

Archangel Zadkiel - Living in the Fifth Dimension Series A Series of Twelve Energy Transmissions



*Message One: Delivered October 30, 2004
Through Sri Ram Kaa and Kira Raa
at the TOSA Center for Enlightened Living*

Welcome! Welcome, Welcome. It is most divine to see all of you here today! Yes, it is good to see you again. Yes, hello. And greetings, blessed ones. It is good to see with the eyes of the stars, is it not? Yes it is! Yes, it is a gift. And it is a great gift. Yes, welcome! Many hellos for you from many.

The Gift of True Illumination

And so we welcome you here. For we are most delighted to be here in the presence of you, your energy, your love, your upliftment, and your light. It is a great gift, is it not? Yes indeed it is, when we allow ourselves the gift of true illumination..

So, when we are given the gift of the true illumination of the understanding of the power of that which we truly are, then there are no barriers are there? No. And it is time for you to remove these barriers.

**It is the time for the barriers to come down!
Way too much under construction, no? Yes!
Everything under construction!**

You go out, it slows you down, you think about it. You wonder; “This sprung up over night! This wasn’t here yesterday. I knew this path, and now this path has shifted! What is this about?” Yes!! It is important to understand more construction coming, oh yes!

**Very many cones in the future here?
Yes! Be prepared.
It is cone zone time!**

Yes! You are all here in the time of the cone zone and this good! It is very good! Only they do not need to be orange. No. This energy can trap. For the oranges of chakras that are no longer of great service to you as you move into the state of the ascended living. It is time for us to help you understand and so we bring forth this message to **you**.

You are here today because you are teachers. You are leaders. You are the ones who can carry messages. This is why you are here. This is why the ones who have shown up today in this moment to see and hear this message; receive the transmission directly. You are here because you have said “yes”. You have said **yes** to who you are. You have said **yes** to the universe. You have said **yes** to the service. You have said yes to the Divine. This is why you are here, and you know this already.

Some of you are saying “Oh my goodness! I don’t know if I can talk about this outside of here!” Don’t know if I can do that! “They already think I’m crazy. They’ll think I’m crazier!” Good! Cone zone! Yes!! Very important to know. Yes, very important.

We encourage you to find the truth of your voice, the wisdom of your light and the growth of your beingness. It is time for the expansion to expand ever further. It is time for the upliftment to be ever greater. It is time for the integration. It is time for you to say yes to the absolute truth of why you are here.

The Fifth Dimension is Now!

So many say “why are we here?” What is my mission? What is my path? ‘What do I do? Is this the right career? Is this the right boyfriend, girlfriend, whatever.” We hear this all the time, no? Yes we do, all the time.

We are there to share with you that it is the time of perfection. It has always been the time. Yet it is the time of the unification of the one within.

It is the time of living in the ascended state. It is the time of recognizing dearest ones, you are in the 5th dimension now if you understand and choose to be there. It is not a state of being that is coming. It is not a state of being that you must learn more, do more, be more. All you simply need to understand is the truth that who you are and why you are here and that you will be able to be living in this realm now. This is the hologram and it’s a fun one, is it not? Oh, this is cool... Big TV screen for us! (much laughter)

Polarity -- The Playground of Expansion

It is important for you to understand that the big screen of what you call the planet, this is the creation of the hologram that has been made available for you to experience expansion as a being of light, as a pillar of love, as one who has refracted from the Divine Oneness. This is the playground of the expansion. And in the playground of the expansion there are many expressions. Yes! Many! As you are expanding, as you are light, as you are bringing this gift of wholeness to the whole, there is a great re-unification of Oneness. A time of great joy, no?! Yes!! You know this too! And so, in this time of great oneness, in this time of re-unification, in this time of coming into the wholeness. You can expect much construction in the hologram. And the reason you can expect this is because there are many within that must hold the level of polarity. And you say, “But polarity. We’re not sure we want to be in polarity” Why is there polarity and why is there so much polarity, and why is it getting bigger? Why is it getting wider?

We come to share with you dear ones that this must happen. This is part of the expansion. Love it! Embrace it! And jump up and down and say “Yeah!” “Yeah!” And when you do, you will understand the gift you are being given.

**For in the polarity, you are able to find the gift of light.
And in the gift of light you are expansion.**

And in the expansion, you are able to bring back to wholeness, your own wholeness. You came here to experience this ability. To live in this hologram! And now we say about the 5th dimension and you say, “Oh my goodness! So much information so fast!” This is good, this is good. You can process later, no? Yes.

