

October 31, 2020 - Pre-Recorded World Satsanga for The Kevin Moore Show

Transcript of Pre-Recorded World Satsanga by Guy Steven Needler:

"Welcome to this World Satsanga on the 31st of October 2020, and again this is in conjunction with Kevin Moore and The Moore Show. And I know that there's been a few people saying that the Satsangas haven't been on his YouTube site. And Kevin is very busy at the moment, as we all are, so I'm not going to push it, and I'm very pleased that he's done what he's done. So please do visit his YouTube site and anything else he does, primarily The Moore Show or MooreTalk, and the latest of the series "They Call Us The Channelers," very good and very worthwhile watching.

Okay, so we've got a few things to go through today and a lot of questions. So I need to be as accurate as possible, and I know I can ramble. So I'm just going to talk very quickly about the frequencies continuing to fall, and how we can stop them, and how we can stop being affected by this fall most importantly. Then I'm going to go through the questions.

And then we're going to have a meditation to raise our frequency individually and as a group to clear these low frequency thoughts, behaviors and actions, which come with us dropping down the frequencies. Okay, and this will help us to expand our own auras and protect us by giving us, if you like, not a psychic shield, but a bubble of high frequency energy that is within our auric layers. The auric layers by the way are sort of a natural level of protection, and even though my understanding is that they're a byproduct of the function of the different chakras. So the auric layers, the different ones, are a byproduct of the frequencies associated with the chakras that they are predominantly represented by or working with.

Part 1. Lecture on "The frequencies continue to fall - How to stop being affected by this fall?"

Okay, so let's have a look at this question about the frequencies continuing to fall. And it's quite obvious the frequencies are falling, because of the things that are happening around the world. I mean the Covid virus seems to be turning around and changing, and previously it wasn't affecting younger people, but now it is. The numbers are rising again. People are becoming, shall we say, fed up with going to lockdown. They think it's not necessary any more. And as a result of that, there is a lot of people who are breaking the rules that are trying to maintain this possibility of us recovering as a whole.

Nature, of course, will have its way irrespective of what we do from a lockdown perspective. And as long as we can work with nature and keep our frequencies high, we will be protected by being in a frequency that is much higher than the virus operates in. So just think of that.

So how to stop being affected by a fall in frequency? Well, really it's about two things. The first thing is to not become embroiled in things like gossip, in things like low frequency thoughts, behaviors and actions, such as throwing paper on the floor, such as being in the UK the word is slovenly, not looking after yourself properly, not presenting yourself properly, using language which is inappropriate, and sort of losing one's responsibility for everything one does, whether it's looking after one's self or the work that we do, as a function of our daytime job and our spiritual roles. And more importantly, maintain that cadence of meditation, that is really, really important to maintain one's meditative cadence.

That's the most important thing of all, because when we meditate, we literally detach ourselves from the physical, and we put ourselves in a position where we can communicate with the

higher frequencies, and therefore, we start to think, behave and act in a higher frequency way. So meditation is one of the keys. The [Chakra Opening Exercises](#), which are available through my website [also posted as an **Addendum** to this Satsanga transcript below the end of meet meditation to describe the exercise, chakra names and functions].

If you go to the website: www.BeyondTheSource.org, go to the Press Pack page, and then look down there and you'll see a whole group of different things that are available, such as my out of date biography and other things, but also the [Chakra Opening Exercises](#) — I know I have attached this file, this email before that comes out of the longest release from the website. But I'll send you the link basically, so you can just go there and pick it out yourself, because there's other things there that you might be interested in that are of a metaphysical nature.

(5 min) So [Chakra Opening Exercises](#) and meditation are key. Keeping good company. Now Paramahansa Yogananda used to talk about this. He said that the way to progress is to look after yourself and to keep good company. And this means that you work with people who are of a like mind, high frequency individuals. And in continuing to associate yourself with high frequency individuals, what you do is you boost them, as you boost yourself, because you're operating in a different frequency together. And rather than exposing yourself to continuing lower frequencies that are experienced in cities, at the work place, at home, and in one's pastime, one can associate oneself with another pastime — meditating with people who are like minded — and you raise your own frequencies and the frequencies of those around you as well.

So it really is important to keep the association with individuals, who are clear thinking individuals, who are clear sighted individuals, and clear knowing individuals. Clairaudience, clairsentience and clairvoyance, these are the old fashioned way of saying it. So people who are not affected by seeing things on television in terms of the news. We can either choose to accept what's on the news and be absorbed by it, or we can choose to say, well, okay, that's their reality, not mine. And as a result of creating that condition, one can put oneself in one's own local reality bubble, so to speak.

One could argue that this is slightly detrimental, but in effect what it does do, apart from separation you out and people would notice that you are somewhat divorced or relinquishing, should we say, the interaction with others. In real terms, what you're doing is you're maintaining your frequency, and the only person who can do that is you and you with others together of a like mind. So it's really important to make sure that you can stay with those individuals, who are of like mind, and who want to also maintain their own frequencies, and not get pulled down or sucked into the thoughts, behaviors and actions of others.

One of the things you can spot within yourself is greed. You know, eating too much food, drinking too much alcohol. I mean right now there's lots and lots and lots of adverts in the UK for betting, which I find abhorrent, I'll have to say. And these sort of things, it's all based upon greed and it's all karmic. Everything that's low frequency is karma. Being addicted to thoughts, behaviors and actions associated with the physical universe is karma. Not just whether you hit somebody and whether they've got to hit you back to negate that particular karma, it's specifically about how we rescind or remove ourselves from the attractions or the addictions of the physical universe, and in fact, this particular aspect of the physical universe that we call the planet Earth right now.

So really surround yourself with like minded people. Meditate daily at least half an hour, if not more, twice if you can. And do the [Chakra Opening Exercises](#) to help maintain your higher frequency as well. And don't be impatient about your spiritual progression. That again is another way in which the ego can start to take over and stop one from progressing up the frequencies. So impatience is another thing we need to sort of stop happening to ourselves. Be patient with everything, even with people blowing up around you and getting angry with you for whatever

reason, because they think you're detached. Be patient with them. Take a few seconds to respond. Don't respond instantaneously. Always give a considered response. And this is another way of making sure that your interaction is efficient with those in the environment and the circumstances that you find yourself in with them, and that you maintain your own frequencies as a result.

Okay, we don't need to come down the frequencies. We sometimes interact with those of lower frequency, but we need to maintain our own frequencies on a regular basis. And maintaining them through meditation, careful thought processes, careful actions, careful considerations and surrounding ourselves with like minded people is the way forwards. And meditation and Chakra Opening Exercises. Okay, well, I hope that's answered that particular talk or questions that people may have referenced.

