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Step 5

channeled by the medium Sabine Sangitar

While you are reading the script the 36 High Councillors are looking at your Light Body, expanding it appropriately and stabilizing the energy you have absorbed. Please do not pass these files on to others for this could harm the energy stored in them.

Subjects, Sequence and Daily Exercise for Step 5:

1. Kryon:
 - The Veil of Oblivion
 - Four-Body-System, The Galactic Body, The High Self
 - Light Body Process, 12-strand-DNA
 - The Antakarana
 - Artee and Arkturus
2. Meditation Artee: Initiation: The Activation of the Antakarana and the formation of the Ascension Tube
3. Meditation Metatron: Daily Exercises

And again there is a gathering which one can call a sacred hour. Kryon and his Entourage enter. Through the opening of the Stargate energy is pouring into this room. The angels are taking their seats. I greet you, my Lighthouses and Lightworkers.

We call this hour a sacred hour, because something which you decided to do a long time ago will occur. Today, in the New Age, you are ready to make an activation. When you incarnated on planet Mother Earth from your place of origin for the first time, you knew who you are. You had no veil of oblivion and you served in light, in the truth and in the Divine Reality. You carried an enormous amount of knowledge within you and had access to all your abilities.

And yet, a time came when you made up your mind to cover yourself with the veil of oblivion. And thus begun a game of karma which cannot be surpassed. This game contained everything you could experience. In the self-created duality you not only put the veil of oblivion over yourself but also took measures to be able to remain in the duality. This starts with breathing and the human language. You have loaded yourself down with many things to be able to hold to the veil of oblivion.

Now, in your current incarnation many things have occurred. At the great turn of the age, the Harmonic Convergence in the year 1987, often called the "Days of Harmonious Energy", you decided that the first stage of your Light Body should be opened by the galactic field. Thus it is no coincidence that you find yourself again as Lightworker in this period of the New Age. In order to keep yourself in duality you acquired a few tools for this incarnation. Although you evolved spiritually and followed a path and learned many things, you were always connected to the system of your Chakras. All knowledge was of little use to you because you were unable to put it into practice.

You have heard many things about your Four-Body-System which comprises the physical, emotional, mental and spiritual bodies. For a long time you believed, that these four bodies define who you are. You also knew that there is another link, something that looks like a silver cord which connects you to the Divine Thought Field and to your Oversoul. But in order to exist in duality this link was immobilized and thus you felt cut off and had only little access to your Oversoul. However, not only was the activation shut down, but also, to ensure that no human feelings such as fear or worry could enter your galactic Overbody, a sort of membrane was inserted keeping your emotions from passing through, so that your Galactic Body, your Oversoul, was not touched by them. For apart from your four bodies you have a large Galactic Body, an Oversoul, which is active in the universe. This Oversoul, also known as the High Self, is the real aspect of yourself. Your High Self is pure and full of light and never wore a veil of oblivion.

In your spiritual development you learned to get in touch with your Galactic Body through meditation. Some people had little success. This was not because they were not sufficiently developed, but simply because the beam connecting you to your High Self was not activated to its full extent.

Now a new time has begun, a New Age, a new form of energy. Many powerful words have been spread among human beings. Light Body Process is just one of them. Sometimes people do not know what the term Light Body Process actually means. Many people still believe that only chosen people can attain the status of Ascended Master. But Kryon tells you: Since the time of the Harmonic Convergence, since the first opening of the magnetic field, every human being has been touched by this light in his or her 12-strand DNA-body. It is not a process that only you have to go through but one that all mankind will go through. None can evade the magnetic waves which will be sent to Mother Earth. Even the most deeply asleep among human beings will be affected by this energy.

There are so many different facets to being a Lightworker. Each one has his or her own special assignment. Much is said about the future tasks of an awakened human being. You are called to be pioneers. This means that you face the Light Body Process consciously. That you make the conscious decision of letting yourself be touched by the magnetic field of love. Therefore your 12-strand DNA activates itself and you can become an awakened Divine Human Being. Some avatars on Earth have already been through this process, often with great effort. From our spheres of light it seems quite easy for you to attain this status. And yet, certain

processes are necessary (when I speak of "processes" I do not mean you have to suffer) to activate your 12-strand DNA.