And so as you go into... was that too quick? We can slow down! Okay, we take a minute. Good! We had our minute. (Much laughter) Okay, and so.. yes! It is good to have that minute. Sometimes it is the moment within the moment, that is the moment you are seeking for. Everyone says be in the moment, be in the now. Go into the moment between the moment for there is the truth of who you are. You can stay focused on the Divine, and we have much to say about this. Oh yes, that is coming.

Learning to Dimension Shift

Let us first talk about the 5th dimension. Okay? As you practice dimension shifting. As you practice stepping in, stepping out. It’s like stepping into a tub of comfy water. When you first get into the tub it is the perfect temperature, yes? You make it all nice, you put in what you like and you step in and go “Ahh, this feels very good, this is very relaxing, I enjoy this.” That is what the 3rd dimension is about, it’s a big tub! Yes! Everyone puts in whatever they want and this is good, and it feels good and you try it on and you slip in and go “Yay, I like this!” But if you stay in it too long it gets cold, no? Yes! And then you start getting little wrinkly skin things and you don’t like that either! Yes!! You say, “Oh wrinkly skin – no good, no good.” And you’re in water that is too cold, it is uncomfortable, so what do you do? You get out! Hopefully. Sometimes you stay in too long or you try to add more hot water. This is very funny. “I will add more. I will try to make it hot again.” But is never quite right the same, is it?! No! This is the 3rd dimension. It is the tub. Yes!! It is the tub of illusion.

You don’t need to add any more hot water; it is time to get out! Yes!! It’s just that simple! Yes, it is just that simple. And so in the knowingness, when you know it’s time to get out of the tub that feels good too, does it not?! You can put on a warm robe, little slippers, whatever feels good, and you are comfy again in a new state of being. Refreshed, relaxed. Having had the bath! You see, you are getting out of the bath and it is time for the new robe. And the comfy slippers are indeed waiting. They have always been there. You simply need to put them on, and say “yes”. Yes, dear one.

As you do this; as you give yourself the gift of moving into the truth of the being, there is only one thing you need to do. And that is to

remain focused on the truth of the Divinity that you are, at all times. Now, sometimes you may say, “Oh, I don’t know how to do this! There is so much happening. How can I stay in my Divinity? I do not know how to do this! I got a bill today. I got a letter today. I had someone say, “Hello! How are you?” You are good. Yes, many blessings and welcome. Yes. And so, sometimes you just say, oh my goodness, how can I stay focused on this thing called Divinity. I can do that when I’m in rooms with others. I can do that when I’m with other people. I can do that when I’m in meditation. But you don’t know where I work! Oh no. Yes, we hear that one all the time! Do we not? You cannot stay in Divinity where I work. It’s impossible! Yes, we hear this constantly. Or, “you don’t know my partner!” Or, “you don’t know my ex-partner!” You don’t know this, you don’t know that.

Here is the key:

Stay focused on the joy. Stay focused on the joy that you are. In your heart is the truth of the joy of the being of who you are. And in that joy is the perfection of every moment, within the moment, within the moment. Here lays the dimension you seek. Here lays the truth of your being. **You are a spark of divine magnificence.**

Fifth Dimensional Monthly Practice

And so, dearest ones, this month we come to teach you to **practice!** Next month we give you test! Yes!! Oh yes! You come back and say “I don’t know if I practiced enough.” And we will say, yes you did, it is okay. This month we encourage you to train yourself to stay focused on the Divine. Train yourself to stay in the 5th dimensional energy. Train yourself to remember the hologram. This big TV screen. Stay out of the cone zone, okay! Yes, and so this month, what you do is you **first learn to laugh at the gift of the hologram.**

