

Please take a moment to; pause, give thanks, open your heart chakra and breathe out 2, 3, and 4. Breathe in (diaphragmally) 3, 4. Hold 2, 3, and 4, Breathe out 2, 3, 4, and empty 2, 3, 4. Please now continue with which every breathing pattern energizes you the fastest.

Place a circle of protection around yourself, in which every way you know and we are nearly ready to start. For those of you joining in, it is time to activate the endocrine system. I am using a pair of "super 2" amethyst points, and tuning forks.

### Demonstration (crystals and tuning forks)

Thornton has asked me to share with you all, how I actually perceive / see the world. I hope that many of you will be able to share it, by the end of this sharing. I have spent the last 26 years documenting this perception whilst experiencing life's rich tapestry. What I have discovered will change how you view this reality, so if you are not ready to embrace the future, then please turn off now and come back to us all later.

Pause for 4 seconds.

Hello, it's good evening in Bristol UK, but good morning or afternoon if your time reality is different.

What is the time where you are? As all 25 time zones are being covered, say it out loud, acknowledge its importance in your life. We, you, all of us are right here, right now, in a shared reality, live or recorded, each of us sharing a single moment. So for some of you its hello again, and I'm really pleased you've brought new friends, greeting to you beings sharing this now from the future.

I hope this illustrates that time is an eight fold illusionary concept created by the higher thought form beings to help us experience of intentionality of life. So please do not worry, there will always be enough time, as after all we live in it, how much more do you need?

Thanks to all of you who have laid the foundations for path this path from the distant past to now, your sacrifices have not been in vain, please therefore enjoy these soul fruits in this lifetime.

We as a species are greater than you realise, pulsating, inwardsly and outwardsly from and to the subatomic.

I am giving this information freely, with the purest of intention, that it be used only to heal and raise our consciousness as a species into the next modality of reality. That of tri-nocular vision, so please maintain this Sopheric essence, as we heal mankind, one person at a time, selflessly, self first. It all begins right now with you.

My objective from this humanitarian sharing is to build a house of light, a modern self sustaining alternative hospital, which utilises the most advanced technology from both allopathic and homeopathic traditions. Where students are taught for free, to be super multidisciplined practitioners and where clients are treated freely.

So please sit back and enjoy being shown how I perceive the world, so that you viewers who have activated your retinal pineal cells can share this vision. Don't worry, those of you who are sharing this for the first time, especially you lucky ones watching it live, it is being recorded and it is good to prepare your mind first, then you can activate everything and re-watch this sharing

## Illustration of Aura Hazel Raven

You can clearly see from the above illustration that the lower aura is divided into 4 areas or bodies, these are the: -

<b>Modern western or Yogic</b> terminology	<b>Chinese</b> Terminology
Etheric,	Earth, (also includes Wood and Metal)
Astral (or Dream Body),	Water,
Lower ego (or Lower Mental),	Air
Higher Ego (or Higher Mental / Causal body),	Fire

When you view the totality of being human in this way, you notice that the number of chakras increases, there are in fact some 22 chakras, each successive one relating to the new crown chakra of the next body up. It is only when we have fully activated the middle 7 chakras (8 to 15) can we access and utilise our Higher Self. We need to consciously activate the higher 7 chakras (15 to 22) to connect with our divine self.

### Illustration: - chakras to bodies

#### **So how do we grow our various bodies?**

To simply matters I am only talking about the first five layers of the auric field, as they are all that are involved in life on this plane of existence.

(Show slide of 5 layers and descent into physical form)

At the point of conception an incarnating soul pushes through the veil between the Buddhic and higher mental (Causal) layers. At around the time of the end of the first trimester it pushes through the Lower mental. At around the end of the second trimester it pushes through the Astral level, and at the time of birth it pushes through the Etheric into physical. Connecting up the layers of string theory, as it were.

As we get older and grow, we become increasingly denser, and so create ever larger funnels. This increase in funnel size has a twofold effect, one increasing our abilities on all levels allowing more energy to flow downwards, but this creates a “mass” build up, so the second aspect is activated.