The human body in its biological form is marvellous, though science sometimes misinterprets it entirely. Your energy body is far more than just the biological process, which keeps you alive and supports you. There are different crystalline structures in your ethereal body which will be activated and linked to your Galactic Body. For example there are crystalline structures on the surface of your skin which have not been activated yet. When they have been activated these crystalline structures will connect themselves to your four bodies and produce a sound and color frequency which you cannot imagine yet at this point in time.

Today you will receive the initiation of the three Seed Crystals which are located around your Third Eye. A link will be created between these Seed Crystals and your Prana Tube. All of this will be connected to an Antakarana. I would like to give you further information about this.

Translated Antakarana means "Bridge of Light". There are several Bridges of Light in your body which need to be activated. The best known Antakarana or Bridge of Light is the link between your soul and your heart, your mind and your Galactic Body. Imagine them as islands in the Atlantic Ocean. One island stands for personality, another for soul. Both have to be connected to be able to work together harmoniously. For that an Antakarana, a Bridge of Light, is necessary to provide a link. There are three Bridges of Light in your ethereal body.

Today's Antakarana is a Bridge of Light which begins at the three Seed Crystals around the Third Eye, runs through the pineal gland to the back of your head, thus linking your Prana Tube/ Ascension Tube to the three Seed Crystals and the pineal gland.

With most people the Seed Crystals lie dormant. If they are activated and linked, the consequence is that you can have better contact with your Galactic Body and can absorb certain frequencies, sounds and colors. You can also better perceive messages which the High Self conveys to you, once the Seed Crystals have been activated. We begin with the Antakarana of the three Seed Crystals on your forehead, so that the transmutation process, which every human being will be subjected to, can already begin with you now.

You declared your intent to accelerate the transmutation process. Looking at it from our side, the greatest difficulty is the modification of your head, to be exact the rebuilding of the pineal gland and the pituitary gland. It will be activated and will start to spin spirally.

Today, Artee, the Elder of the planet Arcturus and his team will get in touch with you. It will be a cosmic cooperation. You can look at it as specific helpers wanting to work together with you. It is like a zip: the one complements the other. Both are needed to vibrate in complete harmony.

Many different galactic helpers have agreed to work with you human beings. Our great friend Artee of the High Cosmic Light Command was chosen. He is a friend and a very wise energy being. He has the vibration of peaceable love in him and is from the planet Arcturus. Many people feel warmly touched in their essence when the energy of Artee speaks through a medium. That is because many of you were on the planet Arcturus once. At times parts of your soul were already incarnated on

the planet Arcturus. The Arcturians are fully awakened beings. Because the entire universe is one big experiment the planet Arcturus was an experiment as well. They were not as deep in duality as you are, but they too evolved until they and the entire planet Arcturus were fully and completely awakened. Arcturians for the most part live in groups. Their motto is: One for All, and All for One. They live in pyramid-shaped buildings and their planet is a pleasure to look at. It has a very high vibration and a beautiful energy. The Arcturians especially enjoy working with light and technology. They have different tasks. Artee is the great chairman of the Arcturians. He lives in a group and is mostly to be found with Ashtar on the energy ship, because both beings have a very intimate relationship. Something you know from life on Earth exists in the universe, too: Deep friendship. This friendship unites Artee and Ashtar Sheran. And Kryon is also a very good friend of Artee and Ashtar Sheran.

Kryon has a deep connection with you. I will accompany you until the transmutation process is finished and you are awakened to your Divinity, to a Divine Human Being. When the planet Earth has elevated itself into the next higher light vibration, you too will form new friendships. You will be certain to enter into a very close relationship with the Arcturians.

The Arcturians are highly enthusiastic about the Blue Planet because they have no water on their planet. They do everything with light. They adore the Blue Planet. They will do everything to awaken you. Kryon says AN'ANASHA but will remain in this room with his energy and with his Entourage during your initiation. So it is.

