

Sacred Spaces

Living As Light

Reverend Doctor Toni Petrinovich

*Seventh Wave
Living As Light*



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For additional information:

Reverend Doctor Toni Petrinovich
Sacred Spaces
sacred@anacortes.net
www.sacredspaceswa.com

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Seventh Wave – Living As Light

Visible and Invisible

Understanding existence as light begins the accelerated expansion of consciousness into infinite awareness of Self. While physical light is visible between about 4×10^{-7} m (red) to about 7×10^{-7} m (violet), light is also a stream of *photons* or *particles of light*. These particles comprise the human light body. Though the spiritual (religious) overtone to the concept has been the cause for many interpretations of the light body, it is as present within this dimension as the visible physiology of the human body.

Since all that exists emerges from within the source, both the physical body (including mental and emotional) and the light body are source constructs. The difference between that which is experienced as the biological form and the light form is: *physical form* relies on time/space while *photons (light)* exist in space and do not experience time. It is the passage of bio-time that eventually results in the exit from the physical body. Since photons do not know time, they have 0 time in their existence. Photons are comprised of no mass and are very unstable.

Since the physical body is composed of light (with reference to light in the defining paragraphs above):

**THE HUMAN BEING IS WITHIN SPACE/TIME AND NOT
THE HUMAN BEING IS RESTRICTED BY BIO-TIME AND NOT
THE HUMAN BEING IS COMPRISED OF MASS AND NOT**

The understanding of this concept leads to awareness of multi-dimensionality that in essence is omni-dimensionality. While many believe this is the physical third dimension, it is actually the fourth. From length and width to depth the fourth dimension also comprises space/time. Some postulate that the fourth is time, others that it is space. For the purposes of the light body, the fourth realm is both. Herein, time is not as constant as believed. Albert Einstein proved the relativity of time within space.

Within the fourth dimensional space/time, the healthy physical body vibrates at a wide range of frequencies depending upon the system measured. Hertz is a frequency of one cycle per second. This vibrational frequency has mass, weight and motion. Mass is equal to energy changed through the application of force. Photons are force carriers. As a carrier, photons mediate electromagnetic force between charged particles i.e. that which comprises the physical body.

Experiencing Light within the Physical

From the above it is easy to understand that the light body and the physical body are the same though distinct expressions of this plane. The greater metaphysical difference can be seen in biological needs and desires within the physical body while within the light body they do not exist though they are experienced by the light body through the physiology. Focus upon the light body (*attention is resonance with*) shifts psychological attachment to physical/psychological flow. Without attachment apparent needs and desires shift to multi-dimensional experience. The light body experiences everything within the physical, emotional and mental bodies. All experiential occurrences are mutually shared.



Light reflection from the sun, or another light source bouncing off the objects within this dimension, creates the perception of everything physical including the human body. The light body is experienced through conscious focus upon *being*

the source in form rather than a physical reflection. The anatomy of the light body expresses through consciousness operating within the etheric or invisible dimensions. Since the light body is limitless and resides within the fundamental realm emerging within the source consciousness, *all share expression within the one light body.*

The light body does not rely upon the reflection of other light sources to exist. While emerging as “structure”, it knows no time and is in all space instantaneously. Focus upon the light body instructs it as to its manifestation within each individual’s consciousness. Each human being “decides” how to express as light body.

Human beings have largely filtered out identification with the resonance within light. The light body is the essence of existence. Understanding and focusing upon the basis of life allows for the form to take on a lighter experience of itself. It releases the burdens and stress of strong attachment to an idea of need or desire and consciously enters the streaming flow of *being* light in form.

Focus on the Light Body

The light body is composed of a limitless and inexhaustible energy force emerging from within the source. As the foundational element of the physical, it instills the physical with the capability of the same limitlessness. Coherent resonance within the physical is a demonstration of that ability. Focus upon coherency informs the physical as well as the light body that the consciousness is **ready** and **willing to accept** living without boundaries.

Consider consciousness as a particle accelerator expediting the awareness of the light body within the physical brain/mind complex. Use of its laser-like focus impels the conscious mind into a world without time or space and infinite in scope. Then the physical senses *resonate with* (rather than “create”) a coherent material world. Emerging within this congruency is the realization of the oneness of the light body rather than emphasis being placed upon individual attainment.

No thing exists outside of the focus of consciousness. Existence is a vacuum within which is projected the conscious creation and *resonance with* its

manifestation. The empowering of the physical mind's thought patterns through maintained focus upon the light body results in a photonic flow into the physical manifestation evidencing the light body itself. This is the basis *for* and the result of free will.

