

Transmuting Loss and Grief

- journey into divine alchemy -
Pre-Full Moon Lunar Eclipse Event

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Well hello everyone! Kenji here in the Red Rocks, enjoying the sun today. I hope all of you are well. I hope you are doing well, in spite of... We are going to have another one-hour activation starting in five seconds.

We are calling in the team, the Pillars of Light, the Councils, and all your buddies, your guardian angels, your healing team, your Council of Light, your home realm, your soul group for support and all the ancestors that want to support you on this call today – and we are going to invite your pets. Of course, they probably might have some loss and grief kind of things going on – so we can help them as well.

Today's topic is transmuting loss and grief. We titled it that, instead of healing loss and grief, because this could be a journey into your divine alchemy. Magicland! We've got to call in the Comedy Team because they said you guys might be going through some rough waves today, or in the next couple of weeks, so it's always good to bring in the humor part. Since this is a pre-full moon lunar eclipse event... That will be tomorrow, but whenever you listen to this, it will be your eclipse event.

I have been contemplating this subject for about a year, or maybe two years. I finally got around to doing it because world events are dictating and people are in some... People are in great confusion, and conflict, and not-knowing and some level of, what shall we say, being on guard – in other words, not being relaxed, and mellow, and chilling out. What's the term? Hyper-vigilant. Because of what they see in the news, reading magazines and newspapers, etcetera... Of course, you guys do not do that, but you are still being affected energetically by world events, so today we are also going to do a triple layer of protection for your field.

This is for anyone who is experiencing loss and trauma of any kind - whether it is loss of your money, your job, your marriage partner, or family members, a loved one, like a child, or a beloved pet, or best friend. We are being challenged to lose, in a good way, in a positive way, some of our historical values and beliefs that are not working

anymore. Some of you might be experiencing losing your home. Probably many are in this space of questioning their faith. "Is there really a god here that is, like, helping out?"

Let's see here... Comedy team... Let's go around and just kind of touch all the folks here that are on the call and that will listen to the call and help the heart out with moving through, for some of you, some very tough places.

Now, usually what comes with loss comes... You know how some people say it is like dying... Where you go through stages... It may or may not be true. But we do know that the symptoms, or the after affects of loss are grief, sadness, guilt sometimes, some level of emotional and psychological pain, sometimes anger, sometimes disbelief, resistance and, of course, a lot of thoughts in your head that you may not be able to shut off when you want to go to sleep. We will help you out with that – mind chatter stuff.

As you know, we are all going through some tremendous challenges of faith because world is collapsing and a new world is being born, although, we might not see it in the news, obviously! There is more light on the planet and there is more conflict on the planet. Each of us is being challenged to understand that we create our experiences here. We have free choice, because we are a soul, to choose another experience. This is part of your daily practice. When you get into a rut, stop, breathe, take a moment and choose from the heart to experience something different. It just takes practice. It is not something you can do overnight.

Today's activation is about helping you to be free of the things that bring you pain regarding loss and/or transition of any kind. As you know, I, myself, have gone through my dark nights of the soul. Oh, that is a topic for another call! Thank you for reminding me. Dark night of the soul... Yeah, that is a good one! I have had my share of those! Lose, transition, instability, my living situation, all of that. Not knowing if I was going to make it through college... And definitely my decades of challenges with money... Or not enough money! We understand the pain.

Here is what the Buddha taught. Remember? Maybe some of you have not studied his essential teachings, but basically, what he was trying to teach was that attachment creates the suffering and there is a way out of the suffering. How about for today, we are open to releasing our attachment of pain, regarding loss. If culture, over the

millennium, has taught us pain is not a good thing, pain can be a negative thing, it is definitely a stressful thing, if they have taught us to "suck it up", "just deal with it", "swallow it", all that good stuff, that is probably what we did. It gets buried in our field, it gets buried in our records, it gets stuck in our emotional body and then we do not realize that it has an effect on us as we get older. That is why we have a Saturn return thing, if you believe in that, at least twice in your lifetime. (By the way, let's all release ourselves from the effects of any Mercury retrograde today and bring in your computer [giggles] to this space, as well, so it does not get affected, because we do not have to be the effects of these things.) He basically taught that if we have these emotional experiences and we are, somehow, energetically attached to that, we get immersed in it, we get so involved in it that we forget we are involved in it, and that the only way that he saw, back then, to be free of this is, kind of, an enchanted neutrality detachment space that we have been teaching for about five, six years now. It works! The main culprit in this feeling of grief and sadness and whatnot... Many of us lead with our emotional bodies, we make emotional decisions, and we react emotionally to many things - people, places, things, and events. Some of us lead with our mental bodies, in that we are always in this thinking space and logical space and "trying to figure out this stuff" space. What if we, today, chose to respond from neither of these bodies and to respond from the realm of our soul and spirit?

