

Transcending Addictions

New Moon Event

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Hello everyone! Thank you for being on the call today. We appreciate your attendance, very much. All you guys help me to create my livelihood here on the planet, so we want you to know that you are very much appreciated... Please tell your friends about this call because this is a worldwide phenomenon – the subject for tonight's call and feel free to spread the word.

Transcending addictions... Here is a brief overview.

We would like you to find a comfortable place where you are because the activation is going to start right now. Make sure that your spine is comfortable and that you have water beside you somewhere to drink afterwards. Water is a conductor of the Quantum energies for the body and that is why it is helpful, either, before or after an activation on this level, to sip some water so your organs and cells can begin to align with these Quantum frequencies.

A little side note... They are telling me to remind you that our brain has been so conditioned over all of these centuries of lifetimes, going back millions of years, that it can be difficult for the brain to adjust to newness because it is set in it's ways, as you know. As are addictions... They are set in their ways. They are set frequency patterns and brain wave patterns.

The question to you tonight is: How easy would it be for you to shift that in an instant or over a short amount of time? How easy is it for your mind/brain to begin to let go – literally? To energetically let go and release old, old ways of thinking, and believing, and to accept something that is quite different? Of course, the whole unknown level comes in... Trusting the unknown...

A little side note... I was watching Joel Osteen, which I do on a regular basis just to see where the audience is at. Recently, he did a theme for a Sunday service on "the unknown" and the camera was panning the audience. Everybody was just glued to his presentation. Nobody was fidgeting or looking around or using their cell phones. They were just focused on that theme. That just validated for me that, pretty much, everyone is going through challenges stepping into "the unknown."

What he was saying was to "let God take care of all of that." That God is not going to give you the whole picture... That God may give you little glimpses, here and there, but we are to trust that everything is taken care of... That your life, if you give it over to the higher power or whatever you want to call it, is taken care of and all you need to do is go through the motions, in a sense. We are being tested with our faith - our faith in our self, the faith in our belief systems, the faith that the world is going to make it through this chaos, and the world is going to make it, eventually, through its addictions. Those are some little side notes that they wanted me to remind you about...

Let's take a deep breath and let's ground the feet, the bottoms of the feet, and the soles of your feet with Gaia. Gaia being the more spiritual reference to the Divine Mother Consciousness that the Earth holds... [Pause] Open up the palms of your hands, the crown of your head and your heart center. We are going to do more work with the pineal gland, our very favorite third eye center, and our solar plexus. Our good old solar plexus...

Let's call in your healing team. Your helper team... Your Light Council... Whatever you want to call it... Your guides, as well as, your Guardian Angel... We are going to call forth and ask you to have your inner child come forth and to lay on a blanket (a very cozy, warm, fuzzy blanket) so that your little one can receive, because this, very much, has to do with your inner child aspects. As you all know... I am just reminding you... Addictions, what we call addictions, can manifest in any form, from any situation and that there is a cause and effect relationship between your beliefs and attitudes, your emotional condition, and your physical make-up and/or conditions and symptoms. Addictions are compensations that the mind does to compensate for something, perhaps, that has been, in your past, a bit painful or unnerving, and on a level of not understanding and not accepting. It does not matter if you are overeating - a comfort eater. It does not matter if you are striving for power and status. It does not matter if you have an over-need (Ha! A new word... We just made it up.) for sex. Busyness... Indulgence in, what we would call, illegal medications and/or drugs - even natural substances. As you know, there is a huge reliance on meds for pain, stress, relaxation, anxiety, ADHD, etc... Fatigue... Carpal tunnel syndrome... Fibromyalgia... Oh, you name it... Low back pain... Knee pain from surgeries, etc... There is also a striving for a metaphysical or spiritual status... Acceptance and recognition...

Since energy follows thought (that is metaphysics 101), whatever you put your attention on, manifests. Here is the question tonight... (This can be an ongoing question.) What would be the cause? Let's just say of... We will take overeating, as an example. [Pause] Just breathe... Receive... Open up... Just allow. Remember, you are not to think during this activation. Just to allow the memories to come forth. Allow the knowing come forth. It can be very easy in this Quantum realm. So if energy follows thought and your emotions follow your thoughts, the body is going to follow your emotions and it is going to react and construct (ah, I guess) habits (I guess), patterns of reaction, rather than response (and all that good stuff.)

As you know, when we begin to change the way we think and we begin to change attitudes, you are going to see a shift or a change in your every day life - which is what you want, of course... You want this to be very practical.

