

PTE MS: 7-7-2014 Gateway Portal Channeling

© FAGU 2014

Hello everyone this is Jim and welcome to the 7-7-2014 Gateway Portal Channeling. I welcome you all here to this event and I thank you for coming. I thank you for offering yourself in this service. Take a deep breath and we'll begin, as we always do, with our grounding meditation and I just want to remind you all how important the grounding is. Not only does it settle us down and helps us to focus on what we're doing here but it also serves to help us connect to Mother Earth, which is the first step in helping us connect to our Higher Self, our Soul Self and to Divine Mother, and what she will bring forth.

As you take another deep breath feel Uluru beneath your feet, the great red rock in Central Australia; and as you do be aware that everyone on this call is also standing here with us forming a Group Energy. As you connect to Uluru, this very sacred site and you connect to Mother Earth through Uluru, you can almost feel your heart begin to beat in rhythm with Uluru, and as that happens allow yourself to slide into Uluru, see the Clay Red Light of Uluru all around you. Let your Five Body System expand into Uluru and let the nurturing Light and the Energies of this sacred site clear and cleanse you of all dross.

Focus on your Earth Crust Chakra which is a Chakra that's right below the bottoms of your feet, about 10 to 12 inches below the bottoms of your feet, and feel it also being cleared and cleansed by Uluru as the Clay Red Light fills your Body and your Being and your Earth Crust Chakra.

Now imagine that your Hara Line, which is a Pillar of Light from the bottoms of your feet all the way down to the Core of Mother Earth, is illuminated. We'll send- from the bottoms of our feet and our Root Chakra- a root system around the Hara Line that reaches all the way down to the Core Crystal and wraps itself around the Core Crystal. Visualize that a tree trunk forms around you, and the roots of this tree trunk extend down around your roots all the way to the Core of Mother Earth and surround your roots which surround the Core Crystal. This tree trunk extends up around you all the way through the heavens; all the way up to a place we call the Pool of Creation. Imagine a big pool that is the Pool of Creation and this tree trunk expands into branches and leaves throughout this Pool of Creation. Also visualize that the outer layer of the tree trunk, the layer that would be the bark, is an Emerald Green color. This Emerald Green color has the Qualities of Abundance and Healing and it will shine this Light onto you and to everything that moves up and down through this tree trunk, filing it with the Energies and the Qualities of Healing and Abundance.

Now as your root system that you formed is wrapped around the Core Crystal, see the Amber colored Life Force that fills the Core Crystal, and let it come up through the root system like sap running up a tree. This rich Amber colored Light moves up all the way through the root system to the bottoms of your feet, filing your feet, your legs up to your hips, filing every iota of your Being, filing your muscle tissue, your blood veins, your bones and your nervous system with this Amber colored Life Force Energy from the Core of Mother Earth. See it move up through your hips, through your torso, filing all the Chakras of the Body as it moves up, as well as filing all of your Body, and extending out to your Energy Bodies while filing your Physical Body all the way up to your shoulders, down your arms and hands and up through the neck to the head. See this Amber colored Light extend out the Crown above your head into the tree trunk, filing the tree trunk and moving all the way up and pouring out into the Pool of Creation.

We now call forth the Cosmic Life Force Energy to pour down into the Pool of Creation from Mother of the Cosmos who pours this rich Amber colored Life Force Energy- a slightly richer Amber, more vibrant and a little darker Light; it fills the Pool of Creation and is pulled down through the tree trunk all the way down until it enters through your Crown filling this rich Amber colored Light. Let it pour into your Body

as it mixes with the Life Force Energy of Mother Earth which is also simultaneously moving up. Let it fill your Body, all the way down, arms and hands, torso and hips, legs, once again filling every iota of your Being, your bones, your veins and muscle tissue, pours out the bottoms of your feet through your Earth Crust Chakra, all the way down the Hara Line to the Core of Mother Earth, mixing with the Life Force Energy of Mother Earth. As it is reinforced by the Energies of Earth it moves back up from the Core Crystal through the root system to your body, to the tree trunk, and we move with it all the way up to the Pool of Creation. You find yourself swimming in the Pool of Creation filled with the Amber colored Life Force Energy Light in the Pool of Creation.

