

The 12 Lessons of Oneness

A Series of Twelve Energy Transmissions



Message Three

2006: The Year of Re-Integration

Cosmology of the Divine Light

Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa

Delivered at TOSA Ranch December 31, 2005

Archangel Zadkiel Speaks:

Yes! We are here and good afternoon to you. It is indeed a lovely afternoon and it is delightful to see you on this that is the end of the year of Light . Do you remember this?

The Gifts of 2005

Your year 2005 was the time for culminating energies; the year of bringing in many new and gentle, and some maybe not so gentle, ways of being. It provided the opportunity to enhance your being-ness to move forward in ways of great understanding and great enlightenment. Indeed you are at a great time of enlightenment. When you are in the time and when you are in the year and when you are in the opportunity all flows in many different ways.

Allow everything to flow. Visualize for yourself the infinity symbol. As you visualize the infinity, allow your energy stream to go into the infinite. Allow it to circulate. Allow it to move. Give yourself the opportunity for infinite expansion. Limitless-ness is indeed your birthright. You are expanding beyond that which is considered to be the densified energies of this planet. Oh many of you have had quite a year, have you not? Many of you are saying glad it is over now! (audience laughter)

It is a wondrous example of perfection is it not? Are you not a wondrous example of perfection? Understand the perfection of this past year of energy, of this infusion of light that you have done so well receiving. Have you had much chaos? Good celebrate, jump in the flow. Are you in the stream or are you crying for the shore? Where are you? Find where you are, understand where you are. It is a great time of expansive energy, a great time.

Entering the Year of Re-Integration

Dearest children, this is indeed the year! This year is the year of the Tu'Layan expansion and the reintegration of all Atlantian energy. Do you understand what this means? We will take it in little pieces for you.

In this world now, many talk about Mu, you know Mu? They talk about Mu, they talk about Leumaria, and they talk about Atlantis. They all talk about them in many different ways. Everyone has great fantasy stories do they not? They are so fun!



Yes! Embrace every story, they are all perfection! They are all fun! For indeed in each individual story, in each individual expression, is the perfection that your cellular DNA is ready to remember and reconnect with. So every story is correct, every single one. You say, “Oh my goodness how can this be? We say how could it be otherwise?”

*Each must have their experience.
Each must have their memory.
Each must have their knowing.*

All we wish to offer you in this moment is a cosmology and understanding of how these energies have come forth. How you take them in this year and integrate them. How you move forward in your own resolution.

You must, during these next twelve months, or twelve lunar cycles that are upon you now, dedicate your time for complete resolution. Resolve everything within you that feels unresolved.

You know this laundry list of unresolved issues, do you not? Oh yes you do, because you often ruminate on it, very much. This not done, that is not done and then when you get to check one off you feel very complete, do you not?

*In this year of true resolution and culmination,
call back all that you are into the wholeness that you deserve to be.
You are whole.*

If you are holding onto old hurts then who are you holding onto them for? Who do they serve? Ask yourself this question. If you wish to be in pain, go for it, do it well and if you wish to be hurt, go for it, hurt well. When you have said you know what, been there done that, then you can let it go just as quickly. It is indeed your culminating time and you must understand that many will culminate in pain as those will culminate in joy. It is OK. **How do you choose to bring forth your culmination?**

Cosmology of the Divine Light

When you began expansion as the travelers, you came forth from Light with great Love and great Joy. You have great expansionary ability, and your first expression in subtle density, was in the time that many have referred to as the Lemurian experience. This was before the seeding on this planet, and the experience that many have called Mu. You must understand dearest children that all of the experiences that all understand and that all have brought forth did all exist. There are none that did not exist. There is no right or wrong here. There is the All-ness.

It is your time to recognize the all-ness within. From within, the truth emerges from your own DNA. Within your own cellular structure there cannot be doubt, there cannot be words, there cannot be confusion, because you are resonating from a stream of conscious truth.

Conscious truth cannot be given to you. You do not find it from somebody else. You call it forth from within.



In your conscious truth you recognize that you have expanded for eons. Let go of your concept of what time is. If you go into the concept to what time is for you, it will become most frustrating. Your brain will blow up literally and sometimes that is not a bad thing, no? If you wish to blow up your brain, go for it.