Let's take a deep breath and let's now disengage from whatever is going on in your pain body, your emotional body, your intellect, tribal consciousness, and the chaos and addictions of the world. [Pause] Just let all that go for a moment... We are here right now. It is just us here, right now, on this call and we are creating shifts in consciousness. [Pause] Here is another theme here besides overeating - busyness. The query would be: How is it that you create busyness, neglecting, perhaps, your spiritual practice, perhaps, daily periods where you go within and connect and align [Pause] and what are you taking the meds for? Because somehow you cannot handle the pain, the stress the anxiety, the uncertainty of Earth life... [Pause] Of course, there is always this money issue. [Pause] Breathe deeply. Begin to receive... [Pause]

The question would be: Is there a way, today, for you to transmute alchemically, just from a soul level, the effects of addictions and habits, conditioning and imprinting? If that were possible, what would it look like in your everyday world? [Pause and then a few short musical notes are heard softly in the background.] Yes, that is confirmation. A little music from the cosmos... [Long pause]

In our remaining time together we are going to journey very deep within as you totally disengage from the world and from everything that is happening in your life. Whatever you are trying to recover from, whatever you are trying to heal, whatever you are trying to change, it does not matter what the habit is, it does not matter what the pattern is because it all has one cause and one solution. We are

going to gently (almost unconsciously) begin to drift into a place of solution. Your mind is not going to know where this place is. It does not need to know the why. If you still have thoughts [Pause] just breathe and allow it to pass – how like clouds pass before your vision. Just let them pass. [Short pause]

Many on the planet (and you are probably aware of this) have inherited ancestral patterns (and what do you call it), karma and addictions, whatever, medical conditions, psychological conditions, emotional habits. Those of you that have inherited these ancestral patterns, you are going to call in your ancestors that are carrying these patterns, and their ancestors – we are going to call in the whole bunch so that they can receive. You are going to ask them, from a knowing level: Are you ready receive this activation today so that we all (all of our family members) can be free of the addictions to whatever it has been and whatever it is currently? [Pause]

Tap into your inner child (from a feeling place) and give one hundred percent support to your inner one to receive the transmission, the activation, so that it can come up into present time with the rest of you. Your frozen inner child is beginning to thaw out – literally. We are beginning to allow the thawing out of those places within your timeline that have been stuck and frozen. Stuck, like, in trauma, or fear, or doubt – some level of stress. You are going to allow the unconscious to begin to move up to the surface of your awareness – like we are taking stuff deep from the ocean bottom and bringing it up to the surface so that it can be exposed to the light. The light of day... Breathe deeply... Whatever your body is going through, just allow it. Whatever kind of emotional reactions, physical movements, temperature changes, brain stuff, just allow it. You are learning to allow so that you can be in present time. We are also moving into the present now moment... That is where the power is – in this present now focused moment. Keep breathing and allow. If you have visions, just let them pass.

We are going deeper into the journey. [Pause] Allow the hidden patterns, the unconscious patterns to begin to surface to interface with this Quantum frequency of Oneness as you completely disengage and detach from everything. Moving through that golden arc of light into the stillness...

We are going to call forth the Pillars of Light. [Pause] We have already called in the supportive presences of Masters and Angels – [Pause]

beings that are here for you, for your self-healing and for your recognition.

We are going to breathe in, now, the Light of Compassion and Understanding. Right into the body... Breathe deeply into the solar plexus, deep into your emotional center. It can also go into your sacral center and the base of your spine, your root chakra – however you want to reference this... Let the lower part of the trunk of your body, which will also include your legs and your feet... [Pause] Go deeper. Take the Light of Compassion and Understanding deep into the solar plexus and into all levels of that emotional center, your power center, whatever you want to call it... Deep into the stomach... Deep, deep into the lower back... Deep into the kidneys... [Pause] Just allow. [Short pause] Allow the energies to flow. [Long pause]

Breathe in the Power of Balance and Harmony into the solar plexus. [Long pause] Whatever emotions are coming forward, just allow it – it is all good. Nobody is judging anything that you are experiencing. Allow your inner child to fully express and be present. Allow the ancestors, your family members, to go through whatever they are going through on the levels where they are. [Pause]

At the same time bring your focus and the breath into the heart center and breathe in the Power of Forgiveness. [Pause] Feel the Power of Grace moving through your lungs, moving through all aspects of your heart center. We are beginning to activate the still point behind your physical heart as your soul energy begins to move through the lungs and the upper back, as well as the solar plexus and base of the spine. [Long pause] Keep breathing... [Pause]

