



The Incarnation Process and the First Seven Years

The process of projecting the individualized Aspect of TES into the incarnate vehicle is remarkably simple in real terms. In essence, it is like putting a suit of energetic clothes on, a low-frequency suit of energetic clothes, that is. Once the Aspect is individualized and the previously identified incarnate vehicle is ready for integration with the Aspect, the Aspect commences the integration process. In order to achieve integration with the incarnate vehicle the Aspect needs to create a link between it and the energy system of the incarnate vehicle. This link creates an energetic “step-down” function that allows the high frequencies of the Aspect to integrate with the low frequencies of the incarnate vehicle, allowing it to animate it as if it was a naturally occurring appendage to the Aspect. To create this link, the Aspect weaves what can be described as an energetic pipe that is known by some as the “hara line.” The hara line allows the sentient energies of the Aspect that are to be used in the integration with the incarnate vehicle to pass through the reduction of frequencies that are a natural function of the vehicle and its environment without being overly affected by them. In essence, it protects or separates the sentient energies of the Aspect from those of the environment and the incarnate vehicle so that they do not become affected by the low frequencies that the incarnation is proposed to be in. That being said, the sentient energies of the Aspect are not totally unaffected for there is a natural occurring reduction of communicative functionality experienced by the Aspect as it integrates with the incarnate vehicle that cannot be negated by the protection of the hara line. This is recognized as the “forgetting” function as is the main reason for the individualization of the Aspect that creates the “Ego” and the total association of the Aspect with the incarnate vehicle; the incarnate vehicle thereby being referred to as the “Self.” For information the hara line can also be called the “Silver Cord,” the energetic line observed by those incarnates that are able to perform the temporary separation of the Aspect from the incarnate vehicle called “Astral Traveling.” This is also called “Samadhi” by Hindu yogis and “Transcendental Meditation” by western adepts. Although the sentient energies of the Aspect move in and out of the incarnate vehicle from its very conception it can only fully integrate into incarnate vehicle when it is in the thirty second week of gestation. In order to integrate with the incarnate vehicle, the sentient energies of the Aspect move through the hara line. This is connected to the energy bodies of the incarnate vehicle by the “tan tien” and “Soul Seat” via a function of the crown chakra. That being, it uses the same space as the crown chakra without affecting the functionality of the crown chakra and as a result it appears to go through it. The hara line therefore continues down to the tan tien, where it is connected to the energy bodies of the incarnate vehicle, thereby allowing the Aspect to animate the incarnate vehicle as if it was the incarnate vehicle. The hara line does not terminate at the tan tien, however; it splits into two at this point and progresses down each leg, terminating at the soles of the feet, where it can and is used as a grounding function with the energies of the Earth, or area of local density within the physical universe, the planet, the environment, where the incarnation is planned to take place. Once the sentient energies are integrated with the incarnate vehicle at the tan tien, the “Essence” of the sentience, the “Beingness” of the Aspect moves into and occupies the area just behind the heart chakra. This area is called the Soul Seat [see Barbara Brennan’s books, *Hands of Light* and *Light Emerging*, for some excellent illustrations. —GSN]. That which “is” the Aspect when incarnate is therefore resident within the Soul Seat and NOT the brain. As previously described much earlier in this dialogue, upon the demise of the incarnate vehicle the process of separation from integration with the incarnate vehicle is the reverse of the integration process. At this point in the incarnation, the interactive opportunities with other incarnates are limited. Also, the integration with the incarnate vehicle is only at its most basic. It takes seven years for the Aspect to become fully integrated with its incarnate vehicle, and this is because the energetic templates and attributed energy systems become more complex as the gross physical aspects of the incarnate vehicle grow into maturity, allowing a more complete level of integration. In essence, this description is back to front, though, because it is only when the energetic templates are developed to the next stage of complexity that that gross physical can grow to the next stage. However, there is an interdependency between the gross physical and the spirituo-physical (the melting pot between the frequencies associated with the gross physical and those of the lower frequencies associated with the energetic), where the energetic templates need the gross physical to be at a certain stage of maturity before the next stage of template complexity can be added. As just stated, this interdependent growth occurs over the next seven years.

