



Meditation for SYNTHESIS

1. Sit quietly with both feet on the floor, preferably upon a chair. We recommend not crossing the legs so that the energy may correctly polarize in the field. Play some nice peaceful music in the background and dim the lights. Burn some incense or sage and light a candle if you so wish.
2. Close your eyes. Breathe in slowly, and then exhale slowly. Ground to the aurora in the center of the earth. The aurora contains all of the Language of Light tones that earth is currently embodying in her ascension. Allow your grounding cord to be the size of a six-foot tree trunk that you are firmly sitting in the middle of that extends from the aurora to your source of origin and I AM.
3. Breathe in slowly, and then exhale slowly. Open the feet chakras. Begin to allow the Language of Light tones to rise through the legs, opening each meridian of the form energizing each chakra therein. Allow the tones to rise to the waist, some spilling over the lower half of the field and returning to the aurora, washing away that which you are releasing now. Allow the remaining tones to rise up through the spine and out the top of the head, some of flowing down the neck and arms and out the hands. Allow the tones to fill the grid work of the legs, torso, arms, neck and head.
4. Breathe in slowly, and then exhale slowly. Now, reach up to your I AM presence, your Oversoul and the Source from which you emanate. Anchor your source firmly into the heart region, and push it out throughout your auric field.
5. Breathe in slowly, and then exhale slowly. Now, anchor your source firmly into the pelvic region, and push it out throughout your auric field.
6. Breathe in slowly, and then exhale slowly. Now anchor your source firmly into the feet, pushing it out throughout your auric field.
7. Breathe in slowly, and then exhale slowly. Now anchor your source firmly into the center of the Earth, into the Aurora, pushing it out embracing all of Earth. It is your source that synthesizes the field, and therefore must be present for this exercise.
8. Breathe in slow, and then exhale slowly. Now, return to your source all guidance, souls or beings in your field that are non-resonant with your truth, and anchor new souls in their place.
9. Breathe in slowly, and then exhale slowly. Allow the kundahlini to rise up the spine like hot lava, attuning it in frequency with all tones of creation you have embodied thus far. Allow it to gradually push up the spine and out the top of the head. Open the side channels allowing the kundahlini to move up through the feet, up the legs, through the waist and rib cage, down the shoulders and out the hands, and past the ears and telepathic channels. It is the kundahlini that allows enough energy to be present in the field to create the synthesis of tones. It is also the kundahlini that burns off cords of attachment and karma in the etheric body in the act of synthesis.

10. Breathe in slowly, then exhale slowly. Let us begin by synthesizing the core of your being which extends from source through your spinal column and into the aurora of Earth into a complete rainbow of tones without beginning nor end.

11. Allow the attachment to your core from others or to others to be released in full. Allow the right and left, front and back circuitry to become connected unifying the masculine and feminine within your core.

12. The core of one's being holds one's truth. Let us insert into the core "I AM THAT I AM. I am the truth of the Lord God/Goddess of my being. I stand in my truth in this moment, and allow all others to stand in their truth."

13. Breathe in slowly, and then exhale slowly. Now let us synthesize the chakras under one's feet that lead to the center of the earth, along with the feet, knee and first chakra at the base of the spine, and the hip chakras. Let us synthesize all of these chakras into a complete rainbow of tones, without beginning and without end.

14. Allow whatever attachment comes up within the legs, knees and feet, to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into oneself, left and right, front and back, masculine and feminine within. All attachment is rooted in cut-off circuitry that was once had a whole and complete union within. Through intent, we shall move back to wholeness again.

15. Let us insert the thought-form into the grounding, feet, knees and first chakra "I am the master of my destiny. I walk the path of the God Goddess within. I allow all others their unique journey, and myself my own journey based upon my own truth."

16. Breathe in slowly, and then exhale slowly. Let us next move to second and third chakras in the pelvis and solar plexus regions of the form. Let us synthesize these chakras into a complete rainbow of tones, without beginning and without end. Allow whatever attachment comes up within the hips, stomach or rib cage, to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into oneself, left and right, front and back, masculine and feminine within.

17. Let us insert the thought-form into the second and third chakra "I am the creator and the creation. I am the expression and the power of God Goddess in human form. I allow all others their unique expression and power in form."

18. Breathe in slowly, then exhale slowly. The tapestry of ancestry or lineages of one's inheritance sit in the back of the pelvis. Let us synthesize the tapestry of ancestry into a complete set of tones, without beginning nor end, like a rainbow. Allow your tapestry of ancestry to be placed over all others that you know, and intend to release any and all karma between you and all others in this current phase of ascension. It is the tapestry of ancestry that holds the keys to the past, the karmic keys in need of releasing during all phases of ascension.

19. Breathe in slowly, and then exhale slowly. Let us move next to the heart region. Let us synthesize the heart chakra, shoulders, elbows and hands into a complete rainbow of tones, without beginning and without end. Allow whatever attachment comes up within the chest, shoulders or arms to be released in full.

As you pull the attachment from those whom you are connected to, allow the circuitry to plug into oneself, left and right, front and back, masculine and feminine within.

20. Let us insert the thought-form into the heart region "I am the love of the God Goddess of my Being. I allow the love of God Goddess to flow through my heart blessing all others than I touch."

21. Breathe in slowly, and then exhale slowly. Let us move next to the neck and head region. Let us synthesize the neck and head chakra into a complete rainbow of tones, without beginning and without end. Allow whatever attachment comes up within the neck or head to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into oneself, left and right, front and back, masculine and feminine within.

