



Message Twelve
Received at TOSA ranch
by Sri Ram Kaa through Kira Raa
October 5, 2005



Yes! Hello and we welcome you. It is indeed good to see so many, yes it is. Indeed today we wish to offer you many energy exercises and experiences. Indeed! You say, “Oh, Zadkiel, exercises and experiences sounds tough to me.”

We say it is not that tough. It is actually what is. For you see, each time you inhale, each time you breathe, you are exercising, are you not? You are energetically exercising that which is within you and it is important to recognize that you must regularly exercise your energy.

Releasing from Energy Stagnation

Your energy can become stagnant as with everything else.

*For as you have, and as you are, and as you move, and as you do;
 as you excel, and as you accelerate, and as you move evermore into the
 depths of the ascension awareness that You Are;
 it is important for you to remember that you must exercise your energy.*

You all say, “I have energy. You have energy. Boy what energy. Feel that energy. Don’t feel energy.” It is important to remember that as you move through many states of energetic alignment and energetic consciousness, that all energy is fluid. It is fluid as all is fluid, is it not?

There is no stagnation in a realm of pure energetic existence. For you dear ones that carry these bodies, these vessels, these cellular components that have skeletal systems and blood and tissues and oh my goodness what else, it is important to remember that as you are becoming pure energy, the body will indeed initially want to resist. It may find you feeling sickly. You may say, “I can not stop feeling sickly. I can not stop spinning. I can not stop feeling certain emotional ways. How can I move forward?”

Being Energy: Vibrational States

It is important to recognize that you are becoming adept at being energy, not feeling it, *Being it!* Recognizing the molecules within is all that offers you a body, is it not? Yes! Very frequently you are moving in and out of many different vibrational states. We love this word vibrational states. We play it like a harp. Oh yes. You say what vibrational state, this vibrational state, that vibrational state, oh my goodness. It is important to remember that a vibrational state is maintained when you are in perfect harmonic alignment with the energy that is indeed you. At the level of pure consciousness as you would say. At the level of pure soul.

When you are in a level of pure soul, your energy vibrates and you shift in many, what you call, vibrational levels. So many say, “I have been somewhere. I have done something. My vibration shifts. It shifts from here; it shifts to there. I go somewhere and feel higher vibrational state.” You ever do this? Yes, of course you do. It is important to recognize that in each one of these experiences, you are simply practicing the exercise of moving energy. It is a great gift to shift and move energy often. Do not think of it as higher of lower state. Think of it as an influx and an outflow. Right! You get bigger, you get smaller, and you expand. Like if you stand and do a jumping jack, right? If you would stand, you stand, you go up, and you go down, different states. One set of feelings when the arms are going over your head, another set when the arms are coming back down, and a whole other set when you sit down! Yes!

Learning How to Move your Energy

Each one of those energies is an exercise. It is an exercise. You can not take energy for granted. Energy can indeed stagnate. It builds

up and then what happens? It becomes most static. You ever see static? Shuffle across a wool rug, and you will find static. Yes, you are stimulating the energy that has been in its own way stopped. And so when you stimulate, when you shuffle, when you do the little shuffle, you break up the stagnation. This is why we have talked to you so much over these past 12 months about movement. We have talked to you; do you remember the Holy Schmoloy? Good, and if you do not, revisit it [*Practice offered during the December 2005 discourse*]. It is good to never stop Holy Schmoloy'ing. How's that for a word? (Much laughter)

Yes, and as you do the Holy Schmoloy, as you open up the (energy) centers, as you go to the heart, as you move, as you do all of the practices (as offered throughout the Living in the Fifth Dimension Series) as you give yourself the gift of fluidity, you become fluid movement and nothing can be stagnant anymore. Only in stagnation, do you feel stiff, stuck, and unclear. If when you feel unclear, when you feel stuck, when you feel you must have more answers, when you say what is the next step? It is then you must move! Move the energy!

There are many ways to move the energy. Most recently we offered you the flap and clap; yes you remember the flap and clap [*July 2005 discourse*]? Good! If you don't remember this, than revisit it. As you experience the flap and clap, in the opening created, you are moving, you are lifting. You see dearest ones; you are at the time now when your head will indeed try to keep you trapped evermore. Because the 5th dimensional expansion is complete.

The 5th dimensional experience is completed. It is open!

Accepting the Existence of the Fifth Dimension

This door, this pathway, as you would say, this existence has been here, has been available. All of the necessary energetic alignments are complete for you to 100% exist as an energetic expansion of pure delight. Are you ready?

