

WORKING WITH THE TONES OF CREATION MEDITATION MESSAGES FROM THE EARTH MOTHER II



1. Sit quietly. Dim the lights. Play some soft background music that you love. Light some incense.
2. Breathe and release. Let us begin by clearing the home and property in which one resides (or may be visiting). Let us first ground the foundation of the home to the aurora of the earth while creating seven sets of grid work between the foundation and the top of the aurora. If one lives in a high rise, one will also create one set of grid work under each floor underneath oneself. If there are 18 floors, one will create 18 sets of grid work plus an additional 7 to the aurora to augment the grounding of one's residence, office or hotel room.
3. Breathe and release. Now let us intend that the energy run "down" to the center of the earth through each layer of grid work, like a large waterfall that begins from above one's head. If there are many floors above oneself, one may also wish to create grid work upon each floor above, directing the energy down through one's apartment to the center of the earth from above.
4. Breathe and release. If there are upward moving vortexes from the drug use of neighbors, let us close this down now. Most of

such vortexes are simply spirals of energy that flow upward. Reverse the spiral spinning it downward until it dissipates. Do not intend to close all such upward moving spirals or vortexes that interfere with the grounding of one's home, office or hotel room in the neighborhood that surrounds oneself.

5. Breathe and release. Now imagine a big gold and silver ball of energy above one's home. Press the gold and silver ball down into the premises running it through each room and then pressing it down the grounding cord to the aurora. Underneath the gold and silver ball will be all that no longer resonates or is dissonant unto oneself at one's current level of initiation.
6. Breathe and release. Let us ask earth for Marias or angels to anchor in the four corners of one's home. Request of the angels to dispense ongoing showers of language of light tones blended with gold and silver to retain a peaceful environment that can become one's sanctuary. Invite one's nature kingdom friends to co-anchor the space along with the mineral and herbal kingdoms.
7. Breathe and release. Now ground yourself firmly to the aurora by creating a waterfall of language of light energy movement that pushes down through one's home, through one's etheric body and chakras system along with subtle bodies and to the center of the earth. Allow all that does not belong unto oneself or has attached to oneself to fall off to the aurora for transmutation purposes.
8. Breathe and release. Let us begin by moving the kundahlini energy up the spine and out the top of the head, slowly and much like hot lava. Let us also open the chakras in one's feet allowing the kundahlini to move up the side channels, infusing chi into every meridian of the etheric body. Let us call upon the Earth Mothers Angels or Marias to support the movement of energy through the Kundahlini.
9. Breathe and release. Let us imagine the energy of the kundahlini moving up through the calves, up the thighs, and into the pelvic region, energizing all meridians and all grid work in the lower half of the form. Let us now move the kundahlini up into the rib cage, chest, down the shoulders and out the arms and hands, along with up through the neck and into the head, energizing all meridians therein. Let us charge

the grid work and meridians with chi in the upper half of the form.

10. Breathe and release. Now let us begin to focus upon running the red ray throughout the etheric body and kundahlini. The red ray represents life force and change. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to make peace with the red ray. Red is not really anger; it is life force, but has been interpreted by the emotional body as rage if the red ray is not one's own energy signature. Let us drain off all anger and red ray that is not our own down our grounding cord, returning it to sender. Let us move only red that is of our own vibration and essence. In so doing, there will be enough life force and chi to sustain one's continued ascent and boundaries.
11. Breathe and release. Let us intend to release all patterns, thought-form, entities and machines that prevent our full ability to move and embrace the red ray. Let us also release all thought-form, patterns, entities and machines that cause us to either take on the red ray of another, or displace our own anger upon another. The red ray is associated with the forgiveness and unity tones in the language of light. If one cannot master the red ray, one will be hard pressed to learn to forgive or master unity as an ascending being. Let us therefore make peace with the red ray.
12. Breathe and release. Now let us focus upon running the orange ray throughout the etheric body and kundahlini. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to make peace with one's own power. Power is required in order to fuel one's ascent forth. In it in a state of power that one takes action and causes life changes. Ascension brings about major life changes, and if one has no power, one will be unable to fulfill upon the change, thus ceasing to ascend.
13. Breathe and release. Let us return power that belongs to another to it's source of origin, and gather up all power given unto others in one's life dance including one's family, friends, the boss, the employer, the bank, the church or other spiritual leaders, the grocery store, along with the region and country that one resides. Let us also gather up power that our

ancestors gave away in times past to all others and intend to release all karma associated. Let us retrieve our power so that we may have enough power to ascend.

