

Embracing an Ascended Life

A Series of Twelve Energy Transmissions



Message Four

Activating the Divine Fragrance of the Breath of Life Through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa Delivered at TOSA Ranch January 27, 2007

Archangel Zadkiel Speaks:

Yes we are here! And it is with a fragrant hello. Yes! Fragrance! Yes!

What does it mean to truly be fragrant? What does it mean? Yes. Enjoy. Yes.

As we offer you the fragrance of what you would call the *Divine Gift of Love*, each is fragrant with their own loving essence of being. For indeed, what does it mean to be fragrant? To be fragrant offers one the opportunity to **BE** the energy, not to **TALK** about it, not to rationalize it, not to offer it a convenience so to speak, "I will be in the energy if it is convenient for me," but to be fragrant with the energy means that you become the fragrance of the Breath of Life.

In every moment, in every moment, in every moment, you are the fragrance of the Breath of Life. When you greet another, how do you greet them? And do you ever notice fragrance when you meet? Are there some that you meet and the fragrance of Life immediately lets you know that perhaps life is not so vital? And then there are others you meet, and the fragrance of Life is **most** vital! Delicious indeed! You may even wish to just jump into the fragrance, no? Yes! We offer this to you because it is most imperative for you to know, that in the fragrance of Life, you claim your own divine breath.

You say oh my goodness, how can breath and fragrance be connected, we say how can they not be. How can they not be? ***You see beloved beings of this realm, your breath is a fragrance, it is the fragrance of God, the fragrance of life, the fragrance of all that is divine resurrection.***

Ascension Recognition

So many of you say to us "Ascension shamension, whatever", you say it all the time, body, no body, date, time, when, where, gimme a piece of advice! Yes. What if we were advice-less? Oh my goodness, yes. And we offer this to you because it is most important for you to recognize that you are in the period of rapid, rapid, rapid ***escalatory ascension recognition.***

Now what does this mean? ***Ascension recognition.*** What it means is that you are in what you call linear time, in the year of 2007, in the cycle of the Lion, and in the cycle of the Lion, are you the Lion? Or are you still pussy-cattling around? Yes! Which are you? You see dearest ones, we invite you to pay attention, because when a lion roars, we can assure you that their breath is most fragrant. Yes. And that one we pay attention to, will they not?

You see, it's how you roar that creates the attention. There are many ways that you can roar in this world. And in this time, this 2007, through the time that you call 2009, there are indeed many energies that are coming forward now, and there will be many fragrances that will be present, and not all of them will be so pleasant. Perhaps. Perhaps to some they will all be pleasant.

Activating the Divine Breath of Life

This is the only quest you must have. If you wish to be on a quest right now, perhaps it is to recognize the divine fragrance of all breath. The divine recognition of life, the divine recognition of why you are here now. Any many, many, many of you are being given choices right now to activate your fragrance of breath, or to activate another existence of being. Now let us talk about this for a moment.

In this world, in this way, in this moment, now go ahead, look at your hands. You have hands? Cool huh? Yes! We just wanted you to double-check you're in a body, there it is! OK! And so in this world of being, breath is essential, is it not? It is a great gift because it is another way to feel. Remember you came here to feel. You came here to touch. Go ahead, give a little poke to each other. Yes, you are real, you are here, you are in density, little pokes are fun, are they not? Yes! Oh so fun. And as you are poking and poked, it is important to remember that this is why you came! To poke and be poked!

And as you do this, and as you touch, perhaps you have touched much. Perhaps you have touched many experiences. **Is breath not another caress? Take in a breath. Feel the caress. Perhaps each breath is God's caress. Perhaps each breath is the opportunity to remember how loved you are. Perhaps each breath brings you closer to your own God's essence of knowing, being and doing.** Take in another deep breath. Yes.

Appreciation for breath is another way you feel. Indeed, do you not often say, they have taken their first breath, and then they say, they have taken their last breath. *What about all the breaths in between?!* Today I celebrate a hundred kajillion-million breaths! Good! Each one a gift from God, each one a divine love, each one divine flow. **When you gaze at each other and you take in a deep breath, you share the Love of God.** Find someone to look at. Go ahead, look, and as you find someone to look at, breathe.

