

INVESTING IN YOUR CHANNEL



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The physical body is the condensing of energy, one through which we get to experience feelings, emotions, thoughts, love, laughter, joy - to recognise oneself within the Divine mirror of Life.

We are (re)discovering the Tree of Life/
Garden of Eden/ Kingdom of Heaven within us,
through our integration of the polarities
(our shadows)

OPERATIONS FOR THE HUMAN OS

- Find/ know to love your baseline/ centre/ stillpoint - know thyself; your triggers/ reactions/ emotional processing/ integrations - and therefore know what you are not [available for].
- Run decisions/ choices through your channel and honour the responses your body gives you (your body is your most intelligent and highly advanced lightbody vehicle).
- Remember that no other teacher/ system/ school/ teaching will provide YOU with entirely what YOU need. The unique keys to unlocking your Truth lie within YOU.
- Work with teachers/ systems/ schools with them as complimentary "activators"/ "accelerators" for your own homecoming.

DURING THE UPSHIFT

As you invest more in your own Channel, don't be surprised if you find yourself faced with different choices, in terms of the people/ relationships/ jobs/ places that come into your life. You will likely need to (re)incorporate new (aka ancient) aspects of Nature into your Life, that weren't previously there/ known to you.

Remember, each of these steps is just that, a step. Each time you move forward into something new, having died to some older aspect, be aware that the next step beyond where you are now will likely require another leap of Trust in yourself and your Channel.

We are not reaching to attain a goal.
We are not seeking outside of ourselves.
We are not becoming attached to a step on the Path.

We are remembering how to live more fully along the way.

ACKNOWLEDGING THE UPSHIFT

As you come to know yourself better, you will know your unique signature for when you are going through a quantum leap, or upshift.

This could look like a feeling/ knowing, or even manifest as a "Shaman's flu" (see Kundalini Awakening) as the physical body aids with the purging process.

As you ground the higher frequencies into your DNA, the Death/ Rebirth process becomes more objectified and hence less turbulent, you are able to claim more joy in every moment and the quantum leaps become more subtle and refined.

You realise that every single present moment is an opportunity to learn/ grow/ die to the old/ birth the new you and further refine yourself, your Human vessel and hence align yourself with your highest timelines and trajectories.

Manifestation occurs as you self-actualise.

ARE YOU UPSHIFTING?

There are no right or wrong answers.

- How are you perceiving things differently than before (through all of your senses)?
- How does it feel when loved ones look deeply into your eyes?
- How does it feel when strangers look into your eyes?
- Is there a difference in how you assimilate the pulse of life all around you?
- What synchronicities are showing up in the 3D world of matter?
- What repeated patterns are you now able to observe - and where is their root (possibly childhood/ past lives)?
- Where can you see Life offering you opportunities that match your frequency now, as opposed to just reflections of your shadow states?
- Remember that the 3D world of matter can take a moment to catch up with your frequency upshifts!

SUPPORT

Share your journey with other, likeminded Souls in Sanctuary, designed exclusively for you.

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