Now, you have coming up election? You will need to laugh much! (big laughter) Very much! This is good! Good timing for this lesson. Yes! Many of you will say, “I don’t think I can laugh”, and this is perfect! For when you believe you cannot laugh, is the time that you get to train yourself. You get to say, “Yes!” Thank you for this gift. Thank you for knowing the truth, that I need to laugh at the part of me that doesn’t want me to laugh!” Yes! Yes, it is a good thing! Because this part of you that tries to stop you from the truth that you **are**. This part of you that comes reeling back into the brain and goes, “Oh no, this can’t be right, this can’t be right, “Say, ooh thank you, I like this part. Because it took my eyes of the Divine. It gave me a moment to remember that I was loosing sight of the truth. That I was focusing again on the drama of the hologram. And so when you focus on the drama of the hologram, you be joyful. Because it is training you to remember that you have for that moment taken your eyes off of the truth of the Divinity of who you are. And that as you move into the truth of the Divinity of who you are, miracles happen. The flow opens. The joyous release is yours. The healing is abundant. All that you ask for is there. Oh my goodness, then what? I now have everything I asked for. Oh, oh! Yes! It’s a good time for a “oh’ no? Yes!!

As we move forward into this 5th dimensional energy which is here now!

**Dearest children, you must know that the earth you seek, the Nirvana you create,
the pleasure, the joy, the unity, is already here.**

It is not something you need to be searching for. It is already here.

All you must do is keep your eyes on it and train yourself to move into it.

By the end of these twelve lessons you will have stepped forward fully into living in this dimension. Into this realm. There will be many shifts in many vibratory levels. There will be many shifts in that which you create. Many openings. Yes, many releases. Many opportunities. Many challenges that will be overcome effortlessly. Many gifts and many shifts. It is your time to embrace the shifts. You know what they say, don’t you?

“Shift happens!” Yes! We find this phrase delightful!! Say it a lot! Share it with others! They say, “Oh you crazy, you doing this again?” You say, “Oh, shift happens!” Yes! It is good thing to know, it is important to pay attention to.

As you move forward in carrying the gift of the truth of who you are. As your eyes stay focused on your Divinity. Anytime you know you are in lesser energy you say, “Thank you! Oh that was cool! Yes! Look what I just did. I took my eyes off divinity, very cool! I will have a celebration! Yes!”

You must release any self-doubt. You must release any self-challenge. And ANY time it comes up, give yourself the precious gift of thank you. Know that the truth of who you are with unabashed joy. Share it, know it, and be it. It is important, for as you must know, we talked earlier about the orange cone, you remember? Small test, you passed, very good. Okay! Good! So we thought you weren’t here, you come in later. We talk about green, yellow, and orange, oops, those are coming later! We talked about orange cones. (much laughter)



Releasing the Lower Chakras

Okay, so we talked about the orange as the chakra that must be released. So must the red. So must the yellow. The red, the yellow, and the orange, dearest children are chakras of the third dimensional realm. For many years many have said, “send the energy down to the planet”, yes? You know this, “let us ground the cord down into the planet.”

Dearest children, it is the time of the **release**. It is not the time of the holding tight. Yes, we hold on tight; we can have really interesting things happen with these bodies, no? Oh, yes! Yes you can. We know some of you do! Okay! And so, as you have these red, orange, yellow chakras, they are calling to you. They are saying, stay here, resolve me. You must be worried about safety. You must have fear. Or you must have all these other issues around you.

**No you must not. The only issue for you to ever pay attention to is one
that takes you away from the truth of your joy.**

And when it does, it is important for you to remember the truth of who you are by saying “thank you” to that which took you away from the moment. You see it is a circle, is it not, and is in complete perfection. As you start releasing these chakras, they will always be present, because you are still here, yes? Well, sometimes. Yes, we see you, yes we understand because we understand sometimes you are here, sometimes you are not, but it’s okay. And so when you are here, these chakras are very good at helping you have what you call body vessel. But this is all they are good for; is to help you have the opportunity to walk, to process, to enjoy.

Activating the Root Chakra of the Ascended State

The true root chakra dearest ones. You take hand, right hand and place on your Heart. There it is! This is the root chakra of the ascended state. This is the truth of who you are. This is the root. It is not the other root! That is the root of the 3rd dimensional experience. Any decision, anytime, any issue, any opportunity, you start here, and go up from here. This is what you are activating.

The root is the heart chakra of the ascended state. The truth of who you is the second chakra (current throat chakra). When the heart chakra and the truth chakra are united, only joy can come from you. Only joy can be you. The ego wants to say. “I don’t know how I feel about this!” That’s those other chakras! Oh yes! See, you think it’s your mind, it’s those other chakras controlling the mind. And it is the mind more accurately controlling those chakras. Yes! Your mind is a beautiful gift. Yet it is your servant. If you are living from the true root. If you carry the root energy of the heart into all that you do, then you are able to effortlessly release the mind back to servancy. It must be your servant.