Was it good for you? Yes! It is important to remember this! **Sharing the divine breath of Love and God in every breath, in every conscious breath, will shift your recognition as to why you have this beloved body to begin with.** And so, take in this divine breath with each moment. Take in the divine breath with each other, take in the divine breath and remember how *fragrant* you are.

Holding Divine Essence

Now, we wish for you to know, do you enjoy roses perhaps? OK, we use this as an example. We use the fragrance of rose. All you need do is call it forth in your breath. *I AM the fragrance of rose*, and then you breathe in the fragrance of rose and you allow the energy and the vibration. Now, we wish for you to know a very simple way that you can manifest breathing in the fragrance of any divine essence begins with your heart. **You** are the divine essence, your heart is the primary divine essence.

If you are to hold out your hands, like this (demonstrates palms out in front of body, facing up, pinkies side-by-side), and then you place your focus like this (gazes intently into palms), and for a minimum of 17 of what you call seconds, just hold the energy of the divine essence that you call forth, be it rose, frankincense, myrrh, it does not matter, 17 seconds of divine concentration, feel it growing in this beautiful collection device known as a body, and then feel it literally go through the palms of the hands and melt as you would say into your cells, your tissues, your blood, your body, just let it melt and go through you. Smell it, feel it, know it, you are it.

So each morning, do you have 17 seconds to call forth divine love, divine fragrance? Can you bring your attention and say "I will gift myself with 17 seconds to call forth the frequency of divine love, and I shall emanate the fragrance of divine love in all that I am and all that I do", knowing that all day you need do nothing else except remember every time you breathe, it is God loving you, it is God kissing you, it is God celebrating you, it is God honoring you with every divine breath.

Why would you ever be in a rush to give that up? Think about it. To stop breath is to stop your Divine Love. Many in your world now are challenged with breath, are they not? There are more now that are challenged with the ability to connect with love than have ever been. What a glorious gift. What a great time, because for each that stops breathing, those around them remember how important breath is. And so it is.

Training the Breath

And so let it be the divine gift. It is not a tragedy, it is a great illumination. Remember that your divine breath will carry you many

places, wherever you wish to go. For you see beloved children, in order to move between the realms, in order to shift between the dimensions, you must take your energy from the breath of this world. You bring the energy in, you bring it deep within, you bring the energy and the breath. And the purer the breath, the greater the breath, the more profound the breath, then the breath becomes *you, and you no longer need to breathe.*

Understand what we say. When you can fully illuminate yourself with the fragrance of divine breath, right here, then you are the breath, and the concept of breathing is no longer required. Now this takes some time and we have offered you over these past few times that we have talked, over many months or what you call years, many, many ways to train your breath. Have you done 'em? And if not, OK, do again. You see dear ones, you must train the breath.

The breath is like a wild child. The breath goes here, helter skelter, there. The breath is able to continue even when all of your attention is somewhere else, is it not? And yet, when your attention is somewhere else, how is your breath? Is it shallow? Yes. Is it full? Do you only pay attention to fragrance when it grabs your attention? There are many ways fragrance grabs your attention, are there not? Ooh, that smells good, ooh that smells awful, does it not? Did you do that? Yes! Pay attention, perhaps there is a gift in 'who done it,' because you are called to your breath. You would pay attention.

Can you see the gift? Become breath, let every ounce of you be the fragrant of divine breath. You see beloved children, in these coming times as we are talking and sharing with you now, in the culmination of all of your experiences of Life, of the lifetime after lifetime after lifetime, oh my goodness, after lifetime, after lifetime of preparation, you are **Here, Now!** You have graduated, take it in! You can hang the tassel from the card, you are there. It is important.

The only school that you may wish to re-enroll in is the school of your divine love. Do you need to remedialize the recognition, or are you able to simply stand firm in your declaration of knowing how amazing you are? Accepting it, knowing it, letting it go. You see dearest beloveds, in this time now, if your brain engages the visibility or the manifestation of the visibility of eons of prophetic information that was seeded here to intentionalize, one perhaps considered culmination.