And when you do, your brain will kick in and say, "OK, now what? Where am I going? What am I doing?" You are at the time when these 12 lessons of the Living in the 5th Dimension, combined with the explanation of the Divine Galactic Blueprint are the pathways that offer you an opportunity to truly lift from the body, yet still have a body...

Hummm, do you understand this, to lift from the body yet to still have a body? This is not a parlor trick, and you already do this often. In order to consciously do this, you must indeed allow yourself to remain in a consciousness of energetic exercise. Energetic exercise! You must exercise your energy.

Now the brain and the body for many right now they are not ready. And you will say, "OK, they are not ready. This is OK." Help them exercise to be ready! Breathing together is an exercise. Holding hands is an exercise. Swirling is an exercise. All, you remember we gave you breathing with tree? Remember this one [*See June 2005 discourse*]? Align your spine with the tree? This is also a very powerful energetic exercise because it allows you to align with the elementals. It allows you to call in the elemental energy and to be able to recognize the energetic shift between a Light Being who is on their expansionary path and an elemental that is expanding through that which is in density form now. Now that was a mouthful, was it not? Good! We shall explain more, little paragraph OK? So here it comes.

Experiencing Energy & Dispelling the Myths

Are you seeing the fairies? Yes, this is the good question. Many more are now seeing. Often what they say is "What is that twinkling in the twilight? What do I see?" We use the word fairy because it conjures up such sweet smiles from you when we say it. It is most precious. Yet to use the word fairy is limited. It is very limited. You must understand that all of the definitions that we offer to you are *limited* and you know this. They are limited to that which has been brought through in your density realm, that which has been created, much of which has been created based upon misunderstandings.

In the representation of the angels in your realm here, there is this winged fantasy that all angels have wings. That we fly in. We like to fly, and indeed you do too, yet you do not need feathers. Indeed is not a winged feather a creation of that realm of density which understands a propensity to fly needs a feathered wing? A misunderstanding of a divine energetic portal from which we are able to transport ourselves effortlessly, from which you are able to transport yourself effortlessly.

The time of your truth of teleportation is upon you and this is why the myths must dissipate. Yet the myths are beautiful are they not?

Beautiful winged creatures! The human with the winged feathers is very beautiful. Through this form of angelic representation one feels safe, and so many have accepted many things in the feeling of familial safety.

Familial Safety and Breaking Paradigms

Familial safety. Familial as represented to you as a human in form, this is the family we talk about. In familial safety you want everything to look like you or at least close enough to you to form a basis of comparison. You want it to look familiar. You want it to be familiar enough so that you can feel safe and comfortable.

Dearest children you are at the time of breaking through all paradigms. It is time to break through all paradigms. Break through what you think you look like. Break through what you believe all looks like, what all should be. This paradigm release opens the gateway to the 5th dimensional experience.

When many first walk into a multi or another dimensional experience, often times the initial experience is very similar to your current concept of density because you are still in a density consciousness format. You are still bringing that with you, yet very quickly you are able to dissipate through the myth and go into the truth of that which is existing in front of you. Practice by seeing the fairies! A good time to do this is right around the sunset. It is a very good time; energetically a very good time. It is also very powerful, if you have not already, you must begin to allow yourself the gift of reconnecting with your sun. *Reconnect!*

You live in a world that has become paranoid of that which offers you the greatest gift. Your sun is a great gift in many ways; yet there is great paranoia of the sun. We are not saying to abuse the sun. We are saying it is important for you to just reconnect with this ever important energy. Reconnect with this energy as you reconnect with the energy of the moon and as you reconnect with all the elementals that are dancing around you now.

Fully Activating the Divine Galactic Blueprint

The more that you reconnect, the more that you carry forth all these energies; you will then be able to take your own Divine Galactic pathways and begin spinning them. It, (the [Divine Galactic Blueprint](#)), is not a one dimensional existence.

When you enter into the Divine Galactic Blueprint (as revealed during the January 2005 discourse), when you start from the ascended heart and you move through the truth chakra, yes you all remember? Quick lesson, ascended heart, truth chakra, yes? And then you move up through to the anchor of the exploded crown, what you formerly have called the third eye. When you allow then the ascended heart to lift into the center of the exploded crown chakra, just above the head in the area you formerly called the eighth chakra, sounds like a science lesson, does it not? So as you move into that area, it is important for you then to recognize and expand your view. *Expand your view!* Let yourself spin. Let the blueprint start spinning.

