

## CREATION OF THE LIGHTBODY

As our planet undergoes a shift toward a higher frequency and because it's a living system of moving energy, all who dwell within its energy fields will experience this realignment. As the planet transforms many are naturally experiencing what is called the '*Creation of the Lightbody*'.

**Firstly**, these few pages will describe in broad terms the different states that we can experience at this time and how this manifests itself in our own magnetic fields, for example sudden flus, migraines, etc...

**Second**, these changes excite and make many people happy. We can consciously do concrete things to build and increase the Light quotient in our Bodies.

**Third**, there will be some techniques to accelerate this process of tuning into the highest octaves of Light in order to change our vibrational frequencies.

The process of transition to the Light is gradual. We are not matter one day and pure Light the next. Our energy fields are bathed in Light and gradually realigned because otherwise it would be '*short circuited*'.

The entire structure of matter was activated up to the 3rd level of the Lightbody, for all inhabitants of the planet, in April 1989. The creation of the Lightbody is due to the natural process of transition of the planets and is not an optional experience or process. Beings who, at this time, do not wish to be part of this process will choose an accidental death, natural disaster, or decadence and disease. It is predicted that they continue their cycle of evolution on another planet whose frequency is comparable to theirs. There is no judgment there, it is only the change in the nature of the energy.

The Lightbody is gradually created through the transmutation of our current Physical Body which transforms and absorbs more Light. Once again, this is directly related to the realignment of our energy fields to the highest frequencies and octaves of Light. The following list describes the actual physical process and common symptoms when this change occurs. We all evolve and absorb Light at our own personal speed. Some work Consciously with these changes and therefore their transformation is faster. Others are not aware that they are absorbing this Light and their change is linked to planetary change.

**Regardless, we can classify this Creation by stages:**

**1) First stage** - When the Body loses its density, it shows mutation symptoms such as flu, migraines, diarrhea, pimple breakouts, pain in muscles and joints. Most flu epidemics are actually epidemics of Light. The Alchemy of the Brain changes: the functions of the right and left brains mix and the size of the pineal and pituitary glands begins to change. The structure of DNA and its chemical components changes and collects the hydrogen atoms and additional chemicals that cells need to absorb the highest, undifferentiated Light and reproduce it in recognizable Light codes for the DNA.

**2) Second stage** - The Etheric Body is flooded with Light and freed from karmic experiences. You can feel disoriented and also get the flu. Many are beginning to ask themselves: '*Why am I here?*' The Light in the Etheric Body releases the 4th Dimensional structure and causes rapid rotations in the geometric structures of the Emotional, Mental and Spiritual Bodies. Change is rapid and many feel tired.

**3) Third stage** - The Physical Senses become sharper. Not only do our different Bodies absorb Light for their own transformation, but they also behave as transmitters - decoders of higher Light energy for the entire planet. The process of inspiration is irreversible now, like a rubber band that has been stretched to the maximum and returns to its initial position.

**4) Fourth Stage** - Significant changes occur in the Brain as well as chemical and electromagnetic exchanges at the energy level. Symptoms include frequent migraines, blurred vision, hearing loss, and sometimes chest pain. The Crystal mechanisms in the Etheric Body prevent the Rays of Light from the 5th Dimensional plane from connecting until we are ready. Chest pains are caused by the expansion of the energies of the Heart, as it opens to deeper levels. Sight and Hearing are realigned to function differently. The Mental Body begins to wonder if it is really responsible and people feel a strong, inexplicable and undeniable urge to follow their Spirit without hesitation. Some people may have flashes of Telepathy, Clairvoyance and almost all begin to experience Empathy. It is a time to feel, honor, accept and recognize our Emotional Body and also to learn to control it.

**5) Step Five** – The Mental Body has decided to align with the Spirit, dreams are different, may become more 'clear' and there are feelings of déjà vu. Thought Processes are no longer linear, the Being oscillates between knowledge and doubt. We realize the habitual nature of our Thought and Behavior. We see deprogramming and reprogramming as a way to create the 'I' we want to be, not the 'I' we thought we were because of our interaction with our parents, peers, society etc. Change seems to be constant and we begin to discern Consciously, from our Heart rather than judging based on 'conditioned responses'.