As we grow in physical age the lower bodies repair themselves and repair the rips on incarnation. (Show illustrations). So at around 3½ years of age the Etheric closes off, at around 7 the astral closes off, at 21 the lower mental body closes of, and around 40 the higher mental is sealed.

#### **Conception** (show slides)

A female and male decide that they wish to have a child; they are in a loving stable relationship. So there funnels have joined together. Their Higher Selves interact with the higher disincarnated,

usually within their soul group, to find the most suitable soul to give physical life too, this usually happens unconsciously. But it involves creating a Karmic contract between the three higher selves. Through their discussions they begin to generate a joint intention, and this is expressed through their soul pollen and after some time (it is different for every soul) their intentions harmonise and their individual pollens join together very much like a Yin Yang. At the time of coitus, an energy vortex is created which carries this bound pollen upwards to the Buddhic realm, where it is harvested and absorbed by the waiting soul, which gives it sufficient "mass" (4 grams) to break the surface tension of the other realms. These co-joined soul pollens can be created in all the lower chakras and a full set is necessary for a "live" birth.

### **Transmission of energy through the levels.**

Thoughts are generated on both the higher and lower mental levels, the former are more about our longer term goals and aspirations, where as the latter are more to do with our daily reality.

As we consciously dwell on a topic, we give it more weight and when it reaches the critical mass of 4g it begins to drop through the layers, as it goes through the Astral it attracts emotionally charged souls pollens, either positive or negative, and enters into the Etheric, where it absorbs any meridian imbalances, this whole mixture of thought, feeling, and health then pass into the physical to be handled by its various inner systems. Food intolerances all have an emotional attachment, which triggers a histamine response.

Sometimes we follow a thread of thought and then discard it, if it is less than 4g it remains floating in our aura, where we can reconnect to it at any point in our life, (unless it is dealt with either by ourselves or a trained professional).

Sometimes we can get focused, even obsessed, by a topic and generate vast amounts of thought forms. Sometimes this can be more than the process above can handle, and so we cause a blockage and the system closes down. Thought forms are then caught in the astral currents, and start to drift round the aura, as they do they continue to attack soul's pollens, and this can cause really large auric anomalies. That through time becomes ever more dense and even in some cases crystalline. These things, due to the basic consciousness inherent in the pollen, are often wrongly thought to be negative attachments. They are not, they are self created. Now is not the time to explore this further.

Right now I am going to start on the Etheric level. I will be assuming you know the layout of the meridians, (**Show 12 Slides**) and only focus on the Heart Meridian (show Roger), which for some of you is activating now, 11am to 1pm according to your specific time zone. I have chosen this meridian as working with it at the appropriate time, in your own time zone will accelerate the healing process dramatically.

Can I take this opportunity to say thank you to all you generous souls who have sent me the full body illustrations of the 96 meridian channels, the 132 Ayurvedic pathways and the copies of the ancient fragrances, which right here and now I expect to have re-activated by 2022, yep there was great times weren't they Fred? Although all the vortices are visible I only know the pathways of 60

So the Heart Meridian starts here (**illustrate**) and this point like all the 618 used in Western Post Communist Chinese Acupressure. It is an elongated vortex of potential energy. A type of enlarged reverse mitochondrial receptor if you would, that feeds into our physical nucleus (vehicle). These sites are all capable of receiving what I am going to call Soul Pollen, which are

produced by the “flowers” of our chakras, (I’ll come onto these shortly) and are full of emotional potential, tiny reservoirs of essences and enzymes from our pheromones.

If you study the gross anatomy of our physical bodies, you will quickly see that these meridian points are located in dips or channels, as they flow they create tiny whirl pools, which generate the energy which is pushed upwards.

