


Sacred Spaces

Living As Light

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Fifth Wave
Light Body and
The Physical Realm

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Fifth Wave – Light Body and the Physical Realm

Biological Waves

The physical senses are deceptive. The eye receives energy wave information, transforms it into an object and the visual sense perceives it as real. Actually, it is simply a wave interconnected to all other waves in the universe which are in a *constant state of change*. Since all waves are connected if one aspect is going to change all aspects must be taken into consideration.

The blueprint of DNA is made up of energy waves. All of these waves affect the entire physiology of the individual which is itself an energy wave. DNA responds to the information in the energy wave and creates accordingly. DNA is a holographic representation of a set of parents' combined DNA influenced by their lives and the choices therein. This combo DNA is passed to the child. **Each individual instructs DNA in its expression through thoughts, feelings and beliefs.**

The energy wave comprising the individual commands the DNA how to "transcribe" itself. The information within the individual's energy wave expresses its identity within the world including desires, thoughts and perceived needs. It attracts a response to the energy emitted by the signature within the DNA in the same way the DNA responds to the energetic information sent to it. This is the basis for the law of attraction i.e. *the principle of resonance*.

Spirit in Form

The source within form uses the physical vehicle to express within this realm. The more consciously aware a person is the deeper the experience of the source. As the frequency of this dimension increases, physical changes begin to become apparent within the human species as the human physiology begins to open itself to increased light. While it may be perceived that this is a heightened experience of light, it is much more a *redistribution and balancing within the frequency dimension*.

To date, humans have been resisting change and constantly seeking the familiar. **This is now shifting.** To a certain extent, this is why there is such an experience of lack of control because the *familiar* is becoming *unfamiliar* and there doesn't appear to be anything for the brain/mind complex to grasp hold of that brings the usual state of comfort. Even when life appears to be flowing in all of the perfect directions, there is often a feeling of disruption, stress, worry or anger. Many people are experiencing a sense of angst that was not present until the frequencies began to shift.

As the physical human body begins to change within its electromagnetic charge, more of the energy flowing through the biology will be experienced as a physical sensation. At this moment, humanity is quite unaware of most of the energetic flow throughout the human body. As the sensitivity to the transformative changes increases, the experience of the dynamic information will become more acute. For many, this occurrence is already in place and sometimes it can feel overwhelming because it is unfamiliar. As familiarity with it increases, it will become more the norm. This premise is being posited as *becoming crystalline in nature* because the body is changing from the density of being carbon-based into a clearer information capacitor much like crystal.



During the constant influx of frequency changes, it becomes increasingly important to practice grounding within the earth's frequencies. Electricity running through

the body grounds perfectly into the earth since it is the one true grounding rod in this dimension. In electrical engineering, grounding is referred to as the *path of return for current*. Since currents are shifting, grounding them back into the earth assists in bringing greater balance to the physiology.

Common Changes

Many people talk about (or complain of) physical, mental and emotional “symptoms” of spirit-in-form’s changes. The descriptions are often couched in negative or detrimental terms because the experiences are not familiar. Once the human being realizes that much as the body changes as it grows from the infant’s form into the mature adult so, too, do biological changes occur as the body becomes less dense.

Common descriptions are:

Change in sleep
Heart palpitations
Fogginess, dizziness
Time Disorientation
Buried issues arising
New aches and pains
Shift in physical weight
Confusion, rebelliousness
Electrical equipment malfunctions
Fatigue, lethargy, overall tiredness
Impatience, lack of compassion, anxiety

Many are demonstrating these responses within their physiology and connecting the experiences with the *time of transformation*. It is important to realize that though many of these traits may be aspects of shifts in consciousness sometimes they are also signs of biological, emotional or mental need for assistance from a professional with the expertise to provide care in a specific area.

If any of these conditions overwhelm life, give consideration to using the services of a trusted professional to alleviate any one of the conditions mentioned above.

Otherwise, consider that **the body may be giving signals** that certain foods no longer resonate within the physiology due to toxicity or denseness within the particular food. For others, there may be the desire to eat certain foods, drink more or less water including alterations in number and size of meals.

