

Body, Team, Guides Support Session

Take a few deep breaths into your belly and gather all your energy and your awareness into this present breath of now. Move into a quiet, comfortable space. We call forth the Ascended Masters, Ganesh/Ganesha, the beings of love and light that assists us in removing obstacles, your guides, you from the future as an Ascended Master, your spiritual advisors, and spiritual family to gather now around you in this safe and sacred space in the higher realms. We invite your Higher Self, your Body Deva's Higher Self, that energetic aspect of your physical human form, to actively connect with your own healing source and your own spiritual power in the heart of the Divine, and to connect with all aspects of your being. We call forth the appropriate sacred healing holograms and mandalas that have the capacity to support you from a place of clarity, balance, discernment, divine direction, gentleness, inner power, grace, trust, flow and allowing, and any other intentions you wish to bring in for yourself. We ask that these intentions be held in your energetic fields.

The first energetic component has to do with a feeling of being lost, hard to track, or difficulty figuring out how to move forward. The path is pretty clear but the future is so expanded we can't grip it. This creates frustration, anxiety, and anger. We are looking for where the lost feeling is coming from, and I am seeing that it is coming from the body.

We invite your Higher Self, your Body Deva's Higher Self and your Team to work with fields and guides to discern the energetic volume and intensity for you to receive this work. Your higher self is doing the work and that wise aspect of you, your body and team are receiving the shifts. You can hear the music without getting blasted. Adjust the volume appropriately. Once it is received in the higher realms it is then reflected into physical realms. If work doesn't feel gentle we are trying to force work to happen in a lower dimension. Once complete up high, then reflect it down.

Invite your Body Deva's Higher Self to work with the fields and guides to take a moment to energetically scan the terrain we are in and the terrain we are moving into in the next several months. The Body Deva will experience relief to literally sit on its own perch and look at the energy, assess, and calibrate its energetic grids for this current terrain, and calibrate for the terrain that is coming, so that it is ready for whatever happens. The energy in the years to come is greater expansion and light for next 2000 years. Lovely! A 2,000 year light expansion experience. We are in it, and we won't miss it. Our bodies are in it.

As your Body Deva scans expanded fields we invite the Body Deva to release fear and anger it was using to try to orient. Use your energetic fields to orient rather than anger, fear, judgment, or external control. Let it go. The Body Deva is a little slower to work. It is bringing in its own grids to keep it in alignment.

Ganesh/Ganesha will connect with your Body Deva's Higher Self to the degree that is appropriate. Invite the spirit of Ganesh to connect to the Body Deva's Higher Self, send info to the Body Deva. The Body Deva can open to receive information from Ganesh/Ganesha as to how to clear blocks, free addictions, negative emotions, release rigidity, feeling numb or stuck. Ganesh is using his trunk like a flute: the sound emitted works like whales and dolphins. See Ganesh playing a sound from his trunk that dissolves blocks, dissolves the old way of walking in the world, removes shackles from the ankles and toes, releases pain and fear off the feet.

It is beautiful to watch this! Watching this is like a sound session for the Body Deva. The Body knows how to receive this work up high, not in physical terrain. We will feel the energetic reflection. A clearing will be happening in the third chakra.

The Body Deva, over many incarnations, has been corded by ancestral vibrations. It comes in at the third chakra and ties up the body's will and power. The Body has the desire to have greater power. Invite the Body Deva's Higher Self to work with the fields and guides, and Ganesh/a, to energetically locate all the power that it has given or had taken in intimate moments from all incarnations. When we make love or have sex the Body Deva's power is taken or takes the power of others. Invite your Body Deva's Higher Self to retrieve its power and release all power taken from others.

This is not just about sex. When we are with family there are lots of intimate power plays on all levels. Ganesh: please help the Body Deva retrieve power, clean and clear, clear negative karma, and relay appropriate information. Sit and wait, tone.

Invite your Body Deva's Higher Self to work with fields and guides to locate the power given to any ancestor during its incubation period in the womb and to retrieve all that power back to its right and perfect place. Clean and clear it, and recalibrate it and align it for the essence of your Body Deva. That will continue happening in higher realms.

