

The 12 Lessons of Oneness

A Series of Twelve Energy Transmissions



Message Nine:

Unlocking the Power of the Anchored Heart

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The Ascended Masters speak:

From great seas there are great oceans, and from great oceans there are great stars, and from great stars there are great magnitudes of amazing and emerging energies. Amazing and emerging energies, Beloved Ones!

The Houses of the Twelve Worlds

We wish to offer to you the recognition that those who choose to be here with you today are indeed of what you would 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 reunion, reception and understanding that there are many more Houses being opened. The Houses of what you call the Twelve Worlds or the Twelve Mansions, that have and are reunifying a protective grid around your world and around your planet now, are as many would say, at the end of their mortgage term.

We say this to you because they are anchored. They are anchored, there is no lease available. What this means for you in your world and why we use this term, of a mortgage term, is because in your world there has been a great affiliation with what many call money, what many call material obligation, with what many understand to be a world that revolves around things. Just things.

When one is able to release an attachment to things and recognize that you are meant to live an abundant life rather than a luxuriant life, a recognition and understanding comes forward that is a key to what many would 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 recognition of all of the Houses that are coming forward now? In the unification of all worlds, in the recognition of Oneness, there is indeed a process of cleaning, as many would say. To clean a home often leaves the cleaner feeling refreshed, does it not? Even though during the cleaning process, there may be tedium, there may be concern, yet, once the cleaning has been completed, there is a recognition that it is a time of expansion, that it is a time of renewal. Indeed freshness comes forward; room to grow, room to move forward becomes a new way of being.



In a world that has great manifest quality ability, understanding and presence, in a world of many, many masters, there is indeed a moment when the mentor comes forward illuminating the heart. So that the 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.

Even this word “heart” in your world has great abundant explanation. In the great abundant explanation of the heart, in the understanding of the grid that is aligned and being realigned, there is a fluidness of what you would call “time in density.” The fluidness of time in density is a creative element of your own manifest destiny in this world. In this world now the fluidity of your time is becoming less fluid and more rigid as energies are anchoring as points along the way, thereby stimulating chasms of energy that will release themselves as additional markers or points along the way. To allow a fluid line, so to speak, to become anchored is to stop growth and say, “OK we accept this form, this energy.”

We invite thee to invite to yourself a recognition, “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

Within your bodies there are twelve powerful centers of energy. These twelve powerful centers of energy when utilized in conjunction with the Divine Merkabah that is opened up, as we have already offered to you through the process of the neck, the head, the eyes, the mouth, the anchor, the full anchor. Then these twelve points open thereby allowing a body of form to become fluid again, to lift without the means or the necessary devices that are so popular in a world of manifest. In your world of manifest, as these twelve points open, more will find themselves feeling a sense of chaotic instability if the energy is dis-aligned with the heart center. We choose our words carefully, and invite you to simply receive them as energy, even more than words. Within the energy of the receptivity, you open your twelve centers. When you receive any information with your brain, when words are used at all, a filter comes forward, does it not? We could talk in gibberish and still offer you this message, perhaps even more effectively.

And so it is important to recognize that in the transcendence of the brain that aligns with a need to acquire things, you anchor a heart that is open to receive all.

This is an important discernment. Because the brain will hold on during a time of linear release, and the energy, as it is escalating rapidly in your world, is conjoining with many other heart centers. Many of you seek reunion in many ways. Many of you seek to be in with other beings of light who do not carry the same form as you in this moment. Many of you call out, demand, ask. It is a simple command of light that will bring this energy to you. It is a simple recognition of your own receive-ability through the anchored heart that will bring forth this energy in ways that have yet to reveal themselves to you.

Expanding Beyond Fear

The world, this world, this form of world as you know it, will shift very, very soon. It is already in the process of shifting. It is inviting you to pay attention in this process of shifting energy to allow the heart to expand out to become the brain. To pay attention with the brain often causes many to close their eyes again. Beloved One,



the wondrous joy of All That Is in the expression of form in a world of Allness expanding through Oneness is extraordinary when you expand beyond all fear.

To open up beyond fear allows yourself a consecration of Divine reunification energy, thereby opening up to you a portal of certain communication, 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, and this illusion will soon, 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?

And the gift of the illusion dissolving is that it offers you an opportunity to recognize how abundant you already are.

Now, Beloved Ones we seek not to be misunderstood, as we watch many brains trying to process this, so let us speak again to your energy. And also 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 to you a recognition, that in the prophetic energy that is unfolding in your world now, you are 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 truth, then you will attract and receive an abundant, extraordinary recognition.

In a world that is indeed changing, this, yes, is a fact, one that even the most ardent brain could agree with. And so in a world that is shifting now, it is important to recognize that, as you are realigning, as more mansions come forward, as more mortgages are paid, a greater stability comes forward. Beloved ones, what is this moment in history? What is a moment? What is history? It is not written until the past looks back. And to believe in history means you believe in the past. It is important to recognize that within Allness, within Oneness, the dissolution, the dissolving of a past, the dissolving of a present, and the dissolving 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. Do not doubt that you chose to be here for the celebration, that all experiences that you are having, have brought you to this moment now. In your world right now we do wish to offer to you that very, very rapidly, before the end of what you call this year, two of these Houses will reveal themselves clearly, very clearly. And four more will become very present in what you call year end. This will be six of twelve. The other six will be fully present before what you would call this time next year. And so do you understand how rapidly this unfoldment is? And this is why we share it with you.

