

*MESSAGE OF THE STARLIGHT ANGELS
RETURNING TO HEART CONSCIOUSNESS*



By Kelarius Finex

In the Autumn of 2008, two people that were close to me passed away. It took a bit of a toll on me since prior to their deaths they were asking for help in their own special way. I was only able to do so much and when doubt set in about their intentions, I allowed myself to be influenced by the opinions of others around me and I looked the other way. I spent the next several months searching for more effective ways to help people, including myself. I wanted to be able to offer more permanent solutions that got people the help they needed. I had been working with energy bodies and the subconscious mind prior to these events. However, in my opinion, those methods would prove to be elementary. I needed to step things up a bit. I cut off the majority of my communication with the outside world for a season and sought the face of God.

During my fasting, meditation, and prayer, I began to hear instructions. I followed them. It turned out to be the Arch Angel Gabriel instructing me on how to develop the power and strength of my spiritual bodies. I used the techniques to improve my chakras, meridians, and aura. What a difference it made. I felt great. I suddenly had the urge to search for something new. I needed to learn a new healing method/technique. I did my research on all of the different healing systems and to my surprise, I found more than 15. At the top of my list were Matrix Energetics and Theta DNA Healing. I meditated to see which one to get certified in and chose Theta DNA as a result.

Theta DNA Healing for me was the beginning of a new life. No one could understand how grateful I had been to have found this practice. I went into my training with a mission: to get free from all of the hurtful and painful things that hadn't been removed by any of the previous healing modalities I had tried out over the years. Many of my peers told me that I didn't need it and that all I ever needed was within. Because I already have a very close relationship with God, I wasn't listening to them this time around. I followed the guidance of my angels and did the training. While in Costa Rica doing the Theta DNA training, I had several phenomenal healings that my other classmates were not experiencing. I credit this to my intent and my passion to create a new life.

When I returned to the States, I decided to work on myself as much as necessary because 1) there were still some kinks I needed to work out; and 2) my plans were to progress further with the Theta DNA technique and we were told in Costa Rica that we wouldn't be able to use the much more advanced techniques if we didn't work on ourselves. That being said, I literally spent 3 to 4 hours a day removing negative and limiting beliefs from my subconscious mind. I removed all that I knew was there and when I didn't know what to work on, I asked the Elohim to help me out. Well, the

Elohim would wake me up every morning at 2 a.m. and I would do about 1 ½ hour to 2 hours of additional work on myself.

As the days went on, I noticed that my senses were much keener. My dreams were very vivid. I felt light and complete. I also felt more joy. My spiritual gifts were exact and on point and way more consistent. At that point in my life, I felt Theta DNA was the answer to the world's problems. I was going to get certified and trained in Theta DNA 3 and Disease and Disorder. Little did I know that Theta DNA was not the path that I had chosen for this lifetime. It was simply a catalyst for something greater to awaken within me. The angels kept telling me that I would no longer be doing Theta. I remember saying to them, "but Theta is the way and the answer!" I kind of chuckle at myself when I think about how I firmly believed that back then.

In July 2009 I was awakened by the Elohim to share information with the world about the infusion of light bodies. Little did I know that this would be the beginning of a new journey for my life. The Elohim told me that if I were to share this information and more with the rest of the world that I would be taken care of. Although I slightly hesitated I understood that the information was necessary to get out. I quickly had to make some adjustments about how I felt about letting the world know that I had the ability to speak with the unseen forces. I had always been kind of shy about it being careful not to draw attention to myself. At this point I determined that the work was not about me but about the evolution of humanity and I wanted to do my part. As I began to work with the Elohim every day I received more and more information. Actually it was more like activations and instructions for development. The Elohim told me that I would be learning a new system and that I would be working with consciousness starting later in the Fall of 2009.