You are beginning to feel and sense and experience your consciousness, as not your physical body, and more of a vibration, and a frequency, and an expansion. [Pause] If you want, visualize and breathe into the chest, this beautiful pink energy that is not of this Earth. It is a spiritual pink energy. It is more of a Quantum, [Pause] spiritualized [Short pause] vibration. Imagine, as if, your lungs are beginning to soak this up – literally, like how a dry sponge soaks up water when applied to it. Let it move through your timeline – past, present and future. [Long pause] Breathe in forgiveness. [Pause] This energy comes from your soul, your I Am. It is not coming from outside of you. It is coming from within. [Pause] If you space out and do not remember anything, it is all right. [Pause] Go even deeper into this state of relaxation and receiving. [Long pause] It does not matter what the pain is. [Long pause]

We are going to extend our focus into the throat because this is symbolically the bridge between the heart and the mind (the higher mind.) Thyroid gland, parathyroid... Again, allowing the Power of Grace to move through your throat and the fifth chakra. [Pause] You may visualize a cosmic level blue ray of energy moving through your throat and the base of your skull. Cobalt blue... Allow it to begin to unlock the frozen places in your throat that has to do with self-expression and standing up for yourself and being the empowered soul that you are innately.

Be willing to heal, so to speak, the relationship with your parents through the throat. [Pause] Feel the Power of Blessings and the Power of Grace moving through your relationship with your parents. [Pause] Begin to feel a soul connection, a very deep and beautiful soul connection with the soul of your parents [Pause] and the children that you have brought forth into this world, even if they are adults now. Feeling that power moving into and through your relationship with your kids... [Pause] Feel it moving through the ancestors and all of you family members – including the aunts and uncles, cousins and nephews. [Long pause]

Still holding the focus of the base of your spine, your solar plexus, your heart center, and the throat we are going to bring awareness, now, [Pause] up into the face and into the physical eyes, in particular. Begin to envision rays of light coming from The Great Central Sun into your physical eyes as it begins to cleanse the reactions that your eyes have witnessed in this lifetime and/or any other lifetime relating to your addictions. Allow it to move through your optic nerve that connects your eyeballs with your brain. Allow this frequency of light to align more harmoniously your eyes, with your ajna center, your pineal gland and your third eye center. You may feel some pain in the head. This is normal. [Pause] You are allowing the [Pause] removal of blinders, psychic blinders, that you have allowed to be put on your eyesight – your spiritual sight, your physical sight, your emotional sight and your psychological sight. Breathing deeply...

You have a chance to really release and let go of energies that are not yours, that have affected your eyesight in relationship to addictions, habits, imprinting and conditioning. [Pause] We are freeing that chakra to begin to see clearly, clairvoyantly, instinctively, intuitively, the truth. As you see the truth, change will come from that recognition. Choose now to see the truth within yourself regarding addictions, habits, and conditioning. [Pause]

Feel a cloak of energy being placed upon you. [Pause] Feel the Power of Love and Compassion embracing, not only your energy field, but your physical body. [Long pause] Breathing deeply... [Pause]

Still holding that focus, we are going to move that awareness to the crown and to the top of the head and begin to visualize a very pure white light with golden speckles [Short pause] moving through your crown chakra, moving through your brain aligning and moving through the limbic system and the amygdala. [Pause] Allow a very deep cleansing of your limbic system. Feel or imaging that you are lifting off the limbic stress that has accumulated during this whole lifetime from experiences not understood. From compensations made because, somehow, you did not understand, or you were not acknowledged, or you were left alone. [Long pause] Allow this white and golden energy to begin to move down through your spine in a spiral like manner. Very slowly... Very gently... It is going to begin to encircle the spinal column, not only in your physical body, but in your energy, etheric body as well as your emotional body and your mental body.

As you are ready, keep the bottoms of your feet open, keep the base of your spine open, palms of the hand chakras open, your heart space open, your third eye center open, top of your head open. [Pause] We are going to call forth your soul – the vibrations of your soul, of your I Am, to begin to slowly, over time, as you allow, in Divine right timing, the grounding of your spirit into the body. As you clear these emotional blocks, your spirit can then ground into your life. [Pause] The question, now, becomes: Are you ready to heal your addictions, one by one? Are you ready to move forward in life, to stand on your own two feet, [Pause] to be in the world, but not of it, [Pause] to be the blessed being, that you are? [Short pause]

Tap into your inner child and simply notice where your little one is at – energetically, emotionally, and mentally. [Long pause] We are going to call forth the Spirit of Life for your inner child – to come forth and to bring love and compassion to your inner child. [Pause] To come forth and bring that frequency and vibration that will help your inner child to become whole again, and in present time, [Pause] without the need for any addictive behavior. [Pause] This energy is uniting the fragments within you – within your personality, within your ego structure that has been fractured, [Pause] that has been hurt, neglected, abandoned, abused and misused. Feel as if those parts of you are coming together – slowly, little by little, very gently [Pause] and that your spirit is beginning to put back into wholeness those

fragmented parts of you that got spaced out and got frozen in time. Bringing everything slowly back into the present now moment...