(10 min) I know it's a bit shorter than the 15 minutes, but I think that any more to that would be probably a little bit confusing or become more complicated than it needs to be. It's very simple: meditate, like minded people, watch out for your thoughts, behaviors and actions and don't get pulled into things like conspiracy theories or gossip. Very important. Okay, so let's have a look at these questions then. There's a lot of questions. I'm going to be as efficient as possible. Some of these questions I've had before and some are new. The first question is from US, that wonderful lady, who does the transcriptions for us. And the first question is...

Part 2. Questions and Answers

1. What are the specific geographic locations of all 7 Earth chakras? I've seen many maps with many locations, so where do you see them? (US)

Basically, there are two main ones that I am aware of and one is on the North pole and one is on the South pole. So you could classify those similar to the crown chakra and the base chakra of the human body. The others aren't as specifically geometrically opposed to each other, and they tend to be in locations where there has been areas of high energy.

For instance, where the pyramids are. For instance, where Angkor Wat is. For instance, there's one under the sea near Japan somewhere. For instance, where the Aztecs were. These areas of what we now are starting to understand as being specifically high civilization, although what's remaining is not indicative of the level of civilization they got to or the, shall we say, metaphysical levels of progression or functionality they had, are basically where they are.

So anywhere where there's a major historical or even legendary city, Atlantis being one of them, for example, although Atlantis wasn't in one particular area, it was all over the planet. There was a start point, of course, and that start point was a place of energy. And one of those places of energy that was being used was based upon major ley line junctures. And one of those, of course, was the area where the Great Pyramids are. Okay, so next question. This next bunch of questions is based upon a book.

2. I'm reading a book by Todd Deviney ("Expansion for Ascending Consciousness") in which he describes a few concepts that I'd like you to clarify for us. (US) He wrote:

"Consciousness is energy, photonic/electromagnetic energy to be precise. Once created, it cannot be destroyed."

I want to question that straightaway. Consciousness is part of sentience and sentience isn't associated with, or although it is associated with, it isn't the reason why it continues to exist. Sentience, and therefore, consciousness is individualized from energy. Photonic energy is light.

Electromagnetic energy is basically light. It is all based upon the physical universe. So that's one thing to consider first. And although energy can't be destroyed, it can always be manipulated or changed — that's something else.

So this author, Todd Deviney, is thinking in terms of the physical. Now I know I talk in terms of frequencies, but these frequencies are not exactly the same as those we experience in our physics, okay, in terms of radio waves, those sorts of things. They're not the same, so it's difficult to describe them that way. So the first question is...

- **2a. Is sentience made of photons or electromagnetic energy or not?**

No, sentience is nothing to do with — although it can be created from energies — we know this and in the previous Satsangas I've described how energies can go through the somewhat Darwinian process, so called "Darwinian process" that leads to the road to sentience. And if you look in "The Origin Speaks," there's a whole sort of chapter on that, the different stages of which an energy can go through to create sentience.

But once that energy is sentient, the sentience itself can detach itself from the energy that gave birth to it, and it can commandeer another body of energy, so to speak, to work with the environment that it's in. So sentience is not photons. Photons are basically a light wave or a light particle or both, depending upon which form of quantum physics you're talking about. Photons are what they need to be, a wave or a particle. And electromagnetic energy is the same, so that's physical, so sentience is not.

- **2b. When a soul's sentience gets "cleansed" after negative experiences (e.g. suicide, addiction, life on a negatively polarized planet), what exactly happens to the sentience and/or energies? Are they wiped clean, like a computer that is reset to factory settings, so that they won't contaminate the originating sentience?**

(15 min) It's more to do with removing eventually things like evolutionary debt. So, for example, with suicide, lots of evolutionary debts occurred, because there's a lot of things that that particular soul, which is a smaller aspect of its True Energetic Self, may have achieved with the help or with the concurrence of or with the synergy associated with another soul or other souls. And they will go down to do other things, which are the product of this primary interaction. And so you have this fractalization of things that are downstream, like a domino effect that creates a condition of evolutionary debt, if that particular individual commits suicide and cuts short those interactions with those other souls. So it's quite a difficult thing.

But what happens is they don't get reset as such, in terms of like a reboot and everything is forgotten. It's more a case of the traumas associated with the reasons why they've experienced something like addictions to drugs and suicide have created that condition. And with drugs, of course, you have this condition where the energies associated with the drugs are so low, that the soul is also affected by the low frequencies. So it's creating a condition where the soul can be elevated through the frequencies as well. So it's not sort of wiping them clean per se, it is giving them energy to see beyond where they were.

And for instance, if they're a rat in a maze or a human being in a maze, for example, you look around the maze and you don't know which direction to go into. If you're lifted above the maze, as an example of being lifted up to a higher frequency, then you can see where to go to quite clearly. And it's a bit like that. It's a bit like giving them higher energy, so that they can see what they did wrong. They can see how the low frequency is affecting them. And sometimes they have to be done this in sort of a quarantine where they can't affect anybody else or any other soul or any other TES. So it's really elevating them back to where they should be and detaching them from those thoughts, behaviors and actions associated with

what created the suicide condition or what created the addiction, whether it's drugs, drink or simply materialistic thought processes and actions. Okay, the next part is...

"Density is the number of photons each consciousness contains."

Well, again consciousness isn't photons, so that's a bit of a misnomer. So the third question associated with it is:

- **2c. Is this what you mean by sentient quotient or sentient mass or not?**

Detach yourselves from the word "photons" and just think of it in terms of the amount of sentience is associated with, for example, a known volume of energy. Let's give it a metric. This isn't correct, but let's give it a metric.

Let's say you had a cubic meter of energy and the sentience associated with the cubic meter of energy is let's say equal to pressure, so we have 1 bar — now 1 bar of atmosphere, which is the pressure we have when we're breathing air standing on the Earth. If we increase that pressure to 2 bars, that's twice the amount of air in the same cubic meter. If we increase the pressure again to 3 bars, it's three times the amount of air in the same cubic meter.

Reversing back to sentience, it's like having 1 bar of sentience, 2 bar of sentience or 3 bar of sentience. It's the amount of sentience associated with a given volume of energy. Okay, so it's not the same as density associated with photons. Next question.

"Photonic energy is the storage capacity for experience. You can only accumulate what your density can hold."

Sentience stores it, and the sentience associated with the True Energetic Self stores it. And sometimes energy can be used, but not physical energy like a photon. Okay, a photon is a wave or a particle. It's part of the gross physical. That is something to remember. It's within the first frequency, so it's super low frequently. Okay, so the question associated with this is...