Now we step out onto the boardwalk that surrounds the Pool, and see the two Angelic figures holding trays: one with your ceremonial robes, the other with your Scepter of Power. Imagine putting your ceremonial robes on, taking your Scepter in your hands. We'll move to stand before Divine Mother who we see in front of us sitting on her Throne, robed in Copper Gold colored robes beaming the Copper Gold Light that is Divine Mother's Light to us. Step before Divine Mother, and kneel down before her. We send Mother our love and our gratitude for everything that she has done and is doing for each of us, our loved ones, Earth and humankind.

See that Mother now stands and opens her robe beaming the Copper Gold Light to you, engulfs you in the love of Divine Mother and this Copper Gold Light, which fills your Five Body System and Light Body and Physical Body. See on her left hand, her rings, and in her headdress the orange sapphire beaming to your Third Eye; and be aware that your Third Eye which has the Orange, Bright Orange Light spinning in your Third Eye is amplified by the diamond on her ring finger of her left hand. Once again you see the bright Light of the diamond reinforcing, activating the spinning Orange Light in your Third Eye, and it shoots down to your Cosmic Heart illuminating that sphere, that tiny sphere, about ping pong ball size in the center. The same Orange, Warm Orange Light and surrounded by the Green Emerald colored Light, as you see Divine Mother's left hand middle finger, the emerald around her ring which shines and illuminates your Cosmic Heart, activating the Emerald colored outside layer around the Orange Light spinning in your Cosmic Heart, the Orange ball spinning in your Third Eye. Divine Mother's Copper Gold Light pouring over you.

Take a moment to say whatever you wish to say to Divine Mother, to set your intentions for this event and for the rest of 2014 for yourself, your loved ones, and all of Earth and humankind. This Earth needs all the help it can get right now. Take a moment; say your prayers and the next voice you'll hear will be that of our Beloved Nasrin. So It Is.

Nasrin begins: 11:13

Hello everyone and welcome to 7-7-2014. It's important to remember that you are in the Energy of Divine Mother, you are with Divine Mother.

One of the things I would like to remind you is that whenever you come and sit with Divine Mother in this kind of format or in any format- whenever you place yourself in the company of Divine Mother- and you begin to talk to her; we all have a lot to say to her at all times. When that happens please don't feel that if you don't get immediate answers in the form of hearing her voice in your head or seeing her response, that she has not heard you. Know that a lot of times when you talk she listens; and the way she responds is not necessarily by giving you a big long scroll of lectures, but by taking action. Action usually manifests in some form in your life within a few days, sometimes within a few hours.

I can give you my own example of what happens to me when I sit with Divine Mother, and I have my conversations usually late at night when I lay down to sleep and I go before her Throne. Whatever is our weekly meditation I try to perform that, and sometimes when I try to keep myself awake to do that then I

don't sleep for a couple of hours because I get so worked up. So I don't ask you to use my model because it might get you so high in the Energies that you won't fall asleep. But my point is that I do it at night and I do it first thing in the morning before I get out of bed to offer my day to her, and to basically tell her what my day is going to look like; and what I need help with. I don't sit and wait for answers. Sometimes answers come but most times it's more like me offering my report card to Divine Mother and leaving it at that.

I tell you this because recently we had a couple of new additions to our group and some are new and young and their expectation is high- because I make it so easy for them and because the first time that I helped them with a meditation they really did see Mother and really did hear her. They have an expectation that when they repeat the exercises, every time Divine Mother would come and sit and start talking to them. That's not necessary. She doesn't do that every time. So what I suggest is, to go before her and say what you need to say, and please don't think that if she doesn't respond it means she didn't hear you, because I notice in the case of these couple of young ladies, they got very despondent about it saying, "*I don't think I am doing it right when I'm on my own, I'm not doing it right because I don't hear any answers.*" It was interesting to me because I don't have expectations of any answers.

Some of you know that I have been doing this for many years; yet not every time do you get responses, while talking to Divine Mother and getting answers. The answers come in the form of the way your day, your week unfolds. I might sit and say things to her and then I would get signs and the signs would be that I would talk about the books and something happens in regards to the books, somebody calls or somebody writes an email and says something about the book which is exactly the answer to the question I had put forth to Divine Mother.

Sometimes I ask for a solution to a problem and the problem seems to happen to have solved itself in the course of the day or in the next few days. Sometimes I ask a question to her and I don't expect her in that moment to say, "*this is how you do it*", I leave it at that. I put the question to her and I tell her I need clarity with regards to this area and I leave it at that; and in the course of the week the clarity comes. The clarity may be in one form or another and it may not be always the same but the clarity will come.