Audience:

AN'ANASHA.

The Purification Ritual:

(Carry out the Purification Ritual in quietness and silence and after each visualization take a break for a few breaths.)

Visualize the Crystal AVATARA and get in touch with your first Chakra, the Root Chakra. Insert a sphere of golden light into your first Chakra.

Go into your second Chakra and insert a sphere of golden light.

Get in touch with your third Chakra, establish contact and insert a sphere of golden light.

Now proceed into your fifth Chakra, the Throat Chakra, get in touch with it and insert a sphere of golden light into it as well.

Get in touch with your Brow Chakra and insert a sphere of golden light into it as well.

Get in touch with your seventh Chakra, the Crown Chakra, and there, too, put a sphere of golden light into it.

Now get in touch and make contact with your Heart Chakra and imagine a sphere filled with pink light. Put this sphere into your Heart Chakra now and let it rotate. Create the intention of love in your heart and feel the pink sphere expanding further and further uniting all the Chakras in itself.

Now call Metatron and ask him to put a net, a platinum colored net, over you. Ask Metatron that all negative energies be attached to this platinum net. Metatron will burn this platinum colored net in the cosmic fire.

Now ask Metatron to put a platinum colored net over the entire house in which you are. And ask for all the negative energies which are in this building to be attached to the platinum net. Metatron will burn the platinum colored net in the cosmic fire.

Now ask Metatron to put a platinum colored net around Mother Earth.

All useless, negative energies of Mother Earth which are still caught in the structure will be absorbed by the platinum net. Metatron will burn this platinum net in the cosmic fire.

Fill this room with the energy of love. Create the intention of pure thoughts and of pure feelings.

Now enjoy the hour of the initiation ceremony.

I – Kryon –will be with you.

Metatron – Daily Exercises for Step 5

Every day become consciously aware of the newly formed Antakarana and take the time to feel and to sense the Seed Crystals and the activated Ascension Tube. Perceive the light messages which are being sent to you.

In the coming week allow yourself as much peace and quiet as possible. Enjoy your initiation in harmony and peace. Grant your body and your soul quietness and harmony. Let everything happen. In amazement, look at the colors which the Higher Light Command will send you.

Carry AN'ANASHA inside and visualize the Crystals TARA'DOS, HAR'ATORA, ESCHA'TA as often as possible. Ask for DON'ADAS. Create healing for yourself at all levels.

Now you have taken your very first Steps. You have raised yourself into the United Field of Divinity.

Your Light Body shines in new colors and sounds in a different frequency. You are ready to absorb Light. Become aware of the fact that from this Step on every single Step will be tuned to your Light Body to achieve the best possible expansion for you. But for now take some time to rest and enjoy everything you have been given so far.

If it gives you pleasure consciously repeat Steps 1 to 5 and try to sense where and when you had unclean thoughts, or feelings of the ego were able to spread. Transform them using MOHA'RA and ATRANA. Place the Crystals on the situations and open your heart to the Love. But also try to sense, how much love and gratitude you have felt, how much you have already achieved by taking these first five Steps.

Focus your thoughts on divinity. Melek Metatron will accompany you. During all your Steps I will be present with my energy. By day and by night.

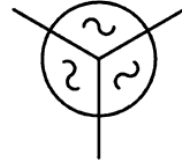
From the Spheres of El'Shaddei I speak to you. I will send you a wave of energy and light. I say AN'ANASHA to you OM TAT SAT.

TARA'DOS is with you.

Ehyeh Asher Ehyeh. Ehyeh Asher Ehyeh. Ehyeh Asher Ehyeh.
So'ham.

