

The Cosmic Walk-in

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Part 2 of 4.

Flowing the Cosmic Walk-in Energy

About eight inches above your head,
I'd like you to energize a color,
a circle, if you prefer, it can be
a jewel that is many faceted and
it's turning.

Now you may use violet or gold or
electric blue or even pink.

I want you to energize that as the soul
in its 12th chakra, which extends above
the crown from six to ten inches,
for some of you, it's twelve inches.

Energize this feeling and allow the energy
to begin to flow from the 12th,
to the 11th, and from the 11th to the 10th.

It is dripping down from the 10th chakra
to the 9th and from the 9th to the 8th,
to the Soul Star.

I would like you to just let it be energized.

Let more and more energy come
from your 12th chakra.

Let it drip through the higher chakras
above your head, then it starts to flow
through the system, through all the other
chakras in your body.

When this drip gets to the base chakra,
let it flow down into the Earth.

I want you to keep your awareness at
the higher chakras through this color,
and I want you to notice what happens
as we energize the sound.

Each will experience something in your own way.

You may want to see the base chakra
as a clear disc through which this
energy can pour.

You begin to get a lot of energy,
be sure your root chakra is open.

Let this go into the Earth.

Let the Earth share it Now!

I'm going to use an ancient language,
and I will tell you what the words mean
which are, 'I bring down this possibility
and I allow the Divine Power of it to anchor
in my physical body'.

This literally invokes the full use
of the Cosmic Walk-in.

We will energize this for a moment with
this mantra, each in your own way,
then let that flow into the Earth.

gasno-aho-o-o-ma! gasno-aho-o-o-ma!
gasno-aho-o-o-ma! gasno-aho-o-o-ma!
gasno-aho-o-o-ma! gasno-aho-o-o-ma!
gasno-aho-o-o-ma! gasno-aho-o-o-ma!
gasno-aho-o-o-ma!

Now let that flow, let that flow through you,
let that flow and move.

We're going to tone a little.

Pay attention to the flow.

Just let it flow, let it move,
let the energy flow Now.

There is also a soft mantra that will
continue to work with this energy.

It means, 'I open my heart, I will allow
this energy to flow through me'.

hassna-ko-nay! hassna-ko-nay! hassna-ko-nay!
hassna-ko-nay! hassna-ko-nay! hassna-ko-nay!



Sit quietly, my friends, because the gift you are receiving is a Cosmic Gift indeed, as you recognize it and allow it to pour through you, it will create a strength of purpose, a strength of being aware, a strength in the support area and a strength in the service area.

Gently come back when you are ready.

Become aware that you can give a gift
Now to the Earth.

It is almost as if in your base chakra, you could take a ball full of that energy and put it down into the earth.

We are a little 'far-out' today, but that is all right, 'far-out-ness' is at the Galactic Core and that is a good place to be.

Energizing Your Next Step.

For many of you, the time has come to energize your next step after leaving the planet.

That is part of what this Cosmic Walk-in state can do for you.

It doesn't mean that you are going to go somewhere in five minutes, but it means you are already gaining certain resources.

I would like to talk about that now.

At night, while you are asleep, you are studying, everyone is studying.

At the Galactic Core, there is a specialist school.

This is not for Angels, it does not discriminate against Angels, but Angels are doing other things.

Although, I just heard from Raphael, he told me that he has been there, but you are going to school at night and you have teachers at that level that you do not really know about yet here on the Earth.

I am going to give you a name, Melchior.

And who is this?

He is a being who is coordinating much activity at the Galactic Level.

He is available to any of you who care to attune to him.

There is another one that I wish to energize right now.

He is not so much working with the Galactic Core as he is working on the Universal Level.

I would like to encourage many of you to attune to the being called Adonis.

Adonis is the same as the Greek, but not the same type, but the energy has a certain similarity.

This being is a great one that I might call the Cosmic Heart Center, or the Universal Heart Center.

The heart plays an exceptionally important role in your lives right now.

Do you know that, in a sense, all of you at night are standing around, stretching your heart open.

I'm not saying you are actually doing this, but there are a cosmic heart massage that you're having.

Massages on the Inner Level, you are working tremendously with the heart energy.

Do you ever wake up in the morning and really feel energized right here in the heart area.

More and more of you are really waking up to this and remembering Inner Level experiences.

I think it's important to use the following technique, and it is a very easy morning exercise.



It is called Building Bridges.

As you wake up in the morning,
lay perfectly still, if you can try
to lay quietly before you move at all.

See if you can get a feeling,
many times it might be that heart center
in the physical body or it might be
some emotion or thought, but try to
go deeply into this, and it will begin
to bring back memories of the night
and what you were doing because that
too can be stretched by this perspective
that I call the Cosmic Walk-in.

