



The Twelve Lessons of Oneness

Message Nine

Unlocking the Power of the Anchored Heart

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The Ascended Masters share through Master Lady Kira Raa:

From the great seas arise great oceans, and from great oceans arise great stars, and from great stars are great magnitudes of amazing and emerging energies. Amazing and emerging energies, BE-loved ONES!

The Houses of the Twelve Worlds

Those who choose to BE...HERE... with YOU... TODAY... are, indeed, of what you call the realm of Masters. There are many of us that blend into ONE, that come at this moment... in this time... to offer a great re-union, reception and understanding, that there are many more Houses being opened.

The Houses of the Twelve Worlds or Twelve Mansions, that have... and are... reunifying a protective grid around your world, your planet... now. Many would say that they are at the end of their mortgage term.

We offer this example as they are anchored. There is no lease. What this means for YOU... in your world... and why we use this mortgage term, is because in your world, there has been a great affiliation with what many call money, material obligation and the understanding of what IT IS...TO BE...in a world experience that revolves around things... just things.

As ONE releases attachment to things and remembers that YOU ARE... HERE...



to live an abundant life rather than a luxuriant life. The re-cognition and understanding that arises as a key to what many call the house of the soul.

Cleaning the House of the Soul

What is the house of the soul? What is the key to this abundant life? What is the re-cognition of ALL the Houses that are arising now?

In the unification of ALL worlds, and the re-cognition of ONE-ness, there is, indeed, a process of cleaning. To clean a home gifts the cleaner feeling refreshed, does it not? During the cleaning process, there may be tedium or concern, and... once the cleaning is completed, the re-cognition that IT IS.... a time of expansion and renewal blossoms. Indeed! Freshness arises; room to grow and expand becomes the way of BEing.

In a world of great manifest qualities and presence of many, many masters; there is... indeed... the moment when the mentor arises illuminating the heart. This is offered so that this heart becomes the mentor of the next heart, of the next heart, of the next heart, of the next heart, of the next heart, of the next heart.

The word heart, in your world, carries abundant explanations. Within this is the understanding of the grid that is a-lioned and BEing re-a-lioned. There is the fluidness of this time in density.

The fluidness of time in density is a creative element of your own manifest destiny in this world... now. Fluidity is waning as more rigid energies are anchoring as points along the way. This stimulates chasms of energy that will release themselves as additional markers or points along the way. As a fluid line, so to speak, becomes anchored, this stops growth and declares, "OK! We accept this form...this energy."

Invite to your-self the re-cognition:

"What do you accept as your form, as your energy?

What is moving forward for YOU... in this world... NOW?"



Utilizing Your Body's Energy Centers

Twelve power-full centers of energy exist within your body of form. These twelve power-full centers of energy, when utilized in conjunction with the Divine Merkabah through the process of the neck, head, eyes and mouth, are the full anchor. They fully open thereby inviting the body of form to BE fluid again. To lift without the popular devices of the manifest world. As these twelve points open in your manifested world, more will experience feeling a sense of chaotic instability if the energy is out of a-lion-ment with the heart center. We choose our words care-fully. We invite you to receive them as energy, even more than words.

Within the energy of receptivity, YOU... open your twelve centers. When the brain receives information through words, a filter comes forward, does it not?

IT IS... important to re-cognize that through the transcendence of the brain that needs to acquire THINGS... YOU... anchor a heart that is open to RECEIVE ALL.

This is an important discernment. The brain will try to strongly hold on during the time of linear release. As this energy is escalating rapidly in your world, IT IS... conjoining with many other heart centers. Many seek reunion in many ways. Many seek to be with other beings of light who do not carry the same form as you in this moment. Many call out, demand, ask.

IT IS...a simple command of light that calls this energy to you. IT IS... a simple re-cognition of your receive-ability through the anchored heart that illuminates this energy in ways that have yet to reveal themselves.

Expanding Beyond Fear

This world of form as you know it, will shift very, very soon. IT IS... in the process. IT IS... inviting YOU to pay attention. In this process of shifting energy, relax and allow the heart to expand and become the brain. To pay attention with the brain invites many to close their eyes again. BE-loved ONE! The wondrous joy of ALL THAT IS... in the expression of form... in a world of ALL-ness expanding through ONENess... is extra-ordinary when YOU expand beyond ALL fear.