The point is that whenever you do any one of these exercises and these meditations, you do work offering yourselves in service, even if you end up thinking that because she didn't respond you may not have done it right. You always do it right and "right" is whatever you can do in any moment. Each day give what you can and that's enough and each day what you give is heard and acted upon. Just because you don't hear her voice it doesn't disregard what you have given or what you have requested. Also remember time and space needs to catch up.

A lot of times when you have a conversation with Divine Mother or these Deities what you're doing is that you're sending a thought; so the speed of thought is much faster, so you think with speed of thought and that is much faster than the way actions transpire from the thoughts; or the way actions manifest in our real world. Think of that as well, just because it takes two days, or three days or a week before the answers come that doesn't mean there was a glitch, it simply means time and space is catching up, and that also is becoming accelerated.

In the olden days it would take months and years; now it takes days and weeks; and there's always a sign even if something takes days and weeks. If you're looking for the sign or if you're looking for the answers without expectations; you know, looking for them in the myriad ways is different from having an expectation that it would unfold the way you expected. If you let go of the expectations that it has to be given in this way or that way or it has to unfold in what you think is the right way- that would put you in a path where you may get disappointed because our outlook is limited to what we think is possible.

There is multiples of ways that some situation can get resolved; some event can come into manifestation that we have no idea of it being possible. When we have expectations, when we ask for something and then we dictate how we think it should manifest we are actually delaying ourselves. We're actually tying Divine Mother and the Universe's hands. Why? Because if there are 10 different ways something can manifest, when we demand or we request that one way that we know, we then limit the Universe and Mother to giving it to us in that one way, and then it might take even longer. But if we say, "*this is how I see it, this is how I feel it's going to unfold, this is what I think is going to be the best scenario, but you give me this or better, you take the one up on this, you take it to whatever knot you want to take it, you take it to Nth degree and give it to me, and let it unfold in your way.*"

I have seen recently, especially I have seen seemingly disastrous situations have ended up in amazing miraculous solutions; solutions that we never, never would have thought possible. So I ask you to let go of all limitations, and please don't limit Divine Mother and our Beloved Deities in what they can do for you and how they can do it. Give them a free hand, and let them do what they know how to do, because from their perspective there is so many different other ways that things can be resolved which we are unaware of. So simply go to them with the situation; if we go to them just bringing our day, our week to them and giving them a report card of what we are doing, where we're going, how we see things unfold it is helpful. Divine Mother has told us that she really prefers for us to have this type of conversation with her, even to the extent of saying, "*this is how I see it. Mother this is how I see it. This is how I see it unfolding. This is where I think it will go, or this is how I would like it to go.*" She even asks that we express to her what our preference is, and then giving her all the information, but giving also the free will to her to do what she knows best, much more than our limited perspective; from her perspective in that unlimited way, she can turn things to our favor and manifest things on our behalf, and on behalf of our loved ones.

Most especially when you worry about your loved ones, instead of sitting and worrying: "*my mother is having these health issues, my child is having these issues with these exams, my sister, my sibling, my brother, my father, my spouse, my significant other are having these issues.*" It's perfectly fine that you would bring everyone, even coworkers, even patients and clients, people that you see in passing. There's nothing wrong with all of us praying for people even if they don't know we're praying for them. If we have good will on their behalf, if we are praying without expectation, without self interest, without personal interest, that prayer is heard by the Universe. In fact we earn merits for offering a prayer for someone without even knowing that person, because everyone needs love, everyone needs prayers, everyone needs healing; everyone needs support and when we give the support, whatever form it takes, when we offer the goodwill, when we have love from our hearts, when we bring to the attention of Divine Mother all the people from our perspective, all the people and their needs from our perspective, it gives her a way of looking at our world through our eyes. It gives her a broader spectrum of seeing it the way we see it, it helps.