As you allow yourself to expand, the subtle densities of the Tu'Layan experience, in the subtle realms, is where all pieces, all pieces of the spark of Divine came forth and all expressions were made available. You were brilliant and glorious and light filled as you are now. You experienced many different realms, many different capacities, and made many choices. As you have made these choices, they have come forward. As you expanded into ever greater forms of density, you brought forth the first experience of Atlantis.

In the first experience of Atlantis, much was learned and much was understood. Your multi dimensional capacity was extremely, as you would say, right on. It was most full. In the experience of your multi dimensional experience and in the understanding of how all elements work together, in the connection of the streams of Light and the service of Love, you came forth again to this planet now.

When you got to this planet, there were indeed preparations that were made long before you came to this planet. Many preparations! In those preparations you again experienced your Leumerian experience from the perspective of earth. You experienced Atlantis again from the experience of earth, as you are experiencing the now.

Note from Sri Ram Kaa and Kira Raa: It is important to note that at this point, what has been shared thus far regarding cosmology:

1. *Our first experience as the travelers was that of subtle density. Therefore, not the physical form we have currently, however, a dense form compared to pure light.*
2. *This first experience was in Tu'Laya, which many call Leumeria, and existed in the twenty fifth dimension.*
3. *The next experience was in Atlantis, which was located on Mars.*
4. *Both of these expressions were not on Earth, however energies from both of these expressions were brought to earth in preparation for this third time of expansion.*

Archangel Zadkiel Continues: Ancient Egypt

We wish for a moment to stop the cosmology lesson, and talk about ancient Egypt. For many of you it was during the ancient dynasties, the early dynasties of what you call ancient Egypt, that many of you here were indeed in pharaoh form, in queen form, in temple service form. You were in many forms, many, many, many.

Through those forms you called back and understood this cosmology fully. You were in complete recognition of all this. This is not new information for you; this is simply recognition of a cellular memory. In those times, in those expressions, it was then that many different markers were placed into this planet, for this time, now.

You are revealing the markers. Your presence is revealing the markers. You, right now, are unwrapping the truth of your being-ness. You are understanding where your alignments are. You are bringing forth your energies. For some they say Oh Leumeria, Oh my goodness I can tell you days, dates, times, who I was with, what I did etc. Good bring it forward! Oh Atlantis, I know what I did. Good bring it forward! Oh Egypt, I know what I did. Good bring it forward!



It is important now to recognize that you cannot be wrong in your own recognition of your truth of these experiences.

Only you can doubt yourself and doubt is the only energy that will separate you from this truth. It is important now to reintegrate all experiences during this time, without becoming preoccupied with them! Preoccupation will create separation. Your culmination, this time of coming forward, is to remember. To re-member yourself!

You must remember yourself without doubt.

Connecting with Re-Integration Energies

Some may question your recollections and claim you are crazy. You know who you were; you know what you are through your being-ness! The knowing of who you are, the truth of your being-ness now, this is the gift that you must call forth during this time of connection. It is the year of bringing all of these pieces of energy back into one, into the you that you are now.

How do you wish to energize your body?

Who do you wish to align with?

What energies feel good for you?

What words feel right for you?

What understandings do you want to bring forward?

You see, Dearest Children, we have been asking you to make your decision. Are you ready to embrace fifth dimensional energies, or are you ready to stay in the third dimension? Which one do you choose to be in?

You are at the time where fullness, as your birthright, is upon you. What do you choose to be full of? Oh that is a loaded question! (audience laughter) Many around you will be full of, we assure you! So it is good to be full of you, full of your presence, full of your knowing and full of your remembrance.

Be filled with the trust of the truth of your being.

In the trust of the truth of your being all unfolds and all unfolds effortlessly. Are you moving with the flow? Is the flow around you? Where are you and where do you wish to go?

Star Consciousness and Soul Groups

Dearest ones, it is a time of great culmination. Each of you has the star within your forehead that you call forth as a means of being able to activate, understand, and be present with. All you need do is take your energy to this star. All you need do is trust what reveals in front of you. Yes this is the time of great alignments.

The four soul groups will be coming back into their pure groups, meaning that you will find the wholeness of your own soul energy. The soul groups that have emerged on this planet have been many times split and separated and moved forward. You are at the time now where they are all coming back into reunification in many different ways. Hold open your portal of reunification.



