

Sacred Spaces

Mastering the Shift

from Master Teacher Toni Elizabeth Sar'h

First Wave
Light Body



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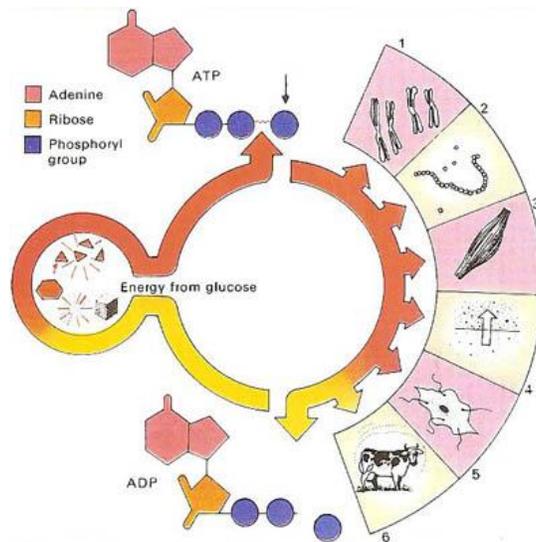
First Wave ~ Light Body

Light and Your Physical Body

First and foremost, the physical body is a friend; it is home. Since it's time to *go home* which means it is time to *awaken*, it is time to remember. Begin by remembering this is true.

The DNA within the body holds the coding for the light body. As the cells metabolize light from the sun, the cellular functioning within them is activated.

The energy production for proper cellular function comes from the absorption and storage of ATP (*adenosine triphosphate*) and ADP (*adenosine diphosphate*). The cells store ATP which is derived from sunlight. ATP is made up of a chain with three phosphate groups. When the molecule loses the outermost phosphate group, it changes ATP into ADP (*di* vs. *tri*). The action releases energy allowing the cell to function. If an ADP chain acquires energy and another phosphate group, it becomes ATP once again. It is a constant exchange of energy between the two molecular chains within the body rather than derived from something outside of it.



As focus on the light body becomes more intense, one can become more sensitive to living as light; the body is producing greater amounts of unstable ATP. The bonds break into ADP increasing metabolism within the physical body. With increased metabolism come the symptoms known as *detoxing* as cellular waste is

released. This activity emphasizes the importance of a clean diet and drinking enough pure water.

This activity results in the absorption of more light, creation of additional light or arrival of a new essence of light. The individual is accelerating and expanding upon what is normally present. Flooding with this light begins to release any imbalance within the system. The light body becomes very tangible. The spin within the cells is beginning to decode into a higher transducer of information.

DNA brings in information from other frequency dimensions and activates the instructions accessing and moving within the light body. This increase in light that is now being stably manifest within *through intention* changes the chemistry of the brain. It shifts the hormones within the cells and the electromagnetics of the body.

This is a very natural transformation resulting in:

The mental body no longer rules

Access to the heart is absolutely paramount

The heart connection brings mental/emotional balance

The physical body is experienced as *home*

The mind will begin to go through different types of experiences creating a feeling that things are shifting, unreal. Time may feel like it is “slipping” (slippage). It is the experience of more than one dimension at a time. This is the mental body surrendering its control. As *spirit-in-formed*, contact is being made with frequencies of other dimensions allowing a greater understanding of *being* human.

Life is reevaluated. Everything happening in life is seen from a completely different standpoint with the realization emerging that all people within one’s life are here as assistants. They support expansion *no matter what role they are presently playing*.

It can be a little bit frightening especially if there is a feeling of lack of control. This is a time to tap into the intuitive side, the telepathic aspect of the experience.

Learn what mastery really means within the light body. Learn to release, relax and receive.

Planet Earth

The planet is vibrating at a different level than in the past right now. It is moving through the astral plane where the thoughts and emotions of humanity exist. The envelope that holds these thoughts and emotions is called the *noosphere*. It is an etheric container of the mental and emotional bodies of humanity surrounding and infiltrating the earth.



This envelope holds the fear many people are feeling, the very emotional extremes of people's experiences. Many humans are easily upset as they experience the changes and transformation individually and collectively. On a large scale, it is *mass consensus*.

As the frequency of the planet is increasing, every human being's vibration is raising, as well. It is a transition into light bringing with it a lessening of density within the conscious awareness. The lucidity experienced within this model of *being light* is one of **pure expression** and, simultaneously, **awareness** of self as an energy body rather than a solid physical body.

You Are the Source

Realization of being the source in a physical body can create a feeling of reconnection with an *idea* of God. Dissolution of the concept that it is possible to be *disconnected* from that which **is** will be one of the first aspects to experience as light in form.

Sometimes life might feel like a very dark world. Yet, again, that is all based on belief. As the source in form, there is only light. Each human being is light in form, hence *enlightened*. There is no separation from the light even after leaving this embodiment.

Within the awareness of enlightenment comes recognition of being the *Christus*, the *anointing*. The experience of time within space will change as the transformative time within this frequency takes on new meaning. Human beings are bringing more divine information into the human system.