Then the Elohim began teaching me the proper way to breath. They told me that human beings had forgotten how to breathe. I assumed that it was going to be some style of yoga breathing but it was not. All I know is that by engaging in Light Breathing my growth would be soon catapulted. It never crossed my mind back then that if you wanted something, the power of that something would be available to you simply by focusing on it and using Light force energy to create it. The more that I did Light Breathing the easier it was for me to connect with other angelic beings and beings of Light.

The more and more I did the work and used the techniques they gave me, the more angels I was introduced to. Before I knew it, I couldn't keep up with the lessons because each angelic group brought with them new lessons to teach me. By this time I began working with the Angels of Light. I even saw where on my body they were

coming from. I saw their actual shape and form. It was sort of blurry at first but I could still make it out. Their bodies were vast. The way they moved reminded me of the movie *Transformers*. Could they actually shape shift into another form? Indeed they could as I would soon find out.

A few months later after consistently using the new tools that the Angels of Light had given me, a Messenger of Light came forth in what looked like a sphere with some kind of geometric shape inside of it. This messenger brought me into a great hall where another great being awaited me. It was one of the Elders of Light (that is what I was told). I was instructed to follow him. So I followed him along this path, which looked like nothing more than stars, until we came to a group of light beings. Something told me to look at my form. I hadn't realized that I wasn't in human form. In fact, I assumed any time I was taken into the higher realms that I was in human form, but this was not the case. As I looked at myself, my attention was brought back to the group in front of me. I looked just like them. This group of light beings was my star clan. I felt the familiarity of their energy in their presence. They called me by a name that I honestly can't pronounce in English. It began with something that sounds like an "s" but it is very long. Many people dream of knowing where they come from. They want to know what group of beings they belong to. I never thought that I would find out because when I would ask the question "who am I" I simply equated that with an earthly title or position. It took me some time to fully digest this. I was also told of the type of work that I and my star clan performed in the universe. Suddenly it all began to make sense. I thought back to all of the things that I had experienced in my life. I recalled being taken up into nebulas and working with different beings while doing Reiki. I remembered the visions I had of the stars coming down to my home and removing the roof of my home and telling me that I was one of them. There were so many other things that had happened in my life on this level, but I never understood the full extent.

During this conversation, it was also made known to me that I am also a part of the Starlight angels of the Star kingdom in heaven. They told me of the work I was to do and the name that I would be identified by while working in this galaxy. This name was Kelarius, which means wielder of light and priestess of light. Then, I was transported to Orion. Next, I recall standing in a room filled with beings whom I could only see from the chest up. It seemed like they were standing around a table and next I heard a feminine voice say "welcome to the Orion family" and then I heard hands clapping. I was told that a formal introduction would be made later that evening and it was made. You can read all about that in my Cosmic Confessions blog. <http://kelarius.wordpress.com/>

With all of the above being stated, I had to inform you so that you could understand how I came across this information. What you are reading about in here (heart centers and bodies of consciousness) is a small, but important fraction of the system that was given to me to share with humanity. The rest of this system is taught at the School of Eternal Light & Elevation. (www.etermalelevation.com)

A large portion of my work is to help humanity prepare for the new energies that are coming or have come into the planet, through heart consciousness. I was told that the only way humans would survive the coming change is through opening their hearts. Heart Consciousness is a system all unto itself because there are so many things involved. It is the process through which one returns to their light form, and thus their angelic form. It is the ultimate awakening of one's human potential. As you awaken those dormant parts of yourself you soon find out that there is an untapped vastness within you that is waiting to be used.

I ask that before you continue reading, you say a little prayer and ask that clarity and truth be shown to you. Ask what things are you not aware of that you need to know while reading this material. What part of yourself have you not opened up to? What part of your life has not progressed as a result of this? Then if you feel it is necessary for you to engage in the workshops provided at <http://heartconsciousness.weebly.com/>, please do so. The information here is preparing you for a life of change. You can experience heaven on Earth right now if you are willing to share in the power of love.