Now some will say right away, "Clockwise, counterclockwise, which way?" Does not matter, spin in the direction that feels right for you. You are not all the same. You each are unique and some of you will be spinning in ways you didn't know you could spin. It will be most fun! And so you must allow yourself to go here and open this pathway. And as you do open up ever more to fully living in this 5th dimensional energy now.

Children it is important to remember one thing, you have spent lifetimes practicing for this moment now. So many say, "I have not learned enough. I have not studied enough. I don't think I know how." Rubbish, you know how. You've done it before!

Entering into the Self-Ascended State

You must remember there is no time needed. You don't need years and years of study and practice and this book and that book and all this fancy dancing schmancing. No! What you need to do is remember you have done this all before.

Dearest children that is the pure definition of self ascension. The pure definition of self ascension is remembering that you are a co-creator. And in that full remembrance as a co-creator, you absolutely know you have done this all before. When you come back to your co-creative consciousness in full memory, then you are in the self ascended state and then you are aware and then you are able to move forward in great delight and with great ease.



More and more you have much that is calling back to you saying, “No I must do this. No I must do that. No I must do.” We invite you to get rid of the word must all together. ***There is not anything you must do.***

Especially many at this time wish to convince others of many ideas, no? You have many that wish to convince you of other ideas. As you look around this planet and you see many who are trying to convince many of other’s ideas, remember dearest ones that your soul, in its expansion, is ready to do only one thing now - begin a reunification with the Oneness of life. You are at the most powerful time. In the realm of density, under a veil of forgetfulness, would it not make perfect sense that others would try to convince others of their way if they are seeking reunification? “Oh you must do it this way. You must do it that way. My way is the only way; this way is the only way. Your way is wrong; my way is right!” How often we hear this from so many of you!

It is simply another misunderstanding under the veil of density of reunification. That the power of the belief system becomes so overwhelming that it must now force itself upon others because there is simply a misunderstanding while you are operating under the premise of density.

Now many of you understand that polarization is indeed increasing at this time. *It must!* As the 5th dimensional energies are fully completed and fully available, *fully available*, try to wrap around that one! Fully available to live in right now! The 7th and the 9th are already calling you and you know this. It is much more beyond the 5th . Wait to the end of the month, hum? (Much laughter)

And so as we are exercising our energy together and that laughter, is that not good exercise of energy? Yes!

Each Must Find Their Own Way

As you are exercising your energy, you must realize that as these other dimensional energies have become completed for your sustenance and integration, that the 3rd dimension is holding on tight. This is why polarization will get greater because the 3rd dimension is not without its own consciousness in and of itself, and this alignment that is calling many into it, is absolutely OK, you must know this.

You must break free of a desire to help others find their way. This is important to know. Each must find their own way. How you can be of greatest service is to be the greatest Self that you are now. You must stand in your Light, in the purity of your Light, in the openness of your Being.

***As you stand in your Light and as you emanate your truth,
that is how you serve others. That is how you do it!***

Your word means nothing, dear ones, to anyone. You must know this, even to yourself.

We have talked to you about this many months ago that there would come the time when the word would have no meaning, that you would be known by the truth of the Light within. You would be known; we had used the word marker at that time because we had no adequate way to describe until we fully explained the lifting into the exploded crown. When you carry your heart, the Ascended heart into the exploded crown, you are a beacon of great Light, a beacon of great Joy and this is how you will be known.

Emanation and Realignment

There will be many in many short times that will very quickly change their words often. “Oh no I meant this. Oh no I meant that. Oh no I wanted to do that. Oh no I should have done that.” The word is not necessary. All we see is your heart. All we see is your intent. It is not the word. Your heart combined with the intent of the soul is the truth of your emanation. What are you emanating? What *are* you emanating?

And as many emanate evermore, as many go forward evermore, they will find as they emanate in their truth, again they may shift those they are with. Oh yes, there will be those who say they can not handle this, and that you are messed up. Maybe, OK! And there will be those who say, “Wow, never saw you before. Must hang with you now! Cool!” (Much laughter) This is cool! You must understand though that this will happen, even if it has happened to you before.

Realignment is an energetic exercise. Did we not say today, we would show you many energetic exercises? And you are sitting there going, “WOW, OK still in my chair. Not bad.” So it is important to recognize that as you energetically exercise, all of the alignments, all of the meridians, all of the lay lines are shifting. Do you think only the planet is shifting? Dearest children, all is shifting with it.