It is good thing to remember that the mind is your servant. You are **not** the servant of the mind. So anytime you find yourself being a servant of the mind, you say, “Hmmm, which one of these chakras, red, orange, yellow have a grip on me?” Because it one of them! Always. And all you need to do is take your hand to your heart. Yes, dear child, you use this one a lot. Okay? Yes. Take your hand, yes, very good, very beautiful. And as you have your hand to your heart, you release the fear, you release the anger, you release all that has trapped you in the density of the third dimension. For this is what keeps you from seeing and expanding into the truth. And sometimes the ego will want to argue with this and sometimes the ego will just say, you know what that person said today? Nah, will not work for me. Okay, cool. This is good.

We are offering you an opportunity to come here to stay in the heart. To stay in the true root center of the ascended state. Because the heart and the truth together only brings joy. This is all it can bring. And so when it is unlike joy. You have heard us all say, if it’s unlike joy, what’cha doin’ it for? Huh? Yes. So if you have the heart, and you have the truth together, one, two, it is a natural thing that you have the vision of the universe in front of you. Yes! You desire to see the universe, you desire to fly, you desire to connect, you desire to be more as one. One, two, three, yes! Then we go to four. Simon says. Yes! Very good! Yes! This is most fun! We have good time. And beyond.

It is our gift to the world that we teach you, the teachers, how to be able to bring others into living in the true center of the ascended state. For when you give yourself the gift of living from the heart, and this is the first. This is the way you begin. And you begin by training yourself. Okay? So this month you train yourself. Every time you are not looking at your Divinity, what’cha gonna do? Yes! Very good! You’re going to go right here and say, oh that was cool, but okay, I’m back now, even cooler. Yes! And so it is about accepting the own perfection of your development, the perfection of your openness, the perfection of you beingness. So that you may indeed share with many. So you may indeed lift to that which is your true Divinity, without any fear. Knowing that you are divinely supported. Divinely protected. Loved beyond measure. Lifted. Elevated. It is your time. It is your time. And as you move forward into living here. Know that



we will start teaching you how to integrate, carry out. Bring this. Open the true visioning. Open to the true receiving and go above.

The New Chakra System of the Ascended State ~ The 12 Cycles

There are 12 chakras dearest ones, in the ascended state. Today we have taught you one, the root. And in the joy of finding the root of the ascended state, you have hopefully the joy of saying, “no cone zone for me!” No, no, no!! I do not need the construction! No. And you will have many opportunities in the next thirty days to practice this. Many. Many, many, many! And this is perfect, is it not! The more practice you get, the better you get! And so today, we offer you the gift. Because it is always an offering. It is up to you to say “yes”. It is up to you to say eh, eh. Whatever you wish. And so today we offer you the precious gift of coming into the truth of who you are in the ascended state. So that you may effortlessly move into the 5th dimension. Without any challenge. So that it may be simple. it may be effortless. It may be the truth of who you are.

Dearest ones, know this, that the time of the great release of the third dimension that you will all witness, eh? Very fun. It will all be in an instant. And for those that are living in the truth of the ascended state, for those who understand staying focused on the Divinity, it will be as if nothing truly has happened. It will be as if you got out of the tub and found those slippers. Yes! You do not need to keep adding hot water! No! Get out! No wrinkly skin. Just be, know, do, experience. And between now and a very short then, celebrate. Celebrate your truth. Celebrate who you are. Celebrate the gift you bring to the planet. Celebrate the joyous opening that are facilitating for others. Celebrate knowing. Celebrate being. Celebrate connectivity. Celebrate joy. Celebrate that you have come together to the home that you call you. Give, be, allow, trust, know, love, love, release, open, be, know, do, remember. All of this is for you. All of it. This is all when we just hold hands and do little joyous dance, no? Yes! Happy dance, very good. And so we encourage all of you to be in the happy dance. For it is a celebration and the twelve cycles of the sun, of the moon, are very important. We talk more about twelve cycles of the sun later. (Body, yes, very good.)

