

DEEPENING LIFE FORCE CLASS

ADVANCED ENERGY STRUCTURES AND YOUR LIFE FORCE

CHARACTERISTICS OF EACH STRUCTURE

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Note: This is a lot of information and most of it not so easy to understand! But now you have your Manual and it gives a context for every practice you will ever do (except those for the Magical Realms or for specific cultures)

Understanding the context for Life Force practices makes it easier to be motivated to do them!

BASIC PRINCIPLES

- You have 3 primary energy structures: The Dimensions of You (Axis); the Magnetic Grids of You (Atlas or Equator) and the Earth/Land of You
- Humans are more versed and anchored into the consciousness or frame of reference to one or two of these as primary structures, but they are composed of all three and have access to all three
- You position your consciousness vis a vis these structures which determine how you perceive and relate to the world

DIMENSIONS OF YOU

- You have 12 dimensions of you, each dimension connected into you through your chakras
- Dimensions are held together by your Axis; your Axis is connected to the Axis of the Planet
- Your Axis controls your state of Consciousness; when you rotate your Axis, you rotate your consciousness
- Most Western Hemisphere humans are primarily anchored into the Dimensions
- The end goal of mastering the Dimensions: experiencing the Universe of You and ending with the 12th dimension (the edge of the Universe); Enlightenment
- When in the Dimensions aspect of Self, you can:
 - Travel to other dimensions in the Universe
 - Connect with inner plane Spiritual Masters, alive or deceased
 - Connect with departed relatives or friends
 - Channel other higher vibrational beings
 - Find inner plane resources, such as Libraries of Higher Knowledge
 - Find the Akashic Records and your karmic history
 - Time/Space Travel to other time periods
 - Travel to other matter-based worlds, light formed worlds and worlds without any matter or form at all
 - Move your consciousness to nondual, unity, universal consciousness
 - Become aware of your spiritual blueprint and purpose for this life
 - Dialogue with your Higher Selves
 - Feel lighter and more expanded
- Reality orientation
 - Orientation is more to Light!
 - You are in resonance interpersonally; easy to feel connected here as resonating chakras and auric fields

- Heart chakra oriented; so easier to be empathic, grateful, compassionate
- Easier orientation to partner and couple
- You feel connected to your multi-dimensionality
- You feel protected by Beings like Guides who can guide you
- Most folks here orient to a life purpose which gives meaning
- Healers and other orient here toward fixing issues; finding root causes of issues; looking at karmic unfinished business
- Orientation is to clearing things out...like old issues
- Can focus on past life clearings, reincarnation stories and stories in general
- Can create splits where spirituality is more important than life; higher order energies are more important than life
- Can give rise to being out of the body and not grounded
- This is woo woo !!

THE EARTH/LAND OF YOU

- This structure corresponds to your skin, your elements (earth, air, fire and water), your minerals, metals and ores and the 8th dimensional field inside your skin
- It connects you to the Earth as whole and the Earth as a Land mass; you are the Earth and the Land
- This part of your field carries your imprints, your attachment patterns, your history with matter and materialized reality
- Our bodies and Nature are interwoven, interdependent and co-creative
- Activation of this field and your Magnetic Grids is vital to embodiment
- This part of you should be grounded into the Earth at birth by your parents signaling that the piece of Land onto which you are born is special to you and imprints you into a family and culture with a vital history
- Living from this state of consciousness gives rise to:
 - Feelings of deep belonging to Earth and tribe
 - Deep respect for all life forms
 - Strong feelings of being grounded and supported
 - Sense of deep alchemy and relational connection to the place of birth
 - Deep feelings of embodiment and the pleasure of embodiment
 - Patterns of behavior and belief about life, love, relationships, survival
 - Palpable feelings of being complete with your body, moment to moment
 - Pleasure in being rooted in a strong material container-the body
 - Being in right rhythm with the rhythms of the Earth and her seasons
 - Being in right relationship to plants and animals
 - Being in right connection to the galaxy
 - Dialogues with the Earth, the Land and the “Stars”
 - Felt sense of full completion at the end of life
 - Connection to elders and elder spirit guides and ancestors
 - Connection to animal and plant guides
 - Orientation is not to process issues or “spirituality”; the on-going day to day lived experience in right relationship to the Earth and her seasons is primary as is the family and tribal connection.
 - Connection is organized around the tribe’s relationship to the Earth and to the rhythms of tribe and family

