



ACTIVATING THE HEART LIGHT of the TEMPLATE of ONENESS

To do this exercise you need to be standing. You can have the template in front of you.

1. Place your awareness to the greater diamond around your body with the points sitting opposite the heart centre.
2. Imagine you are looking downwards from the apex of your greater diamond and can see where the energetic lines of the front, back & side points cross and intersect through the heart centre, connected through the soul matrix in the inner heart. See this as a point of light.
3. Next align your vertical line of force from the top apex of the diamond template, to run and intersect through the crossing of the point of light at the inner heart and anchor into the Earth Star chakra. (This creates a strong stabilising line of force through the body).
4. Focusing into your heart chakra, feel and breathe into the point of light where the lines intersect within your Heart/Soul matrix. Your one and only focus, is to breathe into the point of light at the Heart/Soul Matrix.
5. As you breathe the focussed breath at the point of light, the three inner diamonds will begin to fill with light. At some point within the creation of the lighting up of the three diamonds, the whole template of Oneness (with you standing inside of it) will start spinning to the left.
6. You can initiate the spin yourself, if you are used to spinning the Merkaba this will be easy, otherwise some practice maybe needed. You and the template are spinning as ONE.
(NB. Should you become dizzy, make ensure that the vertical line of force is completely centered through your body)
7. The anti-clockwise spinning creates a vortex down into the earth's energetic core and releases and connects you to the light within the Earth. Allow the rush of energy that comes from the Earth's core to fill, surround and expand your being.
8. This process connects us to the electromagnetic & magnetic field of the Earth. The fullness of the light created with this process will assist to burn away density from your physical body, lifting your vibrational frequency. Connecting you completely to the Earth's Divine Core. Filling and strengthening your Ka body, your Divine Double, your Etheric body with new Earth light.

The template of Oneness is a light body vehicle for ascension here to assist us to stabilise and stay fully connected through the great shift of 2012.

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