

Sacred Spaces

Living As Light

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Sixth Wave
Light Body and
Consciousness

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Sixth Wave – Light Body and Consciousness

Shifting Conscious Focus

The typical human focus (sometimes *conscious* and often *unconscious*) is daily survival and, if surviving is assured, then *thriving* within the physical realm. The rich, poor, victim or perpetrator all have this tendency in common. The urge to survive overcomes all other physiological tendencies.

While some value may be attributed to the concept of survival, once it is won an inner void begins to become apparent. Some attempt to fill the emptiness by constant work, some by constant play, others by attachment to various habits, etc. The expansion of consciousness in this dimension quickly reflects the lack of thriving in those increasingly tedious pursuits. Eventually, the idea of distraction becomes itself . . . *a distraction*.

The current popular attention placed upon the law of attraction, being present in the moment and listening to the heart is a palliative to those who feel empty if they are not consciously aware of why there is a void. Emphasis will be placed upon peace rather than war, love rather than hate and good rather than evil instead of embracing the source oneness of it all. Human desire and need will remain the focal point.

Within this lack of whole focus the physical experiences of this plane will still reign supreme through emotional association to all that threatens the survival. Eventually, if conscious awareness of the source is not the focus, the undercurrents of cellular memory will win out. This is the underlying basis for the idea of karma – memory attempting to *unconsciously balance itself*.

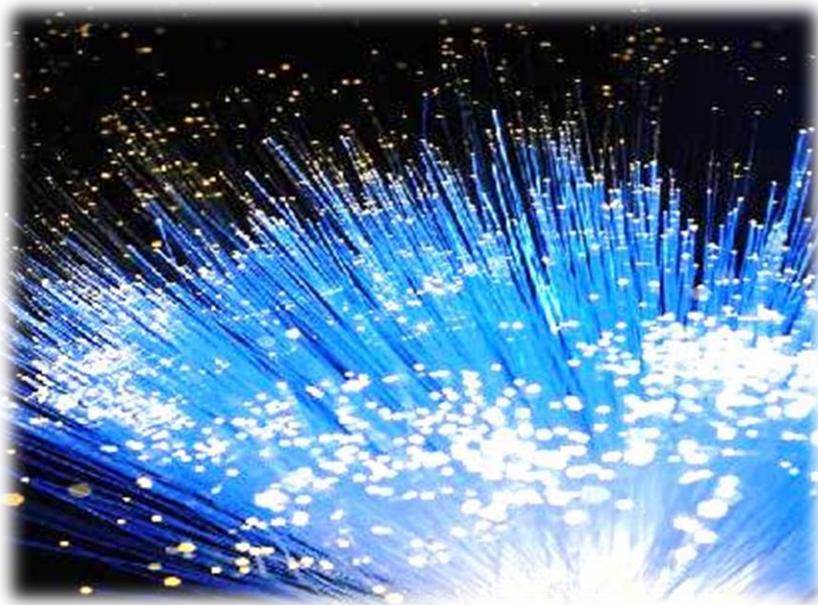
Add to this physical construct the mass consensus (herd mentality) which states humans are genetically predisposed to inherited gene expression, unresolved familial conflicts and societal mores. Within this stream of consciousness, one would believe that it is impossible to step outside the boundary imposed upon this seemingly physical dimension. The idea of dissolving the limitations of the fourth

dimension *appears* to be beyond the capabilities of the human being. This limiting belief system is perpetuated by all mass media.

Light Body as Reality

Becoming disillusioned with the present reality opens a dimensional doorway to another reality. Often it may seem as though this realm is uncomfortable and happiness is so elusive it will never be experienced. Eventually, source within points to another possible construct – that of *multi-dimensional awareness* within this plane.