To

open

beyond fear IS the consecration of Divine reunification energy. This opens YOUR portal of certain communication and manifestation.

In a world that currently still believes in paper...*Paper is a god here, is it not...* especially when printed with little pictures on it. Printed paper is an illusion. This illusion will soon dissolve in many ways. And, when printed paper dissolves, what is left? YOU are still here, are you not? Your energy is still present, is it not?

The gift of the illusion dissolving is that it offers YOU an opportunity to re-cognize how abundant YOU ALL-ready ARE.

BE-loved ONES, as we watch many brains trying to process, let us speak again to your energy. Let us say clearly, we are not forecasting a collapse of your economy as many of you would like to believe in this moment. We are simply offering the re-cognition, that the prophetic energy unfolding in your world now is anchoring points in your timeline that will create certain experiences unless you choose to shift your focus. This is what we are saying.

What are you giving your power to?

If you give your power to paper, then paper will have all great power.

If you give your power to your own divine recognized power center, your heart, your understanding, your trust..., then YOU WILL attract and receive an abundant, extraordinary recognition.

In a world that is, indeed changing, this, YES, is a fact. In a world that is shifting now, recognize that, as you are re-a-lion-ing and more mansions come forward with mortgages are paid, a greater stability comes forward.

BE-loved ones, what is this moment in history? What is a moment? What is history? It is not written until the past looks back. To believe in history means you believe in the past. Recognize that within ALL-ness, within ONE-ness, the dissolving of a past, of a present, and of a future, melts into a presence that is your never-ending truth.



Thinning of the Veil

In the presence of this, YOU...ARE... at a time of great celebration. YOU CHOSE to BE...HERE... for the celebration. ALL experiences that YOU are having, brought you to this moment... now. In your world very, very rapidly, before the end of what you call this year, two of these Houses will reveal themselves very clearly. Four more will become very present at your year end. This will be six of twelve. The other six will be fully present before what you would call this time next year. Do you understand how rapidly this unfoldment is? This is why we share.

You will see greater lights in your sky because the veils are thinning. Pay attention to the lights that YOU...ARE... called to see. Do not doubt your-self. SEE what YOU... SEE.

With ALL eyes! The eyes of this world, the eyes of the All-Knowing, the eyes of the heart... ALL eyes. Pay less attention to the mouth. The mouth will become very corrupted over the next year, in many ways. Your telepathic communication is BEing enhanced with each moment, connected breath, and understanding. What you call intuition, or telepathy, is your Divine Mastery presence.

That which YOU ARE... calling forward for YOU... is energizing. As YOU ARE... in Divine trust, the energization is smooth, effort-less and rapid. If YOU ARE... in Divine skepticism, this a very challenging time. There will be many throwing tantrums. You will witness many. When you find a tantrum, it is a gift! An opportunity to in this moment of the tantrum, do I hear?

Hear within the activation of your Merkabah. Receive! Give! Know! Not talk. Activate your Merkabah, and expand this energy tenfold, thirtyfold, fiftyfold, hundredfold, thousandfold. IT IS...a great and power-full opportunity for YOU to practice without words.

IT IS... a moment arising with certainty as the are markers along the way reveal them-selves... to ask within, "How will I anchor this energy?"

What YOU Activate... NOW...that will clearly manifest. What you put in place tomorrow, will manifest shortly thereafter. What you put your attention on, will similarly come forward.

This is beyond what you call the law of attraction...

this is the Law of Instantaneous Manifestation.



IT IS... universal balance, restored harmony and re-cognition. Invite your feet to have air or wind in them. May they effort-lessly guide YOU to where your heart calls.

If your mind seeks to stop you, be great-full! Then notice what in the mind would cause YOU to stop that which YOU KNOW is TRUE... for YOU!