The Christus is the light. The Self has summoned itself into this place, into this incarnation, into this incarnating *within* this world to experience physicality and bring its light into the bio-electric field. This means that every desire, every thought, every idea is actually a focus of the source itself.

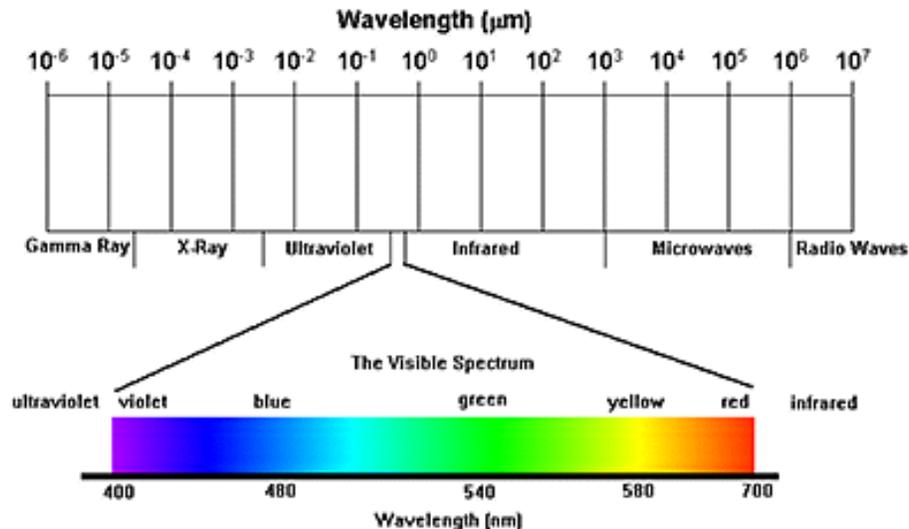
There is no thought, feeling, emotion or idea that is not *of* the source. There is no *straying* and **there is no path**. The journey is a symbol in physical form of the light manifesting as the Christus in this dimensional realm.

Does this take work? It may seem like it does. It may *seem* like taking this particular course may be the answer to understanding the transformation of this shift. It is the ultimate goal of this course to bring *enlightenment* to natural **enlightenment – light in form**. Yet rather than seeing it as work or even play, begin to experience it as the journey to create and resonate as a conscious awareness of *being light in form*.

All that is manifest and unmanifest is *entangled*. All is an experience of the whole. Awareness of being light in form, *in-forms* the whole. It is a mirror mirroring back to the mirror. The transmission and the receiving of the information are simultaneous.

Light

From a scientific standpoint, light is a form of energy that radiates and acts upon the retina of the eye. If the eyes are not working correctly, light may appear distorted. That does not change *being light*. It simply means that it is seen differently within the visual spectrum. The experience of *being light* is always perfect.



The energy that is light transmits itself at a velocity of about 186,000 miles per hour. It moves as a wave. It vibrates, contains information and, dependent upon the frequency of the wave or the wavelength, it changes color. The information it carries changes. It *transmits* while *receiving* as a standing carrier wave bringing and sending information from within an individual to others in the close environment and to the whole, as well.

The speed of light is dependent upon the earth's atmosphere. Scientific experiments at various laboratories exhibit that circumstances can be created in which the speed of light is surpassed.

DNA transmits information from other dimensions of frequency into consciousness faster than the speed of light. Physiological systems operate faster than the speed of light. If they were only transmitting information at 186,000 mph, it would become hard to breath, hard to digest because of dependency upon a certain speed in this atmosphere rather than it being simultaneous with the need for the action.

Spiritual Sight

Within this particular dimension, the sun emits the light stimulating the growth process of this world. It creates a semblance of order for that which *is* in this dimension and, at the same time, consumes itself as it is sending forth the energy that will be the ultimate growth and expansion process of the earth and all nature.

The understanding of *being light* is a direct communication with the sun. The photons within the body absorb the energy from the sun and can be worked with through the intention of the conscious mind. This is referred to as *spiritual sight* or the ability to see with the *eyes of spirit*.

Yet that gives a sense of separation to everything that exists because there is nothing that is outside spirit. Everything is imbued with the essence of spirit. Life seen from this standpoint is seeing with *spiritual eyes*. It is embracing all with the eyes of the Christos (*anointed*).

Verses

The energy the light contains demonstrates the force and power of the source within this universe. There are countless universes within the omniverse. The word *universe* means *one verse*. The *verses* are different, limitless dimensional frequencies. The force, energy, power, and cosmic conscious awareness existing in all of the realms are actualized as the body of the source. It is intermeshed, entangled within what would be viewed as a *hologram* – what happens to one aspect happens to all.