You will see greater what you would call lights in your sky because the veils are thinning. Pay attention to the lights that you are called to see. Do not doubt yourself when you 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. And pay less attention to the mouth, because the mouth will become very corrupted over the next year, in many ways. And this is why your telepathic communication is being enhanced with each moment with each connected breath, with each understanding. What you call intuition, what you call telepathy, is truly a Divine presence.

That which you are calling forward for you is energizing. If you are in Divine trust, then the energization will go smoothly, effortlessly and rapidly. If you are in Divine skepticism, you will find this a very challenging time. And there will be many throwing tantrums at this time. You will find many tantrums. And when you find a tantrum, it is a gift, an opportunity for you to decide how, in this moment of this tantrum, do I hear? Hear in the activation of a Merkabah, receive, give, know, not talk. If there was what you would call a noose on the neck, and if your hands reach out, and you activate your Merkabah, you can expand this energy tenfold, thirtyfold, fiftyfold, hundredfold, thousandfold. It is a great and powerful opportunity for you to practice without words.

And it is a moment in your history where that which is coming forward, is coming forward with certainty. There are markers along the way that you must ask, "How will I anchor this energy?"

What you have put in place now will manifest very clearly six months from now. 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 would call the law of attraction.

What this is is simply universal balance, restored harmony, recognition. Let you feet, as they say, have air in them, or wind in them. May they effortlessly guide you to where your heart calls you.

If your mind seeks to stop you, be grateful to your mind, and then go back and pay attention to 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? You cannot, Beloved ones, appeal through words to the actions of others. When you use words to appeal to actions of others, when others use words to appeal their actions to you, oftentimes, it will be a disruption in your energy. Pay attention to how you experience this. If you truly feel harmony, if you truly feel balance, you are in balance.

If you feel short of breath, which is a wonderful way to pay attention, if you feel tightness in your body, then you must ask yourself, "Where in the lineage of my own belief in me, understanding that I am here, have I forgotten my truth?"

Anchoring Oneness with the Merkabah

We offer this message to you in this way because in order to anchor Oneness, in order to fully return to Oneness, there are no words we can offer you, only energy. And, to invite you to use the Merkabah of the head, as you would call it, often. To anchor it with the hands out as you learn. So that they are present - top, bottom, throat. Anchoring the one pyramid to the mouth, the other pyramid to the eyes, and to allow the energy to move. And



as you do this, you collect to your heart all that is and all that has ever been. So often it will be challenging for you, especially through what you call this year to stay present. If you feel a veil of what many call depression, doubt, judgment, worry, anger or fear, you can say, “No,” and you activate (...*the Merkabah by putting your hands facing out at the hairline and the throat*), and then you allow it to move. It is your choice. And it is just that simple. It is truly just that simple. We, of the realm that you call Ascended Masters, have much to share. And there is much coming forward in your world now.

In your last century, the 1900’s, in an area you call Mount Shasta, a great portal opened. That portal’s time is complete. That portal will always be, however, it is now stabilized, 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.

Beloved Ones, you are but at the beginning of this journey. As far as you have come, you are ready now to go further. A new chapter is opening in your world. You are at that moment. You are at that time. There is no doubt this chapter is already being written. How this book ends is your choice. And it is a choice that we are grateful to be in presence with.

Many of you, in what you call 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 ready to show ourselves in ways that have not been done since what you would call your 1930’s. In the 1930’s of your world, you are at the same hour of timeliness that you are at now. And so, this moment is at hand.

And so, Beloved Ones, do not listen to our words, simply feel our hearts. Be present with our energy. We are with you, as you are with us.

We will take your questions if you so desire to ask them:

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?

Answer: Sure, and it is everything. Yes, it is the United States which played a large role in what you would call that time. However, it was not exclusively the United States. This is a global energy that was in galactic harmony. Let us give you a momentary lesson. OK? During this period of time which began after what you would call the turn of the century, right around 1907, there was a rapid escalation and shift in financial structures and political systems within the major developed countries of your world. There was also an energetic pull out of what many would call India during this time, that became profoundly destabilizing to this country in its energy. It also affected what you now call Tibet, and ran through what you call China and Russia, around the globe and also came backward, as if you would say a half moon. All of these energies, if we were to say... put on one hand (*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 powerful way. The East, as they say, came to the West. Concepts of love and expansion were brought forward and unified, and a greater purpose was offered to move forward. Whether or not, this was accomplished and is why we are here now in this moment. It was also in your 1930's and '40's that undeniable contact with your Brethren in nearby worlds was established in your world even though it was hidden from you. This is now, quite frankly, easy-to-access information. So you see, Beloved One, all five factors are here again. Only the stakes are higher. And so, here you are.

We are complete, and we invite thee to feel into your own hearts to recognize this is a powerful moment in your history, and it is a powerful moment for all.

As you move forward in your choices, be present with the recognition that this is a new day. It is a new day. Let it be whatever you choose it to be. And as you stay firm in your choice, your experience is glorious.

You have great help now, great help, great assistance, great understanding and great expansionary energy present. It is your time, how do you wish to use it? Beloved Ones, we will see you again.

And so it is...

