

ALIGN AND EXPAND, A JOURNEY TO THE CROWN, Version 32.2.

By Emanate Presence.

I am, a fractal of the One Being, a localization, of non-localized consciousness. I am Love, for Love itself. On this journey, of awareness expansion, 'I', refers to the fractal focus, of the I Am. Love, for Love itself, flows through me. We are, One Being.

Moving into a comfortable position, I still my mind, clearing it of thought. I breathe smoothly and regularly, and take breaths as needed. I feel the yearning of my heart for direct experience with the I Am, the True Self, the cosmos of consciousness.

I set my intention to align, with the I Am, to connect and unify, the energy wheels of my body, with their perfect vibrational patterns, in the cosmos of consciousness, and to practice expanding my awareness, from localized, to non-localized, consciousness.

I relax all my muscles, by tightening and releasing, beginning by tightening my feet, calves and thighs, moving up my legs to my hips. I tighten my upper body muscles, stomach, chest, arms, hands, neck, shoulders, and face. I release and relax the muscles, then pause, feel, and breathe smoothly, and regularly.

I feel the earth, as myself, and am grateful to connect with her vital life energy, sometimes called Vril, Mana, Prana, Ki, or Qi.

I inhale vital life energy from the EARTH, pulling it up to the soles of my feet, to the energy wheel of the BUBBLING WELLS, feeling the CLEAR ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I inhale vital life energy from the EARTH, pulling it up to my PERINEUM BASE, feeling the RED ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I inhale vital life energy from the EARTH, pulling it up to my SACRAL REGION, feeling the ORANGE ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I inhale vital life energy from the EARTH, pulling it up to my SOLAR PLEXUS, feeling the YELLOW ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I inhale vital life energy from the EARTH, pulling it up to my HEART SPACE, feeling the GREEN ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I inhale vital life energy from the EARTH, pulling it up to my THROAT REGION, feeling the INDIGO ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I inhale vital life energy from the EARTH, pulling it up to my THIRD EYE, feeling the VIOLET ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I inhale vital life energy from the EARTH, up to my CROWN region, feeling the GOLDEN WHITE ray, and exhale, humming One, seeing the energy lighten my brain, and all the cells of my body, feeling the vibration of the hum, emanating through me, cleansing, healing, opening, and balancing all the energy wheels of my human body, aligning, attuning, and harmonizing them, with their original, and perfect patterns, in the cosmos of consciousness. I pause, relax, and breathe smoothly, and regularly....

In my heart space is a chamber, and in its center, a travel portal, a ringed veil, of liquid fire fountains. On the back side of the chamber, is an alcove, and standing in it is my soul traveler, a hologram of me, that takes 'me' with it, as it facilitates our expansion, of awareness.

Set in a stand is a stout staff, with a large clear crystal embedded into the gnarled wood at its top, and nearby, is my animal ally.

I telepath my Animal Spirit friend, and we communicate our intention to travel up, through the dimensional planes, up through the CROWN, and into the non-localized consciousness of the One Being.

With the staff in hand, I walk with my ally, through the veil of Fire, into the center of the portal ring.

I visualize, with feeling, the Present Moment Sphere encompassing my body. With intention, we breathe my Present Moment Sphere, into my heart space, surrounding my soul traveler, with a sphere of light, and on my out-breath, I tap my staff on the ground, and my soul traveler, in its sphere, floats up, out of my heart chamber, and into the THROAT REGION of my human body.

I inhale vital life energy from the EARTH, pulling it up, and into my THROAT energy wheel, feeling the INDIGO ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I continue floating up, into the THIRD EYE REGION, the pineal gland, the Eye of Ra, of my human body.

I inhale vital life energy from the EARTH, pulling it up, and into my THIRD EYE energy wheel, feeling the VIOLET ray, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness.

I continue floating up, into the CROWN REGION, of my human body.

I inhale vital life energy from the EARTH, pulling it up, and into my CROWN energy wheel, feeling the GOLDEN WHITE ray, and exhale, humming One, seeing the energy lighten my brain, and all the cells of my body, feeling the vibration of the hum, emanating through me,

cleansing, healing, opening, and balancing all the energy wheels of my human body, aligning, attuning, and harmonizing them, with their original, and perfect patterns, in the cosmos of consciousness. I pause, relax, and breathe smoothly, and regularly....