Intentionally shifting focus from the physical body to the expression of the light body actualizes awareness of the infinite, renewable power within consciousness in form

It is an expression of the source *without the cloud of mental judgment and/or emotional need*. Frequent, dedicated practice of this shift in focus is necessary for the individual ego expression until it becomes the focal point within this dimensional experience.

Importance of Focus

Since the light body underlies the physical experience and manifestation within this dimension, it is important to realize how important feelings and thoughts are when resonating within physicality. ***Every single feeling and thought is an individuated expression of creation within the whole.*** As this plane is sensed through physical senses corresponding to feelings and then thought, whole worlds of manifestation take form.

Since all in this dimension is composed of electromagnetic energy and pulses, each feeling and thought transmits its information through the electromagnetic field. Physical experience of the individual quickly creates participation within the whole – that is the whole dimensional omniverse without any boundary or limit. Each creation is *endless in its transmission* within the all.

Once conscious focus is experienced as a habit pattern, the idea of seeking higher dimensions of reality is resolved into experiencing life as an interchange of light. While *seeking* may appear to be a technique, it is but a distraction from what is already present and available *through attention*. The habitual mental aberrations must be dissolved to allow room for awareness to arise. Diligence and discipline fueled by a sense of passionate desire to ***be*** consciously aware is imperative. The

mass consensus of the human collective consciousness holds great sway over the mental body. **The drive to be conscious will easily surmount mass consciousness when sufficient attention and focus is placed within that direction.**

Whole Light

The light body is comprised of “whole light”. It encompasses the entire light spectrum. Rather than immersed within the duality/polarity of this dimension, it is whole light without charge. Focus upon existing as light shifts the individual from polar bio-rhythms to a *whole frequency* of light.

This information emphasizes the importance of focus and intention. Duality based perceptions rely upon the limited constructs of space/time within this plane. These perceived realities are based upon the gravity of the fourth dimension to attract or resist experiences. *The light body is without mass therefore beyond the constraints of the gravitational force.*

As geo-magnetics shift within planet earth, so too, does the electromagnetic density of the physical body fluctuate. Within the emergence of a new species of light the human being has the ability to recognize itself as Christed (anointed) as light, *the essence of the source realizing itself without fourth dimensional boundaries.*



As awareness of anointed oneness within the presence of the essence becomes the moment-to-moment focus, daily life changes. Everything is seen as alive, conscious and capable of dissolving the bio-chemical shells of duality/polarity. Congruency within the light body consciousness releases the time/space construct of perception (based upon beliefs and social constructs). Rather than the delayed

consequences of this dimension, **focus is upon the instantaneous experience of the light realm.**

What is additionally very important is the realization that this awareness *must be lived* rather than simply reflected upon. Daily experience in this dimension resonating as whole light shifts the individual consciousness into a reality that is not reliant upon space/time. Consequently, life's occurrences appear as whole light rather than charged polarity. Living as the light body activates the individual as whole light.

Manifestation as the light body *recodes consciousness* into harmonious states of equilibrium with relation to physical experience. The illusory, subjective aspect of this dimension becomes readily apparent urging consciousness into release of polar opposites. Many of life's experiences begin to "appear" to be lived in multi-dimensional consciousness thereby synthesizing omni-dimensional reality.



While some may compare the light body with the Merkabah, there is a distinct difference.

The light body is a *state of being*. The Merkabah is a *state of movement* as the revelation of the source itself in this dimension. Since every human being is the source in form, the light body *is*. Revelation of it *as the source* comes within the realization of the Self. Within this awareness, one steps outside of the physical spectrum (limitation) and lives as pure, whole light – *the source in form as all that is*.

As vibratory synthesis takes place within the consciousness, all conscious individual bodies (unconscious, subconscious and super-conscious) are released from this dimension's polar mass and velocity activating communication within a realm of whole light. Communion with other light bodies becomes a natural occurrence rather than a perception of a "supernatural" event.

Stabilizing Within Light Body

As consciousness of being the light body becomes more the norm, the individual begins to realize the integration of the many aspects and attributes of its physical manifestation. *Christus-originated light particles of thought* align within the brain/mind complex operating as higher conscious awareness. This electrochemical/biological process integrates the mental and emotional bodies within the light body. The result is a stabilization of consciousness as whole light in a polar world.

