

## WHAT THE SELF MASTERY SCHOOL OF CREATION CAN OFFER YOU INTRODUCTION PART 2 – 2 BY QALA AND LELAMA

### AN EXPERIENCE OF DIVINE FREQUENCY AND DIVINE ASSISTANCE IN A SPIRITUAL PORTAL

So I want you to breathe your energy down... breath it down... now it's difficult to breath your energy down when you've been working all day, you've been in a situation in your life where conversation, conversation, activity has been taking place. It takes a while and one thing that any soul that wants to open up their power has to learn to do is to ground their energy. The way that you ground your energy is so simple, any child two years old can do it... and they do it all the time. They make the connection into the inner Earth. As we get older we start to focus so much on physical things that actually we forget that we're an energy being. We start to believe we're a physical being, that's all we are, and everything is physical. Now for you to ground your consciousness, you have to recognise you're an energy being. You have to recognise that you have energy and you are moving it... now your mind is an amazing thing because it can direct your energy. If it's focused you can direct it into the very heart flame of your heart chakra which is the centre of your chest. To ground your energy here it has to be grounded into the flame, the eternal flame of your soul, in the very centre of your chest and to receive divine energy from a spiritual portal, to receive something that you can't create for yourself yet, from your own presence, from the enlightened planes... blessings, dispensations, healings that are so easy to receive, then that flame has to be ignited in the heart.

Now while you are doing this, we are having a little visitation at the moment, it's angelic... some angels are coming into the space with you... the back of your heart chakra has been opened now. Now, it's no other being that has opened it but you... you have an angelic higher self, an angelic presence... your angelic presence is here. The angelic realm is the closest realm or plane or dimension to the Earth plane; and your angelic higher self or presence is always tapping you on the shoulder to do certain things... slow down, be loving to yourself, not judge yourself... it's always there, offering to guide you. But it's not a pushy energy in any way, it's very loving and accepting completely of you.

Your angelic presence has opened the back of your heart now, and through the back of your heart you have a spiritual cord that is golden. Through the front of your heart you have a cord that goes to all the beings that you love and also, all the beings that you have loved or had divine relationship with through blood or friendship or partnership in your last three lives, and what you have created in your last three lives has also an imprint in those cords in that heart connection. In this spiritual visitation we are having now before any higher frequencies come, you are being asked by your angelic presence to just recognise something now... what is it about your power? It's a strong word, power, and on the Earth plane here it's used in a very strange way sometimes; it's seemingly used as something you can put over another person. That's not really the true nature of power.

Power has only one purpose; it has the purpose of creation; and your true power when you access it can create anything for yourself here that is needed for your soul mission, your purpose, the fulfilment of why you are here. What is it about that I am talking about: is there anything inside of you, your angelic presence is saying, that you would like to surrender up and give over, to receive divine assistance for regarding your power, your purpose, the fulfilment of your life and why you are here. So while we are in this space, as you are going to have your energybody opened up, it's a great potential for you to surrender something up to receive divine assistance. The divine assistance you would be calling on is Gods' love and light. Your own Divine Presences' love and light. I'm not speaking about God as a being out there that is separate, that is watching over you, that maybe deciding whether you are going to heaven and hell – I'm not speaking about any kind of concept of God like that, I'm speaking about the pure love and light consciousness in everything... it's a neutral energy, it has no preference about what you do... it's a supportive energy... it's loving, it's wise and unconditional in its nature... and that divine energy and that consciousness lives inside of you.

You are one with that; but is there anything in this life that you've been replaying out that might have come from your last three lives that creates you to feel blocked in your power now, right now... this is what your angelic presence is saying... for the back of your heart chakra is going to be opened more deeply now and at the front of your heart chakra; and as you just acknowledge what that may be for you – it's very personal to your being - and you speak... I ask you to speak to your angelic presence, you don't need to hear anything back... just to put it out there, of what you would like assistance with; and that is called a prayer... as you're intending that and saying your prayer I just ask you to breathe in and draw – the one thing you need to do with me now is to just in your own way; whether it's through visualisation through knowing, through acceptance, through intention, you need to connect through the eternal flame inside your heart, this beautiful divine energy that, when its ignited, carries your soul's true energy. It's known as your divinity; it lives in the base of your heart chakra and when you accept it, it opens up and you can learn to breathe it and transmit it out through your field.

