

The Platform Preparation and Written Invocations Handout

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THE PLATFORM PREPARATIONS

Notes:

You can complete the Platform practice in about 10 -15minutes; alternatively you can spend more than an hour in the Platform practice if you like. Trust your own intuition when it comes to timing at each of the six phases of the practice. You can always stop the audio file, and stay in any element as long as you like. Some days, you may find yourself not even completing the whole practice, but just enjoying a particular element in the Platform.

Once you have familiarity with the Platform practice and the transmitted energies, you can do the Invocations on your own without the audio file. Be sure that you start the Invocation by saying, "I ask and allow by Spiritual Law and My Oversoul that I invoke the presence of ...(each of the 6 elements). I give permission for him/her/them to engage my energy field as they see fit for this Platform practice." Then just sit back and enjoy, while focusing gently on your breath or bodily sensations.

Many people report that they move from light trance states, into deep trance states, sometimes just hearing the tone of my voice (no specific words) or sometimes hearing nothing at all. However, they usually report coming back into focus quite miraculously at the end of the audio. That's just fine! It means that the practice has bypassed your conscious mind and gone directly into your unconscious and energy field.

1. Take a few **deep slow abdominal breaths**.
2. **Be fully present in your body** and say the following a few times...
"I ask and allow by Spiritual Law and my Oversoul that any and all parts of me that may be lingering outside of my body in some other dimension or location return to my body, rotating and anchoring into my molecules securely. This I ask and allow by Law and my Oversoul."
3. **Clear any energy reversals** in your body and energy field by massaging the EFT (Emotional Freedom Technique) sore spots. While massaging your sore spots, say aloud 6 times...
"Even though I may be reversed in any and all parts of my being, body or energy field, I deeply and profoundly accept myself."

If you are having a difficult day, then modify this to...

"Even though I may be singly, doubly, triply or quadruply reversed, I deeply and profoundly

accept myself.

4. **To Ground**, say this several times...

“I ask and allow by Law and my Oversoul that I ground, center, balance and align my entire energy field and structures in a way that is just right for me today. This I ask and allow by Law.”

Notice any changes or shifts in your body sensations or your energetic awareness as you do this.

5. **Next make sure you're relaxed and comfortable** seated or lying down – seated is recommended. Place yourself in a gentle, open focus state of mind, ready to move into a light trance state.

6. **Permission Granting**. Say...

“By Spiritual Law and with the support of my Oversoul and all of my energy structures, I give permission for this transmission practice and for all of the Invocations. I ask that *The Platform* be received as deeply into my being as is just right for me on this day. This I ask and allow by Law and my Oversoul and all of my energy structures.”

Ending the Platform Practice

When **ready to return**, say...

“I ask the Masters of the Dark Universe to escort my energy field back to a position that is just right for me for this day in order to resume my daily activities. I ask them to rotate my Dimensions, Magnetic Grids, and the Earth/Land of me back into a position that I can assume for the day.”

I take my time to come back as the Masters of the Dark Universe integrate and consolidate me. I integrate and consolidate the entire *Platform Practice* within me.”

Gently open your eyes and begin to move your *body* to readjust to a more usual state of consciousness. Allow your breathing to return to a more normal pace and rhythm.

End the practice with a simple inner smile-a smile of gratitude and an attitude of appreciation to Padma, Yeshe, The Masters of the Covenant, The Dove, The Bedouin, and to the Dark Universe and The Masters of the Dark Universe.

Be sure you are back and fully present before you actually get up and move around and be sure that you are fully back and fully present before you do anything that requires attention and concentration, like driving or exercising.

THE PLATFORM INVOCATIONS

1. PADMASAMBHAVA "PADMA"

"I invoke Padma. I ask for his intercession for *The Platform Practice*. I ask him to shift my energy field so that I connect with him in the Tiger's Nest in Bhutan. I allow him to engage with me in a way that shifts my being and body so that I have a close connection with him inside the inner spiritual realms contained within the Tiger's Nest in Bhutan."

I allow myself to see, hear, or feel Padma's connection with me, in whatever way is best for me. Whatever I experience, even if it seems like nothing at all, is ok. I give myself permission to relax and trust the process.

I take my time as I allow Padma to oversee my Dimensions or Central Axis, all of my inner Spiritual Planes, as well as my particular Spiritual Lineages as they relate to *The Platform*.

I trust that Padma is custom designing this practice for me. As I do this practice individually, it is summoning up the potency and power of the entire community."

*Stay here a few minutes or however long you want.