- **2d. How are the records stored by our Higher Self or Source energetically speaking? Is it like a DVD or something else in human terms?**

(20 min) It's simply...sentience, when it's interacting with an environment within a circumstance in the environment and other individualized entities or sentiences within that environment, creates a condition called evolution, and it's almost like creating another quality of sentience. It's the experiential quality of that sentience. So it's different to sentient quotient. It's the quality of sentience.

So for instance, going back to the example of air pressure, you could have a lot of sentience. You could have 3 bar of sentience, which is three times the amount of sentience that is normally available within that cubic meter of area. Okay, but that sentience could be just sentience. Unless it's got experiences associated with it, you don't get the same quality of sentience. That experience is evolution. So you could have in this instance, you could potentially have 1 bar of sentience in the same cubic meter, and that 1 bar of sentience may have a higher quality of sentience than a sentience that is 3 bar of sentience or the higher sentient quotient in that same cubic meter. Okay, so think of it in those terms — it's the quality of sentience.

Another way to think about it...I'm just trying to think in terms of storage media items, cheap silicon vs. expensive silicon. In terms of electronics again, there are electronic components that are built within certain tolerances — usually it's around 3% of error and 5% of error. And they're selected and sold as such. But when you get down to less than 1% error, for instance, a 100

ohm resistor is a maximum of 101 or 99 ohms, rather than 105 or 95 ohms, then you start to get very accurate components. And those very accurate components tend to be used in military operations or high quality products, for example. So it's a little bit like that. Okay. I hope I answered that question properly, let me just have a quick look.

So the amount of...so our records are stored or what we experience is stored is basically the quality of sentience, okay. That's the evolution. Next bit.

"Existing and experiencing causes the photons of your consciousness to increase in vibration and frequency, which increases photonic density through division and allows you to ascend into the next density of consciousness. Resonant frequencies cause photonic division to occur, to create two photons that divide the energy, which doubles the storing capacity of consciousness."

"The experience of existence raises the charge of the photon and subsequently increases the vibration or linear vector movement or oscillation, which ultimately affects the frequency or spin rate of the photons about their axes."

- **2e. How do you define "vibration" and "frequency"? Do they relate to photonic energy or ascension or not? Please explain.**

Vibration and frequency don't relate to photonic energy from a pure energetic perspective. From a physical perspective, that is the physical universe, they can do. So vibration and frequency are almost the same thing, aren't they? If you think about a vibration, it's based upon frequency. So they're the same thing. So how can a vibration affect frequency, when the vibration is the frequency? Think about it. There's two things there, which are the same thing.

And this is sometimes the problem, where even I'm trying to translate information to human terms is that sometimes we forget that the words we're using mean the same thing. It's like using the words there and their, they almost mean the same thing, but they're different words. And this is the problem with this.

(25 min) So an increase in frequency is something that is created through one's focus on higher states of consciousness or beingness. And although from a frequential position, they can be classified as being physical, it's a different way of understanding frequency. It's like moving into a different level of consciousness and moving into a different level of beingness and moving into a different level of existence, and the physical form does that as a function of meditation, Traversing The Frequencies, kriya yoga, some of the Buddhist teachings, some of the Krishna teachings, etc., etc., etc.

Okay, so you have to look at these different things and understand that sometimes the metaphysics of it doesn't align with the physics at all. Okay, this could be a whole book! And that's not the great cop out either. Next question. This was an additional question by the way.

- **2f. I'd like to add one more question about Todd Deviney's book. He talked about positive polarity about (with counter-clockwise photonic rotational spin) vs. negative polarity (with clockwise spin) as follows:**

"A negatively aligned consciousness carries the construct of negative polarity within itself."

Yeah, I would agree with that.

"This is the reverse rotational photonic spin..."

Again consciousness isn't associated with physicality as a function of its existence. Consciousness is a function of sentience, which can use energy to experience things. It does, of course, we know that, but is ultimately separate from energy.

"...and it manifest as intentions that oppose God Source unity. Negative polarity was considered a poor experiment, and it is being eradicated from this galaxy."

Yeah, this is another way of looking at the issues associated with our "devil" so to speak. You know, the difference between positive and negative being the devil and Jesus, for example. You know, Beelzebub and all those different things. It's not quite right. It's not actually right at all. And the association with rotational photonic spin? Photons — do photons spin? If they're a wave, they're not spinning, are they? They're a wave. But if they're a particle, particles generally have orbits. Okay, so it's something that needs to be looked at and understood.

I mean I'm not deriding what's being said there by Mr. Deviney, it's that there needs to be understanding behind the understanding to be able to explain it properly. It's a bit like understanding the meaning of the Bible, okay. The Bible as a word is "βιβλία" [biblíā] which means book in Greek, and it's simply we need to look at the information that's there and understand that the information that was given in the Bible was based on the understanding and the education of the individuals and their ability to understand deeper concepts at the time. And this is a function of what Mr. Deviney is saying basically. The next part is here and then I'll go to the question associated with this, two rather long sentence or rather paragraphs.

"When an overpowering pulse of positive energy is transmitted to the negative consciousness, it removes all traces of negativity and completely erases the accumulated experiences and memories. The negative, self-serving entities go back to the beginning of third-density embodiment to reacquire experiences and lessons. This will happen in all the other timelines that currently experience negative polarity...The Viking and Roman eras will no longer be eras of conquest."

Hmm, let's call it my third frequency. In a roundabout sort of way, what this is suggesting is that it's possible to change one's reality. Or go from one particular parallel condition to another parallel condition. Or one condition that you think is the main condition to a parallel version. And also this is potentially suggesting that the event stream associated with it will be changed as well. My understanding is that let's call it positive energy, as it's described, is just a way of lifting our consciousness to a different level. So the question is...

- **2g. Is this how you understand negative vs. positive polarity or not? Is negativity being eradicated by blasts of positive energy that neutralize the memories and experiences of negative, self-serving entities? Is this what happened in Atlantis when people's memories were "cleansed" to start over in Egypt? Please explain how you understand it.**

(30 min) Right. When a civilization is terminated, because it's clearly going wrong, the entities that are incarnate at that time don't lose the experiences, they simply go back to the energetic. What happens though is anything that can be a trigger, such as archeological evidence, buildings, etc., etc., or evidence of previous civilizations are moved.

So when the soul goes into the body in terms of their incarnation, they go through the natural process of going lower and lower down the frequencies, reducing their bandwidth and then naturally, because they can't communicate with their Higher Selves, their True Energetic Selves, Godhead or Oversoul, they can't get access to that information about the previous incarnation they've had and, of course, the previous civilization that was there. So it's not really a

"cleansing" as such, it's just a function of going down the frequencies. Okay, those frequencies associated with where we normally reside vs. where we are going to when we incarnate.