We're the ones who are stuck in this 3rd Dimensional Realm, in this heavy density; we're the ones that feel the love, at the same time feel the pain for people, places and things. When we express that to Divine Mother and to the Deities it helps them to understand what exactly is going on at our level. It helps to put them in our shoes. You know we always say, "*walk in my shoes for a little bit and you'll know what it feels like.*" It's good to give a chance to Divine Mother to walk in our shoes for a little bit. It helps her to see and feel the way we feel, the way we can see our world. Then it opens up the realm of possibilities, because then they think of all the ways they can help us and they bring all those alternate ways into the mix, and they help us in all those myriad ways. At the same time we gain merits when we offer, seek guidance; offer our prayers for everyone and anyone.

So let's become very clear and right now we offer healing for everyone present in our circle of 7-7 and everyone who will join to listen to these sessions whenever they come to join us and wherever they are.

All the lands they are touching, all the people we are all touching, all people, places, and things that we cross paths with, we pray for them and we ask guidance from Divine Mother.

It is amazing, sometimes when I do something small for someone, in my case for example, I make a little angel charm or make a necklace, or make a crystal grid for their bed and Divine Mother- without my knowing anything about the person, like when someone has asked, *“can you do this for my best friend that I have known since high school, since elementary school, since I was 4 years old and I haven’t seen her in 20 years? Now she is back in my life and her mother has these issues, her brother has those issues would you do something for me?”* And I sit down and make the stuff, then I go to send it and Mother says write this, write this note. Then she gives me a whole description of the ways that this person is feeling and what is good for them, how to get out of the situation, what will help them, which tells me how well Mother knows everyone’s heart and everything that’s going into their lives.

Imagine me working on a piece for someone I don’t know, and someone I’m third party to, even the person who has brought them to me hasn’t seen this person, doesn’t even know about who is involved in their life because they haven’t seen each other in 20 years, and yet the moment that I connect energetically by pulling the stuff that I’m making and asking Divine Mother to show me what she wants me to put together to bring the healing from crystals to beads to charms, to making Angel Charms, she is pouring over me sending the right Energy, putting the right Energy into the piece. Then to finish it off she says, *“write a note to this person from me, tell the person the story, let the person know I know all of this about them”*; the stuff that I would not have known, the stuff that the person who introduced them would not have known, the stuff that’s only known to mother. That’s the beauty of it and that’s how I know that not only Mother hears you when you go and sit with her and ask her for help, guidance, assistance, healing, manifestation but everyone that is within your circle of influence. That includes somebody who crossed paths with you when you were 4 years old, somebody you haven’t seen in 20 years; even those people get to be helped even though it may not even be in your consciousness to talk about that person to Divine Mother. Just simply being in her Energy, Mother is sifting through everyone, every place, everything that you have gone through throughout your life and maybe even other lifetimes. Maybe she even heals people, places and things from other lifetimes while you sit and have a conversation.

So have your conversation without expectation of immediate answers in the form of words in your head, or visions. Have your offerings without expectations of anyone knowing that you’re praying for them, and offer each day, offer each night, know that it makes a difference when you come to visit, when you come to bring your stories, it is appreciated and things do happen. Look for answers, not necessarily in the way you think it should unfold but watch it unfold in ways that are way beyond our own means, our own expectations and good luck with all of it.

So let’s go to Divine Mother and see what she has in store for us on this 7-7 Portal Day and thank you for giving of yourselves in service in this way.

Divine Mother begins: 29.46

My Beloved Children of Light I Am your very own Divine Mother.

I ask you to **raise your arms and hold your hands out with your arms at shoulder length, lifting the palms of your hands to face me. I ask you to envision that Mother’s standing up and placing the palms of my hands against yours and sending you Energy. I ask you to become aware of the headdress and the gem, the orange sapphire on my Third Eye over the headdress and become aware that the orange sapphire is activated. It is connecting with your Third Eye. It is connecting and activating both Third Eye and Crown Chakra.**

I ask you also to envision that **by touching the palms of your hands with the palms of my hands I am sending you Energy from my own Cosmic Heart Personal Heart Chakras through my shoulders, my arms, my hands into your hands, your arms, your shoulders, moving into your chest and entering into your Cosmic Heart Personal Heart Chakras. I ask you now to focus on receiving the Diamond Light from the palms of my hands while I focus the orange sapphire on my headdress upon your Third Eye and Crown, but also upon your Cosmic Heart and Personal Heart Chakras.**

Cosmic Heart is on top of your chest and Personal Heart is right equal distance on your chest. If you draw a line from one nipple to the other it's right in the center of your chest between the two nipples. That's your Personal Heart Chakra and above it is your Cosmic Heart Chakra.