Seeking Harmonic Rebalance

Each is being called in many ways to their own harmonic rebalance. How do YOU seek your harmonic rebalance? BE-loved ones, it is unfruitful to appeal through words to the actions of others. When you use words to appeal to actions of others, and when others use words to appeal their actions to you, it will be a disruption in your energy. Pay attention to how you experience this. If you truly feel harmony and balance, YOU ARE... in balance.

If you feel short of breath or tightness in your body, ask yourself, "Where in the lineage of the ME, as part of the understanding of why I AM... here... have I forgotten my truth?"

Anchoring ONEness with the Merkabah

We offer this message to anchor ONEness. To fully return to ONEness, there are no words we can offer. Only energy. We invite YOU to activate the Merkabah of the head often. Anchor it with your hands present at the top, bottom, throat. Anchoring one pyramid to the mouth, the other pyramid to the eyes, and allowing the energy to move.

As YOU do, collect to your heart ALL THAT IS and ALL THAT HAS EVER BEEN. It will be challenging to stay present. If you feel a veil of depression, doubt, judgment, worry, anger or fear, simply declare, "No," and activate *the Merkabah* by putting your hands facing out at the hairline and the throat, and allow it to move. IT IS... your choice. And... IT IS... that simple.



We, of the realm you know as the Ascended Masters, have much to share. And! There is much coming forward in your world now. In the 1900's, in an area you call Mount Shasta, a great portal opened. That portal is complete, and will ALL-ways BE, however, IT IS... stabilized, and it's mortgage is paid, so that more can come forward. That which has been.... has now anchored as the foundation... for that which is... now.

BE-loved Ones, you are at the beginning of this journey. For as far as you have come, YOU ARE... ready... NOW... to go further. A new chapter is open. YOU ARE... at that moment.

YOU ARE... at that time. Have no doubt this chapter is being written. How this book ends is your choice. And! IT IS... a choice that we are great-full to BE in presence with.

Many of you, within weeks, will have great and profound connections with many of us. Do not doubt this. Let us speak with YOU... if you so desire. Many of you are ready to see us, and we are ready to BE with YOU.

We are showing our-selves in ways that have not been since what your 1930's. And...the 1930's are at the same hour of timeliness that you are at now. This moment is at hand.

BE-loved ONES, simply feel our hearts. Be present with our energy. We ARE with YOU... as YOU ARE... with US.

We will take your questions.

Question: When you speak of the 1930's being a similar energy to that we are currently in, do you mean in the United States or in the world? Can you speak a little more about that?

The Ascended Masters respond:

IT IS... every-thing. Yes, the United States played a large role in that time. However, it was not exclusively the United States. This is a global energy that in galactic harmony. Let us give you a momentary lesson. OK?



During the period that began after the turn of the century around 1907, there was a rapid escalation and shift in financial and political structures and systems within the major developed countries of your world. There was also an energetic pull from India that became profoundly destabilizing to this country in its energy. It also affected Tibet, and ran through what China and Russia, then around the globe and returning, as if a half moon. ALL of these energies, (*counts on fingers*): financial, political, energetic, spiritual, and the universal or cosmic ability to assist, are now at the exact same parameters that they were then.

The first opportunity to move and collectively shift the energy of human consciousness was birthed during this time in a very power-full way. The East came to the West. Concepts of love and expansion were brought forward and unified. A greater forward purpose was offered. Whether or not this was accomplished is why we are HERE...NOW... in this moment. It was also during the 1930's and '40's when undeniable contact with your Brethren in nearby worlds was established even though it was hidden. This is now, easy-to-access information. So, BE-Loved ONE, ALL five factors are here... again. Only the stakes are higher, so here YOU...ARE.

We are complete. We invite thee to feel into your own hearts. Re-cognize this IS a power-full moment... and IT IS... a power-full moment for ALL.

As you move forward in your choices, BE present with the re-cognition that this is a new day. IT IS... a new day. Let it be whatever YOU CHOOSE it to BE. As you stay firm in your choice, your experience is glorious.

YOU have great help now! Great help, assistance, understanding, and expansionary energy ARE present. IT IS... your time! How do YOU wish to use it? BE-loved Ones! We will see you again. And so...IT...IS...



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