

## ALIGN AND EXPAND, A JOURNEY TO THE CROWN, Version 32.7.

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 surrender myself, to the One Being, I Am.

I set my intention, to fine-tune the energy wheels of my human body, 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 practice moving my awareness, as I inhale, and exhale, to the Bubbling Wells, in the soles of my feet. I inhale, and exhale, to my perineum base. I inhale, and exhale, to my sacral region, in the center, below the navel. I inhale, and exhale, to my solar plexus, between my abdomen, and chest. I inhale, and exhale, to my heart space. I inhale, and exhale, to my throat region. I inhale, and exhale, to my Third Eye, the pineal gland in the center of my brain. I inhale, and exhale, to my Crown region, at the top of my head. I inhale, and exhale, into the central energy column, from my perineum base to my crown region.

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 BUBBLING WELLS, feeling the CLEAR ray, and exhale, humming from my inner realm, feeling the vibration of the humming, as it radiates 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 from my inner realm, feeling the vibration of the humming, as it radiates 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 from my inner realm, feeling the vibration of the humming, as it radiates 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 from my inner realm, feeling the vibration of the humming,

as it radiates 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 from my inner realm, feeling the vibration of the humming, as it radiates 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 from my inner realm, feeling the vibration of the humming, as it radiates 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 from my inner realm, feeling the vibration of the humming, as it radiates 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 and exhale, humming from my inner realm, feeling the vibration of the humming, as it radiates 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, and exhale, into the energy column, from my perineum base to my crown region, humming from my inner realm, feeling the vibration of the humming, as it radiates 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....

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 cosmos of consciousness, the non-localized pre-existence of the One Being, the Void.

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 human 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 holo-soul, in its travel 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 from my inner realm, feeling the vibration of the humming, as it radiates 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 from my inner realm, feeling the vibration of the humming, as it radiates 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 from my inner realm, feeling the vibration of the humming, as it radiates 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, above the CROWN, land on a solid surface beneath me, and stand in the center of the Crown 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 bound 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.'

I pause, relax, and feel my travel sphere, as it reveals itself, as nested geometric shapes, encompassing my body. The sacred geometry, forms the intimate connection, between the limited attention focus, of my human awareness, and the infinite expansion, of Oneness consciousness.

And then, I stand straight, tap my staff on the ground, and am transported, with my animal ally, in my travel sphere, floating up, and out of the CROWN REGION, transitioning slowly, into non-local consciousness, the VOID. In this realm, my staff, and sphere, are no more. My animal ally and I, are One Self. My sphere, and the geometry of the Void, are One. 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.

I feel a stirring within me, the staff in my hand, and my animal ally by my side. We 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 deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my energy column, then up, and into my CROWN energy wheel, feeling the GOLDEN WHITE ray, and exhale, humming from my inner realm, feeling the vibration of the humming, as it radiates 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.

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 deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my energy column, then up, and into my THIRD EYE energy wheel, feeling the VIOLET ray, and exhale, humming from my inner realm, feeling the vibration of the humming, as it radiates 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 float down, into the THROAT region, the throat of my human body.

I inhale deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my energy column, then into my THROAT energy wheel, feeling the INDIGO ray, and exhale, humming from my inner realm, feeling the vibration of the humming, as it radiates 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 float down, into the HEART region, and its chamber, in the heart space of my human body, and land in the center of its portal ring.

I inhale deeply, Oneness consciousness, as an elixir, pulling it through my whole body, into my energy column, and then into my HEART energy wheel, feeling the GREEN ray, and exhale, humming from my inner realm, feeling the vibration of the humming, as it radiates 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.