Blessings,
Kelarius Finex

TRANSITIONING INTO THE BODY AND STAYING THERE

The subconscious mind has the ability to relocate itself at any point in time because it is connected to the greater mind of Christ, also known as the Collective Mind of Civilization. When a person decides that they no longer want to act present or be present for the events taking place because it is too much for them to handle (i.e. too much energy is coming into the body and they are unable to express it in a timely and calming fashion). They are in fact making a decision to do nothing with the energy/emotion that is flowing into their body. They want it to stop -- literally. In their mind, they may be saying, hey, I didn't sign up for this or this is not how I intended things to go, but in reality they do have the ability to handle the situation, they just don't know how to use the tools they already have.

When a person shuts down emotionally, they are in fact shutting down their Heart Center. Their Heart Center is their direct connection to the God/Life principle in their life. It deals with their ability to feel their connection to God and the presence of God in their life. It also deals with the transmutation of lower vibrational frequencies that no longer serve a purpose. Without the activation of the Heart Center energy, energy cannot properly flow into the heart canal or the Heart Center from the light body. The reason this is important is because the light body translates the Codes of Light. The Codes of Light are the energetic pathways to self discovery of one's divinity. The opening and closing of these channels of light determines the flow of energy into the cycle of vibrational magnitude for the individual. In other words – how they handle an influx of energy. If the body says “I cannot handle this right now” it is no different than the body shutting down when it is trying to chew or digest food.. It is a very vital part of our development – our ability to digest light energy that is.

In the circle of life, all things come back from where they came. Energy is recycled. This too is a process that is governed by the heart chakra. The heart chakra is different than the heart space center yet still vitally important because if this is shut down then the Heart Center will not have the ability to open or activate. The heart space center solidifies the magnitude of energy we receive into our heart chakra. It also regulates the outpouring of the Goddess/Mother Energy into our life -- in other words the Yin of the yin/yang. There is a balance that is expected to take place here within the heart of the earth sometime soon and it is important for everyone to have the heart space centers aligned with the new energies of light as there will be an influx of Goddess energy coming our way.

Our divinity is determined by our ability to master the lower senses of the physical body. Without this ability, the human mind stays in an animalistic state, gratifying the

lower senses of man. The lower senses of man have no responsibility to the Higher Forces of Light other than self-survival or preservation or animal instincts. The human cannot advance nor evolve into a higher state of being so long as it is operating from the lower senses. It will in fact begin to degenerate at a time when the energy of the planet is supremely high and still evolving. The individual either comes with the Common Collective of Light or they fall to the way side like ashes of a meteor star.

Ultimately, what is being said here is that in order for you to embrace your God-Like transition, you must open up and feel God in your heart. It is the point of transfiguration for the soul body and the soul mind. It is the point of no return for those individuals who are ready to cross over and do their work on the other side in different states of being.

BODIES OF CONSCIOUSNESS

Everything that exists is a thought form. The thought form holds the vibrational frequency to sustain imagery in the mind, emotions within the body, memories of activities, and stimulation of activities. It takes on geometric shapes and forms that are conducive to the energy necessary to sustain its life. Thought forms exist within a collective body of consciousness as well as individual bodies of consciousness. All bodies of consciousness are stored within the subconscious mind.

A collective body of consciousness can be that which is experienced within humanity on a social level (i.e. schools, churches, family gatherings, etc.). All who attend social gatherings can remember what happened, how they felt, and what they were thinking. The reason this is possible is because the body of consciousness harnessed the collective experience, thoughts, and emotions of all that attended.

The individual body of consciousness, which is with the individual at all times, houses the thoughts and feelings about the event and the people there, and it will eventually merge with the other bodies of consciousness of the other individuals at the event. This is what creates the collective body of consciousness. As all depart and walk away from the event, they are in fact walking away with a heavier load.

Whether the individual agrees with what happened at the event, what others thought and the emotions of everyone there, has nothing to do with their capacity to merge with the other bodies of consciousness. The merging will happen either way as this is a form of how we connect with each other as humans and how we understand our existence. The body of consciousness, however, does not have to remain within the individual. It can be removed at any time.