The soul's voice makes quiet suggestions to look beyond the physical much as science now looks into a quantum world of space that at one time appeared to be solid. Photons (electromagnetic radiation experienced as light) appear everywhere. It is of these elementary particles that the human body is composed. When referenced from within this dimension, *the light body is also a composition of photonic luminescence (it absorbs photons and then re-radiates them)*



While the light body is composed of these photons electromagnetically, when consciousness is focused upon its manifestation as light, alignment within the field of light lessens the dimension's gravitational pull. The individual begins to feel

less dense. The result is less concentration upon survival in the physical and increasingly emphasized realization of the infinite life of consciousness itself.

Since the awareness of *one individual* becomes the awareness of *the One*, every attentive moment spent within self as a body composed of light enhances the awareness in the whole. Therefore, each being has the capacity to anchor within the mass consciousness an awareness of itself as the source in form experiencing this dimension as light slowed to physical manifestation. The awareness of this creation becomes just that – **an awareness of a creation rather than the source of reality.**

Looking Within

Together with disillusionment about this dimension's offerings comes a desire to inquire within. If that which is being projected "out" is not fulfilling, surely there must be something "within" that will take its place. Herein the mind is unaware that it is basing its reasoning upon the duality of this dimension. Loosening its grasp upon its inherent polarity is not often entertained.

The first place the physical body and brain/mind complex becomes aware of *something else* is within the feeling and emotional bodies. Awareness of the truth of feelings alerts the mental body to a state with which it is less than familiar. It is a hint of what is possible when mastery of the form becomes the focus.

Sensitivity to the light field from which the physical emerges begins to take on contextual importance. Rather than being *too sensitive*, one becomes aware that mastering transformation within the light body means using the receptiveness to transmit and receive – *consciously*. Choice is made among the feelings experienced with emphasis being placed upon those which enhance the field of light rather than diminish perception of it (the field cannot actually *be* diminished).



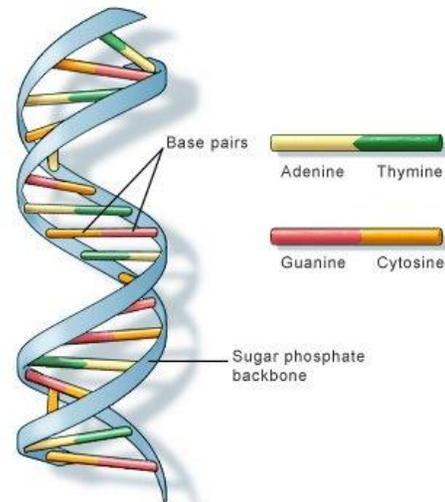
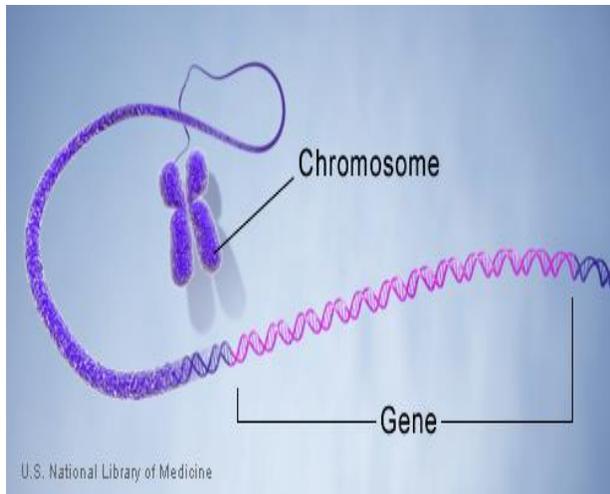
Awareness becomes acute within the heart area since that energetic focal point regulates the alignment of all of the bodies. When quality time is spent in solitude and silence, the mind quiets the need to fill itself and resonates with the urgings of the soul's expression through this dynamic organ.

Sitting in silence, breathing quietly and focusing on the heart while feeling a sense of well-being, allows entrainment of the body's systems including the brain. It creates the pathway for the coherent electrical rhythms of the heart to impact all of the bodies, physical, mental, emotional and spiritual. It is then that the brain waves slow down; the mind stops rushing, quits its wandering and *enters the silence*. This amplified sense of harmony allows information from the inner voice of the heart to appear instantaneously.