So in essence, although the landscape of the world can be changed by Source or by those other entities that are working with this particular experiment in free will from a physical sense, the memories associated with it naturally aren't there anyway, because the sentience associated with the energy that's projected into the human form becomes associated with the human form and only associated with the human form at that moment. And so, unless they are working at a higher frequency and are able to or they work on themselves for a long time through meditation, they are never able get access to those memories and experiences from previous incarnations, and hence, this idea of cleansing.

Okay, so that's a good set of questions there. And I think that with all these things, including my work, you know, take it as it comes. Whatever feels right to you, use. Whatever feels that it's not quite right for you or is not right at all or which you feel uncomfortable about, don't use. You know, take your time to progress and hopefully you'll progress at a good speed being able to absorb and work with higher levels or higher concepts of information. And I'd like you to be able to go further than myself and other individuals. That's the way forwards.

Okay, we've got a group of questions here from JM. And JM says: "As always, use what's helpful to others. I strongly suggest that you publish a book of the Q&A material, maybe through the end of this year. It's a rich resource." Well, it's actually there. It's not all Satsangas, it's in the Satsangas that US has very willingly and lovingly transcribed for us, so there is a book there from around 2016.

Clearly, the Satsangas that we need are 2012 up through to 2016 aren't there. The recordings are still there. Sometimes they're not on the website, because I'm short of space. But I don't lose anything, I've got them backed up. So anybody, who wants to get any of the Satsangas that are not available or for whatever reason don't download, don't be shy. Give me an email and I can send then the recording for you. But it's just that I'm limited by space. And the difference in remuneration that the website holders have, the service providers have between what I've currently got in terms of data, data storage and what I could go to next is not insignificant, believe me. They like to give you enough to get you going and do quite a lot of stuff and they like to increase their opportunity later. Okay, first question...

3. In "The Caretakers of the Physical Universe," (that's the book called "The Curators") we learn that there are at least a hundred and twenty times as many variations of form factor that we have on the Earth available for incarnate evolutionary experience compared to the rest of the physical universe. (JM)

- **3a. Am I reading this right, that our Earth is a very, very special place in the universe, one much more desirable than any other?**

Yes, it's a very diverse planet and we're very cleverly and systematically making it "un-diverse" by putting various different flora and fauna into extinction. And that's a tragedy. We don't understand what we've got until we've lost it. And on top of that, because it's got this diversity there, it's all part of the opportunity for us to understand how to think, behave and act in a higher frequency way.

(35 min) Okay, so again we are allowed to do that on an individualized basis without any...trying to think of the word now...without any responsibility to anybody else or even ourselves. So that's part of the individualized free will. That's what makes Earth very, very special. The clear diversity of flora and fauna, and it's the only place in the whole of the physical universe that's got individualized free will.

- **3b. Anne suggested you open your eyes in Crete "and see." You were amazed to see the hillside "full of Habitation Specialists." What did they look like?**

They basically were balls of energy. They create a condition to enable them to manipulate the environment, work with it, improve it, change it, etc. in whichever way they need to. They have the capacity to recreate anything if they wanted to. I mean, if they're really, really needed to, they could totally recreate all the rainforests. They can operate a bit like a 3D copier, if you wanted to use Earth based terminology. They can create anything and they do so.

But the hillsides around here are full of all sorts of different things. Clearly, they've got the aliens that I've met, they're still here. But at the time I was asked to look at that, these entities are just multifunctional multiform energy. But they have a basis of being sentience and energy, which is manifest to me as a ball. But they may look like other things to other people as well. And sometimes they have different roles. And this leads into question 3...

- **3c. In "The Different Habitation Specialists," Anne lists a lot of them, starting with "the Bacterial Worker's role." I was also expecting something like "the Virus Worker's role," but this was not discussed. Why not? Are bacteria special with their own Habitation Specialists but viruses not special?**

It's a very interesting question. Well, I've just meditated for a few moments on this question, because it was rather interesting. Why wasn't there an entity associated with virus, when there was one with bacteria? What I'm being told is that bacteria are part of the environment from the perspective of its function, normal function.

Virus is like a function that isn't associated with normal function. Think of it like antibodies, where they come along and they inhabit various different forms and kill them. They're a bit like they move around the Earth. They're part of the Earth. They're part of the normal function of the Earth, the defensive system of the Earth. So they're a function of the Earth, not of the maintenance of the Earth, so to speak, because the Earth, of course, is its own...it's an entity in its own right. It's got its own sentience and as such, it has its own functionality.

So whereas the Habitation Specialists are working on maintaining or helping to maintain certain functions of the Earth, the virus is part of the Earth itself on its own and doesn't need to have any other specialist working on it to maintain these things. A very good question, thank you. Next question.

- 4. In the "Fauna That Produce Atmospheric Balance" section of "The Caretakers of The Physical Universe" chapter, Anne talks about flora and fauna that live in nebulae. She says that "the fauna and incarnate vehicles... take sustenance from... some of the fauna." I read this to say that life in nebulae is similar to life on earth where fauna that are carnivorous get sustenance by eating other fauna. Are there carnivorous fauna living in nebulae? (JM)**

Well, it's not classified as being carnivorous, it's more to do with creating balance, so they would absorb rather than being carnivorous, so to speak. And what I'm being shown here is it's a function of maintaining balance. If there's more variations of certain type of fauna, then that fauna is...its volume or number of, shall we say, is recalibrated back, to be put back in balance. Mankind is very good at knocking things off balance. And so this is why with our Habitation Specialists around the Earth are working very, very hard to put things right. And this is why the weather systems are changing, etc. So it's so much carnivorous, it's more like a natural balance that's there, where the balance needs to be maintained, and if one thing gets more than another, they change it.

(40 min) On a completely opposite note, I have something called sewage treatment plants or package treatment plan in my house that myself and Anne had. And there's something called biomass, which is when the waste from our sinks, toilets and our baths goes in there, this biomass sort of eats its way through the bacteria, the microbes that are there. And they survive, but in doing so, they clean the water and clean water comes out the other side.

But there's various different forms of biomass in these things. Sometimes there's one form of biomass seems to get the competitive edge on the other, and so all of a sudden you get these like amoeba type things growing, whereas sometimes they disappear totally and something else grows instead. So it's a little bit like that, a bit like rabbits and foxes. If you have too many rabbits, the fox population can grow and they grow to a size, where there's not enough rabbits to sustain the foxes, so the foxes starve. So the foxes all start to die, and therefore, there's no foxes to kill the rabbits, so the rabbit population starts to increase again. So it's this natural function of ebb and flow of balance that's being created. Next question.