I will therefore describe the mechanics of the first seven years of incarnate existence from the perspective of integration and functionality based upon the eras of integration the incarnate Aspect experiences as the following:

- Pre-birth
- Birth to first year
- Year one to year four
- Year four to year five
- Year five to year seven
- Year seven and beyond



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In the pre-birth period the level of integration with the incarnate vehicle, the Aspect is simply learning how to work with the energies of the vehicle selected, getting the feel of its functionality/abilities, health, longevity, and strength. In effect, it is learning how to connect with the energies of the vehicle. Each and every Aspect that incarnates has to go through this process simply because the energies associated with the incarnate vehicle vary depending upon the vehicle itself. Those energies associated with its construction, that being those of the mother and father, make enough energetic difference to ensure that the Aspect needs to align itself to them in a way that is subtly different to the alignment used in its previous incarnation. Once it is happy with its level of integration, and happy with the level of harmony with the energies of the vehicle, it elects to fully integrate with it. It is at this point that the Aspect loses the energetic functionality associated with its normally high frequential state to a functionality associated with its temporary incarnate state. That being, it forgets who and what it is and loses its capabilities as a creator, the level of forgetting and functionality, of course, being a function of the level of integration with the incarnate vehicle and its associated immersion. Based upon this, an Aspect can incarnate in states of no awareness and memory of Self, with no communicative ability with its TES, to full awareness and total memory of Self and full communicative ability with its TES. In the pre-birth to year one period the Aspect is busy establishing itself as the incarnate vehicle from a rudimentary sense, that being, relative to the level of awareness it has assigned to itself, or the level of immersion it desires to experience. Also included are the initiation of the relationships, from a human level, with the mother, father, and its siblings—if any at all at that juncture in its incarnate existence. During this time if the Aspect has a high level of awareness assigned to it, it can either choose to stay with the incarnate vehicle at all times or it can move away from it during rest periods (sleep). If on the other hand the Aspect has chosen total immersion, it will sink into a deeper and deeper level of integration and immersion with the incarnate vehicle and will fully associate itself in all ways with the incarnate vehicle, establishing the ego as a result. Note here that an ego is always created as a result of incarnation, irrespective of the depth of integration and immersion, but it is the depth of immersion that creates the size of the ego, so to speak—that being, the level of overall control it has over the incarnation during the incarnation from a purely human perspective. [For additional information please see my article on the ego in the back of this book. —GSN] Energetically speaking the Aspect is learning how to control the incarnate vehicle through the experience of the five senses, anatomic/automatic bodily functions and movement of motor-based functions. Also, the chakras and auric field are not entirely developed at this point in the incarnation, which results in the Aspect having limited energetic functionality and personal protection from energetic attack of any kind. In aid of this, the Aspect, within the incarnate vehicle, needs to be close to, or better still within, the energies of its mother's (or father's) auric field for both protection and energetic nutrition. From the perspective of energetic operational and functional connectivity, that which allows the Aspect to animate the incarnate vehicle, connectivity is via the hara line, which is the energetic tube or micro vortex that protects the sentient energies that are projected out from the TES and into the incarnate vehicle, through a location close to the crown chakra to a point just above the pelvis where it splits into two and continues down each leg. The sentient energies of the Aspect coalesce at the tan tien, which is three inches (75mm) above the navel and three inches (75mm) inside of the physical body at this point. There they are connected with the energy matrix that is the energetic "Body" templates on all seven levels of the spirituo-physical components of the incarnate vehicle, the energy meridians, mini, minor, and major chakras. The essence of beingness of the Aspect, its sentience, coalesces at a point in line with the tan tien but behind the heart chakra known as the "Soul Seat." [Again, see Barbara Brennan's work. —GSN] The incarnate beingness or sentience of the Aspect is therefore located in the soul seat and NOT in the head. From year one to year four the Aspect continues to develop the ego and as a result the start of a "Human Personality" can be seen by those who interact with the incarnate Aspect. Furthermore, accuracy of "Bodily" control is experienced and self-awareness as a human being is established. At this point the majority of the capacity for learning is established and the Aspect gains knowledge of itself (likes, dislikes, and abilities); its communicative abilities and functional abilities from a mental and physical perspective are becoming noticeable. Energetically the Aspect gradually reduces its dependence on the mother and father for energetic nutrition and protection. With that the incarnate Aspect becomes an independent incarnate entity around the age of four and is now capable of increasing its level of individuality in all perspectives and functions. From year four to year five the Aspect is in a period of consolidation, and energetic autonomy from the parents is established. With the ability to be totally autonomous from the parents, it seeks to establish its own personal and energetic boundaries. This period can be either the start, or the end, of a phase of tantrums, which are created as the incarnate Aspect also establishes its boundaries of external control from others, internal power over the self, and external power over others. In the instance of the fully immersed Aspect, evidence of selfishness can be observed along with varying levels of coercive ability becoming visible as the ego grows and takes hold of the sentient energies of the Aspect in this incarnate state. The memory of its real state being far in the energetic distance/past, the ego washes over the sentience and the relationship between the Aspect's sentience (its sentient energies); the incarnate vehicle and the ego are now merged as one. In the instance of the semi-immersed Aspect,