So the Diamond, **the clear Crystal Light that the diamond sends both from my diamond ring on the finger but also from both palms of my hands, which is going up your arms into your chest emanating from your Cosmic Heart Personal Heart Chakras, it is also receiving the orange sapphire. The orange sapphire is now emanating to your Cosmic Heart Personal Heart Chakras and you are absorbing it from my Third Eye. So one triangle of Light is going from my Third Eye to your Cosmic Heart Personal Heart Chakras sending the Orange Sapphire Light, another triangle is going from my orange sapphire on my Third Eye to your Third Eye Crown Chakra.**

This is the second phase of the exercise from last month. Last month I told you if we focus on the Third Eye and on the Cosmic Heart every other Chakra will raise its own vibration over time. I also wanted to make sure that you had a month to recalibrate before I gave you this phase.

Now remember I explained that **I am wearing a ring with gold, a golden ring with small emeralds, rubies and sapphires. These three gems have the same chemistry. Rubies, emeralds and sapphires, they have the same chemical compounds and the same hardness in terms of a gem, but because of the color range they carry a different bandwidth of Light, so while they have similar chemistries they are different in what they achieve.**

So while you are receiving the Energies in these two triangles, one emanating from my Third Eye on the headdress this orange sapphire going into your Third Eye and Crown and the second triangle going into your Cosmic Heart and Personal Heart the ring finger that is sending Diamond Energy to both hands and into your chest is also carrying the Energies of emeralds, the Energies of rubies, and the Energies of blue sapphires.

Now:

- **the Blue Sapphire will attach itself to the Energies of your Throat Chakra and it sends that rich Dark Blue colored Light to clear and cleanse your Throat Chakra.**
- **The Emerald Green color of the emeralds gets itself attached to your Personal Heart Chakra because your Personal Heart Chakra carries the Energies of personal love, personal relationships, the love that you experience in every day worldly relationships. A lot of times by the time you get to be a young adult you've had your fair share of broken hearts, and so this Emerald Green Light will attach itself to your Personal Heart Chakra.**

A Chakra is a disc, it's a sphere really. If you're looking at it from the front, you see a disc, but if you look at it holographically it really is a sphere, so the whole sphere of your various Chakras absorb and begin to emit these colors.

The Personal Heart Chakra has now absorbed that Emerald Green Light. The disc or the sphere that is inside your Throat has by now absorbed and is emanating that beautiful Dark Blue Sapphire color.

- **Your Third Eye and your Crown are both emanating that beautiful Orange Sapphire color and we talked about the two layers that they clear. Diamond Crystalline Light enhances the Orange Sapphire Energies and gives it sharpness, gives it an edge, gives it a sharp focused edge.** So that's going on in your Third Eye and your Crown Chakra. It is also going on separately in your Cosmic Heart and your Personal Heart Chakra. **So your Personal Heart Chakra has the Emerald Green Light and the Orange Sapphire Light.**
- **Now the Red color of the rubies gets mixed with the Orange color from the orange sapphire and it lodges itself down in your Solar Plexus, right in the belly region, and below it over the reproductive organs in your Sacral Plexus, and further down in your Root Chakra. The mixture of the Orange with the Red and the clear crystalline color of the diamond gives it a Peachy Peach Orange color. It has the focus that you need for your Creative Energies to begin to, begin to bubble up, it has the empowerment, that warming effect that your Solar Plexus needs to be empowered. Then that Ruby Energy which is really needed, that Red Ruby Energy mixed with the Orange of the sapphire and the clarity in the crystalline sharpness of the diamond in your Root Chakra gives you grounding, gives you focus, gives you connection to Mother Earth.**

Recap: So I am going to ask you to **imagine now you're looking at yourself standing as though next to Divine Mother looking at your own Body and you're looking from your tailbone area where your Root Chakra is looking up:**

- **You see your Root Chakra carries that Ruby colored Light with some Orange Sapphire and some bright Crystalline Light of the diamonds and it is sending beams of Orangy Red downward, forward and behind you. Three cones with the point of the cone right at your tailbone and it is becoming extended as it goes upward, as it goes outward. One pointing down to the ground and connecting with the crust of the Earth, one pointing forward, and one pointing from behind you to what goes on behind. It is extending Energy outward. I am going to ask you to feel it's extended about 6 to 8 inches outward.**