**6) Step Six** – We attract others to us in order to support each other and stimulate our growth. We ask ourselves the real questions. Our Mental Process and the way we identify with others and ourselves changes rapidly. This re-evaluation may be unpleasant but we feel it must be done. We look at our relationships, work, environment, lifestyle. It's a time to let go and move forward. We change friends. Everything seems to be in a state of continual change but we feel lighter, wider, freer in some way. At this point the Rate of Light in our Being is 33%. We feel that we are opening our inner Senses and Clairvoyance, Clear hearing etc. seem natural and normal to us.

**7) Seventh step** - The Heart Chakra opens more, we become more 'real' with Emotions, we just become ourselves! We free ourselves from our blockages and our old patterns. This is a time of great intensity as we seek to rid ourselves of our emotional baggage. We feel more aligned with each moment, more Present. We feel ourselves flowing to the Rhythm of Life. Often old relationships end or change quickly because the Being goes deep and honors their feelings. There is simply no more room for denial on any level. We begin to lose our emotional attachment to others. Chest pains - angina for example - are more frequent because the Heart continues to open its energy fields. Doing the Chakra Unification Meditation can help open the Heart. At that moment, fear disappears because the energy fields of all Bodies are realigned from the Heart and therefore, thus aligned, fear diminishes. The pressure on the forehead, back or head is due to the opening of the pituitary and pineal glands as they absorb more Light. When these glands are fully open, active and functioning at the highest level, aging and death cease. When the pineal gland is fully open we have a multidimensional experience and yet the duality seems to increase as we leave it. Some days we feel connected and joyful, others we feel afraid and entangled in survival issues. Many wish to 'ascend' and leave the planet by feeling the real possibility of Ascension through the deepening of our connection with Spirit. By learning to be guided by our Joy, we may want to 'save the planet' and also want everyone to be guided by their Joy. All this is just a step in the progression and reflects our change in Perception. Regarding diet, we want healthy food, to eat less and lighter. Many, having reached this point, have stopped eating meat, sugar and drinking alcohol because they 'feel' the effects of these substances on the vibrational fields of their Body.

**8) Eighth Step** - We see the Master in everything and we wish, in a Pure way, to be of Service. We abandon our functioning in 'rescue mode' in favor of the desire to Serve the Divine Will. The pineal and pituitary glands change shape. When migraines persist, we can ask the Beings we work with to 'tone it down' so that we no longer feel the pain, or we can ask them to release endorphins which are the brain's natural opium. The Brain is activated, and particularly the cerebrum, the 'sleeping giant'. Development of the skull is common. The triangular 'crystal seeds' at the forehead and also the recording crystals on the right side of the brain are activated in accordance with the 8th, 9th and 10th chakras. We are beginning to be tuned into the Languages of Light. The Pituitary and Pineal Glands are fully open and work together to create the 'Ark of the Covenant', a Bright Rainbow that curves from the Top of the Head to the Third Eye and serves as a decoder for a language of a higher dimension. It can seem difficult for us to find the words to express ourselves because we think in terms of Geometry and Tones. In case of confusion, it is good to do the Chakra Unification Meditation and ask that the messages be decoded and translated. Once again, we become more aware of the vastness and multidimensionality of our nature, that we can be anything we want. We stop acting out of obligation and relationships become transpersonal. We speak Words that come from our Heart, from our Soul, and others

sometimes feel disoriented when they speak to us because they no longer have any reference points to cling to us. We act from a deep level of Serenity with high Sensitivity and a Consciousness that has already been established and transformed. At this stage it is possible to be purely nourished by Light and Prana, to no longer take nourishment on the atmospheric plane but to be nourished healthily by the Etheric World.