Sleeping habits can alter from needing more sleep to less sleep. Dreams may become frequent, intense and easily remembered or not recalled at all. If sleep calls, answer its call. If sleep is elusive, use the time for meditation and relaxation which eases the body as well.

Old issues or ones newly arisen may become glaringly obvious in the need to bring completion and resolution to some life situation. These may be within the individual or with other relationships. Analyzing or overly processing these issues will simply focus upon them keeping them “front and center”. If necessary, get professional assistance from a trusted counselor. Your soul will not present anything that is too hard to embrace. Releasing them through *absolution*, *dissolution* and *resolution* will create freedom and liberation.



Aches and pains including flu-like symptoms sometimes occur. This is the body’s request for attention with regard to specific aspects of its frequency. If medical assistance is needed, get it. Do not forego proper attention to your body based upon spiritual concepts. Both the physical and spiritual realms need full attention. Most of these experiences are temporary. Stress and anxiety about them will only hinder their release.

Experiences of fogginess are often a sign of re-balancing between the left and right hemispheres of the brain. The left brain is the center of organization and critical thinking. The right hemisphere controls creativity and inter-dimensional experience. As use of the right brain becomes more dominant during this time of

shift and change, the left hemisphere is not always in its normal role of control. As the two sides learn a new harmony, problem-solving and memory sometimes feel hampered. *It is a recalibration into a multi-dimensional viewpoint in which the left and right hemispheres are in greater cooperation with each other.* Be patient. Your impatience with life in general stems from this realignment. Compassion for yourself and others is key.

If **dizziness** occurs for any reason, check in to see if food or water is needed. Also go outside, barefoot if possible, and walk on the ground. The earth is the strongest grounding rod available in this dimension and it will bring renewed harmony to all of the bodies. If it persists, seek medical advice.

Living as the one, in wholeness, connotes consciously existing within the omniverse. This type of multi-dimensional existence can create “slippage” wherein time and space appear to change. What is occurring is focused awareness within another plane of existence and then return to this frequency dimension while having been the only one to have experienced the other plane. If this occurs, write down the experience for later reflection realizing that return to the present dimension will always occur. This releases fear of the experience. *Once fear is no longer present, control of multi-dimensional living becomes possible.*

As the **heart opens** with newly-defined compassion and non-judgmental love, it may shift beats from time to time. Breathing and relaxing will align the heartbeat. If it persists, get the advice of a medical professional.

As consciousness opens, rules and regulations become limiting. Using discernment to allay **confusion and rebellion** assists in finding common ground with that which *wishes to dissolve* and that which *remains as mass consensus*. Resistance produces more of the same and does not create harmonious results. Release the personal belief systems that no longer serve remembering that life in this dimension is based upon contrast and some boundaries are necessary for physical life here.

As the physiology shifts its electromagnetic field, some electrical appliances and technology may respond to the change. Lights may flicker or radios, TVs, and computers act strangely. Go outside and ground into the earth. Breathe; relax. Return to the equipment and hold a sense of coherent harmony with it.



These are a selection of experiences reported during this transformational time. The most important aspect of any of these actualities is to *lessen the drama* by not getting caught up in or attached to their significance. They are temporary and easily alleviated. Stress, angst, anxiety and worry increase the discomfort and are not conducive to expanded conscious awareness.

Emerging Aspects

Throughout the shift, the art of mastering the emerging aspects of consciousness will promote increased inner harmony. *Expanded clarity of focus, connection with cosmic consciousness, perceiving all life as one, loss of fear and compassion* are some of the most prominent attributes.

Heightened clarity is experienced as the conscious awareness of being the source in form becomes the center focus of life. It allows the distractions of physical life to fall away providing an enhanced perspective to become the norm. Rather than feeling that life is an effort and that spirituality must be attained, *existence within 4D becomes crystal clear and all capabilities are heightened.*

Multi-dimensional communication with the etheric while in the physical body becomes natural. Presently, it is conditioned out of this culture. Unequivocally all of the earlier peoples had constant communication with the unseen. Those countries, tribes and national groups living outside the western world still do communicate with the etheric and use their knowing, their nightly dreams and their

voyages of seeing into the unseen to create, organize and administer their daily lives. Communication with the subtle, etheric realms is so natural, all one really can do is *keep from knowing it*.

