abundant and Infinite possibilities still in front of you. What do you chose for them to be?

It is your gift. You are a gift. You're precious beyond belief. If you do ever forget that, you call us up and we remind you. Yes!

Questions from the Temple Audience

Q: In the new energy of the new planet that's come through, will it open up a new ray or a new chakra frequency and does sending shuttles into space interrupt the intergalactic work that goes on?"

Zakdkiel: You had four questions! (much laughter)

Q: I have a lot to ask.

Zadkiel: I see. Let us begin with these. First of all, the chakra system that you speak of and the new energy of the new planet. We love this word, 'new'. What is new? What is old? Energy is energy! No?

First of all, you are coming back into an energy field that you are already conscious of. The reason that the Divine Galactic Blueprint came to this planet approximately a year ago was because you were already in the energy of the upliftment.

The new chakra system is already here. This is why we have been spending this year teaching it to you. It is indeed, a new chakra system and this is why only very small fragments of it exist within the physical body, because yes indeed, you are lifting into a very different energy. As this "new" planet comes around, what it will first bring is absolute, well yes, absolute; we use the word - mortification.



The reason why we use the word mortification is because for many on this planet they will absolutely be in shock and surprise that there could be another planet so close that they did not "see". How come they never saw it before? Where did this come from?

And, oh my goodness, if we look through the sun carefully there is another sun! Oh my goodness! How did all this happen? So, there is much of what will offer many as an opportunity to finally say; *I am either aligning with multidimensionality, or, I am digging in deep for the ride of my life on 3D*. So you see, this is a very powerful question!

Now as we talk more about the chakra system, this is why it is important for you to ever more empower the Ascended heart. As you empower the Ascended heart, you open up to the multi-dimensional frequencies and this is why the Seven rays have come today!

Dearest one, time as you know it has already fallen upon itself. There is no past. There is no present. There is no future. There just is!

As you open up the ascended heart and as you stay in the power and energy of the ascended energies, you give yourself the gift of being one with the Divine Galactic Blueprint and the opening of all the new chakras and the twelve portals of light!

This offers you the pathway to the Elohimian lifestyle of the Enochian Way, all of which is embedded and embodied into the Divine Galactic Blueprint.

You will find that a shuttle from the 3D world could never interfere with galactic energy. It doesn't even come close. It is a playground for them, so have no fear dear. It is however a beautiful way for many powerful documented experiences to be recorded!

Many, many, many, many and most of which are never released into what you call the public, because there is a group that believes you cannot handle it. There is a group that believes they have so much power



over you that they do not release it, and so it is very much a vehicle of 3D. It is very much a way to be able to manipulate 3D energy and this is why it is most powerful for you to lift and stay in the 5th dimensional experience.

Now a word of caution **DO NOT SPEND TIME IN THE ASTRAL PLANE, DO NOT SPEND TIME IN THE 4 TH DIMENSION.** We look at all of you on this one. *It is very important for you to realize that more than ever the astral plane is very chaotic. It is very chaotic!*

If you visit the astral plane in the 4th dimension it is fine as long as you're not hanging out there and taking information from there. It is important to realize there is much information coming in from the 4th dimension at this time. This information is being manipulated by energies that are able to work in the 4th dimensional field and are aligned to the power grids of the 3rd dimensional experience. This is why we do not talk to you about the 4th dimension⁶.

We hear your questions! So many often say, "*What about the 4th! You just skipped right over it.*" Yes! We did! Because it is not necessary, there are more trapped beings in the 4th dimension now than at any other time!

Thereby, if you are able to consistently, lovingly and with great heart, release people from the 4th and we say the people because there are many trapped there who don't know where they are. There are many who are giving false messages through the 4th.

It is important for you to recognize that the Illuminati love the 4th dimension. It's their hang out. They stop at the Illuminati bar and grill and have some fun! *(much laughter)* It's a good hang out!

Yes! If you visit the astral, get in, get out. Do what you're doing and go!

⁶ It was approx. 18 months after this delivery that the fourth dimension "collapse" occurred.



We offer this information to you because it is in the 4th dimension, in combination with many energies in the 3rd dimension, that many false events will be presented on this planet shortly, specifically to create chaos.

You will see this in the release in many movies some which have already come out, which are designed to create fear and prevent people from being able to recognize truth. Know that we are every strong about this. **Stay in the 5 th dimension dear ones.**

There is more what you call propoganda in the 4th dimension than there could ever be in the 3rd! That's a lot of propoganda, is it not? YES IT IS! Enjoy the 3rd, truly enjoy the 3rd ! Enjoy your bodies, enjoy the food, enjoy the air, enjoy everything that you can! Enjoy and love each other!

And when you are ready go to the 5th. You do not need to stop in the 4th. And if you do, recognize and consciously know where you are. Be of service in the 4th and then move on. Uou do not need to claim it. Ok!

Q: Thank you!

Zadkiel: You are welcome!

Q: Recently I have been noticing a heart connection with Mary Magdalena. The divine feminine can you help me with this?

Zadkiel: Yes, dear child, it is powerful to recognize as the Magdalene is right with you, as you know, always. There are many in this room the Magdalene is with. The Magdalene energies are on the planet now and are being asked in the divine feminine to release myths.

The Magdalene comes forward and says, "*Know me as my truth and not as the myth!*" There has been a great myth spun around this energy. When the Magdalena comes to you, to any of you here, and those that know the truth of the Magdalena, and there are many of you here now. You are being asked to anoint your own feet with the gift of the water of love. Take any form of water and anoint the feet regularly knowing that you



are being asked to release all myth. *As you release all myth you free yourself to be able to bring in the truth of the energy.*

Many months ago we spoke of the time when the feminine energies were predominant on the planet, and when the spoken word was not needed. We shared how when the spoken word came to be, it actually encapsulated the imbalance of energies, and brought forth the dominant masculine energy to the time where you are now.