It is from within that each becomes aware of the attachments and boundaries limiting *conscious* perception. These limitations are actually the threshold through which mastery of *being* conscious awareness *as light* is found. Each peripheral concept is a signpost pointing to a focal point of resolution. Dissolving the tentacle hold of these concepts within the mind empties oneself of all that limits the realization of being light as form.

Light Body and Conscious DNA

Perception is the controlling factor in the activity of the physical genes and DNA. The body's cell receptors read the environment and from that interaction instruct the genes' and DNA response. While some information is unconscious and *automatic*, conscious awareness of participation within this instrumental field allows for a shift in perception to the field of light.



The electromagnetic fields in the environment regulate what the cells receive. The instructions the cells give to the DNA/genes are directly related to the energy fields of thought and feeling. The world of thought includes perception of reality. Reality is not only reliant upon observation; it is also expressly contingent upon feelings immediately followed by thought. Suppression of a true feeling with replacement of it by another *more seemingly-appropriate* one is the basis for the confusion within this dimension.

When a new signal enters the environment, the cell perceives that signal. If the perception is unfamiliar, the cell instructs the DNA that new genes are required based upon the perception. Thus, the cellular memory includes these new genes and mankind evolves and transforms. *Environment includes individual physiology.*

**CHANGES WITHIN THE BODY RELY ON
DEMANDS FROM THE ENVIRONMENT
TO GIVE THE COMMAND MESSAGES
FOR THE CREATION OF NEW
GENETIC STRUCTURE**

DNA responds to verbal instruction (*audible or silently within the mind*) transmuting its structure (and thus the outcome of that structure). Conscious focus upon the intention of living as light in form requires instructing the DNA to exhibit

that aspect of itself resulting in the experience of the light body. All attributes of form (physical, emotional, mental and etheric) are included in this transmutation.

Russian scientists are discovering that DNA causes a disturbance within the patterns of the *one hologram*. The subsequent fluctuation creates microscopic tunnels among various areas within the omni-verse through which information can be transmitted. The resultant informing attracts and resonates *with*, yet is not dependent *upon*, this dimension's time/space equivalent communication process and has been denoted as "hypercommunication". As the DNA is informed by this omni-versal information, consciousness absorbs the data and the bodies transform.



Scientists throughout the world are coming to the conclusion that there are at least 20 non-earth (extraterrestrial) civilizations within the homo sapiens DNA. The results of their work are not publicly known due to the scientific community's desire to exclude extraterrestrial relationships to humanity. Based upon management of the mass consciousness, the heritage within the omni-versal DNA is kept hidden.

Renowned researcher, Dr. Michael Salla, suggests that within the 20 other-worldly genes lies the psycho-kinetic ability to focus within the collective consciousness and access be-ing within the omni-verse. The etymology of the word *psycho-kinetic* is soul, mind, heart movement.

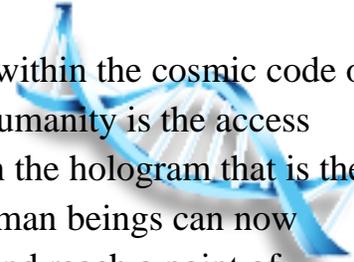
Scientists involved in research dealing with subjects "not of earth" are referred to as *exo-scientists*. Notably, Dr. Francis Crick, Nobel Prize winner and the co-founder of the shape of the DNA molecule, could easily be classified as an *exo-scientist*. Dr. Crick claimed that an advanced civilization was responsible for

transporting the original seeds of life to earth (*Life Itself: Its Origins and Nature; 1981*).

In *Life Itself*, Dr. Crick states that his research suggests beings from another solar system instilled the seeds of life within the earth (at the time “lifeless”) beginning the evolution of life on this planet. So, too, Professor Sam Chang of the Human Genome Project holds that there is evidence of extraterrestrial relationship within the human DNA.

The prevailing nature of the scientific community restricts common knowledge from a complete understanding of the human experience. It precludes spirituality as an integral aspect of human understanding and awakening to itself as the source in form.