Understand that in the time of cosmology, there is no right and wrong. There is the enfoldment. You are folding time upon yourself. Your days are already occurring with much more rapidity than they have before. You say oh my goodness so much done, so little time, so little time, so much done. How does that work? Letting go of time! We implore you again to let go of time.

Be in the Divine flow of this time. As you are in the Divine flow of this time, much is expanding around you. How do you wish it to manifest? Get very, very, very clear. Your manifestation abilities are beyond anything you can understand on this level. What do you really want? You must come forward within your own heart. If your head wishes to be in charge, then give it a good ride. Yes, get on that pony. (much laughter)

In your heart you understand all that is expanding now. In your heart you are able to manifest with ever greater understanding. Understand yourself first. We are grateful you are here.

Within your energies, in your presence, in your recognition, in your coming forth, and in your ability to hold consciousness of who you are and what you are manifesting, you give others permission to do the same.

Embracing Fifth Dimensional Being

Dearest ones you are pioneers, you must understand that! You are the travelers. You have pioneered. You have done this all before and each time it is anew. We honor you! Think for a moment. You are sitting in a country, (USA), where many came across in little covered wagons. Do you think they had padded seats? (audience laughter) No cruise control! My goodness, there was no highway...they made the highway. Know that you are the highway, and you are making it every moment of every day. Do you recognize how amazing you are? Do you understand now your creative abilities? You are amazing creators and you have done this all before.

In this time of great energetic culmination, you are such a short time away from a rapid and quantum shift in how this planet will vibrate. Where will you be? Where would you like to be? It is very easy dearest ones to stay in density, is it not? It is very simple. You say oh but sometimes it can be downright painful, bills to pay, things to do, people to talk to. Ok, even so, it's easy, you know how to do it. You know that thrill, you have done it, been there many times.

Is it not so easy to be in fifth dimensional energies now? Yes it is. It is simple because you have been there, done that, and you know this. All you need do is release the concept that it must look like this plane of existence in every way. In many ways there are many similarities, in many ways you are gifted with great comfort, great comfort! Do not despair! When you despair you offer yourself an emotional barrier to fifth dimensional entry.

Keep your eyes on the Divine at all times dearest ones. Go up into the star consciousness that you have accepted and look for the Divine within. Radiate your Divine energy to the Divine around you. Greet each other Divine to Divine. If you keep your eyes on the Divine at all times, no matter what shifts in front of you, you are with the Divine energy. Your Divine energy is present within. It is already culminating. How do you wish it to express?

Each is aligning in the dimensional realms where they are of greatest service now. Each is offering themselves that opportunity. The only surprise will be those in density who are surprised! It is important for you to



recognize, that many shifts are in great preparation now. It is important to recognize that your bodies have carried you far and are ready to carry you further.

Many, many, many, many of you have transmuted not only your own energies, but energies for many others. Know this! In transmutation of these energies, your bodies have indeed felt this transmutation. Your bodies know what you are up to. They know even when the mind doesn't.

Many may have frustration with their bodies. It is important to recognize that body frustration is nothing more than a call to density consciousness. Allow yourself the opportunity to simply love the body, appreciate it, honor it, stay present with it. If it needs a few extra pounds, oh well have fun. If it needs a few less pounds, oh well have fun. Be present! Let it be! If it calls you from knees, hips, elbows and joints, and says, "Hey, what you doing?", say "I am loving you", and offer love back.

***You must be in Divine connection with the body now, you must be!
The body is already aligning with energies that your mind may not wish to understand.***

We will take questions for the Benevolent Ones are most ready to speak with you. So we will take questions if you want.

Question: You mentioned Mu, I have never heard of that. What is that?

Mu! Many from the time of Leumeria have remembered this time when you expressed yourselves on this planet. Many remember this time with the name of Mu. That is all, no more or no less.

Question: Where was Atlantis and where was Leumeria?

Oh good question. However it is a two fold question is it not? Are you asking for here, this earth, or are you asking prior to here?

Questioner: Prior to here.

Of course you are! The Leumerian or Tu'Layan which is the proper name, was the first subtle density expression of Light as travelers. Tu'Laya existed in a galaxy that is not recognizable from this realm right here. It is, however, a subtle galaxy that has expressions of density that exist in the twenty fifth dimension. In the twenty fifth dimension, you brought forth great recognition of many sparks of density.

It was in the Tu'Layan expression and the Tu'Layan expansion that you called forth the opportunity to express in density ever more. Coming forth into this realm that you are in now, into this galaxy now, there were what you call planets that were identified for you to be present on.