22. Let us insert the thought-form into the neck and head "I speak and see the truth of the God Goddess of my being. I shall allow no other to block my self-expression or vision. I allow all others their self expression and vision."

23. Breathe in slowly, then exhale slowly. The akashic records sits in the neck region. Let us synthesize both the akashic records and biological records into a complete rainbow of tones without beginning nor end. Let us take a moment to retrieve any lost records in recent interactions with others. Let us likewise return records that belong to all others. It is the akashic records and biological records that one draws upon to modify the form and field in the act of ascension.

24. Breathe in slowly, and then exhale slowly. Let us move next to the crown region. Let us synthesize the crown chakra, and all chakras above the head leading to one's I AM, Oversoul and Source into a complete rainbow of tones, without beginning and without end. Allow whatever attachment comes up within the crown or above the head to be released in full. As you pull the attachment from those whom you are connected to, allow the circuitry to plug into oneself, left and right, front and back, masculine and feminine within.

25. Let us insert the thought-form into the crown region "I am the truth of the God Goddess of my Being. I allow the truth and information of God Goddess to flow through my crown allowing my ascension step by step, day by day. I allow all others their unique expression of truth upon the physical plane."

26. Breathe in slowly, and then exhale slowly. Now, let us synthesize the subtle bodies that surround the form. We shall begin with the mental body which sits closest to the etheric body. Let us first remove portions of the mental body that we have taken on from others, and retrieve portions from others that others have taken from us. Allow that which is returning to become fully woven into the mental body. Now allow the mental body to synthesize into a complete rainbow of tones without beginning nor end. It is the mental body that allows language to be present to define our thoughts.

27. Breathe in slowly, and then exhale slowly. Now, let us synthesize the emotional body, which is the next layer out from the mental body. Let us first remove from the emotional body that we have taken on from others, and retrieve portions from others that others have taken on from us. Allow that which is returning to become fully woven into the emotional body. Now allow the emotional body to synthesize into a complete rainbow of tones without beginning nor end. It is the emotional body that allows us to feel the love of God Goddess All That Is, along with the pain necessary to be processed.

28. Breathe in slowly, and then exhale slowly. Now, let us synthesize the intuitive body, which is the next layer out from the emotional body. Let us first remove from the intuitive body that we have taken on from others, and retrieve portions from others that others have taken on from us.

Allow that which is returning to become fully woven into the intuitive body. Now allow the intuitive body to synthesize into a complete rainbow of tones without beginning nor end. It is the intuitive body that allows us to hear the messages from our I AM, Oversoul, Source and God Goddess All That Is. Sometimes our confusion is simply the result of discordant energies of others in our intuitive body.

29. Breathe in slowly, and then exhale slowly. Last, let us synthesize the creative body, which is the next layer out from the intuitive body. Let us first remove from the creative body that we have taken on from others, and retrieve portions from others that others have taken on from us. Allow that which is returning to become fully woven into the creative body. Now allow the creative body to synthesize into a complete rainbow of tones without beginning nor end. It is the creative body that allows our visions and dreams to come to fruition upon the physical plane. Difficulties with manifestation can be the result of a missing creative body or any one of the subtle bodies.

30. Breathe in slowly, then exhale slowly. The hologram for each intended vision for manifestation surrounds the neck region and is connected to the creative body. Let us take a moment to synthesize into a complete rainbow of tones each intention for manifestation that you have made surrounding your ascension and current life endeavors. As such, the vision for your manifestations can stand beyond the manipulation of others and can come to fruition with greater ease. Let us invite soul to modify your visions for the future to fulfill upon soul's purpose and be in total alignment with the divine plan for global ascension.

31. Breathe in slowly, and then exhale slowly. It is all four subtle bodies that should spin in the same direction around the form (counterclockwise for those of the feminine gender, and clockwise for those of the masculine gender). Let us have our subtle bodies all spin in the same direction around the form. As this occurs, one enters a timeless state in which one's further expansion or ascension can come to fruition. As the subtle bodies spin, additional attachment in the etheric body is simultaneously spun off.

32. Breathe in slowly, and then exhale slowly. Last, let us synthesize our large chakras and auric field. Let us sit in the moment of the ecstasy of our field dancing in unity within. As one dances in unity within, one merges with all other species in an energetic dance of unity without. In the unity, an inner state of peace emerges.

33. Breathe in slowly, then exhale slowly. Now let us intend to embrace the next layer of unconscious to be transmuted in your current phase of ascension. Note that this does not include the "entire unconscious", only that portion of which one can easily and effortlessly transmute and transcend in the day to come. Allow the density to be added to the synthesis of all energy fields so that it can become transmuted in the next 24-hour period.

34. Make sure that it is your unconscious that you are accessing. If the signature of that which you are embracing is not your own, cast it out and search for the missing sections of your own unconscious held by others. The unconscious can be intertwined with others, and so one must only choose to embrace that which is their own, and retrieve that which has become intertwined with others in the dance of incarnations between the related ancestors. If having difficulty, (if this segment of meditation leaves you not feeling well) call upon the Bear kingdom whom holds the gate to the unconscious open for humanity to access in order to heal and ascend.

35. The unconscious must be embraced. If the unconscious is not embraced, an incomplete ascension or spontaneous combustion shall result. If the unconscious is not embraced, one shall live to experience their own unconscious destructiveness that went unintegrated, and die rather than ascend.

36. Now is the time to connect with your soul for guidance and advice as to that which is troubling you, or what your next step upon your path may be. Allow the visions of soul to descend so that you may fulfill upon your mission this lifetime. And may you continue to expand and ascend beloved.