Paying Attention to Divine Recognition

Pay attention to what we are saying. We say it so that you must go "eh?" And so we are saying this because you must break free of everything you were told is the truth of what will happen by those who were seeded into your consciousness to tell you it would be a certain way. You know the truth already! Where do you wish to put your attention? Because so and so in year so and so said something would happen in this time that would lead to the demise of this world, where would you like to leave your attention?

You see dearest children, perhaps there is a reason that all of these energies were seeded on this planet. Perhaps the gift of these energies was to help you come to the recognition ***that there is only one truth, and your hand on your heart finds it every time. Where you put your attention in this time now is the single most critical event you can offer to humanity.*** Every moment that you add terror to terror, terror increases. Every moment that you offer energy to love, love increases. Every moment that you add energy to a joyous culmination of beings of light celebrating divine recognition, living in harmonic convergence within divine blessed community, you give it energy. Every time you see a bomb and get energy about the bomb, you give it energy, and more bombs are built.

You see beloveds, you are at the crest of a great title wave indeed, a great one. Where do you wish to be? Do you wish to be riding the wave, or do you wish to be the wave? It is up to you in how you decide to come forward now, however you must, more than ever, become absolutely conscious of your breath and the fragrance of your breath. Is your breath fragrant with peace? Is your breath fragrant with love? Is your breath fragrant with the recognition of the joyous time that we are beholding, or is your breath raging? Is your breath filled with anger and righteousness? You see dearest children, as you know, it is only doubt that separates, as it is anger and frustration that repel. And so when you find yourself angry and coming from anger, you will be most amazed and quite impressed with how easily you repel everything you want to happen. It's really quite a wonderful experiment, and ***when you find yourself illuminated with the fragrance of divine bliss, everything, everything transcends.*** Your life, your light, your health, your vitality, your abundant flow.

The Culmination Cycle of Divine Energy

Are you afraid of shift? Probably. Some are, some say oh shift, bring it on, bucket loads, then they are quite literally drowning in shift



(hoo hoo) not fun either. You see beloved ones, you must move from the time of recognizing that you are not alone, that millions and millions and millions of you are ready to stand in a unified voice of fragrant breath, and this does not happen through anger and injustice. Anger and injustice will only repel the energy that perhaps you are seeking to bring in. And as always, we wish for you to know, all choices are indeed perfect.

Remember, those who don't breathe give you the gift of remembering breath. Honor them for being here and being so present. And those who cause you to anger give you the moment to remember whether you choose to be anger, or choose to be centered in divine fragrant bliss, and it is always only a breath away.

We love you divine ones. There is much at hand, and the time is indeed now. You are powerful. You are abundantly powerful and the cycle that you are in right now is a culmination cycle of divine energy, and pay attention to where your heart goes. Pay attention to where the mind tries to control. Remember, if you "but if" your self to death, you will indeed lose the breath of life. But if, but if, but if what? Why not just be. Either just be in the joyous bliss of divine breath, or just be in the frustrated anger of shallow breath. Cool, make a choice. Good, and honor all those who pick, because indeed it is powerful to make the choice.

It is powerful. Let yourself breathe fully in the divine fragrance that you are. We sure are. Every time we get to be in this body, boy do we breathe. Fun fun fun. Yes!

OK, just a few questions. Big hands. Yes honey.

Q: How can I further connect with my beloved? What message do you have for us?

It is important for you to recognize that the beloved that you need to further connect with is the one whose hands are on your heart right now. You see dearest one, all are in front of each so that you may connect with the beloved. And as you allow yourself to be the BELOVED, BE-LOVE-ED, be the Love, yes. As you enwrap yourself with the energy of the Be-Love-ed, there is only Light and all roads are clear and those that come into your field of energy, recognize the Beloved energy, and so you can only attract another in Beloved energy. And when you find yourself perhaps not sure if you are in Beloved energy, always bring your hands to your heart first. This is where the Beloved is, and from this place all who interact with you become the Beloved in one way or another. Yes.

We are complete. You are complete. Be fragrant and breathe. We love you deeply. Many, many blessings. And we enjoy hanging out with you! Yes! Did you know who we were? Good job! Cameo appearance as they say. We love you! We are always with you, we are so proud of you, so proud of you. Breathe. Be fragrant. Meet each other in wholeness. Let your life be breath. We love you dearly.