This too, is in perfection. Yet, when you are being asked to empower with the divine feminine you are being asked to empower your harmonic body, to come into alignment and to offer the gift of anointing many.

How you anoint them is an *individu-WILL* expression, notice we say individ-you-will. Allow yourself to empower the will within, to call forth and hear the messages.

Dearest child, the Magdalena looks at you eye-to-eye in this moment and says "*To you, my dearest beloved, I am you as you are me.*" Walk forward now with the eyes of god before you. Knowing that you are ready, knowing that as you anoint yourself you anoint all around you. Many blessings.

We are complete! As you are complete! You are very complete.

There are no accidents dear ones, you should know this! Today as we are here, and there are many, many, many around you who are speaking! It is a chatterbox time indeed. Give yourself the gift of healing and receiving. If you do not already have pens of many colors, we encourage you to get them. You have a lot to write, color is important! Do not be so content with the old blue/black pen. Go get some color and have some fun!

It is time for you to do what? **FLAP AND CLAP YOURSELF SILLY!**
Yes! You are going to flap your wings and clap yourself silly!



All month long and we shall enjoy being with you. Every time YOU...DO..., we will be clapping with you! There is a host of many that are here now.

There are many events soon before you. Take advantage of every minute!

We wish to say again IF YOU ABSOLUTELY KNEW TOMORROW would be your last day on this planet, how would you live your life, and why aren't you doing it now? We love you dearly; we are honored to be with you!

*You are a magnificent, magnificent, magnificent,
brilliant and amazing being always.*

Many blessings!

Additional Discourse Addendum

Note: The following material was delivered to Sri Ram Kaa during a subsequent private discourse at TOSA ranch the day after the monthly gathering. Due to its impact and far reaching significance, we have included it now.

And so you ask, *What are wings? Why do the paintings of this plane of existence, depict heavenly and sometimes not so heavenly creatures with wings? What is the concept of wings and where did it come from?*

Throughout the ages there have been many galactic visitors at many times throughout your evolution on this planet. Various reasons accompany most of these beings, and the reasons are not as important at this time as is the interpretation of their presence.

True inter-galactic travel does not involve the often referred to ship as is so commonly accepted and highly stylized on this planet. To shift dimensions and safely travel within and to other realms is a complex yet simple system of portal openings and closures.

Each time there has been direct or indirect contact with those who have arrived here via a portal, the wing interpretation has become solidified.

Sri & Kira
LIVING IN THE FIFTH DIMENSION
a series of Loving Transmissions from Archangel Zadkiel

We ask you to imagine for a moment a long hallway of brilliant light. As you stare into this hallway, you begin to see a being emerge from the center of this light. Once the being steps out of the light and is in full presence in front of you, the stream of light or portal behind them illuminates as a glowing and shapely presence. As the communication begins, the portal remains open, yet diminishes in size to hold the energy of the visitor while assisting the visitee to receive the energy clearly.



The artistic rendition of this is in the form of wings.

When the inspiration for wings on Angels evolved, it came from a mis-interpretation of this energy field, or portal, that was truly appearing behind the Angelic visitor.

We offer you the exercise of the flap and clap as a means to re-activate your portal and further energize your fifth dimensional opening. Know that this is but one of twelve traditions we offer back to the planet at this time from the Elohim and what you would simply call the Galactic Yogic Tradition⁷. And so it is!

(We have itemized and summarized the Angelic text to assist you with further utilizing and understanding this amazing exercise! Enjoy.)

⁷ This body of work is the Yoga of Self-Ascension expressed as the Art of Ascended Living. You can learn more at SriandKira.com



The Flap/Clap: Wing Expander

1. Stand as straight as possible with the feet slightly apart and the arms resting at your side.
2. Close your eyes and take in a deep Avesa breath. Upon the exhale, open up the golden pyramid at the base of the spine and allow the release of infinity symbols.
3. Send the infinity symbols up into the center of the Exploded Crown Chakra.
4. Keep breathing and visualize your wings behind you. Allow them to fully form. Focus upon the shape, color and size.
5. Continue until the wings are well defined.
6. Open the eyes and relax the wrists by shaking them a few times.
7. Slowly begin to raise the arms with the wrists very relaxed. Bring the arms all the way up to the top of your wings, and touch the wrists. Then, allow the hands to initiate the downward motion once you have reached the top.
8. Repeat this at least three times.
9. When you are half-way down during the final time, extend the hands outward in front of the heart center in prayer position.
10. Take in a deep breath and upon the exhale, begin clapping.
11. Continue clapping, breathing, and yes, even smiling until you feel the energy completion.

It is optimal to repeat this process at least twice a day, and there is no limit on how many times a day you can do this process.

Group Variation:

The energy of this exercise can also facilitate portal openings for entire groups. Form a circle, holding hands, and begin by first performing the wing visualization. After the individual wing visualization is completed, allow the group to then focus all their individual energy into a group wing. Then, release hands and begin the process.

Sri & Kira
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Note: Prior to releasing hands, have the group expand by moving as far away from each other as possible while still holding hands. This will offer a greater portal expansion as well as assist for needed room during the exercise.

After the clapping, complete the group portal by extending both hands out at chest level into the center of the circle and send energy from hands to hands forming a large central portal. Complete by sending this energy upward and lots of hugs!

