

May 11, 2005 – Metatron & Hilarion  
Channeled by Nasrin in Houston Texas  
Emerald Green Pillar of Light from the Monad for Cleaning Body and Planet

Beloveds of truth I am Hilarion. Take a deep breath with me and focus your energies in the center of your heart. With permission from my Lord Metatron I am here to give you a grid for yourselves and everyone.

My purpose for coming forth today is to offer to each of you the pure essence of the emerald green ray of truth from the monadic realms. This I do through a meditational journey. We will work with the emerald green ray of truth. By bringing the emerald green ray inside of the pillar of white light into your body then down into the Earth's crust and into the Earth's core we will achieve three levels of clearing.

- 1) we will clear the atmosphere of Earth,
- 2) we will clear your bodies and
- 3) we will clear the physical body of Mother Earth from the crust all the way to the core.

The impact is the release of the pollution caused by untruths, deceptions, misconceptions, impurities and such, from the body of the planet, the body of humankind and the atmosphere. In turn the clearing will enable the planet to absorb greater vibration of light and of truth.

The hearts and consciousness of humankind will then begin to vibrate to the purity and truth as God intended in the original plan. The desire to deceive, to exert pressure and violence and to pollute one's self, each other and the planet will recede and ultimately be released from all people, places and things. The veil that has been so thick around the hearts and the minds of humanity and has effected all souls will gradually thin out and be lifted as a result of this clearing.

The energies of the emerald green ray move through the body, chakra by chakra. From the crown to the third eye, to the throat, to the thymus, to the heart chakra, solar plexus, sacral plexus and the root. Through that same pillar of pure white light of the I Am, one pillar of light extends through the root to the crust of the Earth into the core of the Earth pouring down the emerald green ray. This establishes the connection from the higher levels of consciousness for each individual to their own monadic level in the 10<sup>th</sup> chakra above your head and to the monadic level, the 10<sup>th</sup> chakra of Mother Earth above the body of Mother Earth in the atmosphere.

The monad is the energy of all aspects of the soul that mix and merge and unite as they move up in levels before you find your Council of Twelve and before the presence of the I Am That I Am for each individual soul. At this present moment the monad sits on the 10<sup>th</sup> chakra. The lower levels are polluted. The higher that we move into the atmosphere of the Earth, the less pollution and the greater the purity. The Council of Twelve, the Council of Light for each individual sits on the 11<sup>th</sup> chakra and the presence of the I Am That I Am for each individual person sits on the 12<sup>th</sup> chakra. There will be a time when all these levels will be lowered and reside at the crown chakra. At that point human beings will reach to much higher levels of spiritual attainment. They will be able to maintain those states of consciousness at all times.

### **Meditation**

Concentrate and focus your attention and feel your energy behind your third eye. Invoke the pillar of light, the pure white light of the I Am That I Am to descend upon you. The pillar of light forms a cylinder around your body. You stand inside the pure white light inside the pillar. Invite the presence of the I Am That I Am to descend in the pillar and to sit in the center of the 1,000 petaled lotus on the crown. On top of your head, on your crown chakra, envision a lotus flower which has 1,000 petals. At the center of that flower, envision a disk like circle the size a CD.

This disk holds the energy of the full moon. Invoke the disk of the full moon. Visualize your golden silver cord which is a thin cord of light (anthkarana) connecting your higher self to your body. This cord is now extended and expanded to become wider holding more light. Pure white light spins through this cord reaching inside the disk of the moon and through the crown chakra. The size of the cord entering into crown chakra is now expanded to be the size of the disk.

I now invite the presence of the I Am That I Am to gradually lower its energies through the top of your head and enter into the space of the third eye.

The energies of the I Am That I Am move down that pillar of light from the crown to the third eye and further down into the neck, the throat, the central spinal column reaching into the thymus chakra or cosmic heart, down to the personal heart, the solar plexus, the sacral plexus and the root chakra. It then extends from the root chakra in the form of one pillar of light directly into the crust of the Earth down into the core of the Earth creating connection from the levels of the presence of the I Am to the core of Mother Earth.

Now say "In the name of the I Am That I Am I invoke the presence of Hiliaron and the emerald green ray of truth from outside the atmosphere of the Earth to come down and enter this pillar. I call the emerald green ray of truth from the monadic realms of the 10<sup>th</sup> chakra of the Earth plane." Around the monadic level of the Earth plane lies the planetary grid. This is the planetary grid we, the masters of light have been working with, restoring it to perfection as God intended it. Restoring all the tares and rips and damage that the lower consciousness and all the negative emotions released from the planet have caused.

It is very important that the flow of energy be in only one direction, from above to below. The pollution that is released from your body will be sent to the core of Mother Earth and transmuted there. It is not necessary to move the polluted energy from the core of the Earth back through your body. Waves of fresh emerald green vibration flow from the monadic levels down into your body from the base of your spine into the crust of the Earth and then down to the core where the pollution is transmuted.

It is important that you practice this visualization each morning as you awaken and each evening before you sleep. Do this for 22 days. Whenever you begin, try to continue for 22 days performing this visualization in the morning and at night. If you have the time and the inclination, practice during the day wherever you may be so that the concentration of the energies to magnify and the purification to accelerate.

As you carry on with the visualization, repeat this simple mantra.