These soul pollens have a level of consciousness, as does every cell in our body that is similar to a simple single cell organism, no active sentience, yet living. We have been doing this for billions of years, since before we had sight. These sequences stored in our DNA work in a different way, they have grown to gain a group sentience. This co-hosting is feeding of our oxidative cycle eating our surplus emotional intentionality which is a food source to them and helps cleanse our auras. They also absorb some of the additional hydrogen ions that cascade round and through our being. These pollens as it were act identically to those of viruses on a cellular level. Only that they also fire a single photon bolt into a meridian vortex, which is like a key.

Which pollens are you currently creating and allowing into your body? What is your positive gain from this process?

And how do we protect ourselves?

Although they operate utilising this modality, now is not the time to explore the complexity of soul level “karmic” viruses.

Let us say this photon key works; in our example of the Heart Meridian the emotional key is either Joy or sadness, and any pollen which a suitable emotional frequency is attracted to this line, like bees after pollen. Unless you are experiencing a negative emotional co-dependency, in which case your meridian receptors are mal-formed. So can you guys please listen to the rest of this lecture and after you have regained emotional stability listen to it again. See what I mean? Wow! Great isn’t it?

When one of these receptors has been unlocked, the Soul Pollen jams it open as it were so that more of it can be absorbed, causing the first out of body dis-ease to form. (Illustrate on Manakin) When these following SP’s enter the Etheric and reach the dermis (skin) they discharge their photon stream, which is transmitted via the physicals 40+ system to the hypothalamus, instructs this gland to produce neuro-hormones that will force the vortex to remain open.

As a meridian point is blocked it stops the flow of Chi, and you can see how the other points along this line start to shrink back into the body. Where they have to wait up to 24 hours to re-activate; In terms of the heart line which is the slowest, a re-activation takes approximately 813 seconds. The quickest is the Urinary Bladder at approximately 114 seconds.

The body has a twofold protective system. Primarily through the astral’s emotional currents, which I am just about to cover, and secondly the Etheric body gives off tiny electrical charges which destroys Soul Pollen, by inducing it to fire its charge. This is how people get emotionally trapped, because their body is trying to digest the wrong types of nectar for its own higher experiential needs of this lifetime, and cannot thus produce the correct pollens to distribute.

What are your chosen Ambrosias? What nectars to you crave or avoid?

So let us now look at the next stage of our higher evolution, that of the vegetable kingdom, the astral body and the chakras.

These energy channels have evolved considerably since the original recordings several thousand years ago, my thanks to all who have helped preserve this knowledge through the millennia, please take comfort in this lifetime, that your wisdom still lives on.

Due to the changing emotional needs as a species over the last 13,000ish years, since we settled and farmed, effectively trapping ourselves, our emotional needs have grown every more complex, as had our need for greater communication of these subtle experiences. It is strange if we go back 43,000 years 90%+ of humanity shares a single genetic mother. We are all connected genetically, we need to remember this.

### **So how do we measure the shape etc of a chakra?**

Firstly we look at the conception vessel and we take the distance between the Ren Mai points 8 to 15, or in other words, from immediately below the belly button to the middle of the solar plexus. This gives us our Ren Mai Average (RMA).

#### *Illustration of conception vessel showing RMA*

With the RMA, you measure perpendicular (90°) to the body this gives you the top of the Astral Body, and at this point the chakra vortex should be 1RMA wide in diameter, if we proceed outwards to 2RMA we find the top of the Higher Mental /body and the RMA becomes the radius of the vortex. This gives you what you could call a normal fully functional chakra.

#### *See illustrations and working models*

Other considerations are the time it takes energy to travel up this vortex. To achieve one RMA in height will take approximately one Luna cycle some 27.45 days, and to travel 2RMA heights, takes approximately one solar cycle some 364.6 days. Interestingly the energies from the chakra vortexes continue to travel up through the auric field, slowing dissipating into bands as they go. These bands become squashed and flattened over time, outside the higher mental body, and are an almost a permanent record of our experiences. If you could see a cross section of the auric field, you would notice that it is very much like looking at the long grains of wood with thicker and thinner stripes. These aspects of auric diagnosis go beyond the scope of this lecture.