It begins to bring you to continuity
of consciousness and you are all
ready to build that bridge.

You are building a bridge from the
subconscious mind to the conscious mind.

Most of you have built it rather well
from the personality/ego level
to the soul level.

You don't throw that out,
you put it up into something greater
and you are now building a bridge from
the inner to the outer.

All of these bridges that are being built
are another way of looking at the
integrative process that I have
been talking about.

You are building a bridge between the
emotional body and the mental body,
between the spiritual and the physical.

That is the cross we have talked about so much.

Stirring the heart area is the potential
coming from the stimulation of balancing
and integrating and building the bridge
in the four body process.

I want to explain the
Cosmic Walk-in state even further.

Let us say that you could put a
physical size on your Soul.

Let us pretend that your Soul is nine feet tall.

If we add this Cosmic Perspective to
the Soul, it is nine-squared.

That is how tall the Cosmic Walk-in is,
this equals 81 feet.

It is also squared in its consciousness,
so it is a perspective that has a
multiplying factor as well as
an integrative factor.

Can we all see how important this is?

It opens up for us any area that we are
trying to understand more completely.

Getting A Cosmic Perspective

All of you are trying to understand the
conceptional area better into the
higher mental area.

Do you recognize that you want
a greater understanding of the whole
picture, that you want to see things
more completely?

If you didn't know you wanted to,
then I'm telling you, you want to,
how about that?

Because it is the means to balance your
lives and to be grateful for what
you have, it really is.

There is an exercise of looking into the room
and around the room to see if you could
step into anyone else's shoes.

If you could see the overall picture of that
person's experience and how you fit in,
then you would go running back
to your own shoes.

You would be grateful for having your own
shoes, for having this body that you're in.



The overall picture helps us to open the heart because we can see how fortunate we are and how wonderful it is to be a part of all of this that we call Life.

Perhaps gratitude and joy are partly what you are searching for.

Can you see that when you are really grateful for every moment, you might say, 'Oh, I sneezed. Isn't that wonderful! Or today, I had a really good learning experience, isn't that wonderful! Something came in and mirrored to me. I had an argument with someone. Isn't that wonderful!'

Now I can see Life more clearly from that perspective.

I have been given a gift, the gift of the mirrors of physical existence.

Beyond that are the gifts of the Soul and its joy and its understanding.

Now, I have a new gift and that is the gift that this Cosmic Perspective gives me.

It is going to stretch me all over the map.

How wonderful and I am very grateful.

Can you see that when you approach life that way, when you can really be grateful that it all fits together for you.

That is the point of integration.

It does not mean that you do not try to balance, but whatever you are doing, it works for you because you are pleased with it, no matter what it is.

If you fall down and break your leg, 'Oh, goody, I broke my leg!'

Well, maybe not quite, but the gratitude will lighten any effect that you have.

It will allow you to say, 'well, now that was an important thing. I broke that leg. Look at it, and it is going to hurt too. Isn't that interesting!'

If you can detach from this, if you can really view that leg and what it is going through with compassion, but not get attached to it, then my friend, you are well on your way to using that Cosmic Perspective.

That is what I'm really talking about when I refer to this Cosmic Perspective.

It is one that lets you be objective about Life, still magnifying the heart, but allowing you then to use every opportunity in your Life to understand Life more completely.

Contacting Alternate Realities

I was going to talk about Sedona a little and what is going on there, because it is from these alternate realities that the activity is so tremendous here.

The Angelic Kingdom and all the Elementals are really several times more active in this area than they have ever been.

Pay attention, because there is a lot of centering that is activity right there.

You might ask, what has that got to do with me and my life?

A lot, because I tell you, there is a reason that they are here.

One reason is to physically be able to contact many of these alternate realities and bring the strengths of the experiences into this Life.

Maybe that is all that is left for you on this planet.

You may be through with this planet, except for the more Cosmic integration.



Many of you are very mature spiritually.

You have one or two subconscious hooks that are very deeply hooked in and you think you have to drag it all over the Cosmos.

Part of what is going to happen in the next few years is that through your clear understanding, your more Cosmic understanding, you are going to unhook that very carefully and some of you are going to take off.

Some of you are not, some of you will stay here anyway, because the Souls have many things to do now, but it will be from a point of integration.

You will know when things are integrated in your lives.

You will know how it feels.

It will feel good.

Life flows, it works, it's wonderful.

If we can have that all the time, that is going to be wonderful.

That is your goal, my friends, that is when you are ready to do what is called Ascension.

That is what this is all about.

That is why you have time and space to get that point of integration.

When that is maintained just about all the time, then you are ready to go on with the spiritual lessons, or let us say, lessons on another level, because of course, all lessons are spiritual, whether they are physical or not.