14. Breathe and release. Let us intend to release all patterns, thought-form, entities and machines that prevent our full ability to move and embrace the orange ray. The orange ray is associated with the authentic power and the peach tone in the language of light. If one cannot master the orange ray, one will be hard pressed to master authentic power and standing in one's truth as an ascending being. So let us make peace with our power.
15. Breathe and release. Let us now focus upon running the yellow ray throughout the etheric body and kundahlini. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to make peace with laughter and joy along with freedom in one's life dance. The yellow ray is associated with the Breath of Life and Freedom tones in the language of light. Breath of Life allows us to breathe deeply and move more fully into present time. Let us take a deep breath with the intent to come fully into present time now. All cords of attachment of the past fall off as one enters the moment, and all energy begins to move again. Let us intend to learn to stay more in present time each day.
16. Breathe and release. Freedom allows the past to be released and the attachment to be pulled and rewoven into the etheric body, where it can better sustain the life of the form. If uncomfortable, where is one unable to free oneself from the past? Make peace with the past through forgiveness; forgive those who have wounded oneself in the greater understanding that one's ancestry wounded theirs, and this is simply an old rerun of an old pattern. Release and be free beloved. Let us intend to release all patterns, thought-form, entities and machines that prevent our full ability to move and embrace the yellow ray. In so doing, one will become free to ascend.
17. Breathe and release. Let us now focus upon running the green ray throughout the etheric body and kundahlini. Green is associated with harmony and peace. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to make peace with oneself, choosing to leave the

agitation and fear behind. Often the agitation one feels is not one's own but fear pressed upon oneself by others. Let us drain off the fear of others down one's grounding cord. The green ray is associated with compassion in the language of light. It will be difficult to master compassion in action without first embracing the green ray.

18. Breathe and release. Let us intend to release all patterns, thought-forms, entities and machines that prevent our full ability to move and embrace the green ray. Green underlies the ability to synthesize the field into a rainbow of tones. Synthesis is another form of harmony and peace that is more advanced than the green ray, and is associated with the balance of all tones within the field. One will be hard pressed to learn to synthesize and balance in this manner if one has not embraced the green ray in full.
19. Breathe and release. Let us now focus upon running the blue ray throughout the etheric body and kundahlini. Blue is associated with body health. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to make peace with one's embodiment as one's temple and creation to experience the third dimension within. Many initiates have associated spirituality with the requirement to separate spirit from form. Ascension requires the embracing of one's form and the grounding of spirit into the embodiment so that it can be resurrected and reconstituted to the crystalline structure. Let us intend to release all patterns, thought-forms, entities and machines that prevent our full ability to move and embrace the blue ray and ground fully into the Earth Mother.
20. Breathe and release. Let us now focus upon running the magenta ray throughout the etheric body and kundahlini. Magenta is associated with passion and sexuality. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to make peace with and embrace one's passion to live and create, along with one's sensuality. Life in the physical is a sensual experience. The water caresses one's skin as one swims; the breeze touches one's face; the grass feels cool and nurturing under one's feet. One is a part of earth, and living upon earth can be far more joyful if one allows for the sensuality of the experience. Magenta and the

movement of the sexual energy is the mechanism through which spirit anchors to form, and earth connects to one's embodiment. Therefore no sexuality, no grounding or connection to soul or source either.

21. Breathe and release. Let us intend to release all patterns, thought-forms, entities and machines that prevent our full ability to move and embrace the magenta ray. Much like the red ray, one will be unable to embrace forgiveness and unity as an ascending being, as magenta is a lower octave of these tones within the language of light. Moving one's sexual energy and kundahlini in ever increasingly forceful amounts is also a requirement to ascend, for it is the sexual energy that supports the expanding auric field, light body, subtle body and chakra system as each phase of initiation is mastered. Therefore let us intend to make peace with our sexuality and sensual nature, as this is also a prerequisite to ascend.
22. Breathe and release. Let us now focus upon running the pale violet rays of structure and divine union. Notice that we are not focusing upon the primary ray of violet but rather the octave above it, as violent tends to illicit dogma and religious programming in the field. Pale violet on the other hand is a form of erasure that allows pain, programming and machinery to be transmuted. Pay attention to whether or not one feels uncomfortable with the pale violet ray. If uncomfortable, intend to embrace one's ability to transcend and transmute, giving a new definition to spirituality other than religion or religions preferences and dogma.
23. Breathe and release. The lavender structure tone brings forth a new structure that is spherical in ascension to replace the electrical sacred geometry associated with the mer-ka-ba. The mer-ka-ba patterning is left behind the further that one ascends and replaced with the triple sphere and flower of life patterning. It is the spherical patterning that creates harmless relations in which ones field rotates around another, embracing another, rather than piercing another with cords of attachment.
24. Breathe and release. The pale lavender divine union tone allows for a new form of communion to develop in which one is interconnected to earth, soul along with one's form in an

ongoing dance of energy and communication. This new form of communion replaces the conventional spiritual practice, as it opens oneself up to communication from all kingdoms that then become one's spiritual guidance. One recognizes in this new spirituality that each kingdom is God-Goddess in form; each has something to contribute, and that one is apart of the whole in the dance of life.