The twelve cycles of the moon that have just begun will offer you and escalation in energy that would be equal to twelve cycles of the sun previously. This is how quickly things have come together. You will do in a month, what used to take you a year. And by the end of these twelve cycles, you will be doing in a month what used to take you ten years. It is moving that rapidly. You are able to escalate with it. If you feel anything that is unlike joy, if you feel effort. If it seems hard, if is not in flow, then you will know these first three chakras have grip on you! It is important to say, “okay, good lesson.” I can now say no. I can now say “yes, to the truth of my heart.” The truth of the ascended state, the truth of who I am, and move forward. Move into glorious one-ship with all being ness. This is what you are. This is where you have come and this is the gift you are bringing back, is the wholeness of the glorious one-ship that you are. We honor you! We love you. We will take questions if you wish. Any questions?!

Participant Questions of Archangel Zadkiel

Question: Is there certain colors for the new, for what you were describing to me as new, colors starting at the root chakra and going up into the twelve?

Zadkiel: Such a good question! The colors that you will begin with are the first few colors. We will describe the color of the heart today for you, yes? Okay.

They are interwoven bands. And so, as you move into the ascended state, as you own living in the root chakra of the heart, the chakra no longer has the orbital. You know how chakra orbital? Very earthbound. As we go into the heart chakra and make it the root chakra of the ascended state, the charka becomes the sign of the unification. In the oneness it looks like what you call symbol of infinity. Yes? This color is crystalline emerald. So, it is a very emerald crystalline. But, hold on, there’s more! Okay, bonus! Yes! There is another link. Because as you say “yes” to understanding and integrating, and training this month. You train. You say this month I train and train and train. So, as you are training yourself you call in the golden spiral, which meets with this emerald spiral and the heart becomes the double spiral. It is the true root, it is the emerald green. With the crystalline emerald and the golden. Yes, it is most amazing! And it is the new strand, it is the strand of the ascended state. Know this!: Ascension. You all say, “how ascend, when ascend, and yes, we hear all these questions too! We find this so funny! It is hysterical to us, because how can you ascend to that which you have always been?! This is who you are. You are simply calling in the activation as you release the big TV screen of the third dimensional hologram. And as these colors progress, there are new colors we will be offering you. We give you these lessons and with each color you will say “Wow! Cool!”



This is so fun! Yes! Because it is. It is time for you to understand the truth of the crystalline that you are. The truth of the light that you are. The truth of the being that you are. The wholeness that you carry. And the rainbow that you are creating and calling back to wholeness is beyond the visualization of what you call an eye. But we can offer you words and descriptions that will help you do this. And so your question is appreciated because it offers many great clarity and we are grateful that you said “yes, I have question.” Thank you!

Question: Are you the Angel of Prayer?

Zadkiel: What a beautiful child you are! Ask your question again dear heart. There is more to it.

Question: Are you the Angel of Prayer?

Zadkiel: What is the Angel of Prayer to you?

..... I don't know.

Zadkiel: Exactly! This is why we're making you get clear. Whenever you ask a question of anyone, especially in the third dimension; this is training, okay? Good! Okay. We do little school right now. Can we do this with you? Good! You're good student! Oh yes. Okay. An angel of prayer is all angels dearest one. We are all prayer. You are an angel of prayer. Your mother is an angel of prayer. You are all angels of prayer. When we live from the heart, in the realm of truth, we are all an angel of prayer. Every word, every expression, every gift is an angel of prayer. So, are we the angel of prayer? As we are a reflection of you, dearest child, of course we are. As we are each the angel of prayer. Let us all love this child and offer her, her prayer. Yes dear one. Thank you for asking. Yes.

Question: I thank you for this message today because this is where I live in my life as much as possible. What I teach. When you say, because I've been feeling this, about how things have been moving quicker. I've been seeing lately how something has manifested from the thought that I've had and that at the end of it came something I didn't know was going to happen before. And so it's been happening quickly. And I guess the question I have is about the healing work that I do. I work on people already seeing them whole and complete. But, I feel something else is starting to come in about just being able to connect to the love and clear it out quickly. Without going through the process I've been going through.

Zadkiel: And so, what is your question?

..... Is there something you can add, say about that? About the healing work. About being able to get more connected to the love. And changing it, eliminating that doubt, that fear that somebody is carrying inside themselves. The old thoughts, the old emotions.

Zadkiel: Yes, and so we must share with you again, thank you for asking this question. We also offer to you to keep talking so that as you talk, you are even starting to call in the answer. And so this is an energetic gift we are giving you also. So we appreciate your openness and your absolute clarity. Your gift of the work you have brought to the planet. Let us first say, thank you! We are very blessed that you have done this.