On the other hand, retention of the collective bodies of consciousness will directly influence the individual's life through emotion and beliefs should it remain merged. In other words, the individual will always be carrying what is not theirs. In the same token, this is not necessarily a negative thing as all bodies of consciousness are not unpleasant.

It just does well to be aware of the choices one has when it comes to understanding on an energetic and spiritual level how one is influenced by the impressions they have gathered from the conscious collective.

The reason the collective body of consciousness influences the life of the individual is because it is stored within the subconscious mind. The subconscious mind is where the

belief system is held. Now, it is not only the collective body of consciousness that is influencing the individual, but their personal bodies of consciousness as well.

For every experience one has, there is a body of consciousness that houses this experience and the thoughts and emotions that go along with this experience. Have you ever had a time where you could remember something like it just happened yesterday? Depending on your ability in remembering, you might smell what you smelled that day. You can in fact recall the experience of all of your senses, so besides smelling, you will remember what something felt like when you touched it, how it made you feel emotionally, and the vividness of its' appearance. What is interesting is that these bodies of consciousness will continue to exist whether you remember it on a conscious level or not. The program has already been set in the subconscious mind.

When you remove that body of consciousness, it removes the collection of belief systems that are stored within it, thereby allowing you to be free and not overrun by the activities of any experience. You become lighter and your heart opens more which will allow you to take in more positive energy and the love vibration.

The body was energetically created to hold vast amounts of the Love Vibration through the Heart Centers. The Heart Centers, which are a part of the multi-dimensional aspects of the Higher Selves, have to go through a re-opening or activation. As they are activated, they begin to take in more of the love vibration so that the body can once again get use to accumulating the higher frequencies. All activations and developments happen within stages. One Heart Center at a time is cleared so the love vibration can easily flow to the next pathway in the following Heart Center.

As each Center is cleared, the body activates the next set of multi-dimensional pathways of light. The energy flows like a river, spewing into the next light body. The light body, and there are several, is the body of consciousness. Light energy comes in varying frequencies. So when you think of a light body, it is not necessarily always going to be a high vibrating one.

The lower light bodies or bodies of consciousness are what hold you into the current state in which you are experiencing in this reality. As you remove the unwanted bodies of consciousness, you reconnect with your divine form. This is in fact the state through which man or humanity "fell from grace." It was through consciousness. The very act of removing bodies of consciousness will create what is called a Conscious Shift. The Conscious Shift is what takes you out of the realm of typical human thinking, experience, and awareness. The Shift will bring you closer to your divine state because you will become more aware of your true form. Your awareness expands to the next

body of consciousness that is vibrating at a higher frequency. You eventually merge with what can be considered multi-dimensional thinking. This is so, because you are merging with that part of yourself that exists on that next higher plane. Within the next higher plane is a vastness of wisdom and intelligence which exceeds the realm of human thinking. It is as if you go through an instant download of inner knowing without question.

As you continue to go through Conscious Shifting, you become more aware of the several other energy centers that dwell in your multi-dimensional bodies. As each body of light is accessed, a higher amount of the love energy is “poured” into the body until you are completely merged (mentally) with your true form of creation. The opening of the Heart Chakra on each of the Heart Centers is opened or remains opened and take in a more refined form of energy. The individual, who may not have been in their body meaning they are not grounded, is suddenly present and aware. They will feel the connection and the oneness with all life. It is in this state that duality ceases to exist as it can only exist outside of love. Love is an energy that is emitted from the Source and Center of all creation known as God.

As one goes through Conscious Shifting, they no longer breathe solely through their nostrils, but the breathing occurs through the body of consciousness also known as light bodies. The body is of course breathing in varying degrees of love and light energy. The focal point for the breath now becomes known through the heart. As the individual focuses on their heart and takes in expansive light/love breaths (breathing in light or love energy), their state of consciousness is reinforced in the higher light body or body of consciousness. It is through the dimensions of the heart that all will come to know their divinity and their power.