25. Breathe and release. Let us intend to release all patterning, thought-form, machines or entities that block the full embracing of the pale lavender tones of structure and divine union within the language of light. In so doing, one will move into a new spiritual foundation that is based upon ongoing communion with God Goddess all that is.
26. Breathe and release. Let us now focus upon running the pink rays of forgiveness and unity throughout the etheric body and kundahlini. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to embrace one's ability to forgive and live in unity with all other species upon earth. Forgiveness allows for the ties of the past to be released so that one may complete one's karmic debts. As karma is released and completed upon, new possibilities open as to what one might manifest next in one's life expression.
27. Breathe and release. Unity allows for a new type of relationship to surface in which one no longer controls, manipulates, judges or competes. In a state of unity, one allows; one allows all others their dance in the dance of life, and one's own dance in whatever journey it may take one upon. Let us intend to embody unity and forgiveness. Let us intend to release all thought-form, patterns, entities and machines that block the full embracing of the pink ray. It is only as enough learn to forgive and live in unity that the birth of ascending community becomes possible.
28. Breathe and release. Let us now focus upon running the turquoise tone of compassion in the language of light throughout the etheric body and kundahlini. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to embrace oneself unconditionally and give birth to compassion within. Compassion is first born internal to self as one acknowledges one's own humanness. One has been "all

things human" in life experiences of one's ancestry. One has played all roles from the devil to the preacher, from the rapist to the raped, from the soldier to the wounded upon the battlefield; from the lover to the rejected, from the diseased to the deformed, to those who nursed and looked after such humans. It is in acknowledging one's own humanness that one learns to have compassion for all others in all other circumstances.

29. Breathe and release. Let us intend to release all thought-form, patterns, entities and machines that block the full embracing of the turquoise ray of compassion. Compassion is a prerequisite to mastering the upper initiations of the Bodhisattva. Compassion is the foundation of the non-attached state of being, in which one learns to allow all others their truth. One also recognizes that there are many roles to play; and that each role is as important as the next the unfolding drama that leads to evolution of the whole of humanity. In a state of compassion, one no longer judges the role another or oneself plays; but embraces it unconditionally as a necessary part of the dance.
30. Breathe and release. Let us now focus upon running the peach tone of authentic power through the etheric body and kundahlini. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to embrace oneself as God Goddess in form. The human vessel was designed to house God Goddess and be an expression that soul could dance with and evolve through upon the physical plane. In accepting one's own God-Goddess-ness, one can then accept the God Goddess within all life forms along with all other humans.
31. Breathe and release. Authentic power is embodied as one recognizes one's own God-Goddess-ness. In recognizing that one is God Goddess, one chooses to stand in one's truth rather than allowing others to manipulate one into doing what one really does not wish to, or is not one's truth to experience. As God Goddess in form, one also chooses to allow all other their experience and chooses likewise not to manipulate another into doing one's own bidding. Let us intend to release all machines, entities, programming and thought-form

that does not allow us to embrace the peach tone of power in full in our ascension. In so doing, one will become God Goddess in form as an ascending human.

32. Breathe and release. Let us focus now upon the silver ray of non-conditional love within the language of light allowing it to run through the etheric body and kundahlini. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to learn to love oneself unconditionally. As one learns to love from within, one will quite naturally extend love unconditionally to all others. Learning to love requires the opening of the heart chakra, which in time buds into the 1000-petal lotus of the Bodhisattva.
33. Breathe and release. Opening the heart can be painful; but the further that the heart opens, the more chi one can generate to allow for one's further ascent. Much like the sexual energy flow of the kundahlini which generates the chi necessary to spin one's light body and larger chakra system, the heart is also a conductor of chi that amplifies the presence of God Goddess in one's vessel. It is through the heart that soul, oversoul and one's I Am presence communicate and bless all others. Let us intend to release all machines, entities, programming and thought-form that does not allow us to embrace the silver ray in full. Let us also intend to open the heart to the degree required in each phase of ascension.
34. Breathe and release. Let us now focus upon the gold ray of non-conditional governance within the language of light allowing it to run through the etheric body and kundahlini. Pay attention to whether or not one feels uncomfortable. If uncomfortable, intend to embrace oneself in the leadership role that one is destined. Those that ascend are the leaders of tomorrow that are here to demonstrate a new form of governance founded upon unity. Each who ascends is a leader, whether or not they are ever acknowledged as such. Embrace yourself beloved in the leader you are becoming as an ascending master.
35. Breathe and release. What does this leadership entail? Only what you may wish to contribute to your fellow humans. Perhaps you will open the door or provide the key to another's awakening. Perhaps you will shed light upon an issue another

is having trouble with. Perhaps you will step out as a teacher of ascension. The path and dream is up to you to weave. Let us intend to release all machines, entities, programming and thought-form that does not allow one to embrace the golden ray in full. In so doing, one will allow oneself to guide and lead others towards their own awakening.

36. Breathe and release. Now that one has moved all tones of creation through one's field, let us synthesize our entire chakra system, kundahlini, subtle bodies and light body into a rainbow of tones, from densest to lightest and without beginning and end. Let us syncopate the chakras in rotation and size, balancing the entire field from top to bottom. The Marias from the Earth Mother shall assist.
37. Now let us sit quietly and attune to our soul, oversoul and source, along with the Earth Mother and nature kingdoms. What does your soul have to say to you today? What does earth and nature have to report? Allow the communion, as in a state of synthesis and balance, one sits in peace, and in a state of peace, earth and nature along with soul can more readily merge with one's biological consciousness.