This is the divine energy inside of you that changes the structure of your chakras... as you focus on it, it doesn't matter if your mind is distracted, as you take your awareness to it with your breath you are opening what is known as your receptivity to the universe. Your energybody is able to receive divine energy... even if it is a struggle in your mind while you do it you are still able to receive... the light rays are beginning to radiate and pour into your field; into your spiritual body firstly. The field and the portal are beginning to open now to a higher vibration and Archangel Michael is beginning to focus on each one of you very gently with love. His relationship with humanity is all about supporting humanity to come into their truth, in their own time, in their own way – for he understands how every human being can carry fear of that here. He is opening your etheric, mental, emotional, spiritual bodies now, for when they are open you can receive so much more.

And often we live in a closed state and we keep our energy closed... protective. He says that which you are intending with your power that you have been speaking to your angelic

presence about... it may take time to manifest but don't give up on it he says; it's only when you give up that you give your power away. He says whatever that is that you spoke about you gave up on in relationship to one of your last three lives here... you gave up on yourself with it and you gave your power away in relationship to that and that's why you have that occurring in your life now. He says do not judge yourself about that; there is no need to be harsh upon your own being. To transform it you need to accept that you did, in some way, give up on that. You also need to receive divine energy because without that it's very difficult to open up something that you have closed before. It's a struggle, and it keeps you wanting to give up all the time, hold no faith in it, no belief in yourself with it. He says he understands that deeply but there is a lot more that you are unaware of about yourself. He says you are like a jewel, that you may sometimes only see yourself through one small facet... but he can see you. This is the relationship the enlightened masters have with you - they can see all of you; the divinity of your being.

You're being placed in a chamber now, for in all of the work we do, it is always very protected to create great safety for every being; so a chamber of energy that is of a different vibrational colour is being grounded around you now... it's very specific for your soul; the colour of the chamber is the colour that right now feeds your soul more than anything else... it is a ray of light. For the opening of your power, the rays, the energy inside the vibration needs to raise in that colour for whatever it is that you are talking that has been something for you in this life, he is saying your creation wound is definitely connected to that which you have been praying about; that it's probably connected to every part of your life as well... but it's multidimensional in nature and it's not able to be really known by your mind, written down perfectly, but you experience it. He says when it's gone you will truly know yourself in a completely different way, it will be like a new incarnation, he says, in a small way; you will be the same being, but without that wound.

Now you are beginning to receive frequency, it's only just starting to come to you now; this creates a melting of your energy and a surrender, if you open yourself to it, you can go inside more... It's starting to grow stronger now because the Enlightened Masters – one Enlightened Master – is beginning to focus just on you. This one has been a guide in other lives, or you have known them well in the heavenly realms, possibly in higher dimensional states, you've worked with them in some way. This specific enlightened presence is now activating three of your chakras – these are the weaker chakras in your body. The activation of the chakras brings a lot of light into them. It charges them.

For balance in your life these three chakras need to be charged more, you may even sense where this is, an inner knowing inside... they may be in the back of your body or they may be in the front. Something has been pulling on your energy through these three chakras previously to now; and if you give permission, the Enlightened Masters are wishing to release any cords from you, any attachments that other people may have to your energy that may be draining your energy in some way without your awareness. These cords aren't developed to hurt you; as I shared before, people are seeking outside so much for the energy, for the source, for the energy to live, that these cords are developed at times.

These three chakras that are weakened are being charged now so that you can be more balanced in your life here; and also so you may open your connection to your presence; cocreation with your presence is a different form of life – you no longer create alone. When you have your connection through the 12 chakras through your presence, your field is able to draw in large amounts of energy and you are able to do things and create things quickly; larger things, and they take less time; more focused, and manifestation activates and takes place rather than one giving up halfway through the process. This full chakra development, you are able to create that - even if you don't come and join this school - by working with your presence every day, by activating your chakras, by finding your own way to heal the wound, opening your heart. It is a strong process to do it in group because you are possibly experiencing greater support but it is possible for you, no matter what. This is Michael's message to you, that you need the support to do it – it is not easily achieved alone and one must surrender ones' self to open to ones' receptivity and receive the divine energy, for you will not have enough energy by yourself. You will run out of energy. As these chakras are charged now, there is a golden flame that is able to be activated in every chakra. When this golden flame grows large... that chakra never closes, it is always open, energised, flowing... and receiving energy, divine energy from the higher dimensions of the Earth plane.