If one can get past any fears and ego, then the process will be very simple, but highly effective. Some ideas for the bodies of consciousness that can be removed include, but are not limited to: poverty consciousness, promiscuity consciousness, burden of struggle consciousness, consciousness from childhood to adolescence to adult life. Any time you begin to live a different life style and do things differently, the old body of consciousness is still there. It will continue to live a life of its own and may even bother you or try to get your attention from time to time. Have you ever made a statement like “well, that was the old me”? You were referring to those bodies of consciousness. Bodies of conscious can also be passed down from generation to generation, including from previous life times. If you want to dramatically change your life, first begin with family issues from childhood. Next look at the behavioral patterns of your family (mother and father’s side) and remove those as well. Once they have been removed,

you will be surprised to feel differently. You will even notice that you respond differently to people and situations.

Also, with the planet Earth, she is shifting as well. As we shift into different states of consciousness, she is doing the same thing and releasing those things she no longer needs to experience. Her Shifting equals our shifting and determines what direction we will take as our destiny is with her destiny.

RETURNING TO HEART CONSCIOUSNESS

Most people are living their lives with a closed heart. It opens from time to time but it doesn't stay open. People generally feel happy *maybe* during special occasions if things go the way they anticipate. They may also feel happy and have an open heart when they fall in love, when they have sex, when they get a large sum of money, etc. In this sense, opening ones heart and *keeping it open* are purely based on the belief system of the subconscious mind. One now has to have a *reason* to keep their heart open. And of course, we all know that one's emotions are directed by the thoughts, which determines the course of satisfaction one experiences. If there is no satisfaction then there is no happiness at heart. If there is no happiness at heart, then there is no peace. And without peace their dwells the world of discontent.

When people are discontent, they generally complain, judge, and criticize themselves as well as others they know and don't know. The ego (big and little) has to control everything it can as a way to protect itself. The problem with this is that this way of living has been accepted as a natural state of mind. It is rather more of a "normal" state of mind. In other words, it is not how God intended things to be for us. This is what we chose and this is what we created.

We shout "hey, I can do what I want to do and it is my choice because I am an adult." Of course we are absolutely right about this. However, in doing so, we have removed ourselves so far away from our divinity that we have forgotten the truth as to whom we are. This state is much like a rebellious child that is out to prove a point to his parents. The child says "Don't tell me what to do and I don't need your help." Then they storm off quickly, tripping themselves up quite a bit. In fact, they continue tripping themselves up so much so that they decide to stop "storming" off so they don't fall down and scrape up their knees any more. Now, the difference between the modern day adult and the rebellious child is that there is a greater chance the child will return to their parents to seek advice. The modern day adult has calculated and created an alternate route to stay in control because things are safer that way. They will reason their shortcomings, master their manipulations, and accept the ways of the world and say to themselves that this is just how things are.

In order for one to accept the fact that they need help or they need to do things differently, they must be willing to surrender their ego. Because the majority of people are dealing with fear: fear of rejection, fear of getting emotionally hurt, fear of losing control, fear of failure, fear of success, fear of pain, etc. It comes in many forms. Many people are not sure what to expect sometimes. Most do not like the unexpected and this is why they work so hard at staying in control. It makes one feel vulnerable and because

of our disassociation with our true divine nature, we have forgotten how to tap into the inner knowing. Either way it goes, it is still fear based and regardless of how we would like for things to be, vulnerability always exists on some level so long as the heart is closed.

When we were children, we had an open heart. We loved freely. If someone close hurt us, we forgave them. If it took a discussion to forgive them, then that would be all it would take and that same day we would be laughing and playing together again. As a child, we were open to experience and learn about life and things and other people. We would never fathom the idea of having to emotionally protect ourselves so that we wouldn't get hurt. Protection became a learned behavior because we were taught that it was not wise to be "open like a book." We were taught that it was not wise to be so trustful and forgiving. Our innocence was considered a weakness and once we "lost" it we either believed it was impossible to attain once again or that there was no need to attain it again.