Step 5: Supplement

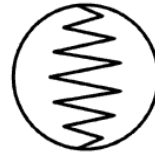
Crystal for PEACE:



Name:
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TARA ' DOS
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Crystal for LIGHT:



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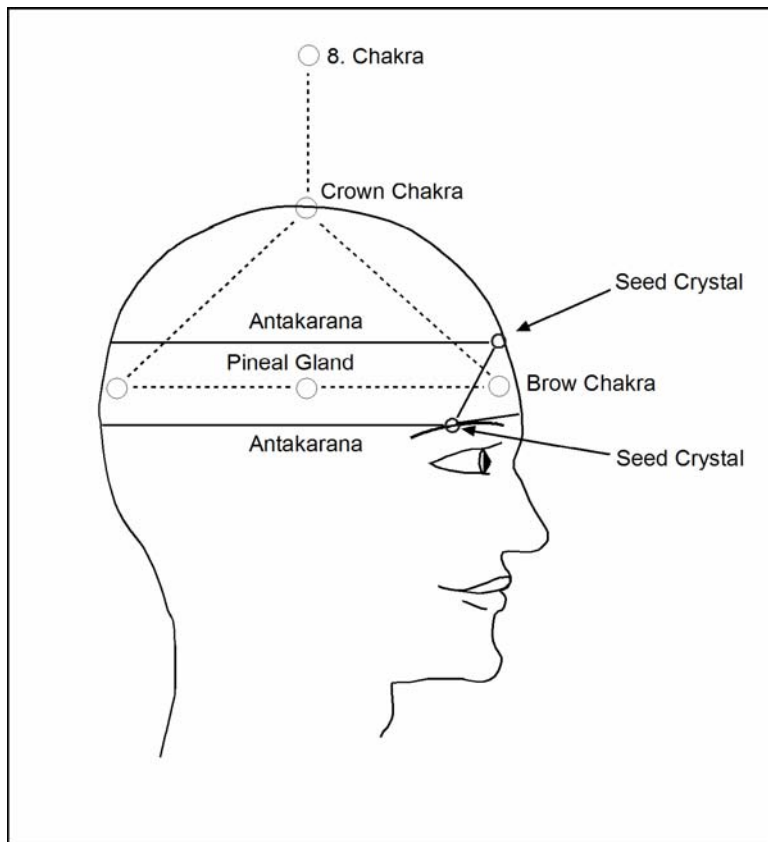
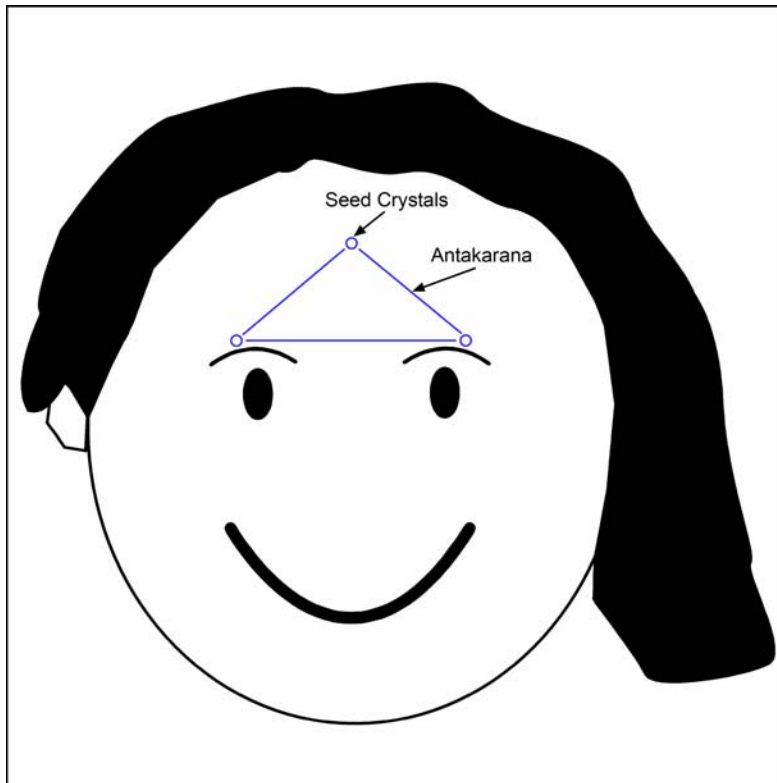
ANA
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Crystal for STARGATE:



Name:
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This is just a simplified drawing and only serves to better understand!