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higher thoughts, function/abilities, and other incarnations percolate to the surface in random moments, making the incarnate Aspect feel that it is not quite what it is as an incarnate entity and start to question its self and its surroundings. This can lead to the Aspect asking strange questions of its parents, siblings, and friends that are totally out of context with its incarnate upbringing, age, and experience to date. Out-of-body excursions may be experienced. From year five to year seven the Aspect completes its final stage of energetic development from the perspective of the growth of the three gross physical and four spirituo-physical energetic stages—seven in total—to that of the adult gross physicality of the incarnate vehicle. Note that this is a statement of functionality and not of size. All of the chakras, mini, minor, and major, are now fully developed and fully functional. From this point onward, the incarnate Aspect is capable of using its energies for purposes other than simply maintaining the incarnate state. They can be used for communication, coercion, healing, energetic attack, and defense as well as manipulating the Aspects local environment. Some or all of these functions are used on a subconscious basis in the main, irrespective of whether the Aspect is fully immersed in the incarnation or is in some level of spiritual awareness. For those Aspects that are in one of the various states of awareness, more exposure to the greater reality is experienced and/or at a greater depth. At this point the ego is almost fully developed. From year seven and beyond the Aspect “is” the incarnate vehicle, the incarnate vehicle being in a state of seamless connectivity, functionality, and operation between the Aspect and its incarnate vehicle. Due to the ever-increasing need to work and interface with others in the physical environment, from the perspective of both the fully immersed and the aware Aspect (at whatever level), the thought processes revolve around the self being the incarnate vehicle and not its sentient energetic state. From here onward, the fully developed ego grows from strength to strength and is the dominant personality that drives the incarnate vehicle. Even at this age, the ego is what we are when incarnate, and it only gets bigger as we age and gain exposure to the experiences that incarnate existence gives us. External influences taint, mar, temper, encourage, satisfy, excite, and educate us on all levels giving us desires, prejudice, likes, dislikes, addictions, and overall experiential experience. From this juncture the personality is the ego and the ego is the personality, and the incarnate Aspect is ready to work in the physical as a function of its physical environment. These seven years provide both the greatest and most complete integration and immersion into the incarnate state sentiently, energetically, physically, and mentally, providing a robust basis for the life plan to be introduced and worked with.