Let's do this... Collectively...

Take a deep breath. (We have to do this little grounding thing here first, relaxing the body... A simple seven step breathing process.) We are going to do seven rounds of breathing in through the nose and exhaling through the mouth. We are going to start with the space below our feet. On the in breath take a slow deep conscious breath and begin to feel waves of relaxation from below your feet and then include your feet, your ankles, your calves, your shins, your knees. As you exhale, just simply let go. Let go of your to-do list, let go of today, let go of tomorrow, and let go of yesterday. Be in the present moment with your breathing. Second breath in... We are going to feel that sense of relaxation in your thighs, your hamstrings, your quadriceps, and the base of spine, your pelvic girdle, as we say. Third breath in... We are going to feel these waves of relaxation all through your trunk. That is lower back, all the way up through the digestive organs, your stomach, going up your back, your lungs, and your heart. [Short pause] Fourth breath... We are going to feel these waves of relaxation throughout your arms, your hands, your wrists, your elbows

and your shoulder joints. [Short pause] Next breath... All through the base of your neck, to include your neck, your throat, your thyroid, all the way up to the top of your spine. [Short pause] In the next breath, your whole face, your jawbones, your TMJ, your eyelids, your tongue, your forehead muscles, your ear lobes, your scalp, and your hair. Last breath... ...space above your head. [Short pause.]

We are going to use either one of these versions for grounding: either, envision, a figure eight flow (infinity) or the tree of life. From your most proper point of grounding, in your body, you are going to ground deep into the earth. Going to the core of the earth and sending your roots all the way into your favorite crystal or stone that is in the core of the earth, as if you were wrapping your roots around that. Use your breathing to become one with the earth, to merge with the essential spirit of the earth, of Gaia. [Pause] You can ask her to help you and support you with your own ascension process, as she is going through her ascension process or moving to the next realm and level of spiritual evolution. Whatever energies you need for your body, allow that to be given to you from the earth - it could be your liver, it could be your heart, it could be your joints, your brain. [Short pause] Feel as if your body is receiving nutrients, nourishment and loving support. You can remember your native lives and how you knew how to be one with the earth, or your future aspects of being fully connected with the earth.

Let's call in, closer, your team of guides, angels and masters, your Guardian Angel. We are going to ask you to bring forth your inner child for some deep alchemy for whatever the little one is holding onto that has not been resolved. This can go back to childhood, [Short pause] of feeling some kind of loss and then the subsequent grief, and sadness, loneliness, sense of non-connection, sense of "who am I", "where am I going", sense of "I am needing support and not getting it" – because eventually we are going to move into the realms where you know all of that was just a bad dream. And here is the real deal: i.e., you know that you are connected and that you can transmute any life experience with joy and with love, with compassion, and understanding. [Short pause] We are going to call forth the Angels of Comfort to be with you on your timeline where you are still holding some sense of loss and grief, [Short pause] which might include a sense of failure, "not good enough", "I didn't quite make it", "darn missed the boat." [Short pause] As you know, your soul has everything that you (the other parts of you) need for this lifetime and moving through all of your emotional experiences. Your soul holds

that space of blessings and grace. [Short pause] Let's call forth the Angels of Grace.

We would like you to think in a non-thinking way. Think of an experience where you are still holding a sense of loss and grief. Pick the biggest one that is most prominent in your history – and it could be a current situation. Let yourself really feel into it. What we are going to do at this point before we proceed is take a deep breathe as you detach from your pain body, your emotional body, your intellect, tribal consciousness, the chaos of the world, and all aspects of Mercury retrograde. [Short pause] Moving through that arc of golden light, [Short pause] moving very simply and, even deeper, into this realm of oneness, keep going. [Pause]

Take a deep breath if you need to refocus. [Short pause]

Imagine a circle of light that is in your field that is comprised of the masters that have come today to support you. These are masters of love and wisdom, also known as The Masters of Compassion. [Pause]

We are going to use one of the five platonic solids. Those are geometric forms that make up the universe. Icosahedron, dodecahedron, octahedron, cube, and tetrahedron. [Short pause] Choose one of those. We are going to bring that vibration into your heart space and then into your body, right into your chest, so we have a multi-dimensional configuration interfacing your third dimensional body, which also contains all twelve levels (dimensions.) Move it right into the center of your heart space, right into your still-point, right into that sanctuary of the heart. Just allow it to do its thing... All right, take a deep breath and take your attention away from that.