Oneness includes everything. It leaves no thing “outside” of itself. This plane appears to be based upon separate composite pieces at odds with each other. It is the source of contrast. Within oneness lies the answer to security, safety and the feeling of “home”. It expresses itself as “we” rather than “I” and opens the door to solidarity of integrity, flow and congruency. *Conscious awareness of oneness is the foundation of the shift in consciousness.*

In the footsteps of oneness awareness follows **loss of fear**, hence the feeling of security. Fear is always based upon *perception of past significance* and the anticipation that the future-future may hold the same experience. Fear is a one-word definition of separation. Feeling separate from oneness within the source is truly the experience of losing awareness of Self. With the dissolution of fear, self-realization occurs.

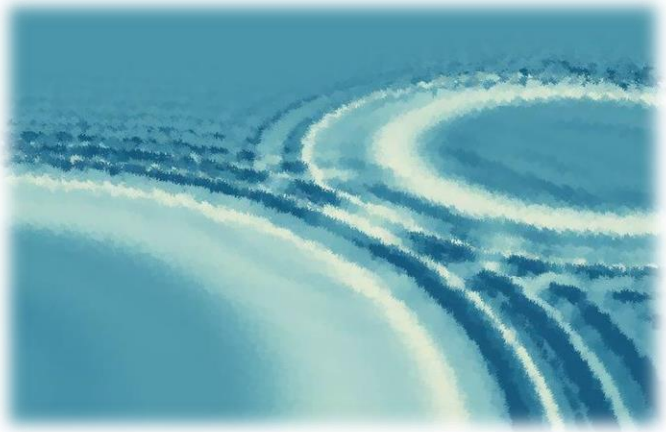
Heart-centered compassion reflects a respect and reverence for all life as an outflow of the source. All is one therefore all is *treated and viewed as self*. Compassion is a natural result of heart-centered living and brings joy not only to the compassionate but also to the whole.

Harmony in the Field

All of this and more is available through conscious awareness of the energy field. The physical, emotional, mental and spiritual bodies are enmeshed within the light body. The repository of light allows spirit to emerge ever new within this dimension’s resources. Since the bodies always know exactly what is needed for each of them in concert with each other, *paying attention to the moment-to-moment awareness of being is the answer to every question.*

The human physiology creates only health and nurturance for itself. It relies on the conscious following of signals to remain in harmony. Due to this dimension’s principle of resonance, *the bodies can only receive what they are allowed to transmit.* This is a conscious action on the part of the individual.

As a standing wave, the bodies are in a constant state of receptivity. Since there is little education and no conditioning within the present culture to assist in understanding how to be a receiver, most humans remain in constant denial that it is possible to experience and control this aspect of existence. Being consciously aware of the



transmission of thoughts and feelings sheds light on what will be received. It is the basis for the standing wave in its constant action of transmitting and receiving *inherently destroying and creating simultaneously*.

Shifting into conscious control of what is transmitted maintains a new balance within the constituent aspects of the bodies. It releases the conditioned responses of mass consciousness thereby realigning the conditioning of the physiology and the psyche. All aspects destroy and create within each moment. *It is a continual dynamic of the universe including the human body*.

All humans are creators in this dimension and have direct access to the original blueprint, the initial intention of the source creation in this plane. Within the source reality, there is no fear, no loss, no abandonment, nor separation. Perception of lack and aloneness, fear and sorrow are part of the world of illusion which is synonymous with being unconscious. Changing perception creates active access to that which is real – the peace, harmony and love of the source. *What is necessary is the willingness to make the choice for change*.

Physical and Light

Paying attention to daily thoughts, feeling and activities alerts the consciousness to the present experience. *The bodies are in constant communication* through their aspects in consciousness informing the brain/mind complex of what is being experienced on a physical, emotional, mental and spiritual level.

Physically, the body is increasing in frequency allowing for light as form to be the conscious experience. The importance of paying attention to the moment-to-moment sensations within the biology cannot be overly stressed. Focus upon and fulfillment of the physical body's call for food, water, sleep and silence greatly reduces the experience of discomfort as the physical becomes more in harmony with enhanced frequencies of vibration.