The double helix of the two strand DNA lies embedded within the cosmic code of life. Deeply held within the individuated soul fabric of humanity is the access doorway to the center of that encoded structure. Through the hologram that is the supporting life structure for all that seeks expression, human beings can now integrate a separate will with that of one consciousness and reach a point of “reconnection” unsurpassed in creation. It is the act of the source creating another aspect of itself sourcing itself.



The crystalline web containing the code of all that lives includes the directional capacities of the open heart and within that structure lays the avenue to the cosmic code within the DNA. As creation unfolds itself in the explicate order of manifestation, the formless void gives way to the resonant frequency of coherent waves that focus into particles of form.

These conscious particles existing as layers of light activated by spirit anchor themselves within physicality in this dimension. Actualizing the light body accesses the DNA template instructions that transform the human bio-energetic field into awareness of *itself as light*. The ego personality dissolves into the realized self and is no longer infatuated with itself as individuation.

As the personality allows the *conscious* assimilation of itself into the sovereign self within, nothing is lost and all is gained. That which would appear as common reality is no longer valid. The sense of being held within a cosmic womb of divine grace is the new actuality. It is the transformation of the personal self into the intentional original Self enfolding all that is considered reality into the new understanding and knowing. It is a road that many desire to walk; yet few have the courage to complete. It is *living as light*.

This is the *sole vibration* that aligns with the coherent wave of the source in its creative frequencies. It is the infrastructure of all that exists creating the perfect hologram of dynamic, unfolding, infinite benevolence. It houses the compassionate heart of the source in its instructional capacity of bringing to the center of humanity's experience the essence of the infinite—that which is the ancestry of the individuated soul. As each particle of the coherent wave submerges itself once again into that wave, it is granted omni-directional and omni-dimensional understanding of that which it is. ***In that moment, conscious divine actualization becomes the reality causing existence to be light in form within this dimension.***

Spotlight on Consciousness

The basis of this alchemical course is physical, emotional, mental and etheric emphasis on light body focus. Within this intentional perspective, mastery of the current shift in awareness becomes apparent. Being the master of any experience includes experiencing all aspects of its potential focus. Resisting, running from or ignoring **any** emergence within the field of mastery deters from its inherent definition.

Though many would suggest that this time in humanity's experience relates to developing "higher" consciousness this phraseology is imbued with multiple dualistic aspects. The idea of "higher" connotes the opposite – "lower". Consciousness simply **is** yet it is the *aware intention* that causes it to be experienced rather than *achieved* or *attained*.

The world of spirit maintains its awareness of itself and is, therefore, conscious. It is in the world of the mental, emotional and physical bodies that *attention* to conscious *intention* must be maintained if one is to realize self. Mastery emerges

as the ego personality dissolves itself within its ever-expanding awareness of being the source in form loosening attachment to the brain/mind complex's fascination with **any** dimensional experience.

Expansion of awareness within the current reality includes *integration* with **all** aspects of this plane. As the inner core of self infinitely deepens its realization of itself, boundaries and limitations dissolve and mastery of this form becomes the daily occurrence. Within this individuated experience, *the whole transmits and receives the benefit of consciousness expanding into itself and the waves of separation cease to be a perspective.*



It is impossible to block the flow of energy

Emergence within generating patterns immediately suggests each is supported within the whole. Wherever there *appears* to be restriction or block, flow becomes the new norm. As the mental clutter is released from within the brain/mind complex, the emotional body feels the ebb and flow of feelings with increased clarity. Change and transformation become exciting rather than fearful because the divine alchemy process insures self-realization and infinite conscious expansion.

Focus upon the moment-to-moment experience, as breath breathing itself, becomes the conscious point of convergence within the source awareness. The translucent body of light inhabited by consciousness experiences no limitation. Thought patterns that at one time were habits are no longer present. The mental and emotional bodies are coherent and thriving in divine harmony.