5. Anne declares that there are five populated planets and moons within our solar system, including the sun, with 27 form factors including the two that are in the Earth. This generates lots of questions. (JM)

So there's three questions here. The first one being...

- **5a. What is the second form factor in the Earth, and I recall in another book that you mentioned a third form factor deep in the oceans?**

Well, the two main form factors are the dolphins and the human body. Of course, the human body has various different genomes associated with it as a function of normal Darwinian evolution, adaptation by other entities that are working with the entities that are maintaining the Earth and the physical universe as an evolutionary medium for acceleration, for accelerating evolution, and of course, the changes energetically to allow the body to function in lower frequencies, as the Earth slipped down the frequencies.

So there's another form factor that is basically a higher frequency and exists within the Earth, but isn't in an Inner Earth. It exists in the next frequency or frequencies slightly up from the third frequency level. So what we would think of as being physical density, like rocks aren't dense. It's like us moving through water, for instance, or us moving through air. Okay, so that's the third one there. They are simply just another form of incarnation that is a higher frequency. So the main physical ones are the dolphins and human body. Okay, the next one.

- **5b. Is the form factor in the Sun the one you described in "The History of God" or is this an additional one?**

The one that's described in the Sun in "The History of God" is specifically for the Sun. These three, these two gross physical and the one higher frequency, are different to the form factor of the entities that live in the Sun. Next question.

- **5c. Five populated bodies. The Earth, the Sun and...? I'm assuming Jupiter, Saturn and one of Jupiter's moons? Any insight?**

I'm told it's Io, Jupiter's moon, Sun, the Earth, Jupiter's Moon, I'm told Mars and I'm also told Uranus. So that's something to think about, isn't it? Saturn doesn't have much to it in terms of population there. Okay.

6. In "The Atmospherists," you reference human figures with no legs but with four or six arms. Did you get a visual while writing about this? (JM)

Yes, I did actually. And it's an interesting form factor, where although there are arms and legs, they don't have the same skeletal structure as you would expect with the articulation of an arm and a leg, sort of an arm, so to speak. So whereas they had six or four arms and no legs, the skeletal structure is based upon the articulation of an arm without things like the scapula, those sort of things, okay. So it's a different way of creating the skeletal structure, albeit at a different level of frequency as well. That was the visualization I got.

7. In "The Myth Busters," SE1 mentions "real changes happening in the last ten to fifteen years." What changes? How about a list? (JM)

(45 min) We're experiencing the changes basically. And I think we just need to sit back and watch what's going on. I know it sounds like a bit of a cop out in terms of the answer, but what I think will be worthwhile doing is maybe in the next Satsanga (November Satsanga) is that as part of the lecture at the start, I could say what this list is, what the next changes are going to be. But I'm going to tell you now, we're experiencing them now. Not all of them, we're just experiencing a few now. Okay, so I must remind myself to use this. I'm going to copy this (just looking at my PC now), so I can add it into the text for the advertisement for those who are logging into this by emails rather than by the website blog. That's a good question. We'll put it in the next lecture. Next question.

8. From "A Deeper Understanding" early in "The Curators," the subject of antimatter is discussed. We learn that it does not explode when in contact with matter, and SE1 says that antimatter doesn't exist. But if it doesn't exist, how can you discuss it? Does it exist after all? (JM)

It's like a point of human reference. It's something where we have to use a point of human reference to be able to discuss the fact that it doesn't exist. So before we say, for instance, milk doesn't exist, we have to prove that milk doesn't exist by saying that milk doesn't exist, because of etc., etc. So dark matter doesn't exist, but the human scientists have decided that dark matter exists. So they've created a name for something that doesn't exist, because they're using it to describe something they can't understand — that being how the universe is held together.

Why isn't it expanding like they thought it was? Why isn't it contracting like they thought it was? There must be some form of structure. Ah, we know that there's stars and solar systems and galaxies and nebulae out there, but in between them there's darkness. Now that darkness must have some form of structure — let's call it just "dark matter" if we don't understand it. But in real terms we know that the higher up the frequencies we go, the more of the function of the physical universe we see. So when we go from the 3rd to the 4th frequency, we see more. There's more stars, more nebulae, for example, more systems, solar systems, for example. When we go right up to the 12th frequency, we see that there's no gaps at all almost.

So it's not a function of "dark matter," it's a function of the structures at a higher frequency. And this is the same with "antimatter." We have to use a human name or a human piece of terminology that's there, that's been created by humans to explain something that actually isn't there, because they think it's there, but you have to explain why it's not there. And that's the reason for that. A bit circular, but that's what it is.

9. Toward the end of the "Deeper Understanding" chapter of "The Curators," SE1 tells us that "for each and every one of you that exists in the incarnate state, there is at least a billion others working on your behalf." This is mind-boggling. A billion for me, a separate

billion for you, etc. Is this really the case? How is there even room for the billions who serve the 7.5 billion people on the Earth? (JM)

It's a figure of speech. If you think in terms of the number of individuals, shall we say, the guide and helpers and then all of the fractalized versions of yourself, different realities, different event spaces, etc., etc., this is where it all comes from. Okay, and on top of that we have to also include those individuals, who are working with us, but are actually looking after those guides and helpers, by the way, they're looking after other incarnate souls or incarnate aspects, because they have an interaction with us, because the soul or the aspect that they're looking after benefits from its interaction with us.

(50 min) So although they're primarily looking after that particular aspect or soul, the fact that that aspect or soul interacts with us is beneficial to us. So they're also working for us and they're working for them as well. So our guide and helpers are working for us and the other souls that we interact with as well. So when you look at the fractalization of the individuals we interact with, and that they interact with, and the interactions interact with, and the interactions who interact with the interactions interact with, you start to see how it becomes a billion easily. Okay, so this is how things create this large number. And then you have the different event spaces associated with it as well and the realities within the different event streams in the different event spaces. Okay, so that's how it becomes like that.

10. And when the Earth's population was 20 billion, did the same mind-boggling number of helpers exist? (JM)

No, there was more. There was more, but they work...logically, there was more, but I'm just going to look at it now. I'm being told that actually, when we're a higher frequency, there wasn't the same number of guides and helpers required in terms of the hands on interaction with the other guides and helpers and the other aspects or souls that were incarnating. So although the number, when the Earth was 20 billion, there was a logical increase in the number of guides and helpers, the fractalization was not the same.