Emotionally, sensitivities are heightened to the frequency wavelength promulgated through feeling. Rather than believing in over-sensitivity, it is more important to recognize that which resonates and that which does not. The emotions are guided first by original feeling. Paying attention to the origin of feeling instead of subjecting it to the mental process aligns the emotional body with harmonic peace.

Mentally, releasing the personality's hold on the perceived need for control dissolves the boundaries created by outdated belief systems. Limiting concepts, ideologies and illusionary life aspects that provide no support for enhanced experience are not in resonance with the enlightened human and the subsequent awareness of light body. As the left and right hemispheres of the brain begin their sequencing into overlapping behavioral characteristics tight mental constructs will become increasingly uncomfortable. The dissolution of the desire to control life is the result.

Spiritually, an enhanced perception of life's possibilities becomes the norm. The adventures of consciousness replace the concept of challenges and issues. Every opportunity is seen for the conscious expansion that it is and the joy of living as light is realized.

The physical world is ready for the embrace of the light body. The less stress that is placed upon the discomfort of aligning with that which is less dense and the more focus put upon the availability of the gifts of light body, the easier it becomes to live in this sacred state.

The Fifth Wave is accompanied by the Fifth Wave Ritual on the Living As Light audio download page. The audio ritual below honors the presence of your essence as the source in form. It is 18.43 minutes in length.

Fifth Wave Ritual

The Presence of Your Essence

Sit quietly, breathing; feeling each inhale, each exhale. Breathing, wherever you are, however you may feel, quietly. Breathing, feeling each inhale, each exhale. Breathing, wherever you are, however you may feel. Inhale the world around you. That world is within you. You are breathing in the reality of your world. As you exhale, you change that reality. You exhale your intention. You exhale who you are; you are the presence of God in form. Who you are becomes a part of your reality. Breathe, inhale; exhale into the world made of light. *You inhale that light. You exhale the light.* The light is perfect; **you are perfect**. All of your choices are perfect; breathe. Inhale your choice to be present in this form. Exhale your living it.

Settle into the presence of your life. Don't try to change it; breathe it in exactly as it is. Exhale your intention for your life. Recognize who you are; you are the source in form. You are this breath; breathe. Inhale your connection to all things. Exhale your love into all things. Let it all be. ***Nothing to change; nothing to heal.*** Simply being; being in your breath. Breathe, inhaling your world; exhaling your flow of life within that world. ***Nothing to change; nothing to heal.*** Simply being; being in your breath. Breathe in your awareness; exhale your understanding. All is perfect. You are perfect, breathe. Breathe in the love in all things. Breathe out your appreciation of all. This is who you are; this breath is your truth. Breathe in your truth; breathe out your knowing. Experience your breath. It is the spirit of your life; inhaling the perfection of the world, exhaling the breath of your life into that perfection. Not wanting a meaning to life; needing no specifications. Needing, wanting nothing, only absolute awareness breathing

in itself; breathing out itself into itself. Oneness, wholeness releasing into its flow; breathing into its current; it is you. You are it; it is, you are.

Imagine the being you are breathing this awareness into your body in physical form. Watch closely as you merge with the body you have created. Watch now as your light body merges with the physical you. The light comes down through the crown of your head filling your entire body. Watch the light body and the physical body become one. **Enjoy this union; it is you for this lifetime.** The union of these two bodies is you as one. The you that you are, light as physical form, one energy, only one, oscillating in and out; back and forth , origin to outcome, beginning to future, Absolute to future, origin to outcome.

Feel your awareness now reaching out into all of the space around you. This is home for a very short time. This light that is you is your vehicle of transport in this world. This light is you. It is the presence of you as light. You are the Presence as light, as form.

Relax into the presence of this light. Let it hold you. There is nowhere to go; nothing to do. You are Presence as light. You will always be the presence of the source. This is the place within you that you can trust. Here is no fear. Here is no judgment, only light, only you. It will not ever leave you. You will not ever leave it. It will always be where you are, your consciousness. It is you. You are it.

You are light. Walk in the world as this light. Your presence is the light of this world.