Dearest one, you hear today a message. You are the first of those to hear this message. You have now been given the opportunity to see the symbol of the heart of the ascended state. The emerald green meeting with the gold. The release of the first, second and third density. Call this into your work. Bring this symbol to the work. Bring this color to the work and you will see miracles appear before you. You must train yourself as you train others. This is why you are here. Thank you blessed one. Yes.

Question: What is the fastest way out of the trap of feeling that we must pay karma in order to achieve the total liberation?

Zadkiel: Good question! Yes! First of all, we have much to say about karma. We have said much, we don't know, Sri Ram Kaa, have you made this available? (Not to this group.) No? Okay. Let us do little story, okay? We back up. Can we do this? Good! We got permission! Okay! Had to check in! Okay, many of you remember Y2K? Y2K, remember? Oh, better have lots of water. Yes, computers blow up. Remember all this? Yes. Okay.

And so, in the Y2K, all that was karma, all the ways of the old. All the ways of the experience of the third dimensional energy, ended. This was the blow up everybody was waiting for! You see, dearest ones, there is no karma. Not anymore! It is gone. Some say, “you've got to be kidding me!” No, we are not! We're very serious! We're not kidding you! What is left since the time of the millennium release

and the energetic and vibrational shift on the planet is – habit. And it is the habit of the **habit**, of the pain of the pain that lets you believe that you are still in a karmic connection. There is no karma dearest ones. This is why your chakras can now lift. This is why the vibrational energies have come in and are prepared. This is why you can now go to living in the ascended root, the center of the heart. This is why the first, second, and third can be relegated to what they are there for. To simply help you hold onto a body until you can say, “been there, done that, don’t need it anymore!”

So, the easiest way to release this, is to absolutely understand that there is no more karmic connection. That there is only the habit of the reinforced belief pattern, which is very strong and can easily be released by going into the heart center, and beginning to live in the ascended state. It is indeed a training. Very much so. Just as much as living in the heart center is a training. It is important to understand that the ways that were perfect, the ways that helped you evolve. The ways that helped you pave the way to who you are now. We’re all lifted as we shifted into the time of the rapid escalation. And it will get more rapid, oh yes. As we shifted into this time, you were given the grace of the release of that pattern of energy. So that you could be free to receive the new energies. And you know this or you would not be here.

Question: Please speak about the subtleties of the ego.

Zadkiel: The subtleties!!? Are there anything subtle about ego!? No! But, is good question! Yes, yes! We would be happy to, but you know this could be all nighter! And so, what we will share with you is that you must love your ego. You must love it. It has served you so well. It has kept you safe. It has led you in safety. It says: “do not step in front of car”, good thing. Yes! The ego has given you many gifts. It is time though however to keep it in perspective. So you make it a little two year old child. You take out the the two year old child. You put the child in your lap and say, “I love you. I will always take care of you. Now, it’s bedtime!” Yes! Yes! And so you allow the ego to simply have it’s own perspective. You allow it to be where it needs to be. You release it, as you release the mind that tries to control. And when the ego is available to you, remember it is there to help you discern, not to control. Let your ego offer you discernment. While you are navigating the hologram, you need some discernment! Right!? You don’t want to go step out in front of bus! And so let the ego give you the discernment to keep you in that manner of completion, of wholeness. And when the ego flares, and you know it will, especially as you train yourself, yes? Especially this month when you are training, the ego will come up and go, “See, told you you couldn’t do it!” And you’ll have to say, “Thank you little child, bedtime!” Yes! Very important! Yes! Is that subtle enough!? Good!! Yes.

Question: When we are feeling effort, is that kind of forgetting our Divinity?

Zadkiel: This is good question, is it not? When we are feeling effort are we forgetting? Dearest child, when you are feeling effort, take that moment, breathe into your heart and ask yourself what you are afraid of. For when we are efforting, it usually is because of much fear. And so we are pushing against rather than letting it surface. When we feel deep fear that makes something “efforted”, let the fear flow. Let it come out of you so that it may finally release. Be safe and know that the release is a great gift we give ourselves and then there is only flow. There is only flow. It is only the ego that makes us effort. The ego says, “you must do, have to do, have to do. Must pay this, must do that, must work here, must love this, must hate this, whatever!” If it looks like effort, look at the fear and let it release. And you are always in your Divinity, because you can look at the effort and go “Cool! I am efforting! Good gift! Now I know what I’m doing! I can go back to the truth of who I am. “ This too is a perfect gift dear one, know this.