2. YESHE TSOGYAL "YESHE"

"I invoke Yeshe. I ask for her intercession for this *Platform Practice*. I ask her to shift my energy field, so that I can connect with her in the Tiger's Nest in Bhutan as well. I ask that she oversee my Magnetic Grids, my Central Atlas/Equator, the connection between my body, Spirit and the core of the Earth and all of my connections between Spirit and matter as they relate to the *Platform Practice*."

*Stay here a few minutes or however long you want.

3. MASTERS OF THE COVENANT

"I ask that Yeshe Tsogyal seamlessly turn me over to the Masters of the Covenant who reside in the Eagle's Nest by rotating me into a connection with the Masters of the Covenant.

I invoke the Masters of the Covenant and ask for their intercession for this *Platform Practice*. I ask them to securely anchor me into the Eagle's Nest. I ask the Masters of the Covenant to oversee the evolutionary energies in my field and to align those evolutionary energies with the greater energy field and structure that I inhabit."

*Stay here a few minutes or however long you want.

4. THE DOVE

“And now, I ask the Masters of the Covenant to escort me to the Dove, by rotating my energy field to the Dove. I ask that the Dove set up all of the sacred geometry connections between myself and the greater community, and to cross connect me with all of the elements we’ve already done and will do in *The Platform Practice*.”

Notice your energy field drop several octaves deeper into the potency of the practice. Here, the individual integrity of your energy field is preserved, while at the same time being supported and balanced by the community and the potency of all of the elements of the *Platform Practice*.

Note: Even if you do this practice on your own, **you are connecting into the potency of the community group, while not distributing anyone’s individual energy field.**

*Stay here a few minutes or however long you want.

5. THE BEDOUIN

“Now I ask the Dove to connect me seamlessly and effortlessly to the Bedouin. I invoke the Bedouin and I ask for their intercession for this *Platform Practice*. I ask them to oversee the Earth and the Land of me, to adjust my physical body, to balance my elements, minerals, metals and ores- to purify my ego structures and my bio-physiologic imprint fields. I ask the Bedouin to rotate and spin my molecules in a way that’s in accord with the intention of the *Platform Practice*.”

Notice here any body sensations such as internal heat which reflect the shift in your molecules.

*Stay here a few minutes or however long you want.

6. THE MASTERS OF THE DARK UNIVERSE

“I ask the Bedouin to rotate my energy field and all of my energy structures- my Dimensions, Grids, and the Earth and the Land of Me, in a way that shifts my field from the Light Universe to the Dark Universe.”

(Reminder: the “Dark Universe doesn’t refer to evil - it’s a physics term, where it’s void of duality and polarity; it’s a place of pure creation).

Note: You may or may not experience this shift consciously, just trust the process.

“I invoke the Masters of the Dark Universe and I ask for their intercession for this *Platform Practice*. I ask that they guide and direct my Prime Alignment allowing my Dimensions, Magnetic Grids and the Earth/Land of me to move into a flow alignment that is very powerful and positions me via the community for deep creation.

I allow myself to move deeper and deeper, octave by octave into the Dark Universe with the assistance of the Masters of the Dark Universe. I trust that they fully see, hear and feel me and that they know how to set and adjust my Prime Alignment.

With my Prime Alignment set, I continue to move into deeper octaves of creation. Here the Masters know exactly what I need to create – without my having to ask. These creations positively affect my body, mind, Spirit and energy field as well as my day-to-day life.”

Trust your own experience of this shift no matter if it feels subtle or significant. Center your mind on your breathing and on your body sensations or energetic awareness.

*Feel free to stay here as long as you want.

7. When ready to return, say...

“I ask the Masters of the Dark Universe to escort my energy field back to a position that is just right for me for this day in order to resume my daily activities. I ask them to rotate my Dimensions, Magnetic Grids, and the Earth/Land of me back into a position that I can assume for the day.”

I take my time to come back as the Masters of the Dark Universe integrate and consolidate me. I integrate and consolidate the entire *Platform Practice* within me.”

Gently open your eyes and begin to move your body to readjust to a more usual state of consciousness. Allow your breathing to return to a more normal pace and rhythm.

End the practice with a simple inner smile and appreciation to Padma, Yeshe, The Masters of the Covenant, The Dove, The Bedouin, and to the Dark Universe and The Masters of the Dark Universe – gratitude and appreciation as this practice comes to an end.

Be sure you are back and fully present before you actually get up and move around and be sure that you are fully back and fully present before you do anything that requires attention and concentration, like driving.

You are welcome to share this with anyone you feel would benefit. Please send them directly to www.Spirit-Evolving.com/the_platform so that they can start by watching the introductory Platform video and listening to the actual transmission. Thank you.

Start by listening to The Platform Practice transmission at
www.Spirit-Evolving.com/theplatform

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