### **So how do chakras become imbalanced and how does this affect their shape?**

Whilst this is a very simple question, the answer is more complex than I think you'll realise. So before giving that answer let me first describe what aspects can go wrong with a chakra.

There are four main areas here: -

**Speed**(fast or slow),

**Rotational direction** (clockwise or anticlockwise),

**Direction of focus** (from 0° to 359°),

**Shape** (circular, columnar, oval, hour glass, pinched or expanded).

So let us look at these areas: -

**Chakra Speed;** this is determined by how we are using our chakras. Today I am talking to you, so my blue throat chakra has expanded and is working faster, so those at the back can hear me easily and those of you in the audience, your solar plexus chakra has expanded to receive and process the information I am imparting. However, if I go into a meditation then my chakra shrinks and becomes slower, conserving energy, this is also known as a pinch.

**Rotational direction:** this is determined by how we draw in energy from the world around us and the larger universe. In a normal balanced soul the chakras should alternate their direction of rotation, starting with the base on clockwise, up to navel anticlockwise, up to solar plexus clockwise etc., but this is very rarely the case in most humans, for the majority of humankind their chakras usually only spin in one direction, and from my clinical experience, this is clockwise in 80% of people.

When a chakra is **rotating clockwise** it indicates that the soul is pulling up Prana or Logi(c) energies from Mother Earth (Gaia or Yin), this is accomplished by unconsciously drawing up energy through the soles of our feet with our Ingala, in esoteric terms this energy centre is known as the Earth Star and it resides one RMA distance below our feet in the soil beneath us. It does not matter how high we jump up, it will always be on the surface of this planet, directly beneath us, but elongated, just like an umbilical cord on a fetus. This is not the silver cord, which connects are physical to our dream consciousness.

When a Chakra is **rotating anticlockwise** it indicates that the soul is pulling down Prana or Logi energies from Father Sun (Pan or Ra), this is accomplished by unconsciously drawing down energy through the crown of our head with our Pingala, in esoteric terms this is known as our permanent atom (or 8<sup>th</sup> Chakra) and it resides one RMA above the top of our head.

**Direction of Focus;** this indicates when a chakra is spinning off centre, and the direction of the imbalance can be at any angle from 0° to 359°, where zero is at the top or head, 90° is on the left, 180° is at the bottom or feet and 270° is on the right. I will deal with the casual issues that create this later in the lecture.

**Illustration of direction of focus**

**Chakra Shapes;** there are four distinct shapes that a chakra can make.

**Circular** (or normal),

**Oval** (which is linked directly to the direction of focus),

**Hour glass**, or

**Columnar**, these four shapes can be also pinched or expanded.

So let us study these in more detail.

**Circular:**

This is the true shape of a chakra vortex, and it can remain this shape but be pinched ( $\leq RMA$ ) or oversized ( $\geq RMA$ ). If it is less than 5% of the RMA the chakra will usually close down, and in over 25 years of clinical work I have never seen a chakra expand to more than 2RMA.

**Oval:**

This is where the soul has received or generated a heavy thought pattern, which has distorted and knocked the related chakra(s) out of balance. We need the direction of focus option to determine in which direction it is out, and this gives us a greater understanding of the underlying issues.

Other reasons that can cause this to occur are traumatic emotional experiences, illness, obsessive thinking on a specific issue, misplaced healing, environmental issues and unexpected situations in life.

**Hour Glass:**

This is where a chakra has been pinched on a specific level and tried to self correct, but only partially succeeded. This indicates that the event had a very high impact on their being.

**Columnar:**

This is where a chakra has had a long term, often emotionally, intense imbalance, and been unable to self correct.

So having established these four parameters which make up the vortex, let me now endeavour to explain how energy flows and is disrupted. I am looking forward to the time, whether in my lifetime or my next, when science can verify what I am about to explain, which is based on a lifetime of watching the aura at work.

*Illustration of chakra direction of focus - misalignments chart*

The following energies patterns, work throughout all the lower 7 chakras, and can affect any, some or all of them. It is the experience itself which dictates which chakras respond, whether that is from within or external. For the purpose of this lecture I am going to use the solar plexus chakra (SPC).