Recognizing the Gift of the Seven Portals

Grids and new foundations are being opened, are being realigned and are being reintegrated. You carry within you the roadmap to reintegrate many of these energies. Dearest ones are you not dancing for joy that all 7 ascension portals are now open on this planet? *All seven!* Dance in great joy at sunset. Call in your fairies, have a party. It is a good thing! They have not ever been open at one time on this planet ever. Understand that. *Understand that!* Is that strong enough for you to get? It is!

And so you must recognize, OK you don't answer, we answer. It is good! *All seven* and each seven are tied to another seven, are tied to another seven. It is a boundless framework that is now opening and expanding all around this beautiful globe. And you can enter into the 5th dimension at anytime from anywhere.

This temple (the Lotus Temple on the grounds at the TOSA Center in New Mexico) now carries that grid work. You carry it in the temple of your heart. You carry it in the temple of your being-ness. In the recognition of your emanation, pay attention dear ones, pay attention. Your emanation is what carries you.

Many will say how can I do this and keep a body? Will my body know what to do? Believe us it has plenty of practice. It can do it on auto pilot now. Yes it can! And so let your body do what it does best. Let your body know you trust it. Your body needs to be trusted as much as you trust your soul, as much as you trust your spirit, as much as you trust that.

Acknowledging the Body

Dearest children as you have grown in trust, trust your body to take care of you. It is not out of balance. It is not in need of chemicalization. It simply needs you to trust it enough. Love your body enough. If you have not today, take in a good look at your body and say, "I love you!" From the deepest sincerity of your exploded crown integration offer this love, and then do it again and say thank you.

You have this magnificent vehicle that has housed you, that has taken care of you. And if it is resisting you right now, then it is you who are resisting it. It has offered you a powerful gift. Every day, *every day* begin your energy exercises by hugging your body and laughing joyously and saying, "I love you, thank you!" You will be amazed at how it will respond. You will be amazed!

Remember dearest ones that this body has housed you because it knows the truth of you and yet it is afraid of you leaving. You must know this too. This is why you must trust the body. If you trust the body, you can truly integrate the heart. And as you truly integrate the heart, and as the heart integrates into the exploded crown, then the body knows there is no fear because it sees you in harmony with yourself.

It is only when you are in disharmony with yourself that the body responds with discomfort.

The body will create its own way of saying something isn't right here. I am calling you, pay attention. And so pay attention.

And so as we talk back about vibration, you remember we talk to you about vibration? OK? Your body experiences vibrations as sonic shock waves. As your body feels a sonic shock wave of a vibrational shift, if your body is not prepared with enough love from the truth of you, it will respond negatively to many vibrational shifts, especially when they happen in a short period of time.

On this planet now, the vibrational densities are shifting rapidly and often many times during the day. You are in a period right now of rapid destabilization which will lead to a stabilization period which will not be fully stable until June, this coming June. So you have between now and then to get really well practiced at loving your body. And as you do, you will effortlessly go through this time. *Effortlessly!* And there will be many, many, many, *many* destabilizations during this time in many ways between now and what you call the June.

It is important for you to be stable within. This is why it is imperative for you to go back over the last 12 months of messages. Look at all the energy exercises. Do them! Integrate them! Make sure you know them! It is not the only way. Yet it is one way and it is a way that makes it a lot easier. Sometimes it is just easier. You don't have to suffer through anything! It is important to know that. It is very important to know that.

When you choose to suffer, you are choosing to experience. Ok, so suffer good! And when you're done, you say enough of that, I am



done! I choose not to suffer! We say Hallelujah; OK let's get on with it! Yet we will support whatever your choice is. And so if you choose to suffer, suffer good. If you choose to get on with it, then get on with it. Get on that horse and ride. Yes, it is time. It is time! It is time!

The Gift of Decision

As you move forward now, you must make your declaration to your soul, to the depth of your soul, to the depth of your body. We have asked you, we have implored you, we have shared with you that the only must, *if you must have a must*, was to make a decision. What is your choice? Do you stay in density or are you choosing to align with dimensional energies that are not of density? It's a simple choice, yet many have not made it. And there are many within themselves that believe they have and have not. This is the only place where you can be stuck. If you say yes, then say yes. If you say no, then say no. Either way it is a good thing. You know what you are doing, do it well.