At the end of this meditation I'm going to pull everything into the Chakra and I ask you that you **always pull the Energies back in after you're done with the meditation. The reason for that is, you are sending Energy outward which also means that there is exchange happening,** so if you go and sit on a chair where somebody has sat before you, you are prone to the Energies of that person. If you're standing in line and there's someone standing in front of you and someone behind you, you are prone to those Energies. **So I'm extending it right now when you are in this meditation and your consciousness is with Divine Mother, you're embraced in the Energy of Divine Mother. Your whole entire Being and your Five Body System and your Light Body are encased in Divine Mother's Energies so you are heightened and there's no chance that you would pull in an Energy that's of lower vibration. So right now you can let the Energies extend. You can let your Root Chakra completely breathe and bathe in the Energies and expand because when you allow it to expand in a safe environment you become sensitive and the sensitivity allows you to pull the abundance from Earth, pull the abundance from the atmosphere, pull the grounding from your surroundings, pull the love of Divine Mother from this cocoon that is around you, the Copper Gold cocoon of Divine Mother.**

So looking at yourself as though you're standing outside of yourself looking at yourself, **you see these three cones, beautiful cone shape emissions of Light, beautiful cone shapes emanating the Ruby Red with Orange Light.**

- Then further up in your Sacral Plexus you see this beautiful Bright Orange Light which has some streaks of Peach, Orange and Red and
- then further up you look at your Solar Plexus and it's a bright Peach colored Light, a warm Yellowy Orange with Peach and little streaks of Pink and Red.
- Then further up you look at your Personal Heart Chakra and you see that Green emanating, an Emerald Green Light with Orange in the center, that Bright Orange that is coming from Divine Mother's orange sapphire on the Third Eye
- and the same thing in the Cosmic Heart, the Bright Orange from the orange sapphire mixed with the sharp Crystal Light of the Emerald in your Cosmic Heart Chakra.
- Then further up you look and in your Throat Chakra you have that beautiful Dark Blue, a beautiful Dark Blue Light emanating in your Throat Chakra.
- Then you see the Bright Orange mixed with the Crystalline Light in your Third Eye and in your Crown Chakra. You can sit with Divine Mother and talk for as long as you want, and for the course of this month you can repeat this meditation.

Closing the Chakras back up: What I am going to do is to show you how to close it all in so when you go to the mundane world you carry the Energies without being scattered. So we're going to:

- close it in from top down: pull the Energies of the Orange sapphire and the diamond into the disc that sits on top of your head inside the Lotus. So imagine that there's a beautiful big Lotus on top of your head and the petals of the Lotus come up to become the bud, and pull in the Energy of the Crystal Light of the diamond, the orange sapphire and pull it into the Lotus and then the Lotus closes and goes down inside your head. You're just aware of the tip of the petals just protruding enough that your hair covers it on top of your head.
- The one in your Third Eye is pulled in and becomes that ping pong ball, maybe a little larger, maybe like a small tangerine size but it's all inside your forehead. The Orange Light with the Crystal Diamond clear Light that makes it sharp and clears the Energies is encased inside of a small ball. It's protected inside of your Third Eye, inside of your forehead.
- Then a tennis ball size inside of your Throat Chakra. It has no density; it simply carries the Blue Light. It is pulled right into your Throat area, right inside your Throat Chakra. The Chakra is illuminated with it but it is pulled right in. It is encased inside your Throat Chakra.
- Then your Cosmic Heart Chakra pulls in the Orange Sapphire and the Diamond Crystal Light, completely in, a large disc, a large sphere that has now been pulled into the top of your chest right where your thymus gland is exchanging Energy inside of your torso.
- Then your Personal Heart Chakra with the Emerald Green Light of Healing, the Orange Sapphire Light of focus, the Bright Orange Light of Nurturance, the Divine Light that carries the Orange Sapphire Light inside your Personal Heart Chakra, right in the center of your chest.
- Then further down you see a nice sphere that is held inside your belly which has Orange and Yellow and Pink and Reddish Light moving,
- and one below it over your Sacral Plexus that has Orange and Red and Peach,
- and the Root one that pulls all the three cones into itself and sits right over your tailbone, inside. For those of you who are in female bodies you pull it into your womb, for those of

you who are in male bodies you pull it into your reproductive organs. Pull the three cones right in, that goes right in and allows you to carry that Energy inside, three cones inside of a sphere, and above it a sphere for your Sacral Plexus and above it a sphere for your Solar Plexus. Those three, one below the other sit on top of each other. So now you're ready to go out in the world. Your encased in the Energies, your still carrying them but you're not wide open.