MAGNETIC GRIDS OF YOU

- Magnetic field of the Earth emanates from the iron ore Core of the Earth

- You have magnetic grids and points all throughout your body and brain
- These grids in your body correspond to the Magnetic Grids in the Earth which are the same as ley lines or earth meridians
- These grids are like veins within which propagate Life Force or Chi throughout you
- Powerful sound waves which help to clear the collective consciousness also propagate within the grids; sound waves are more powerful than light waves
- Sound waves through the grids give rise to the Life Force and Life itself
- These grids also contain the history of the earth, history of its spiritual evolution and devolution, and the heritage of all living beings; the history of the evolution of material reality; this is also shared with the Earth of you
- When you are born, your spirit anchors into these grids and when it does, you become “human” and an earthling (you are spirit in matter)
- Your dimensional self comes in with a soul blueprint; your connection to the grids materializes a life path which corresponds to your soul blueprint
- Prime Magnetic Grid points in the body: Tiantien/hora, hora line, joints and bones
- True fulfillment of this aspect of you gives you a fullness of Life feeling and a high state of Awareness; OPEN FOCUS MIND and powerful feelings of creating
- Developing this aspect on an evolutionary level provides you the ability to live life in a higher vibration or octave; much less dual reality
- When your consciousness is primarily focused here you are aware of:
 - Being in the present moment
 - No karmic information
 - Few guides
 - Connections to the Life Force and Nature Devas
 - Connection to Life throughout the Universe (as life force, not as beings)
 - No mind or thoughts that get caught in issues
 - Being in the Flow
 - Making decisions wholly based on just following where there is chi; not based on soul blueprint
 - The major energy centers on the Planet which support Life
 - Being heavier, embodied, grounded
 - You operate in OPEN FOCUS MIND-alpha brainwave synchrony
 - Not strong interpersonal resonance and connectedness that way
 - More emphasis on your being very differentiated; living from who you are
 - Assumption about Life and Reality is that whatever happens is RIGHT AND IN FLOW (so fixing and clearing are not that important)
 - Adaptation is key and replaces clearing issues

LIFE FORCE

- The Life Force propagates through the ley lines of the Earth and through your body meridians
- Each planet has its own signature vibration or level of Life Force-there are higher and lower levels of Life Force
- The level of Life Force on a planet is set to an existence cycle on that planet; so, for example, the Life Force that was set during the dinosaur era is different from the level set for human existence
- In many ways the level of Life Force determines the quality of existence-the lower the level of Life Force, the lower quality of life; higher Life Force equals a higher quality of life and a higher quality of consciousness

- It is possible for an individual to exceed the average level of Life Force on the planet and the reverse is true-it is possible to have a lower level of Life Force than the planetary average; the lower the level of Life Force the more the sense of struggle and pain
- Where can you read your level of Life Force? In the lower brainwave regions, below 1 hz Delta
- When you are born, your spirit anchors into your magnetic grids and the Earth and the set point for your level of Life Force activates; your level of Life Force is influenced by everything from your history with matter, overall level of consciousness of your soul, the quality of the Land onto which you were born; your genetics, the era that the Earth is in and its set rate
- When you evolve your Life Force, you are doing many different practices-working with the set rate below 1 hz; working to shift the vibration of the place of birth; revolving the equator or Atlas of you (think of a hula hoop-you are turning it inside out); rotating the body magnetic grids, infusing the Life Force with chi from other sources, activating hidden sensory systems in the body, improving alpha synchrony brainwaves
- Improving the level of Life force affords you all the benefits of the Magnetic Grid lens plus:
 - More chi! More energy! More motivation! More energy to create! More zest!
 - Better grounding: physically, mentally, emotionally, spiritually
 - Better health and well being
 - Better Quality of Life; Life lived in more nondual presence; more Flow; more ease
 - Less struggle
 - More intuitive abilities
 - More energy for Creation!!! Life is always creating!!
 - Open Focus Mind from The Open Focus Brain, by Les Fehmi and Jim Robbins 2007
 - Integration
 - Physiological Normalization
 - Diminished Anxiety
 - Perceptual awareness is enhanced
 - Creativity, Love, Spiritual Experiences
 - Peak Performance
 - Accelerated Learning
 - Optimal Flow
 - Flexible attention
 - Move into union with diffused attention
 - Boundaries of time and space dissolve while being present
 - See Handout of article by Les Fehmi for a practice of Open Focus at the end of the article

CONSEQUENCE OF DOING THESE PRACTICES IN A GROUP

- Can feel less connected to the group
- Can feel the group overall is less connected
- Can feel confused as the group sacred geometry is radically different
- Can feel more self-empowered
- Can feel more solitary and more bounded
- When the class is over, it's over; moment to moment
- Heightened perception and perceptual awareness; more vivid perceptions
- Feeling transparent more important than understanding