All around you, you will see many who will begin making more choices and who will be drawn to those of you that are holding the emanation of the pure consciousness of Light of the reintegration of Oneness and One-ship. It is a great time for you. It is a *great* time!

Connect with the portals often. Connect with the energies often. You must know that all of these portals have gone down deep into what you call the core of this earth and have connected as one at the central core. So when you connect with one, you connect with all. There is no separation. There is not just one or the other. There is all. It is a powerful cleansing and it is a powerful time.

Lighting the 12 Torches of the Elohim

Dearest ones as you move up through your own Divine Galactic stairway, there are the 12 torches of the Elohim and the Enochian lifestyle. The 12 torches of the Elohim have not ever been lit together at a time where they were revealed to each of you. As you move into the exploded crown, you open 4 torches of the Elohim connection. As you move beyond into the 5th dimension, you open 4 more. And as you go in beyond the 7th and the 9th and the 11th, the 12 torches are fully illuminated for you.

The Elohim, the Creators, that which IS a gift of great Light, Love, and Expansion, is you. You must recognize you are a co-creator. *You* are a co-creator! And as a co-creator in full remembrance, all is well and all is lit. Do you wish to live an Enochian lifestyle? Do you wish to live in an Elohimian way? It is as simple as your chosen emanation.

You must begin, yet it does take energetic exercise. It does take energetic practice because you have many times when your energy is pulled in different ways and it does stagnate. Stagnation can occur in the body as tumors, as cancers, as many different ways. Stagnation can occur as far as depressions or many emotional challenges. Stagnation can occur in many ways! Many ways!

Ask yourself, "Am I stagnant?" And if you are, call forth a torch. You will know from where. Look at your own Divine Galactic Blueprint and see which torch in that moment calls to you. And that is the torch that shall come. And it shall indeed transmute with a transmuting flame all stagnation and call forth the opportunity to hold all emanation.

You are at the time of powerful emanation and more and more at a time where the word means nothing. Breathe deeply into your hearts.

We light around each one of you now 4 torches. The colors of the flames are different for each of you. Breathe. Feel. Know. You must know. See the colors of them. (Pause) Many colors, many flames, each of these fully activated. When you bring your heart into the exploded crown, these torches are present. You may grab them with your hands, you may call them forward, and you may simply move them with the energy that you are. Use them in your healing. Use them in your work. Bring them forward. Call them forward. Anchor them around you. Anchor them around all you do. Know the truth. They are as shamanic, as they are mystical, as they are enlightened, as they are Light, as they are you.

Welcoming the Benevolent Ones

We wish to talk to you about the Benevolent Ones. The Benevolent Ones are present on the planet now. Some of you here have already talked to them in person as they say through the Kira, and some of you have simply met them energetically. It is important for you to know that we have loved this year with you and that we shall simply be, as you call the moderator or kind of the guest host, for the



Benevolent Ones who will indeed begin your journey well beyond the 5th dimension. They bring great Wisdom from the Source that you are. They bring great Light and great Love to you. The information they have to bring to you must only be brought through them. We wish for you to know this, because as we share this with you, as your torches are lit now, we are offering each one of you a crystalline connection so that you may already begin connecting with them.

Those of you that have already been with this body, this Kira body, as the Benevolent Ones have come in understand why preparation is needed. And so we are offering to those of you reading this, the same energetic preparation.

It is a most powerful time. It is a most powerful Being. It is a most powerful Knowing when you can dance in the celebration of the truth of the soul, when you can be in the joyous and most celebration with all. Dance at sunset with the elementals; see the fairies. Let it be and release, release, release the picture in your mind of what you think it should look like. Let it evolve. Take your torches, put them before you and look through the flame. From there you shall see the true picture and it shall expand for you exponentially. There are no limits. The limitlessness is your home. It is time for you to reconnect deeply.

Go deep into your heart, take your hands to your heart and close your eyes. Let your four torches that were illuminated for you, the great gift of illumination come forward before you now. However you wish to see them, bring them in front of you. Take in this moment of Divine knowing. You are a conscious co-creator. You are in a state of knowing, being, and releasing all that is not of great service to you.

*Many blessings, many blessings. Take a deep breath.
Be the emanators. Remember your emanation is your truth; it is all that is true.*

Meet each emanation to emanation. Know this gift as you know yourself as we know you. And so, in your heart whatever question you are calling forward, whatever in your heart is of the highest emanation, know that you are heard. Know that you are being responded to. Know how much you are loved. Know how grateful we are for you.

Many blessings.