Innocence is what keeps one humble. It is what keeps one in a non-judgmental state and it helps you to express unconditional love. Unconditional love is expressed in this state of mind because that is all you know to exist. When one feels the love flowing through their heart at all times all they know is to express it. The parameters for that expression do not even exist. Think of all the times you experienced falling in love. That person could do no wrong in your eyes. We even say things like "love is blind." Think about when you had your first child. You would love that child so much so that they would "want for nothing." For these things and many more that are not mentioned here, some of us have decided to be unconditional while others stand by and criticize the unconditional love that is expressed. Some of us ignore the criticism while others give in to it.

Because of the current conditioning of our states of mind, we have convinced ourselves that the only way we can experience love safely is under our own terms and conditions. On top of that, we believe the only way we can feel and experience love is through another person, a circumstance, or a situation. Yet, the energy of love is available at all times because it is the very thing that sustains all life. The only reason you are unaware of this is because you have conditioned yourself to open and close your heart on a regular basis, like a light switch. This is why one minute you are in love and the next minute you are not. You have refused to keep it open out of pain and fear.

When the heart stays open, the heart chakra that is – which is only ONE of the centers of the body that contains the love energy – one feels love every moment of the day. It is this love that assists you with your emotional and self development. It is this love that

helps you to understand your purpose in life and how to respect other people's purpose in life.

It is this love that truly allows you to accept people for who they really are without trying to change them. It is this love that helps you to define your own success and how to attain it. It is this love that teaches you how to raise your children with knowledge and wisdom. It is this love that helps you to accept your image and self-expression. It is this love.

With a closed heart, one cannot even mature into the divine spiritual being that they are (yes, you are more than physical). One becomes trapped in experiencing the Tree of Knowledge of Good and Evil. This tree produces things of a feel good nature. All things are based on self-gratification. Self-gratification tends to create illusions around that state of mind. This is the world that most live in and this is why most daydream a lot. It removes you from the reality that you are currently in. You are either daydreaming because of what you would like to experience or because of what you do not want to experience. This is that part of you that has not accepted the truth about what is really going on inside of you and your life.

With an open heart, pain and suffering does not even exist. The body and the individual only feel bliss. The individual is very clear about what is illusionary and what is not. They are aware and feel the connection of their state of oneness with God. There is no worry or frustration. They feel the harmony with all life. The body opens up and feeds from the Tree of Life.

The Tree of Life dwells within the human body. It is the blueprint for our spiritual anatomy. Spiritual Anatomy is something that we have not accepted because we cannot see or feel in the spiritual realm as easily as we use to – so we deny it. When one takes time to exercise their spiritual bodies just like they do with their physical body, then this seeing and feeling gradually returns. As one begins to heal and release past pains and judgments, they become lighter. The Tree of Life is ready for activation. There is no need for a bishop, pastor, or priest to activate this or to help you to understand how to open up to Love. This is so because the Book of Life is written within your heart. You possess what is called an Energetic Signature on your heart. In fact, there are several Energetic Signatures and there are several Heart Centers on the body that hold high frequencies of the Love Vibration. Since you have been accustomed to experiencing emanations of light known as emotions, you have to reacquaint yourself with the different types of energy that exist in and around you.

Emotions are emanations of light whose expression is determined by one's belief system. The emanations are the spectrums of light that shine forth from the presence of God. The emotion is seeking an avenue through which to express itself as it must continue in motion. Keep in mind the definition of expression in this sense refers to the energy or the emotion being able to leave (continue to flow) out of the body and this is why they are temporary. If the emotion does not continue to flow, then the heart begins to close. If the heart closes, then the rest of the body begins to shut down. The energetic heart functions very similar to that of the physical heart. The body has to gradually be opened up again to love. Love carries a very high vibrational frequency and the majority of humans are functioning at a very low frequency because of the emotions they are holding on to. The ascent into the power of the Tree of Life requires first working with Light energy. The Light energy is not the emanations of light that one is used to, but the Light itself that the emanations come from. It is the prelude to the flow of love energy entering the heart.