I continue floating up, above the CROWN, land on a solid surface beneath me, and stand in the center of its portal ring. I pause, relax, and feel the presence of the VOID, Love for Love itself. It fills, my human body, surrounds me, and is everywhere. There is no place, that it is not, except in my awareness, when it is restricted by tension, or filled with thought, and emotion. Now, I relax, and allow my awareness to expand.

I lower my staff, surrender myself, and address the Great Being. 'True Self, the I Am, of all that is, live through me, in my human body. Grant that I may feel You, sensing through my senses, acting through my actions, breathing through my breath, and emanating your presence, through me. With all my Being, so let it be.'

My yearning acknowledged, I stand straight, tap my staff on the ground, and am transported, with my animal ally, in my travel sphere, out of the CROWN REGION, transitioning slowly, into non-local consciousness, the VOID. And then, my travel sphere, is no more. Here, there are no borders. No boundaries. When the soul lies down in this grass, the world is too full to talk about. In the Void, there are no words. No concepts. No ideas. No emotions. No time. No space. No death. No separation. Though inexpressible, it is a state of oneness. A state of pre-existence. Pure potentiality. Pure, divine intelligence. The Is ness, of Here and Now. The immensely powerful Presence, of a Great Being. The One Being, is the I Am, of me. I am Love, for Love itself. We are One Being.

It is time. I feel the staff in my hand, and transition, smoothly and slowly, from the expanded awareness, of the Void, to the focused attention, of the world. I resolve again, to live from Void consciousness, while operating, in the restricted awareness, and survival patterns, of human society. I return in my travel sphere, to the Crown energy wheel.

Standing in the center of the CROWN portal ring, I pause, relax, and feel the presence of the VOID, Love for Love itself.

I inhale awareness of the Void, as an elixir, pulling it through my whole body, and into my CROWN energy wheel, feeling the GOLDEN WHITE ray, intermingling with the elixir, and exhale, humming One, seeing the energy lighten my brain, and all the cells of my body, feeling the vibration of the hum, emanating through me, cleansing, healing, opening, and balancing all the energy wheels of my human body, aligning, attuning, and harmonizing them, with their original, and perfect patterns, in the cosmos of consciousness. I pause, relax, and breathe smoothly, and regularly.

Tapping my staff on the ground, I float down, into the THIRD EYE region, the pineal gland, the Eye of Ra, of my human body.

I inhale awareness of the Void, as an elixir, pulling it through my whole body, and into my THIRD EYE energy wheel, feeling the VIOLET ray, intermingling with the elixir, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and

perfect pattern, in the cosmos of consciousness. I pause, relax, and breathe smoothly, and regularly.

I continue floating down, into the THROAT region, the throat of my human body.

I inhale awareness of the Void, as an elixir, pulling it through my whole body, and into my THROAT energy wheel, feeling the INDIGO ray, intermingling with the elixir, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness. I pause, relax, and breathe smoothly, and regularly.

I continue floating down, into the HEART region, the heart space of my human body, and land in the center of the portal ring.

I inhale awareness of the Void, as an elixir, pulling it through my whole body, and into my HEART energy wheel, feeling the GREEN ray, intermingling with the elixir, and exhale, humming One, feeling the vibration of the hum, radiating outward, cleansing, healing, opening, and balancing my energy center, aligning, attuning, and harmonizing it, with its original, and perfect pattern, in the cosmos of consciousness. I pause, relax, and breathe smoothly, and regularly.

Here in my heart chamber, my soul traveler, and animal ally, walk towards my back, through the veil of fire, out of the portal ring, and into the alcove. They turn to face forward, we bow, and my soul traveler, and animal ally, return to their dimension.

Slowly, I move my body, open my eyes, and smile with appreciation. The True Self lives through me, sensing through my senses, acting through my actions, breathing through my breath, and emanating its presence, through me. We are, One Being.