We are going to bring forth the Power of Joy for your inner child. Allow your inner child to actually receive it and become this playful energy of joy. Give yourself permission, give your inner child permission, to become absolutely free – free of all the constraints and restraints, obligations, limitations, all of that. [Pause] To be who he and she came to be in this lifetime. [Pause] Feel that joy beginning to build in your chest [Short pause] as if rainbow lights are beginning to shine forth from your chest and to be expressed in the world and in all other dimensions of which you exist. Allow this joyful exuberance to begin to take you over – surrendering into this immense feeling sensation of incredible happiness, [Short pause] of bliss, of ecstasy. Allowing the brain to soak this energy up – the limbic system, the amygdala, the pineal, pituitary, thalamus, the medulla, the brainstem, the frontal cortex, and the hemispheres of the brain... [Pause]

We are going even deeper now. [Long pause] Feel the Masters and the Angels about you. Feel how your ancestors and family members are responding to these frequencies of joy, of love, of compassion, forgiveness, and wisdom. [Long pause]

We are going to ask you to begin to envision your future. Let's just say, thirty days into the future [Pause] or actually let's envision your future to January 1st and project this vibration of joyfulness into your future [Pause] as an actual experience – emotionally, psychologically, spiritually, and physically. [Pause] Now move this frequency of joyfulness into your relationships through the end of the year. [Pause] Move this joy into your money world and your business world. [Long Pause]

At this point, you may do some intentions such as, "I now move through the world in a most joyful manner." "I extend my joy to the world." [Pause] "I now move through all of life's challenges in joy, and love, and compassion." [Pause] "I now choose to move this Power of Joy thorough all my fears, and doubts, and insecurities." [Pause] "I allow this feeling of joy to move through every organ in my physical body – my liver, my stomach, my lungs, my reproductive organs, my kidneys, my gallbladder, my spleen, my digestive system." "I allow the Power of Joy to move through my endocrine system, my nervous system, my lymphatic system, my bones, my skin, and my eyes." "I now choose to heal my addictive patterns through the Power of Joy, through the Power of Grace, through the receiving of the blessings

from Prime Source.” [Pause] We are going to give you a few moments of silence to really bask in this energy. [One-minute, thirty-second pause]

Breathing in, now, the Power of I Am into the solar plexus, your belly, three times, very deeply... [Long pause] Breathing in, now, the Power of “I am that”, into the chest, and the heart, and the lungs, [Pause] three times... [Long pause] Then breathing in three times into the pineal gland “I am that, I am.” [Long pause]

Bridge the light through the throat. [Pause] Imagine, now, that you are wrapping, very loosely around your neck, a handkerchief of light – it can be any color. Loosely tied around your neck... [Pause] Allow it to be there for as long as you need it to be there.

As you slowly begin to come back to physical awareness feel and imagine a cloak of light around your body. There will also be a layer of blue green around your body, a layer of rose pink, and a layer of golden. [Pause]

Breathe deeply into the Earth – into the core of the Earth, into the heart chakra of the Earth. We are going to send you, so to speak, some very wonderful Red Rock energy that will be very supportive for this process of healing. [Long pause] Notice, with this Red Rock energy that you are feeling very grounded in your body. As you become more aware of your body, you are going to slowly begin to feel the bottoms of your feet and slowly wiggle your toes – very slowly, as if you are waking up your toes... We are activating the meridians in your body. We are going to do the same thing with slowly stretching your arms and wiggling, slowly, your fingers and your thumbs. [Pause] Then you are going to move your neck or your head, slowly to the right and slowly to the left, backwards and forwards, and then in circles if you are sitting. Slowly feel you spine beginning to elongate and become more relaxed, and supple. [Pause]

Take seven very slow deep breaths into the chest – from the belly, awakening the I Am in the body.

As you come back into physical awareness, slowly open the eyes – allowing the eyes and the brain to adjust. Soft gaze... Feeling the softness in the eyes, the eyeballs, and the muscles in the eyes...

We suggest that you not get up for a few minutes and that you just sit or lay there and continue to receive the integration from your soul and

choose to be at peace with all things in your life – [Pause] to be in a state of allowance. [Pause] Remember the feeling of joy... [Pause] Awakening into joy... [Pause] Choosing to see the joy in others and in the world... [Short pause] Choosing to see the joy of Prime Source in every aspect of your life... [Short pause] "Keep on trucking." Journey well in the light and remember to be that which you were born and meant to be. So be it.