We are also going to call forth the presence known as Quan Yin, Mother Mary, Sophia, [Pause] Maria, or any aspect of the Divine Feminine [Short pause] that you can relate to. We are going to call this presence forth [Short pause] and allow a cocooning of this field of grace and blessings around you and around your body. [Short pause] Just breathe into it. Have your body breathe into it and move the brain, of your body, into a receptive mode. Put your thinking process of the brain on pause. [Short pause]

We are going to think, in a matter of speaking, of a situation, event, experience where you are still holding this sense of loss and grief. That will primarily be in your mental body, your emotional body, and your physical body. [Short pause] Use all of your senses to feel this

experience, kinesthetically, energetically, emotionally, and psychologically. Use your sense of smell and taste, your sense of sight and hearing [Short pause] without any judgment. Just merge with that experience and accept it fully for what it is. You are in a detached place being the enchanted neutral observer. [Short pause] Using your knowing from the plane of where you are the soul, the spirit, the I Am you can infuse, through your knowing, the healing power of compassion [Short pause] into that experience – unconditional love and allowance, forgiveness, whatever you want to call it. Breathing deeply the light... [Pause] Whatever reactions your body is having, it is all normal. Resist nothing. Keep breathing. [Long Pause and going deeper.] Another deep breath. [Pause]

Make a conscious decision, a conscious choice, if there is an action that needs to be taken emotionally and physically. Make a choice to do that now. This is your follow-up to the Divine alchemy process here. If you need to take action with those involved make a choice. [Short pause] If you are not sure, just wait! The Buddha when he was not sure of anything he just waited and he meditated. He was patient. [Short pause] He did not take action unless it was directed by his spirit. [Pause]

Feel the presence of that circle of light. [Long pause]

We are going to move one level deeper into the Realms of Oneness. Take a deep breath. [Pause]

We are going to bring up another experience, you are still holding, of a sense of loss and grief. [Pause] You can invite those people that are involved in this experience into the circle of light asking their spirit to come forth, their spirit, their soul, to receive. [Short pause] Take a deep breath and continue to receive the blessings from the Divine Mother. Feel that energy moving through all cells in your body, your physical body, your emotional body, and your mental body. [Short pause] Feel it moving through the empty spaces in those bodies. It is moving through all layers and realms of your physical, etheric, emotional and mental bodies. [Short pause]

Regrets... [Pause] Being upset... Really wanting to be angry... [Pause] Feeling helpless... [Pause] Feeling out of control... [Pause] Feeling very tired... [Pause] Feeling numb... [Pause] Allow yourself from this place of enchanted neutrality to feel those vibrations of resistance and conflict, [Pause] not knowing, and uncertainty. [Long pause] Let the scenes play out in your mind's eye of this whole process, if you will.

[Pause] Allow yourself to go very deeply into the experience, bringing the light with you into these experiences – that Divine light, that light of alchemy, transmutation, and transformation... [Short pause]

Breathing in the power of your I AM... [Pause] We want you to call forth the spirit of the person, or people, involved in this experience and from soul to soul and heart to heart allow just a simple deep connection of love [Short pause] where you and the others are one, connected in spirit, connected in the Oneness. [Pause] If there is anything, [Short pause] ask the other person or the people involved, "is anything that I need to do with you to come to completeness and closure with this experience?" Just wait and be open. [Long pause] And be open to receiving what they can do for you. Take a deep breath. [Long pause] Allow the Comedy Team to support you. [Pause] Now be open to receiving the wisdom from this experience and these people or event. [Short pause] Receiving the wisdom deep within your heart... [Short pause] Allow the energies to move through the spine of your physical body... [Long pause]

Take a deep breath. We are going to move to another level deep within the Oneness. Going even deeper... [Long pause]

Imagine your timeline for this lifetime. You can imagine or envision it any way that you like. You can envision it symbolically or like a garden that has not been planted yet. It is just a kind of open space with fertile soil, with plenty of water, and sunshine, and clean air. However you want to envision this... From the level of your soul, imagine that you are taking pieces of the sun [Short pause] and you are planting it in your garden, just under soil, the surface of the soil, or that you are placing these pieces of light along your timeline, past, present, and future. These are seeds of love and compassion. [Short pause] These are seeds of forgiveness. These are seeds of gratitude and appreciation. They are seeds of blessings. [Pause] Now all you need to do, symbolically, is to water your garden occasionally. If you are envisioning your timeline, in a symbolic way, [Short pause] envision a simple way in which you are energizing your seeds of light. [Pause] Give your blessings. [Pause.]

OK. Let all of that continue to run in the background until complete.

We are going to take a deep breath and bring our focus to another level now.