**9) Ninth step** - Decoding Geometric figures and Tones is easier. Spirit uses the Languages of Light, moving the 6th Dimensional Body into a new Etheric Body for our 5th Dimensional Light Body. Our Physical Body changes shape because the energy fields move. We feel intimately connected to all Beings everywhere, and less connected to the opinions of others. We release the desire and energy to sustain the '*game of separation and limitation*' and we feel truly free. During the ninth stage, a massive descent of the Lightbody into its Physical form is observed. Like 3rd and 6th, this stage marks a strong re-evaluation as we begin to finally surrender to Spirit and become a true instrument of the Divine. At this point, it is Spirit that determines our income, our work, the people in our Life, everything. It is the dissolution of the Ego, and when we are ecstatic, it can be painful. Taking a leap can be scary, even though we have already evolved through centuries and centuries to reach this point. We can move forward and backward, clinging to our old comfort zones before letting go completely. There is no going back and everything must be released. The 9th stage is that of Letting Go then Ecstasy and Abandonment of the '*T*'. We realize that while real, free will is also an illusion, because it is only there to guide us and allow us to become One with Spirit. Fears related to survival disappear, focused on the Here and Now. Although fears may arise, they seem unreal and are easily dismissed. We tend to disconnect from the consensus of reality and our choices and reality appear unreal to others. From the 7th, 8th and 9th stages, the Inner Light radiates considerably. Now we feel incredibly Grounded, Connected, Centered, Purposeful and only desiring to Serve. For a time we may flounder between the 8th and 9th stages, feeling on the verge of becoming a '*Limited Human Being*' again. This stabilizes at the end of the 9th stage. Then we feel continually connected and we act guided by the Christ who is in us. Our Intention, like our Motivation, always aims for the highest, although others, because of their inner problems and conflicts, may choose not to see it. It is at the 9th step that we begin to hold on to our '*I AM*'. The last three steps Unify all Energy Fields, all Chakras are unified and we become fully connected with our '*I AM*' presence.

**10) Step Ten** – We are one with the Source of Consciousness and we know that anything is possible. DNA is no longer made up of only 2 ranks but of 12. Teleportation, Manifestation etc. are instantaneous. The Merkabah, another name for the Lightbody, is constructed and allows us to cross Space, Time and Dimensions, completely, and in our Entirety. It has its own Consciousness and we direct it.

**11) Eleventh Step** - All levels of the Lightbody have been built, activated and are connected to our Physical Body by 'rotating points'. These Light Matrices align along the Physical Acupuncture Meridians and form Lines of Light intersecting in beautiful geometric figures. It is a new system of Circulation of Light in the 5th dimension. Cellular Regeneration is accomplished. Time is no longer linear but simultaneous - past, present and future coexist - everything exists in parallel. There is no more separation and we fully manifest our vision of the Earthly Paradise and express the Ecstasy of the Spirit. Many are now accessing this '*framework*' of Awakened Consciousness and creating new Light-based technologies, new community living systems, new government systems, and equitable systems of food and resource distribution. All have received specialized training and the appropriate talents, in order to help Create and Manifest the New World, the '*Golden Age*'.

**12) The Twelfth Stage** - is the continuation of the Creation and establishment of the New World System - in association with other Twelfth Stage Initiates, who give Life to new governments, a new financial system, a new education system, better distribution of food and resources etc. Everything will be redefined during the final stage of Earth's Ascension so that everything exists in Joy, Equality and Harmony. At that time, the planet and all its inhabitants will have been '*rewoven*' with Light in order to Shine with their full Glory when the final stage of the Divine Plan unfolds. The Planet enters the Light, exits this dimension and is taken into a multi-Star system where each is a Body of Light and follows Spirit in Total Mastery. All parallel realities are redrawn and reabsorbed by Spirit and each has aligned their will with the Divine.

**Personal note:**

1. The desire to eat less is not always the case or it may have occurred in the past to currently evolve, on the contrary, towards denser food.

2. Just as the Evolution towards the Heart may have already taken place in the past to currently experience the Evolution towards Pure Consciousness.

It all depends on '*Who*' we are and '*Where*' we are in the Evolutionary Spiral of Humanity.