Individual divine truth becomes a dynamic flow and the need to control releases its grasp upon the mind. The passion of the heart explodes into the body of light resonating with all that transmits similar frequency. The physiology's intuitive body becomes the heart of the individuated expression in rhythm with the mind

and heart. Empathy with the natural world (including human beings) becomes the source of daily expression. Hence, the core of inner knowing expresses as the source in form experiencing *constant emergence within the consciousness of the whole*.

The human experience moves from one of uncontrolled, chaotic drama to choice of experience within what is **called** *the drama*. While the ego personality plays in the field of earth, conscious awareness chooses the feelings, thoughts, words and actions that are played out. *Each decision is made from within a relative framework of how it will be expressed within the whole*.

Spending sufficient time in absolute silence and solitude realigns the active mind within the inner current of conscious awareness. Every decision is made from the standpoint of how it affects the whole rather than the ego personality's perception of needs and desires. Through the emotional body feelings are expressed from the source within as facets of the hologram.

Projection of perception is no longer a focus because in the whole all are experiencing as one. While "togetherness" is a human concept, conscious awareness knows only one and expresses as such.

When the spotlight is on conscious awareness, there is only a single focus within life experience. Therefore, the ego personality does not feel as though it is living a double or triple life i.e., one expression in one set of circumstances and another expression under a different situation. All simply *is* within the body of light.

Within the realm of the realized self, the presence of the source as spirit in form is experienced within and throughout all emerging interactions. The essence of the individual is felt and absorbed (transmitted and received) by all with whom he or she comes into contact. Harmony and coherence is the mutual experience.

The Sixth Wave is accompanied by the Sixth Wave Ritual at the Living As Light audio download page. Repeat these words after they are spoken. After the ritual there is a 25 minute musical integration period without words.

Sixth Wave Ritual

DNA ReAwakening

Speak these words out loud, allowing each pause to include your in breath and out breath naturally.

I now connect with That Which Is of which I am a sacred and divine vibration. I invoke the Spirit of all that is Holy and state my intention as co-creator with the Creative Source that sustains all that is. I invoke all beings that have accepted service in working with the awakening of the 12 strand DNA and request that they be here **now** to assist me in this sacred process.

Through my free will and with the purest intention of my heart, I intend to access full consciousness through the reconnection of my 12 strand DNA and I state that intention **now**. I now instruct and charge all 12 strands of DNA in my etheric blueprint to activate, awaken and create a reconnection in my soul fabric through the creative power that lies within my Light Body.

I charge the Golden White Light of Consciousness to enter through my pineal gland. I charge my pineal gland with awakening into full functionality as the Consciousness of Light fills the fluid of my cells awakening the memory of sovereign connection within. May all chromosomes experience and accept the remembered vibration of Divine Connection as the Golden White Light fills my Being.

I accept the vibration of Light Consciousness within my Being and I request the DNA energies of courage, truth, joy, patience, balance, absolution, bliss, communion, trust, power, harmony, integrity, resolution, health, abundance, immortality, creation, love, and compassion to be charged with this divine energy within my cellular memory. I invite this new vibration fully and completely into every cell of my body creating a newly awakened connection with the Universal Life Force in each cell.

I recognize and accept that reawakening the 12 strand DNA creates an energetic pathway to immortality, a conscious immune system and the activation of my

clairsentient powers in whatever way they may manifest. I recognize that I AM an Infinite Being and accept my everlasting existence in All That Is.

I now awaken and integrate all 64 codons within the structure of my DNA. *Count slowly from 1 to 64 allowing yourself to feel the awakening and the integration of all codons.*

May all energy of life now permeating every cell create in all perfection the everlasting flow of the multi-colored rays of existence from That Which Is directly to the nucleus of each cell of my body through my etheric blueprint and my pineal gland. I see the DNA within my body forever connected to the cosmic strands of awakened DNA within the blueprint of my Being. I express the deepest gratitude to the Eternal Consciousness that ***I Am*** and recognize my Sacred Oneness in the Divine Hologram.

So Be It and So It Is.