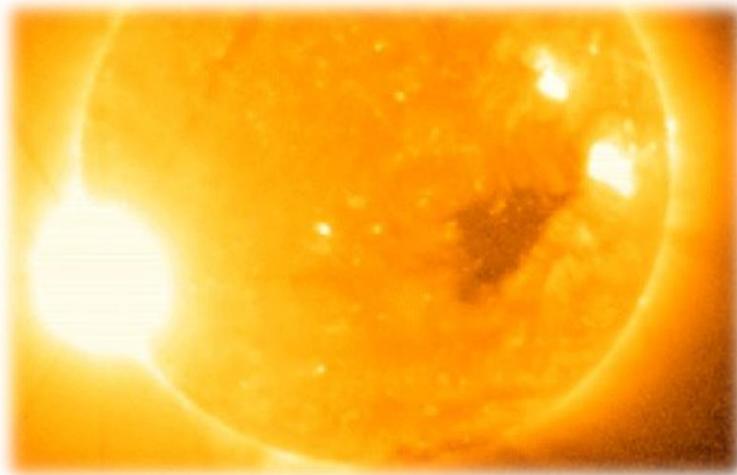
Embracing the light body and *exposing its form to all* causes attachment to physicality to become an obvious illusionary belief system based upon mass consciousness (herd mentality). Awareness to personal divinity is an expression of light facilitating actualization of the awareness of light in other beings. It must be **consciously embodied** before it can be transmitted to others (the standing wave).

Intention and Focus

It is important to keep focused upon being light in form. *Drag or distraction* in any direction is simply part of the creative process. Know it as part of the enlightened experience and expansion.

Look out a window into the surrounding environment. Know that all light that has been transformed into a slower vibration so that it appears like a tree, a bush, a flower, a wall, sidewalk etc. It is all light. There is nothing that is not light.

If one were vibrating just a little bit faster in frequency, it would appear as a flow rather than a physical body. Life would be experienced in a different way. Resonating with this understanding of *being light* shifts perception of the life experience. Everything glows, grows and expands within this concept and understanding of that which is possible. It is being one with the sun.



This is the awareness of being *spirit in form as light*. It is also the rays of the sun, the giver of life to the planet physically. The rays of light give life to the world, life itself and what is possible in the most extreme and infinite of ways.

The Source in Form

Since a human being is a physical likeness of the source in-formed, it means physical form is a spiritual representation of what the source experiences. ***It doesn't mean it is the only form of the source.*** It simply means it is *one* form the source has chosen. The choice is always perfect.

This concept exists outside of time. It changes the choice being *made (in the past)* to the choice *made (in the present)* – in every moment, with every breath. It is the infinite realization that the idea of a mother/father God, the divine feminine, the divine masculine are part of the duality. The one source *includes* the duality. The belief there is a split or a separation or a reason to reconnect to the source is not even possible. Remember that the *re-membering* is only because earthly amnesia has taken over. There is no thing, no person and no being in all of creation that is separate from that which is the source because **it is not a possibility**.

The First Wave is accompanied by the First Wave Ritual at the Mastering the Shift audio download page. This ritual is 29.5 minutes long. The first 17 minutes are a guided ritual of light. The remaining 12.5 minutes are low level music in which to sit as light and absorb the experience. Text is below.

First Wave Ritual

Experiencing Yourself as Light

Sit comfortably in a quiet, secluded space where you know you will remain undisturbed. Breathe easily and naturally without any special emphasis on your breath. Breathe and relax letting the sensation of ease, harmony and well-being fill your being. Your being is light. Your light is your being. Be conscious of your light and breathe easily . . . relax.

Now, as you breathe, imagine breathing in the light of the source. As it flows into your body through your breath, it enlivens every aspect of your physical, emotional and mental bodies. Each cell is filled with the intense presence of the essence of the source. As this presence continues to fill your cells, the fluid within the cells, the space among the cells, surrender to its essence. The presence of the essence of the light of the source is you.

As you are filled with the essence of this source light, there is no longer awareness of any disruption in your energy field. Your light is coherent and flowing. Your inbreath inhales the light of source. Your outbreath exhales the essence of the light into your environment. There is only light. There is only you. You are light. You are the presence of the light of the source. Breathe. Breathe in the light; exhale the essence of that light.

Your physical body is the frequency of the light of the source slowed to a frequency allowing it to move in this dimension. The essence of your physical body is only light. You are light. There is only light. You are the presence of the light of the source. The essence of your presence is the light of the source.

Now visualize an enormous ball of light surrounding you like an egg. The center of this golden ball of light is your heart from which emanates your sacred energy stream. Your heart emits a large light field that extends in all directions. Breathe into this ball of golden light. It is your light. It is the light of the source. It is the essence of your presence as the light of source.

Focus now upon your heart as it emits the essence of this light into your environment. Since it upwells from within your heart region as the presence of the source, it is infinite and everlasting. The light you are has no beginning and no end. Breathe into the center of your heart. Follow this stream of light as you exhale the essence of your presence into the divine hologram. It is your light, the presence of your essence. It is the light of the source.

Focus on the rhythm of your heart and breathe as your heartbeat and breath come into harmonic resonance with each other. The emanation of your essence as light in form follows the ebb and flow of the rhythm of your breath with your heart. Follow its rhythm. It is the presence of your light as source in form. It is your light. You are light. You are only light.

Breathe in this sacred rhythm as you sit in the holy of holies of your light temple.
You are the divine light of the source.