The next component has to do with trust. When we heal the trust we go to higher vibrational frequencies and assimilate more light. As we go back and heal this trust piece we will be able to trust and hold a lens of empowerment rather than fear. All changes on the planet physically and in the higher realms --- this expansion and increase in light --- all things that limited us are surfacing into conscious awareness: not enough water, food, environment will destroy us, politics, finances...people get into a worry whirlwind.

Being human souls in this time of enlightenment forces us to become creative and blow through limitations. As the world continues to evolve and the physical dimension change, invite you to look at it all through the lens of trust. Invite your Higher Self, your Body Deva's Higher Self and your Team to work with the fields and guides to go back in time prior to arrival in this world (use your imagination, not your mind) on your platform of light, transfer station, prep room, and invite you up there, using your Higher Self and fields to scan potential paths for your journey and to hold trust appropriately. Do not place trust on the external or outer world. Hold your trust in your own divine line during your entire incarnation. Never take your trust nuggets out of your Divine Line.

Invite your Body Deva to hold trust in its reference points in the Divine Line in the center of the spine. Invite your Team to hold trust on their Divine Line; not externally. Trust the core above and beyond anything. Invite your Higher Self, your Body Deva's Higher Self and your Team to work with the fields and guides to hold that stance in every stage to the breath of now and beyond.

Invite you from future at the end of your incarnation standing on platform in the real world on the other side, to hold trust on your Divine Line and to reflect it to you in past in the breath of now. Feel the support of trust from the past and future through the time spiral continuum. Invite your Body Deva's Higher Self hold trust in its own Divine Line prior to its incarnation and invite your Body Deva to have a full debrief at the end of its incarnation to actualize every lesson and reflect that to itself now in the present moment.

Invite your Team to hold the same stance. Release fear, lack, and anxiety off body receptors and up and off your energetic fields. Hold Trust in your Divine Line. Feel an incredible vibration of support. Determination, will, passion starts to come back. When we don't trust we get beaten down. We have that negative lens. We invite your your Higher Self, your Body Deva's Higher Self and your Team to hold a stance of trust internally in the past and the future and reflect that to yourself in the present moment. Update all grids and reference points.

The next component has to do with your guides. For the last several years it is harder to feel guides. We get information but their presence is not as palpable as it used to be. I was pondering this and asking why this is.

Answer: the higher vibration they hold, the more they help but the less we feel them in the physical realm. For us to feel them they have to drop their energy which means they can't help as much. That is one piece. There is a trick to perceive guides between the realms. It's like being between a window pane. Otherwise your guides might get stuck between dimensions, so we will check that.

So first, a clearing for your guides and team that are stuck between the dimensions. Invite your Team and Guides at the level of your energetic fields to locate where they are holding their awareness. When there are two or more, meaning me and my body deva, are gathered in the name of the nameless one, the divine source essence energy, manifestation becomes evident in all appropriate realms.

By making a request for the team and guides to locate where they are, in all realms, they do it. Invite them to increase awareness, then pull all their awareness and energy into the appropriate dimension where they are free and happy and of the greatest service and hold the greatest degree of connection to their own essence. They are only responsible for holding their own energy and modeling that. They are not responsible for transforming the issues of others. Take a moment to let the guides and team locate themselves. This means freedom for the guides and the Team. It is a little energetically bumpy up there. We invite them to locate appropriate dimension for them to communicate with you, and their own essence self in a clean and clear connected way. They feel happier now.

Coming back to the body...there is some sinus congestion and some clearing. Change unsettles the Body Deva. It likes safety and familiar energy. New vibrations of expansion disorients the Body Deva. It has difficulty communicating and speaking. It has to be re-gridded and reworked. The Body Deva has shame for not keeping up, not evolving fast enough, not debriefed before.