You are going to move into the space of your seventh dimensional light body. [Short Pause] You are going to align it with your sixth dimensional light body [Short pause] and align that with your fifth dimensional light body, [Short pause] using your fourth dimensional light body as a channel or a connection to your physical body for second and third dimensional levels. From your seventh dimensional light body you are going to begin to infuse, into your pineal gland and through your third eye chakra, more light. [Short pause] Your seventh dimensional light body is connected to your other five dimensional light bodies, eighth, ninth, tenth, eleventh and twelfth, which is connected to the Great Central Sun. [Short pause] From the seventh dimensional light body you are going to transmit, from your own knowing, light frequencies that will begin to awaken your pineal gland and begin to reposition it so that it does become a receiver of light and a transmitter of light. You might imagine that it has become a little decalcified, or a little stuck, or hardened. The light is going to begin to dissolve [Short pause] this calcification gently over time in Divine balance. It will begin to dissolve the veil. [Long pause] Through the pineal gland, you are going to transmit more light to your hypothalamus. [Pause] Then through the thalamus [Pause] into your pituitary gland, [Pause] and then to your medulla oblongata (that is referenced at the base of the skull.) [Pause] Now transmit to your limbic system, which includes your amygdala, a feeling, a sensation of water, very cool, soothing water or a very gentle breeze. [Short pause] What you are doing is bringing a calming effect to your emotional center in the brain that is generally reactive. You can transmit a general sensation, a feeling of calm and peacefulness, [Pause, then brightens] of joy. Now transmit through the brain to the rest of your endocrine system that includes your thyroid, parathyroid, your thymus, your pancreas, your adrenal glands, [Short pause] your reproductive organs and your spleen, [Short pause] a feeling of balance, harmony and [Pause] balanced spiritual energy. You can visualize green-blue if you want for calming, if it needs a bit of energy a red or an orange, even a pink, balancing, a deep blue.

Now, from the Great Central Sun your seventh dimensional light body is going to act as a channel through the rest of your light bodies into your first, second, third dimensional physical body this beautiful translucent golden energy [Pause] that is aligning your four lower bodies. It is aligning your elemental, shall we say, your elemental bodies first, second, and third, somewhat fourth dimensional bodies, on an elemental level bringing balance, stability, harmony. [Short pause] Now, feel that golden light moving through your mental body, emotional body and your etheric body. [Long pause] Feel and envision

your body becoming filled with this golden light – every molecule and cell in your body, every space in your field, and every level of your field. [Short pause] We are going ground this golden light with the earth. [Pause] It is moving through your timeline, past present and future, [Pause] waking up every molecule of consciousness within you, over time, in Divine right timing. [Short pause] It is beginning to wake up those sleeping areas in your awareness. It is moving through all levels of your inner child. It is touching your ancestors, [Short pause] your soul group, [Short pause] and your guides. [Pause] We are going to transmit that golden frequency into your nervous system. [Long pause] We are going to breathe into your digestive system [Pause] resetting your digestive process, resetting and recalibrating how you ingest, assimilate, integrate and eliminate the foods and liquids, as well as the air you breathe. [Pause] You are going to put around your physical body three layers of support and protection – golden, rose pink and green-blue. [Pause]

Before we conclude this activation, that will be ongoing, from your seventh dimensional light body you are going to hold the space for your physical body to release and let go of all energy that is not yours, starting with your family, your friends, and your clients, your students and any others – that will include the environment as well. These are all energies that may have become toxic to your body and your consciousness. [Short pause] Let it go. Let it be recycled. [Short pause] Remember that circle of light. [Pause]

Take a deep breath.

We are going to come back into physical awareness. [Pause, then playful] Well, those of you that are ready to come back now and those of you who are spacing out come back in your own time. But, everybody remember to be grounded before you do your next activity and drink some water. Water helps to integrate this Quantum experience – it is for the cells and organs in your body. It would be good to take a short walk today – get some fresh air. You are bringing back more of your spirit and more of the light that you are back into your physical life. [Pause] Be aware of the signs that will be given to you physically and/or energetically. Pay attention! These are messages. So coming back – more alert, more alive, more present, more in joy, more in love, with more compassion, more gratitude and appreciation for life, for friends, for family. We give our blessing to all your pets [Short pause] and your loved ones. Take a deep breath. Being aware of your physical surroundings... As you open your eyes, allow the eyes, the brain to adjust. You may want to spend a few

minutes of quiet time or go lay down on your right side for a few minutes for further integration. [Pause] Take another slow deep breath. Be fully here and present knowing that all is well - you are loved and supported by many, many beings. Keep your focus on your spirit. ...and, as they say, just do it!

Until next time, we send our blessings, aloha, namaste, om shanti, sayonara, see you later, have a great day.