So as an example, and this is just an example, it's not real, okay. If we had, let's for instance, say 7.5 billion, which would be 7.5 trillion in English, okay. We know that there's only a 1000 between billions and trillions in the new adopted way of doing things, which is American. But a billion billion is the old English way of saying it. Then you wouldn't get that same increase. You wouldn't get like 20 billion billion, for example. It would maybe be 12 billion billion, because of the higher frequencies associated with those who were incarnate at the time the population was 20 billion, for example. Okay, very good question though. And there's a lot of synergies associated with being in a higher frequency that affect us in a way that is, shall we say, creates a level of efficiency for us that we don't normally experience.

Okay. Good, next one is from MO. And MO is a lovely lady who's translating "The History of God" and I think is going to do one or two others, or identify one or two other translators for the books into Japanese, which is brilliant and very deep seeking and thinking individual. So if you do ever get in contact with or meet MO in Japan, you'll be very honored to be in the same space. I can tell you that. Very good questions come out of the translation process, which I find extremely helpful, not just for MO but for me as well. Right.

11. Would you talk about the effects of chemotherapy and radiation treatment on the auric layers and energetic bodies? (MO)

- **11a. How long do they have these effects on our auric layers and energetic bodies?**

Basically, things like chemotherapy is using chemicals that are detrimental to the human form with an objective of killing off cancers, etc., and with the hope that the cancers die before the rest of the body. And it creates a massive energetic disharmony, a big frequential disharmony, which is why the cancers die first, because the cancer is out of harmony with the human form, but it's in harmony enough with the human form for the human form not to realize it's there and be accepted.

So the disharmony creates not only tears in the energetic bodies, but it also affects the way the chakras work. When it affects the way the chakras work, the auric layers change as well. There are sometimes holes in them. They are sometimes very thin. They sometimes don't exist, because of the dysfunction associated with this chemical, which shouldn't be in the body.

And it's the same thing with radiation. I mean we talk about x-rays and radiation therapy, but we don't understand the other things. We don't understand how broadband x-rays are or the radiation or the gamma radiation or whatever they're using, things like gammanons and those sorts of things. We don't understand how broadband they are. We just see the focus of what we're trying to use, we don't understand that these energies sometimes leak into or close to the 4th frequency.

(55 min) So they're affecting the first three frequency levels and the energy associated with the base chakra, sacral chakra and solar chakra, but they can also move into the energies associated with the heart chakras. Okay, so the energy templates that create the human form are affected on four levels potentially, because we don't understand how broadband these radiation therapies are. So it's very dangerous, extremely dangerous. Therapy should be an understanding of the energetics associated with the individual incarnate aspect, not using a sledge hammer to crack a sesame seed, for example. Next question.

- **11b. How are we able to undo these aftereffects both physically and energetically?**

We have to be basically removed from the area of reception of these frequencies and energies and surrounded by people who are higher frequency. But also note that people of higher frequency might naturally try to heal us. So again, we will be healed as well. But also there needs to be without a doubt a level of energy healing that repairs, knows where there's damage, and repairs the chakras and repairs energy templates, so that that creates the healing condition within the physical form as well as energetic forms.

When you start to work with the chakras, you work on rebuilding the chakras or replacing the chakras, and you start to do the same thing, you repair or replace some aspects or all aspects of the energy templates associated with the human form, then the representation of the aura, which are the waste products of the chakras, starts to become more coherent and more robust as well. So you can start to see these things. Basically, it's dealing with things on the energetic level and not the physical level.

- **11c. Once people treat their cancer, they tend to go through regular checkups by CTs, X-rays, and/or mammography. How do these checkups affect their health and auric/energetic bodies?**

Well, detrimentally, because the scans do affect the energies associated with the energy templates. So arguably, the checkups are not as bad, not as detrimental to the focused energies associated with chemotherapy and radiation therapy, but they don't help at all. They are definitely more broadband rather than being focused but with a broadband content to them. So you'll find that these people going through these CT scans and these x-rays also come out extremely tired and supremely lacking in energy.

12. Are whales and dolphins different civilizations? Are dolphins more evolved? Or whales have larger sentience? (MO)

Dolphins have the same sentient quotient and the same sentient quality, in fact probably a more higher level of sentient quality than we do. Whales are more of a lower level of sentient quality than us. They're more in the level of cats and dogs and horses, those sorts of things. So although it's a large mammal, so to speak, because they give birth, they are basically not the same. They are just a larger animal of the cat, dog and horse sort of level of sentience.

Okay, dolphins are not specifically more evolved than us, but they are not so corrupt as we are, so to speak, and therefore, don't get addicted to the effects of being in a low frequency environment. And as a result of that, they can function on a higher frequency than we can.

13. Why do we have so many people right now on the Earth? I thought there is a some sort of "immigration office" in the spiritual realm that controls number of incarnate entities... They must have known that it will create massive problems... (MO)

Yes, my understanding is that there is still massive queues of souls who want to incarnate on this planet of choice, as Phyllis Schlemmer would say, "The Only Planet Of Choice." Basically, the evolutionary opportunities associated with individualized free will have been recognized as being obviously an excellent way of accelerating one's evolution.

(1 hr) And the increase in population has been allowed to grow. In fact, we know that there's a lot of human forms that are, for example, housing more than one soul. So it's not a case of one body/one soul, there's more souls than there are bodies incarnating — some of them passive, some of them active, some of them sort of share roles, some of them come and go as walk-ins, for example. But it is creating massive problems.

And it was thought that a higher number of individuals that would incarnate and may affect, I'm being told now, may have affected the speed in which we would become more aware and awake. But it seems to be going the other way. So the lower frequencies are also affected by the higher population as well. Okay, so yes, think about the viruses, etc., the various different devices that the Earth has been projecting towards us, it's another way of controlling our bodies and the number of incarnations that can be had at one time.

14. Question on karma: In "The History of God" P477, SE says: "This link ties the two entities together for eternity until one of the following two things happens: 1) they forgive unconditionally — this is one of the greatest gifts an entity can give another entity, for it severs the karmic link for that particular action between the two entities for eternity; or 2) the entity who gave the initial wrongdoing will receive a similar action from the same entity that previously received the wrongdoing."

The questions are...

- **Are these the ONLY ways that sever karmic links? I am wondering what would happen if:**
- **1) The entity who received the wrongdoing forgives the entity who gave the wrongdoing unconditionally (one of them gave unconditional forgiveness).**
- **2) If the entity who gave the initial wrongdoing sacrifices himself/herself to save the same entity that previously received the wrongdoing.**
- **3) If both entities get so sick and tired of having this karmic issues over eternity and decide to forgive each other. Can mutual understanding and agreement sever karmic links like the divorce in the physical? Are there other backdoors to sever karmic links?**

Well, those three things are ways of severing karmic links. So the first one, the entity who received the wrongdoing forgives the entity who gave the wrongdoing unconditionally (one of them gave unconditional forgiveness). Yes, read the text on this, when it goes through the transcription, but each of those three things are ways in which karma can be negated, okay.