When the Body has not become actualized as a sentient being the Body Deva won't debrief like the soul. Young souls take less time to debrief. Their perception of separation is higher. The Body Deva won't debrief either. There is grief, sadness, shame, as the Body Deva is not debriefing in previous incarnations. Invite your Body Deva's Higher Self to work with the fields and guides to place healing holograms at the end of every incarnation that it has expressed itself in any form.

Wait and watch as the Body Deva releases energy that doesn't belong to its essence. It is retrieving passion, will and power, healing all chakra systems, asking the guides to circle the Body Deva at end of its incarnations to do a debrief. The Body Deva is releasing and doing a debrief in a unique way. It is seeing the value of all its experiences. They are all there for growth: activate the spiritual lessons from every incarnation and update reference points appropriately. Ask that the debrief continue in dream time until complete to the degree that the Body Deva chooses. The Body Deva is realizing it is a

conscious sentient being. As its essence awakens, allow the BD to wake up. The soul wakes up first, then the Body Deva.

As that continues in the higher realms, invite your Body Deva's Higher Self to gently balance and clear the power center and the third chakra: the stomach, pancreas, spleen, liver, gall bladder, intestines. Ganesh is offering fairy dust to be sprinkled around the third chakra, which brings about the body's ability to hear energetically: our speaking capacity. The Body is learning to read energy. Having trouble speaking means the Body Deva is learning how to read energy in the higher realms. The solar plexus has tentacles, like ears. Dust opens the ability to read and navigate energy without being freaked out. That is the power piece that the Body Deva has yearned for.

Take a moment to allow integration. Invite your Body Deva to receive energy from Ganesh. Balance microbes, chakras, spinal fluid, central nervous system, assume responsibility for the awakening process, retrieve energy from healers, guides and hold all your responsibility in the Divine Line. You as a soul are not responsible for your Body Deva awakening. Invite your Body Deva to retrieve responsibility for its own awakening and hold it 100%.

Invite your Body Deva to connect with Gaia to receive information and support for its awakening process from a place of self love, trust, divine line and divine connection. The Earth is expressing self as human forms. Invite your Higher Self to retrieve responsibility for your awakening process off guides, team, teachers, parents, from all incarnation and hold responsibility from your Higher Self where you can, and move into greater degree of power.

Ask that your Higher Self, Body Deva's Higher Self and Team invite you to retrieve gifts, wisdom and mastery for you, body, and team which helps your awakening process with love, abundance and fullness. The Body Deva has unique grids, tools, templates, vibrations, currents for its sown process. Hold more awareness in your Body Deva's Higher Self to access more power and move into empowerment. We have the capacity for manifesting intentions, awakening to the essence in our Divine Line. Gather your Body Deva's resources together.

Gather the Higher Self's tools and use them all in this incarnation: every ounce. Use everything you have cultivated for good. You can cultivate more than you can imagine. Don't save it for the future, you need it now. Use it, then get more. Invite your Team to gather resources and use them for themselves in a unique way and model in your fields.

Energy feels full. Update all reference points and all ways in which you perceive and are perceived. We ask that you are wrapped in sheets of rainbow light, gently sealing these vibrations in with grace, balance and ease, and support the Body Deva with love. Allow for a gentle integration in a way that supports and empowers you.

We are in deep gratitude for opportunity to support you in this way. We are grateful to the angelic realms for supporting us in every breath in every way. Let it be so. A Ho.

There is an ego piece I wanted to speak to. When we go into ego it is ourselves or our body asking for our needs to be met externally: putting control externally. Classic ego is, "I'm cool and I know everything." We give responsibility to another to tell us that we are ok and enough. This is total ego. Invite your Higher Self and your Body Deva's Higher Self to lift off validation off all external sources and hold it in the Divine Line. Then we don't go into unhealthy ego. A healthy ego is, "I am a divine being of

light.” You don’t need external validation when you meet your needs internally. We can feel the ego of others and misperceive as our own ego. Learn to discern where the need is coming from. Is it from your ego or from someone else? Check it and question it.

This Tall Cup has 7 Layers. It’s for the body and team, not so much for soul essence.