

NEW HUMAN 5D Living & Creating – Meditation

A Healing, Awareness and Clearing Meditation for embodied multidimensional living

(In gratitude and acknowledgement to all my teachers of the past, in particular Gary Douglas & Andrew Bartzis)

***** Best recorded in your own voice and re-listened often*****

Sit comfortably with a straight back, feet grounded on the earth, hands on belly and start observing your breath moving through your body. As you take your intention and attention your inner environment and start disconnecting from your outer space. Just for the purpose of this mediation you may allow yourself to connect deeply to your physical body and your life sustaining breath. Keep your mouth closed and breathe through the nose, acknowledging the up and down movements of your navel, your dantian – the house and home of your personal power. Keep breathing in your own organic rhythm with equal in- and exhalations.

Now drop your barriers, allow the walls of confusion, constriction, false protection to start to crumble in the face of your ever-expanding awareness and curiosity to step into the new species of human kind. Expand out beyond your physicality and perceive, know, be and receive the 5D consciousness, the field of plenty, the field of infinite possibilities, of growing potentiality.

Moving from 3D into 5D is that simple. Staying and creating from there requires attention to your intention and a curious and joyful passion for staying conscious of your consciousness and becoming aware of when you slip back into 3D unconsciousness and limitation.

With the lessening of the earth's surrounding magnetic field and the increased exposure to the incoming solar flares you are becoming more and more exposed to energies that are pulling into you to upgrade, heal and allow you to raise your awareness to the multidimensional aspects of who you truly are. We, as a human collective, are being given an opportunity to start functioning from AWARENESS again instead of conclusion, limitation, domination.

Awareness includes everything and judges nothing. That does not mean polarity goes away, in fact we are becoming more aware of it in 5D and yet we can choose not fall prey to it. Our level of awareness equals the responsibility that we have towards ourselves and in service to others. CHOICE is the new tool and way forward of functioning in this place, space and consciousness that is ever changing and evolving.

Decisions, conclusions, judgments, expectations, separations, projections are losing their powers over us as we start cultivating 'in the moment' living. Fear, the old emotion of the future, becomes an emotion of the past as we are stepping and claiming the present moment and create our future through generating, creating and instituting ongoing choices and actions.

Eckhart Tolle's living in the now is finally starting to make sense as we can physically, emotionally, cognitively experience the illusion of time and start embracing our ever-present moment choices drawing more awareness into our experience.

As you keep breathing into that expanded awareness of 5th dimensional beingness challenge your mind to play with letting everything just move through you, your body, from front to back, left to right, up and down, rather than you being the one moving.

Check in with your body and ask for the percentage of photonic light in your body? Get a reading and note it without making it significant. Go with the number that comes first to mind and don't think about it too long.

Now, as your body sits in complete stillness, can you imagine yourself to experience a joyful past event, people laughing, loving memory coming at you? Whichever direction works for you, with total ease, clarity, and just simply allow the energetics passing through you?

Go check on the light percentage now – has it gone up, did it stay the same or has it gone down? Again, just notice what is in this present moment of sacred neutral observation.

Breathe in this vibration of joy and allow a flood of happy hormones rejuvenate the cells of your body, awaken and activate the telomeres and mitochondria, stimulate the autonomic nervous system to get back into balance, the left and the right brain working in harmony for the greater actualisation of your aspirations and dreams.

Now, in this state of heightened conscious awareness bring up a past experience that has caused you emotional and maybe even physical pain. Have it to come at you, observe the directions and ask it to move through you with ease.

Allow the prison of the old mind to open its gates and enthusiastically wave it through, acknowledging the pain as old survival signals no longer required in the 5th dimensional world of peace. In a state of 360 degree awareness pain and intensity does not go away, it is always available to you to step back into it if you so choose.

Wherever you have made pain and drama more valuable than a life of health, happiness and joy this is the time now to let go of all those judgments, destroy and uncreate them, let them go.

All the times and life times you have been renting bodies and misidentified and misapplied ancestral and other people's / being's pains as yours are you now willing to send them back to sender with consciousness attached and rescind, recant, revoke, renounce, denounce and uncreate all those contracts, vows and agreements related to them?

Everywhere you allowed pain to define you, where you have made pain your enemy, made it wrong instead of seeing the gift and catalyst for clearing, releasing of old traumas and ever expanding growth can you now dissipate all the electromagnetic energy and tension from your body, created through those ill-advised choices?

Wherever you judged polarity into a wrongness instead of seeing it as the strongness of inviting you to keep choosing lightness are you willing to destroy and uncreate that old paradigm thinking now and allow yourself to explore a new way of experiencing polarity?

Again, go check on the light percentage now – has it gone up, stayed the same or gone down?