There are other backdoors, where a very good healer can sever a karmic link between individuals, individual entities, individual souls, I should say, and entities and themselves, for example, where karma has come through experiences incurred in different incarnations that have caused blockages or resistance in this particular incarnation.

So karmic links between the self in previous incarnations can be severed by a good healer. Karmic links between the self and the self can be removed by the self forgiving the self as well. And karmic links between the self and other incarnate entities can also be severed by a good healer as well in conjunction with creating a level of understanding with the patient as well.

Okay, so there's lots of ways. And also of course, we know that gurus, Indian gurus and other healers can take on-board other people's karma, so that they can help them. They can elevate them up the frequencies, so that they can see what they can achieve by becoming a higher frequency. So they take some of their karma on behalf of them, so that they can become a higher frequency, they can see what they can achieve, when they become a higher frequency and then they can start at that different level. It's like giving them a springboard, where they can start from a higher level. And it's a well-known fact that good healers and good spiritual leaders and teachers can take on-board other entities' karma as well.

Okay, so that's that series of questions and I thought I couldn't get through it. And I was almost in a position of saying, well, I need to split this in half for November, but we got through it, so I'm really pleased about that. And thank you very much for those questions from MO, JM and US.

Part 3. Meditation

Let's go back to the end of meet meditation now, which is on "**A meditation to raise our frequency individually and as a group and to clear low frequency thought processes, (which is all) in our auras and our community**" right now.

Please download the high quality MP3 File to do the guided meditation with Guy Steven Needler via his website or blog (meditation starts at around 1h5min).

(1:19) Closing comments: Well, thank you for listening to this Satsanga on the 31st of October 2020 in conjunction with Kevin Moore and The Moore Show and MooreTalk, and his program called "They Call Us Channelers." And I'm looking forward to the next Satsanga, which is going to be in November and that will be on November 28, 2020. So again if you have any questions, please send them in by the 15th of November.

Thank you very much for listening. Thank you for participating. Please do share it with other people as well. Share the links and don't forget irrespective of how low frequencies are around us, stay high frequency. Don't get addicted to it, don't get attracted to it. Don't be brought into it. Don't be dragged into conspiracy theory communications or anything. Just see and be the environment that you want to be in and it will be there. Okay, namaste to you all. And God's love to you all. And Origin's love to you all.

NOTE: I have prepared a Searchable pdf document with ALL World Satsanga Lectures, Questions and Answers collated from 2016-2020 to make it easier for us to see what questions have already been asked in previous Satsangas and what answers were given at the time. This will allow us to ask NEW questions or ask similar questions from a different angle after reviewing what we already know. This document is over 600 pages, so don't try to print it out.

You can go to Needler's website (www.beyondthesource.org) to find the document at this URL:

www.beyondthesource.org/wp-content/uploads/2020/06/All-World-Satsanga-Transcripts-2016-2020.pdf. OR simply click on "**All Transcriptions**" here to go there.

BELOW: Please see Addendum: Chakra Opening Exercises by Guy Steven Needler

Chakra Opening Exercise – A prelude to Traversing the Frequencies

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Please refer to the back pages where the descriptions of the functions of the chakras and their associated auric layer are explained.

1. Find a quiet room where you will not be disturbed.
2. Stand with your knees slightly bent, feet shoulder width apart, arms and hands by your side, close your eyes and focus on the area of the third eye, the spiritual eye which is positioned above the bridge of the nose and between the eye brows..
3. Ground yourself by imagining a climber's rope attached to you and an anchor buried deeply in the ground. You will need this, and you should keep referring to this grounding link throughout this exercise. This will help you return to the physical.

Each chakra is associated with an auric level (frequency level). Imagine them opening in order. This will allow you to ascend to that auric layer level and frequency.

4. Concentrate on your base chakra. Imagine it as a cone and extend it vertically downwards out to its full extension of 9"-12". Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on the floor and that your

Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 1st Auric layer – the etheric allowing you to also assume this level. Feel the energies that being on this level, the etheric level, Level 1 gives you. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. Make a mental note of it.

5. Move on to the second chakra, the sacral. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9”-12”. Then rotate it clockwise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 2nd Auric layer – the Emotional layer allowing us to also assume this level. Feel the energies that being on this level, emotional level. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

6. Move on to the third chakra, the solar. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9”-12”. Then rotate it clockwise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 3rd Auric layer – the mental body layer allowing us to also assume this level. Feel the energies that being on this level, mental body level. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this

change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

7. Move on to the fourth chakra, the heart. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clockwise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 4th Auric layer – the astral layer allowing us to also assume this level. Feel the energies that being on this level, astral level. Do you feel tingling, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

8. Move on to the fifth chakra, the throat. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clockwise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 5th Auric layer – the etheric template layer allowing us to also assume this level. Feel the energies that being on this level, etheric template level. Do you feel tingling – are they getting finer, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

9. Move on to the sixth chakra, the third or spiritual eye. Imagine it as a cone and extend it horizontally in front of you, out to its full extension of 9"-12". Then rotate it clockwise. To assist you in the correct rotation imagine you have a clock on a wall in front of you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this

way it effectively opens it allowing it to receive the energies necessary to invoke the 6th Auric layer – the celestial body layer allowing us to also assume this level. Feel the energies that being on this level, celestial body level. Do you feel tingling – are they getting still finer, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

10. Finally move on to the seventh chakra, the crown. Imagine it as a cone and extend it up towards the ceiling vertically out to its full extension of 9”-12”. Then rotate it clock-wise. To assist you in the correct rotation imagine you have a clock on the ceiling above you and that your Chakra rotation is mirroring the second hand rotating from left to right. When a Chakra is fully extended and rotated in this way it effectively opens it allowing it to receive the energies necessary to invoke the 7th Auric layer – the ketheric template layer allowing us to also assume this level. Feel the energies that being on this level, ketheric template level. Do you feel tingling – are they getting still finer or have they gone, see colours or images in your closed eye vision, feel heat/cold, feel pressures around your head, experience emotional changes – these are all signs that your physical body is experiencing the energies associated with this level; they are proof of this change in frequency. What is the change in this level compared to that experienced in the previous level? Make a mental note of it.

You are now at the end of the physicality/spirituophysicality of your human form. Stay at this level of a few moments absorb how you feel, what your physical body has experienced, giving you proof, physical proof that you have actually risen above those frequencies that you are normally associated with on the earth level – the zero level.