One of your chakras is now being activated with this golden flame. Maitreya is stepping forth to all of you; this is a Master of Christ Consciousness, that through a simple touch upon your chakra, is able to activate a large golden flame to birth forth... this is taking place. This golden flame is the energy of your power... it is the creation flame that is able to activate inside of you; it is the energy you need to build up through all your 12 chakras to be in your full personal empowerment here and to be able to cocreate with your Divine Presence, have that experience of creating things easily, where a greater presence is moving through you. And it's not only you, that you know now doing it, no longer feeling alone with it, totally responsible with only the energy you have now, overwhelmed at times - but truly charged, activated. Maitreya is activating all of the primary 12 chakras now... asking you to breathe the light down into the Earth Core, for whenever you receive activation you must ground it into the Earth Core sending your energy all the way down.

For you to truly feel something when you receive divine energy you must ground it all the way into the inner Earth; then you carry it with you forever, when you walk, even when you leave the Earth you carry this energy. Energy cannot be destroyed, it can only be transformed... you will carry this energy with you forever... even when you use it, it returns back to you. The more you use your energy, when you have your light, love and power connection open, the more energy returns back to you. That which you give, you receive so much more that you not could even imagine. When you use your energy without your light, love, power connection open, you lose and feel that you have nothing left. You feel drained, you feel tired and you have to seek outside for energy, find it somewhere, create cords with others, take it from them instead of energising from within. This is the old paradigm on Earth, one of the reasons we have war, why we have all of our problems here. But you can leave the world of that problematic world... you will still live in the world with others where there are others with problems, but you can have your own world within it. You will be one

with the other world but unaffected by the problems of others. If you open your love, light, power connection you will no longer need to source energy outside and all the energy that you give, you will receive so much more back, clear, pure energy coming back to you...

They are raising the vibration now, as 12 Enlightened Masters are coming around you in a circle, they are purely just transmitting love to your heart. Your heart chakra is so important, they say. Most souls feel so unworthy of truly receiving from God directly, they say... this has come through the genetic line; so much conditioning about God, about sin, about all of these things. They are wanting you to know that you are worthy right now... that your soul is worthy - even if you died right now and left the Earth, they say... you have done enough already, they say. You are worthy not only because you are anchoring your light vibration here giving it to Gaia, because of that which you have given already... you may not know what this is, you may not remember all your lives... they say that it is not important to remember but what is important is to recognise you are worthy... you are more than you seem to think you are; that you ARE one with God. It's not something you are seeking to achieve, you are already one.

To feel that oneness, to experience it, that love, light and power needs to open more. To do that in this very moment here... with the love they are generating their support to you, they can help you raise your vibration, for that's all it needs to take, you need to jump an octave in your vibration from where you normally are sitting in your life you need to jump one octave in energy, vibrate at a higher rate, to truly feel the oneness that you have with God in this life. They would love to bring this to you but it's not able to take place in a moment... it takes place if you were willing to receive the love regularly, open your connection, to jump that one octave in your vibration.

They are going to activate you now, with the most amount of frequency they can give you. They are bringing gifts into your energyfield... they are stepping closer to you; they are meeting you on the spiritual planes for in this room and where you sit there is a physical plane and a spiritual plane that are merged together. In that spiritual plane they are standing very close to you. To really receive what they want to give you, meditate on that eternal flame and send it to them, into their hearts... the 12 beings around you, to make a connection with these enlightened presences... a bridge, to receive their divine blessing now... (sounding from Qala)

(Sounding from Lelama/Yamala)

Gaia invites you now... invites you to connect from your heart into her heart... as the gifts these 12 have offered you travelling your field, as the sounds of Yamala, creating your lower bodies to open, gently offering the sounds to open the base for your energy to be able to travel easily down into the Earth to allow this connection to ground these gifts, ground your energy... as Gaia gently offers her love, gentle love and her light to travel up from her heart into your heart, to meet you, to support you, to open your heart a little wider... (sounding) and gently you are invited now, to allow your voice to sound this mantra with us now, supporting this opening of the heart and your connection you make to the Earth heart, and allowing your connection to ground and be more present also within this physical realm...

this realm of the Earth and the deep Inner Earth – the light, the heart of Gaia (sounding together) gently breathing into your heart now, gently being aware, being present with the resonance of this divine energy in your heart... as you give thanks, just holding this intention in your heart - of gratitude - which will open... open your heart more widely to receive it, to receive what you have just experienced.