The anchoring of the light body emerges within consciousness and the concept of duality and separation is without due foundation. Higher conscious awareness elucidates the presence of mergence within multiple states of conscious being. From individuation to an *amalgamation of light beings* as light bodies, the conscious awareness stabilizes in anointed communion.



As this understanding takes hold, active communication integrates among the light bodies and information is easily exchanged. **Cosmic mind becomes the light**

focus. Communion within the whole is the foundation. The confusion of this dimension dissolves. The whole is experienced as one and individuation is subsumed into the all as consciousness releases space/time awareness as simply a boundary-based dimension of experiential learning.

The light body assimilates the physiological embodiments and all of its experiences. Realizing this is a natural occurrence when focus is placed upon living as light releases the brain/mind from its sense of need to control the outcome. Each cell within the physiology is immersed in this whole light and aligns itself within the natural birth of its physical self. The body's cells experience absorption within the light body's dimensionless, stabilized awareness.

Stabilizing the re-patterning within each individuated expression affects physiological blueprints for each one and, therefore, for the whole – instantaneously. Life as light force in form evolves human beings into a new race.

Communicating as Light Body

Both DNA and the heart are data collection centers storing and transmitting their information through conscious awareness. The heart has the capacity to literally *entrain* the body into a state of well-being when one places attention on that quality thereby enhancing DNA's ability to furnish life-giving proteins plus inter-dimensional information. *DNA relies on a coherent wavelength to function successfully.* DNA has been shown to have access to in-forming frequencies that are not commonly considered to “belong” to present physiology.

As the pivotal point of communication transference, the physical cells communicate within the physiology and also multi-dimensionally. DNA transmits this information more ably as the individual surrenders tightly held beliefs. Not only does this release affect perception of the world, it also stimulates the environment of health within the bodies plus opening access to *multi-dimensional in-forming*.

Inasmuch as DNA acts as an energy/information conductor throughout dimensionality, it may be seen as connected inter-dimensionally (or omnidimensionally). The exchange of information within the DNA is *instantaneous*

and everywhere. Its hyper-communication, communication among the dimensions, is stored within what are called *soliton waves* – *temporarily stable waves that are able to store information for long periods of time.*

The increased light body communication abilities may be construed as finer or more precisely defined within its structure due to release from gravitational and charge influence. The body’s molecular structure creates and enhances a language structure that is *light encoded* at a consciousness level “outside” of physical reality. This encoding is infinite and all-inclusive.

Communing (or common union) opens the portal to awareness of the light body as one shared experience within unlimited levels of existence as the essence of the source. Human beings are now ready to recognize organization within the whole archetype of “human being” and to extend this present awareness into new civilizations of light. While communing within itself, the human species unfolds into a birthing of infinite consciousness as a pattern of form known as *light*.



Living as Light

The light body is the “new” human body. Living as light is the “next” experience for the human being.

While being the light body is not necessarily new in its totality, it is as yet an *unaccustomed* experience for the species. The consciousness intelligence has always existed as such. It is the human species awakened endeavor to transcend the mind and its controlling, analytical basis dissolving the appearance of a veil between the visible and the invisible.

The realization of alignment within conscious awareness of the source in form, rather than a programmed body of information, changes the identity to **essence** rather than form. It moves the individual from being *of* the world to simply being *in* the world though awareness of the omni-worlds inherent within beingness.

Living as light is immeasurable and infinite. It is perfection of the presence of essence as the source in form as the first creation of human form. As consciousness masters the polarity of this dimension, it releases itself from sole expression in fourth dimensional wavelengths and embraces itself as *the essence* of its inception.

DNA and cellular structure know itself as the physical manifestation of the source. The source manifests itself first through the light body and then, slowing its frequency, through the physical structure. Within this expression there is no separation, no veil, no polarity and no limitation - only perception of such.

Living as light is conscious awareness of being the source. Living as light is realization of the Self in form surpassing the concept of form and emerging as formless. Living as light is being God.

The Seventh Wave is accompanied by the Seventh Wave Ritual at the Living As Light audio download page. Each version of the ritual is 29.30 minutes in length. For additional instructions, see below.

Seventh Wave Ritual

Immerse yourself in the infinite sound. The Tibetan Cymbals will ring every minute for 20.30 minutes bringing you into conscious awareness of simply *being* as you listen to the frequencies of “Light Awash”.

There are two versions: one with the 1 minute interval Tibetan Cymbals and one with the “Light Awash” audio only. Suggestion is made that you listen to the version with the Cymbals first and then you may choose to listen to the version without the 1 minute reminders calling you to be present in the moment.