The expression of Atlantis existed very close to here dear one. It existed on a planet that you now know as Mars. On Mars, the Atlantean expression was fully realized and dearest child your scientists now already have this evidence. They are already aware of this civilization energy.



In the time of Atlantis when you knew that it was time to leave, you were on Mars as part of the seeding of this planet, earth, to further prepare the crystalline grids in this planet that are realigning now. The crystalline grid realignments that are coming forward are setting forth numerous vibrational shifts.

It was in the time of the Egyptian ancient dynasties that those of you that seeded from these other galaxies came forth with your own energies. You looked very different. In that time you brought forth and set in motion all of the necessary energies that are coming back right now.

Question: You mentioned the four different soul groups . Would you speak more about what they are?

Yes, in the time of Tu'Laya when you were the original sparks, the four soul groups were set in motion which have indeed separated many, many, many times. However the four energies of the four soul groups of this expression are present and you are reunifying back into the pure soul groups. There are the soul groups of:

1. Unions – Those of the unions are actually one expression, one soul that came forward out of the Tu'Layan time into the time of the first Atlantis. At the end of the first Atlantis the Union Souls were literally split in half. These are those that are looking, that are seeking, that are wanting to find another half. Not a mate. Another half as in two halves making a whole.
2. Multi-expressional – The multi-expressionals are those that even out of Atlantis and out of the Tu'Layan existence are whole beings that have found themselves open in multi-expressions. Very many expressions. Often times have not even been on this planet for expression because they just love all of it. So there are the multi-expressionals.
3. Dual Souls – Dual souls are two complete souls that were never split in half yet are very similar to what you might call twins. Many look for karmic twins however the time of karma has been lifted so you are at the time of looking for cosmic twin energy to return. You meet one and say, “My goodness you feel like my twin!” Chances are highly probable they are. In the two twins, when they come together, they can be very much complete and they are very much complete even without each other.
4. Omni Souls – Omni souls are those that out of the expression of Tu'Laya and into the time of the Atlantis chose one Divine connection with Source. They are whole as Source. So they are whole within themselves and whole without, as you would call on this planet, a partner.

These four soul groups are all returning into fullness now. Many have activated the energy of their origin and the words that we give you dearest child are merely words you can use to understand these groups in this language now.

Question: How do we hold open our portal for our reunification?

This is such a good question! One of the most valuable pieces that you can do in holding open the portal of reunification is loving yourself in complete wholeness. You must activate your heart chakra and it can only be activated from your own divine heart center. You must find wholeness within and recognize the value of your presence. You are a spark of the Divine are you not?



Each is a spark of the Divine. So as you come forward into that, you step into the merkabah of the Self Ascended chakras . As you step into the merkabah of the Self Ascended chakras, you further energize the root chakra of the Divine Galactic Blueprint which is indeed the opening. As you open that and allow the merkabah to spin and as you allow yourself to go up into the Divine Galactic Blueprint and let the traditional first three chakras go into a beautiful place of holding energy for the physical body, your portal is always open.

There is only one other thing if you say, “Oh my goodness that was a lot of steps! Can I have a pen and paper?” There is one other thing you can do and it is very simple. Just keep your eyes on the Divine at all times! That in and of itself dearest child holds open a great portal. Many blessings!

Question: You talked a lot about the body today. My shoulders and neck hold a lot and I was wondering when I keep giving it love and understanding, it seems to flare up more. So when the soul is ready to release and the vessel is not, is there anything else that can be done?

There is a lot! Now dearest child and we speak to all of you Ok? However you model for many. You are indeed carrying a lot on your shoulders. When you give it love, those that you are carrying are not wanting to leave. You must ask when you are feeling pain in the shoulders, who and what are you carrying. Dearest child it is not yours to carry.

Dearest one it is yours to be free of. It is your time to be without any pain. When you love those around you and you send love to this vessel that has taken such good care of you, also send that love to yourself first. Recognize that you are in Divine perfection and that everything is working for you in a manner that should be.

Dearest one, take your hands to your heart. Send love here first, recognizing first that you are in perfection. Send love to your heart first and from there all pain releases. Yes, you are such Divine Love and from this heart you can send energy to all. You must take it in for you first. Many blessings.

Question: Is everybody on the planet now here via Atlantis or is there a big group of people from Atlantis?