Question: Could you talk about sacred union? It feels like the energy on the planet now is bringing in balancing of the male and female and bringing relationship to a higher frequency. And many people are not able to be in it. I just met my twin flame and he couldn’t hold it, so we separated. But, it feels like my work now is to prepare other people to shift into that energy. Could you say something about what it is.

Zadkiel: Oh, yes!! We love talking about this! One of our favorite subjects!! Oh, yes! Relationship and sacred union! When the Kira and the Sri Ram Kaa came together in their sacred union, they agree to hold that space for the world, for the planet. So this is very much part of the mission of self ascension, is to offer the gift of sacred union. Now what is sacred union? Hmm, there’s a definition! Okay. Sacred union begins with the understanding, the deep understanding of the wholeness of the self. And this is why as you say many are unable to hold energy. Many come together and can’t seem to be there. Yes, in the time of escalation, there are many who are coming into sacred union. Some are coming into sacred union in partnership. Some are coming into sacred union in alignment. Some are coming into sacred union with the truth of those they are meant to be with.

There are many forms of sacred union. It is not just a relationship. It is all about the balancing, not so much of the man / woman. It is a



balancing of the masculine / feminine energies. And this is an important thing to understand. It is energy balancing. It does not matter, man –man, woman – woman, this does not matter. What matters is the balance of the energies. And so as these energies start balancing, egos get very flaring! Because egos enjoy imbalance. Egos flourish in imbalance. This is how they get more control. And so as one comes into union of the wholeness of the self, the first thing that will happen, as the balancing of the energy comes in, the ego will indeed flare. Especially when one is in the presence of their beloved partner. This will do it quickly! Ooh, yes! You get in with your partner and you be very, very egoic. Yes, and this is important to understand, because if one has taken in the wholeness truth, if one has said, “yes! I understand the gift of being in wholeness.” Then when one is with the sacred partner, the sacred partner can mirror that wholeness. And when the ego comes up, it is the opportunity to clear, move forward, and come into union. Also know that when one is together and one cannot hold space at that time, each still has the opportunity to be in sacred union, evermore. With the truth of the knowingness of your own wholeness. There is always a gift, dear one. And as we move into sacred union, it is directly tied to our ability to be in self-ascension. **What is self-ascension?** You might as well have asked, because it is also what is **sacred union**. They are one in the same. As one allows themselves to ascend back to the truth of who they are, to live in that state, to keep the eyes on the Divinity. To open up the heart chakra as the root chakra. To move through the four steps. There are four very simple steps to do this, and you know are?

Number one: Be in union. And this is confused often. Be in union is about being in union with you. It is not about the partnership. Because you must first be in union with your wholeness; understanding the truth of who you are. Then you must release judgment. Oh, this is hard one! You judge constantly here, because you are in a judgmental world! And so, as you release the judgment, as you move forward. You are able to hold the space of union and not bring judgment into any relationship. And then of course, you must have the unconditional love, that begins with the self. And unconditional love is a practice, is it not!? We’re gonna talk a lot about this one next month because it’s directly tied here (places hand between heart and throat) You all thought it was here, heh? Fooled ya! It’s actually here! Okay? So we talk a lot about this one next month. Because you must first train here, before you can go here, or here, or anywhere else. And this is the gift your relationship has just given you! Dearest one, you should be doing the happy dance! Yes! Because of all the gifts that have been given to you, you are now ready, and there will be another. You must know this too.

Know how loved you are.

Know how many blessings are poured forth over you.

Know your Divinity. Know the gifts you are.

Know the gifts you bring to the world.

Know the healing you can offer through the self and to others.

Know the truth. Be. Love. Have no fear.

Move forward. Walk with the courage that you are.

Be the truth. Know the wisdom. Unlock your own divine power.

Keep your eyes focused straight ahead. Do not look side to side.

Give yourself the gift of training. Knowing. Being.

Gift yourself often, because you deserve it! So do you! And you!

And all of you, of course!

You are a divine child of wondrous light and we are happy to have seen you.

You keep doing and do more. It is a time of joy.

It is a time of re-union. It is a time of communion.

It is a time of divine connection.

Many blessings! We love you dearly!! Many blessings!