Now, I want you to go out into the future, using your awareness of a happy future event that brings a smile to your face and makes your heart sing.

Again, allow the vibration of that event to seep through your body, from any direction, in and out, whilst you are sitting in complete stillness, with your breath as your companion and sovereign witness, just in and exhaling the energetics of that experience.

Bring the lightness of it through, allow the veils of separation to lift, receive the future now in its totality and check on the percentage of your photonic light that is vibrating on this heightened frequency.

What if it is that easy? Can you accept that?

Can you remain still and trust that your demands onto yourself are being listened to by universal forces to arrange for the quantum entanglements weaving a web of your desires to bring possibilities into your awareness, for you to choose and actualise?

Can you start looking out for and acknowledge the synchronicities, the serendipities that you have created through the questions that you have asked of your existence and potential, the choices that you have made?

We are living in a very exciting time and being on the planet at this point in time of no time is an opportunity to be part of something beyond our current understanding and wildest imagination. We are here to bring more acknowledged consciousness into our beingness to hold this incredible divine light and energy in our physical bodies. We are the light bearers, the way showers, and the path clearers for an evolving species of cosmic time travellers and multidimensional consciousness explorers. Our biology will adapt over the years to come to accommodate the changes our species are going through.

Take a deep breath in and fully digest of what is yet to come. On the exhalation release all fears, worries and doubts on how this is all going to be happening.

Remind yourself of those old boundaries of limitation and smallness and drop them back down into the centre of mother earth. We are not here to save this world; we are here to exchange our unique contributions and gifts to make it a better one.

Whilst you are in resistance of those upgrades that are happening right now you cannot perceive, know, be or receive them. So, remember to stop and breath and allow the pause between the in- and outbreath reveal your inner wisdom.

Everything that doesn't allow you to acknowledge and raise to the level of 5th dimensional living you can now choose to let that those barriers go, break them down, move beyond them. The new energies that are flooding onto this planet assist you in holding that level of responsibility and create the light that allows you to choose differently.

No more fixing, no more buying the truth of others but stepping into your sovereign space of actualising with total ease. Everywhere you are still buying into it has to be hard work, a constant doing, conventional goal setting, list writing, no gain without pain you are invited to let that go now once and for all and revert back to choosing another choice.

Who or what are you not willing to lose in this 3D reality that if you'd lost it would open you up to a completely new way of manifestation and actualisation of your wishes? Are you ready to let that go now?

All the decisions, judgments, conclusions, computations, expectations and projections of what that future will be like are you willing to destroy and uncreate those and become aware of the energy of the infinite possibilities instead? You can then follow that energy and take inspired action accordingly.

Everywhere you are defending for and against your awareness, away from what you deeply know but can't logically explain that keeps you stuck in this 3D reality destroy and uncreate.

What do you love about beating yourself up that will rob your energy, drain your life force and maintain your focus on what you don't desire rather than create what you do desire? Destroy and uncreate.

Everywhere you think that you have to figure it out, feel left alone and stranded in this place of nothingness, of sudden boredom, of turmoil and upheaval destroy and uncreate that.

What if in that void space new levels of unexplored consciousness are hiding waiting to be dynamically brought into action and actualisation?

Everywhere you making others, who are not choosing the 5D lifestyle awareness yet, more important than yourself, validate their reality choices over yours, that keeps you looping back into unconsciousness destroy and uncreate.

All the ghosts, demons, neglected aspects and disowned light bodies of yourself, that taunt, ridicule, and judge your choices in this 5D reality, the time is now to cut your cords and close the portals to these past relations once and for all.

Wherever you misidentified kindness, love and connection with people by having to keep playing in their limited space of being destroy and uncreate.

What energy space and consciousness can you and your body be to stop the incarceration of others and self through the bastardisation of your infinite awareness and stupidity of buying into the games of domination and control that are trying to hold on for dear life to survive on that sinking ship.

The game is over, the time of infinite sovereign, heart discerned choices is now. Every choice that you make creates more awareness for possibilities, actions, contributions to be made. There is no right or wrong choice, a choice is just a choice. Always know that you can choose again and again and again – there is no failure, there is no competition – there only is the I AM that keeps creating it all.

What physical actualisation of new human 5D living and life are you now able to generate, create and institute?

Ponder those questions often. Don't try to find an answer to them as answers will only conclude and limit the possibilities that are available to you. Allow the awareness to come forth in its own divine time, stay alert to its multitudes of disguises and keep playing in the sandbox of joy and 5D exploration.

Now, take a deep breath from the bottom of the spine, all the way up into the third eye spot, between eyebrows, and relax deeply on your outbreath. Gently bring your attention back to your physical body, move your fingers & toes, clap your hands and get ready to rock!

Thanks for playing.

Aho.

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