This is a good question! This is a cosmology question. You must recognize that on this planet now, the majority of the planet are one of the four soul groups. This planet is now host to many from other realms. The majority that are on this planet now did have an Atlantean experience, however not all had that experience in form as you would call it. Some were simply energies that were present at that time. Yes, your planet is rich with many, many different expressions. They are all here now as part of the time of culmination. That is why this time is imperative for you to get very crystal clear on knowing your gifts, your truths, and your being-ness. Many blessings!

Question: In Egypt I kept the records. Are the records important to us?

Yes, and it is important for you to bring them forward again. You also know where you have left golden disks that are filled with energy. These golden disks have yet to be unearthed, however soon they will be finding many of these energies. Also your oceans will be clearing soon and allowing many temples to resurge. As these temples resurge, your greater connection will come forward. Take your pen and your paper and let your truth come



forward. Look at the globe. It is important for you to get a globe, not a map, you need a round globe. Look at the globe and watch the light come forward for you, you can even do this in the mind's eye if you wish. As you do, go into the pillars of light that emanate and bring forth that which is there for you now.

It is a good question, for many of you need to do the same thing. Look at the globe. Look at the light that comes forward for you. Reconnect with that which you have already known was before you and let it come forward. There are many that say this is so far out, oh my goodness what is going on. We say OK it is time to expand your paradigms. Get far out! Let it go! If it is too much for you to believe, then pretend with us for awhile. We'll have a good time! Only your mind wants you in density, only your mind and years and years and years of cultivated density wants you not to believe. This is OK, then really go for it! No matter what you do it is in Divine perfection. You can not make a mistake, you know this. We are complete with you today.

Many blessings dearest ones! It is a powerful year. Remember do not be preoccupied, stay present. Stay present! Many blessings!

The Benevolent Ones Speak

Hello! We have been eagerly waiting to say hello, we are showering love, recognizing your Oneship. It has been a great time of understanding. Yes it has. As we come forward we offer you many gifts of many realms that understand without the word. Hello.

In the energies that are present within you many seek to unlock. Much wants to come forward. It is the recognition of a pure stream of love, unconditionality, and the perfection of all paths.

Dearest ones, as we move forward in this time and send you the heart that is the heart of the cosmos, the heart of your origin, we simply ask for you to connect back with your Divine origin.

Breathe...Yes, and as you do Divine origin enters, moves, flows, heals, expands and registers within your cells deeply.

There are many with us today that are your brethren. They are each with you, next to you, seated, standing, holding your shoulders, loving you, reassuring you, offering you deep connection. If you allow this brethren connection to come back with you now, to reunite, to be present, in that presence is wholeness from a realm of great remembrance. You have been here before.

We have filtered ourselves into the 33rd dimension, a crystalline realm that offers us an opportunity to speak with you now and through this realm, moving, being, experiencing. We do not wish to bring you words as much as we bring you an energy frequency. An open heart receives all words. These are merely filler. Go beyond them. Let us just offer presence. Being!

You are starting, you are culminating, you have brought the circle all the way through. Take the lines and join them into wholeness. You stand within the portal and within the portal all is known. ***All is known!***

You are upon a time of great reunification, of great reconnection, and of wonderful, wonderful recognition of each other. In this recognition of yourself and each other we see you. We see you. We see you. We see you. You



will see us soon enough. As many of you already do.

We simply wish to offer you this energy of you. Touch deep your heart. Know what you are. (words in a whisper) You are this. You are this. You are this. Only love takes us here. You are this. Anything else is the illusion. You are this.

We cannot offer you any greater gift than you already are.

And so we offer you a thank you for letting us express your love, as us, through us, as you. Only love exists here. You are that. Take that forward; bring that energy into every expression, every expression and all manifests abundantly.

(in a whisper) You are complete. You are most complete. There is not anything you need. Oh dear ones, your completeness is most miraculous and most effortless. Know the truth.

Many blessings! May your year continue to unfold the depth of your love, your reconnection, your understanding and your being. Choose your expression. Be your love.

Joyous beings! Joyous love! Yes. And so it is.

1 2005, See Monthly Message from Jan 1, 2005

2 This subject is thoroughly explored along with cosmology in Sri and Kira's newest book, 2012: You have a Choice! Being released February, 2006

3 See the Self Ascension Chakra Portrait as a reference