Become aware that Divine Mother is still holding the palms of your arms into the palms of her hands and then as I let you go I ask you to rub your hands together, rub them together until you feel the heat inside the palms of your hands. After you feel a good bit of heat forming then put both hands right over your chest and breathe in and breathe out, now breathe in and breathe out, and for the last time, breathe in and out. Envision that you are still inside the Copper Gold Light of Divine Mother's own Signature Energy. Envision that your Physical Body, your Energetic Bodies, your Light Body are always and forever bathing in this Copper Gold Light. Envision Divine Mother's Light constantly showering with my own love and my own protection. This Copper Gold Light provides love and nurturance as well as protection and guidance. Through this Copper Gold Light I guide you on your path, every day, all day, every night, all night.

Summary: in the morning when you get up- if you have time sit for meditation- otherwise you may quickly envision that your Crown Chakra is activated, your Third Eye is activated, your Throat is activated, your Cosmic Heart Personal Heart Chakras are activated, your Solar Plexus, Sacral Plexus, Root Chakras are activated. Envision yourself inside of Divine Mother's Copper Gold Light and imagine that your Physical Body, your Energies Bodies, your Light Body are all encased in this Copper Gold Light, cocoon after cocoon of Copper Gold layers each of your Bodies and your Light Body, start the day that way. Then at night when you are at your home, whether you sit to meditate for a few minutes before you fall asleep or you just lay in bed, in the distance between being awake and falling asleep envision that you open everything up and you let Mother fill each of the Chakras, the top of your head with your Lotus wide open with all the Energies in the colors pouring in. The Third Eye wide open Mother pouring the Energies in, your Throat wide open the Blue coming in, your Cosmic Heart Personal Heart wide open with the Orange in the Cosmic Heart and Orange with Green in the Personal Heart, your Solar Plexus Sacral Plexus Root Chakra with the Ruby as well as the Warm Orange, Bright Orange and the Crystal colors, Rubies wide open allowing you to bathe in the Energies. The Copper Gold Light of Divine Mother expanding allowing you to expand your Five Body System, allowing you to expand your Energy Bodies, allowing you to expand your Light Body.

You become as big as your whole bedroom. If you feel safe, if you feel good, you can extend it as much or as little you want. If you just want to extend it enough that that side of your bed where you lay down is covered so be it, and in that Energy you may fall asleep, in that Energy you can say I offer myself to you for recalibration Mother.

Then when you wake up in the morning make sure you pull everything in, that's very important. Pulling everything in is important. If you happen to forget to pull everything in and you find during the day that you're acting a little weird, you're scattered, you can't get focused, let that be a reminder. I ask your Angels, I ask your Guardian Angels, I ask your personal Guardian Angels who carry the Copper Gold Light on your behalf to pull the Energy in and to wrap you in the Copper Gold Light, especially if you forget to pull the Energies in as you start the day.

At any time in the course of the day you feel you need another layer of pulling in, pull everything in. Pull everything in, put yourself inside the tree trunk, and put the layers over yourself inside the tree trunk. The tree trunk is the best way for you to put extra layers of protection on. Send your roots down to

the Core of the Earth. Send the tree trunk all the way up to the Pool of Creation, let it bathe in the Pool of Creation and charge you from the Energies that are pouring down from the Pool of Creation. Let yourself constantly be in the flow of Energies from Divine Mother and the Pool of Creation, that way your creativity can expand, that way your intuition can guide you and remember that Divine Mother holds your hands, both your hands.

I hold you in my own Heart, I carry you every day. I hear everything that you say especially when you sit with me and you tell me what your heart desires, and you can do this anywhere, anytime. There isn't a special time of the day that serves better than another. Every day, every moment of every day is yours to share with me and I hear every word, I feel every feeling. I hold you in my own Heart with great love. I'm your very own Divine Mother. So It Is.

Nasrin concludes: Thank you everyone and goodnight.

Jim concludes: Thank you Nasrin, thank you Divine Mother and I thank all of you, until next month goodnight.