We have a young man of 21 just leaving university, going for his first job interview. He has never worked before, not even part time. His father is introducing him to a business friend, who he has known for many years.

When the father first mentions the interview, the sons SPC is activated, it will increase in speed, open up further (expand), ready to process the experience. As there are a few days to wait before the interview, discussions take place about the job, the location, etc., etc, this gives "weight" to the experience, making it more intensive.

At the time of the interview, the boy arrives 15 minutes early and is greeted by a beautiful receptionist, not expecting this; it (this meeting) shifts the "weight" to the boy's chakra to his right hand side (female influence). Sitting in the reception, he notices several other people going about their business looking very industrious and purposeful, distracted from the female receptionist, his chakra rebalances itself. As time progresses through the minutes, he starts to imagine what these people might be doing; as he does this the "weight" shifts upwards (dream influence). Being called unexpected by the receptionist, and having his day dream shattered, the "weight" rotates about 45° to the right (combination of girl and dreams). This new imbalance remains as he goes into the interview, slightly flushed from the experience. I am going to show some variations from here.

- 1) Because he can get focused, the interview goes very well, his SPC, increases in speed up to twice as fast and expands to nearly double the size. As the boy leaves the interview room, he waves to the receptionist, no longer distracted by her beauty. Three months later he leaves home and finds his own place to live, with all the unexpected expenses of independent living he thinks about a pay rise, and the "weight" of his job, which is now on the lower mental, and this pulls downwards (materialism influence). Asking for a pay rise, he gets told either "no" and his SPC pinches or "yes" and it expands. Both experiences will still pull his SPC downwards.
- 2) Because he is distracted, the interview goes badly and his SPC pinches and slows down, getting smaller with each minute. As he leaves the room, he lingers and interacts with the receptionist, talking about the premise and working there, trying to regain his lost energy, by using other chakras. Over the next three months he unsuccessfully has many other job interviews and consequently his SPC becomes obstructed. This in turn affects his other chakras.
- 3) He is not focused about the job, and the boss makes a comment about the receptionist, the boy laughs embarrassingly and the interview proceeds, as it does his SPC increases slightly in speed, and slightly expands. He is offered the job and at that point his SPC fully expands. He jokes with the receptionist on the way out but does not linger. As the months go past he interacts with the receptionist more, and the "weight" resides on his right side, elongating (makes oval) the SPC, until he plucks up the courage to ask her out.

## Let us look at this “weight” in more detail.

It does not have physical mass, but is made up of emotional energy. The more we dwell upon a topic, the more this topic energy grows, and as this increase happens the more it influences the relevant chakra(s). It is Soul Pollen clubbing together and rising in a very slow tornado. What is interesting that when it achieves a size, roughly one sixth of the vortex radius, its density directly effects and interferes with the vortex, pulling it inwards, eventually blocking it!

### Show illustrations of Auric Timings for Heart Chakra

How are these pollens generated and fired?

They are created by our emotional desires, based on our hopes, dreams, needs, and wants. As we focus our conscious brain we condense these energies in our chakras, and the appropriate endocrine gland process an enzymatic response, which acts like dust in forming rain drops. The stronger the urge we have about this topic, the more latent energy we compress into it and this is what fuels the ejection of the pollen(s) via the chakras vortex, into the larger world. Every piece of pollen we fire has its own consciousness and our higher selves can track and trace it.

Usually however, these pollens do not have such urgency, and take a long will to leave the chakra. If we are only half hearted or uninspired then these pollen can stick to a chakra wall, and unbalance it. Positive on the outside (or oversized) and negative on the inside (pinched).

We send them out looking for an emotional receptive match, flirting from soul to soul, looking to balance aspects of our life.

What are you currently searching for emotionally, either giving or receiving?

My research is currently looking at ways to clear this higher pollution, as simple forgiveness does not seem to be working.

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If you have any questions please feel free to contact me.

Nyelin Castleton