11. Slowly close each chakra one by one, starting at the crown chakra and finishing with the Base Chakra by first stopping the rotation of the chakra and then withdrawing it back into its location of origin (refer to the section on chakra name, and location at the back of this lesson). Make a note of the feelings, the feel tingling – are they getting coarser as you descend the frequencies, colours or images in your closed eye vision, heat/cold, pressures around your head, emotional

changes. The experiences, the responses that the human form gives you, should be repeated on each of the levels in the descent in reverse order of that which you experienced them on the ascent.

12. To move down from the seventh frequency level to the sixth frequency level stop the rotation of the crown chakra and withdraw it back into the crown area of the head. You are now on the sixth frequency level.

To move down from the sixth frequency level to the fifth frequency level stop the rotation of the third eye chakra and withdraw it back into the area in-between the eyebrows and above the bridge of the nose. You are now on the fifth frequency level.

To move down from the fifth frequency level to the fourth frequency level stop the rotation of the throat eye chakra and withdraw it back into the area of the “Adam’s apple”. You are now on the fourth frequency level.

To move down from the fourth frequency level to the third frequency level stop the rotation of the heart chakra and withdraw it back into the area in the centre of the sternum. You are now on the third frequency level.

To move down from the third frequency level to the second frequency level stop the rotation of the solar chakra and withdraw it back into the area 3 inches above the navel. You are now on the second frequency level.

To move down from the second frequency level to the first frequency level stop the rotation of the sacral chakra and withdraw it back into the area 3 inches below the navel. You are now on the first frequency level.

To move down from the first frequency level to the zero frequency level, the Earth level stop the rotation of the base chakra and withdraw it back up into the area of the groin. You are now back on the zero frequency level, the Earth level.

13. Finish by removing the mountaineering harness or belt and drinking some water to assist in the grounding.

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A Description of the Chakras

The Chakras are cone shaped and when fully extended 9"-12" (open) and rotated (clock-wise as you see them, just saying clock-wise however will ensure they rotate in the correct way) they actively pull in energies associated with the specific frequency that they are calibrated to work with). Please note that opening the front (anterior or "A") chakras automatically opens the rear (posterior or "B") charkas because the "A" chakras are our intention and the "B" chakras are our action.

The Names of the Chakras

First Chakra – Color: Red – called the Base/Root Chakra or Muladhara Chakra – Anatomical Association - Adrenals: Spinal Column, Kidneys - Located in Groin area, positioned vertically pointing towards the floor away from you.

Second Chakra – Color: Orange – called the Sacral Chakra or Svadhishthana Chakra – Anatomical Association - Gonads: Reproductive system - Located 3" below the navel area, positioned horizontally pointing away from you.

Third Chakra – Color: Yellow – called the Solar Chakra or Manipura Chakra – Anatomical Association - Pancreas: Stomach, Liver, Gall Bladder, Nervous System - Located 3" above the navel area, positioned horizontally pointing away from you.

Fourth Chakra – Color: Green – called the Heart Chakra or Anahata Chakra – Anatomical Association - Thymus: Heart, Blood, Vegas Nerve, Circulatory System - Located in the sternum, 3" above the area where the left and right hand side of the chest join together, positioned horizontally pointing away from you.

Fifth Chakra – Color: Blue – called the Throat Chakra or Vishuddha Chakra – Anatomical Association - Thyroid: Bronchial and Vocal System, Lungs, Alimentary Canal - Located in the middle of the throat, positioned horizontally pointing away from you.

Sixth Chakra – Color: Indigo – called the Third Eye Chakra or Ajna Chakra – Anatomical Association - Pituitary: Lower Brain, Left Eye, Ears, Nose, Nervous System - Located in the area of the 3rd or spiritual eye, above the bridge of the

nose and in-between the eyebrows, positioned horizontally pointing away from you.

Seventh Chakra – Color: Violet – called the Crown Chakra or Sahasrara Chakra – Anatomical Association - Pineal: Upper Brain, Right Eye - Located on top of the crown of the head, positioned vertically pointing upwards away from you.

Chakra Opening Exercise – A prelude to Traversing the Frequencies

Psychological Function of Chakras

Chakra 1: Quantity of physical energy, will to live.

Chakra 2A: Quality of love for the opposite sex, giving and receiving mental & spiritual pleasure.

Chakra 2B: Quality of sexual energy.

Chakra 3A: Pleasure & expansiveness, spiritual wisdom, consciousness of the universality of life and who you are in the universe.

Chakra 3B: Healing and intentionality towards your health.

Chakra 4A: Heart feelings of love towards other human beings, openness to life.

Chakra 4B: Ego will, or will towards the outer world.

Chakra 5A: Taking in and assimilating knowledge.

Chakra 5B: Sense of self within society and one's profession.

Chakra 6A: Capacity to visualize and understand mental concepts.

Chakra 6B: Ability to achieve ideas in a practical way.

Chakra 7: Integration of personality with life and spiritual aspects of mankind.

Notes:

Chakras situated in the front of the human body (so called A chakras) are associated to our intentions.

Chakras situated in the rear of the human body (so called B chakras) are associated to our actions.

Activating the Chakras at the front of the body automatically activates those chakras that are at the rear of the body.

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Chakra Opening Exercise – A prelude to Traversing the Frequencies

Name, Appearance, and Function of the Auric Layers/ Levels

Auric layer 1 – Name: Etheric Body – Appearance: A web of tiny blue energy lines – Function: An energy matrix or template of the physical body.

Auric layer 2 – Name: Emotional layer – Appearance: Colored clouds in continual fluid motion – Function: Displays and allows communication of the emotional content or feelings of love, joy, anger, etc.

Auric layer 3 – Name: Mental Body – Appearance: Structured bright yellow light emanating from the head and shoulders of the body – Function: Contains the structure of our thoughts and ideas.

Auric layer 4 – Name: Astral Level – Appearance: Amorphous clouds of Color infused with rose-colored light – Function: Facilitates the transition of spiritual energy to physical energy and physical energy into spiritual energy. Love between two people is displayed within this level.

Auric layer 5 – Name: Etheric Template – Appearance: Has the appearance of a blue photograph negative made of cobalt blue lines – Function: The blueprint or perfect form for the etheric body to fill.

Auric layer 6 – Name: Celestial Body – Appearance: Shimmering light made up of pastel colors with a gold silver shine – Function: The communication of unconditional love and of "being one with God."

Auric layer 7 – Name: Ketheric Template – Appearance: A highly structured matrix of tiny gold-silver threads of light within an egg shape that shows the structure of the physical body and all chakras – Function: Accumulation of past life bands, life plan, holds the auric bodies together.

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