**The pure light of truth I Am.  
The green light of truth I Am.  
The true light of truth I Am.  
I Am. I Am. I Am.**

Remember to repeat is as a mantra as many times a day as you can. Train the mind to say it with every breath. In doing so, you will receive tremendous benefits.

As we move through May into June and to summer solstice, entering the first summer season since the beginning of the 1,000 years of peace, the energies of the truth become more prominent. As more people practice standing in their truth and absorbing the emerald green ray, the impurities can come to the surface faster. Once they are at the surface, they can be released. Once released the planet and humanity will unburden themselves from all the pain and the dross of misconceptions, conceit, deception, pollution and impurities. As impurities are released, the veil is lifted. As the veil lifts, the light shines upon your path and walking on the path of your mission become easier. Obstacles dissolve and the journey picks up speed. When your path is clear and illumined with light, when you can pickup the pace, when your heart is no longer weary and your shoulders no longer heavy, your gait becomes stronger and your hopes

become higher. Life shines brighter.

For those of you who choose to exercise this visualization past the 22 days into the summer solstice on the 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> of June and beyond, you will be helping the planet release its impurities and you will be assisting humankind release its dross and pollution.

The lighter we can become between now and the moment the sun enters the solstice, the faster the speed of the planetary shift to greater truth and greater hope and greater light. How far we can push ourselves to stand in truth can be a determining factor of the potency and the purity of the energies that will begin to be transmitted to the Earth from the moment of solstice for the next three months until we arrive at fall equinox.

It is therefore imperative that you share this information with as many people as you can and request that everyone will perform the visualization on a daily basis from now through the summer solstice and the following three months to the fall equinox for the benefit of the multitude and masses. For each individual person, 22 days of repetition will give you a continuous flow of the energies that will clear and cleanse and remove pollution. When you continue this visualization beyond the 22 days, you are helping to release the energies and purify the planet and the energies of the multitudes and masses.

That becomes your service. With the repetition of the mantra, you clear the atmosphere and energy around your bodies and the energies of the five elements. Purification of the elements will extend and accelerate the process of establishing the energy vibration of truth back on Earth.

To anchor the seventh ray and enter into the seventh golden age, we need to restore hope and truth in the hearts of humankind, in the bodies of all souls including Mother Earth herself. The seventh ray is the ray of order and organization. To organize ourselves, to return to our own divinity, to unite in oneness we must all together stand in truth. We must all together live in hope. Presently many parts of this planet have lost hope of ever gaining enough sustenance to live life in favorable conditions. Even amongst people in the civilized nations, many have lost hope of feeling joy in their hearts.

To proceed into the seventh age with such heaviness of heart and such low esteem will not benefit humankind or the planet nor the solar system and beyond. The masters of light are in your service. The rays of light, truth, hope, transmutation, love, wisdom and will are all lining up ready to clear and cleanse and penetrate into the heart core of people, places and things for the asking.

I call you all to rise and raise your voices in unison and ask for the truth to be known, for hope to reign, for light to proceed, for love to engage all hearts in acts of service, for wisdom to be your guiding force and for order to pave the path ahead of you. Command that the light shall set you all free of pain, of sorrow, of need and of fear. Command your brothers and sisters of ascended light to shine their light upon you. Call upon the angelic forces of light to relieve the impurities from your body, mind and emotions and to replace them with mercy and compassion.

As you will it, so shall you reap the benefits.

As you focus your intent, so shall you receive the order and organization with which to proceed on the path of light.

As you desire, so shall you reap the harvest of your deeds and your desires.

As you intent on behalf of light for the benefit of multitudes and masses, so shall you release yourself and the masses from the dross and the impurities.

In light we stand united together. In truth we shall conquer and in hope we shall open and move

through the gateways of the seventh golden age, prosperous and glorious.

In the joy of that truth, I stand guiding you and illuminating your path with the emerald green ray of hope and truth. And so it is.

## **Meditation For the Green Ray of Truth**

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The energies of the I Am That I Am move down that pillar of light from the crown to the third eye and further down into the neck, the throat, the central spinal column reaching into the thymus chakra or cosmic heart, down to the personal heart, the solar plexus, the sacral plexus and the root chakra. It then extends from the root chakra in the form of one pillar of light directly into the crust of the Earth down into the core of the Earth creating connection from the levels of the presence of the I Am to the core of Mother Earth.

Now say "In the name of the I Am That I Am I invoke the presence of Hiliaron and the emerald green ray of truth from outside the atmosphere of the Earth to come down and enter this pillar. I call the emerald green ray of truth from the monadic realms of the 10<sup>th</sup> chakra of the Earth plane."

As you carry on with the visualization, repeat this simple mantra.

**The pure light of truth I Am.  
The green light of truth I Am.  
The true light of truth I Am.  
I Am. I Am. I Am.**

Remember to repeat this as a mantra as many times a day as you can. Train the mind to say it with every breath. In doing so, you will receive tremendous benefits. Try to continue mantra and visualization for at least 22 days, morning and night.

It is very important that the flow of energy be in only one direction, from above to below. The pollution that is released from your body will be sent to the core of Mother Earth and transmuted there. It is not necessary to move the polluted energy from the core of the Earth back through your body. Waves of fresh emerald green vibration flow from the monadic levels down into your body from the base of your spine into the crust of the Earth and then down to the core where the pollution is transmuted.

Remember to eat fresh fish, fruits and vegetables as much as possible. Avoid alcohol and meats.