Think of it this way: let's use hot water as an example. Let's say when you use water, you generally keep it at a moderate temperature. You can only stand the water being so hot. Now, if you were to gradually increase the temperature of the water every day, eventually you would be able to stand a higher degree of that frequency. The frequency in this case is heat. The thing to remember is that you had an adjustment period. The human body will adapt to whatever you expose it to. So if you have been dealing with lower emotions it will adjust whatever it needs to in order to sustain itself. This is especially true when dealing with your spiritual anatomy as it is all based on energy. Now, the more you take in light energy, the lighter you become because you are vibrating at a higher frequency. As you take in more light, the body will circulate the stagnant energy (heavy/negative emotions) so that much higher vibrating energy can come in. It naturally understands what you are doing since this is its original state.

During this time, many things will come to surface from the subconscious mind that requires resolution. Resolution can come through directly removing and replacing the negative/limiting beliefs or it can come through conscious shifting. Conscious shifting is what creates the healing in the mind. Consciousness is what holds the body of beliefs within the mind. Once this occurs, the body will respond and the old way of thinking will no longer exist as well as certain physical conditions. When the heart is open, the body will heal itself on all levels. It is the mind that holds all vibrational frequencies. The mind is throughout the body as each organ thinks and feels (see PNI – psycho neuro immunology which explains this). Each part of the body holds a state of consciousness that corresponds to the Tree of Life or the Tree of Knowledge of Good and Evil. You are either dealing with the lesser light or the greater light. As you go through your conscious shifting, the entire body goes through the transition as well.

You will continue to experience many different uprisings of unresolved issues as healing happens one layer at a time. As these layers are removed, elevation will occur. The elevation takes place through consciousness.

As the layers are removed, one's consciousness expands and the awareness is increased. It is in this state that you become more aware of your divine nature. You are able to hear and communicate with your angels and other beings of light. You learn more about your spiritual anatomy and the multi-dimensional bodies. For each state of awareness, there is a body that holds that level of consciousness. We call these Light Bodies. Within each body lies another set of energy systems. As each body of light is awakened or activated, the individual is able to take in more light and different kinds of light energy such as star energy or rainbow energy.

Star energy secures the emotional frequency needed to allow the love energy to prepare one for the changes happening in the earth. It removes negative forces of light from around people. Star energy opens people up to the possibility that they are more than what they think they are. It is a prelude of transition into angelic form. Rainbow energy is used in combination with Star energy as it helps with development of the mental body into higher conscious states. It alters the consciousness of the mind. If you ever make it to this point, you will be working very closely with Angels and Arch Angels and you will be able to see them very vividly with your inner vision or 3rd eye. More specifically, you will be working with the Angels of Light and the Star Light Angels. If you remain consistent with the work, your Angels will attune the Christ Light vibration to your chakras. The Christ Light will break down the illusions. It will also transform disease/illness (mental/emotional/physical) into a light body that will receive love energy.

The body will go through different stages of taking in more intense levels of the love vibration. As you progress, each stage goes deeper and deeper into the subconscious mind. It will bring to light all things that you need to let go of through forgiveness. Forgiveness is necessary to keep the heart completely open at all times. Forgiveness is also necessary to enter into the holier realms of light or Heaven as we call it.

As you go into the state of expanding your heart and sustaining greater amounts of Love energy, you release all things that you no longer wish to experience. Understanding what happened with any particular situation or person becomes instant as you are now attuned to the All Knowing. What seemed like an eternity of sorrow and sadness now leaves the body. All of the energy channels of the body will open and will stay open. The energy will flow much better now. You will feel like your whole body is breathing. People will no longer be able to "vamp" off of your energy as now they are

receiving love through you from God. Finally, the circuit is complete. You see the circuit was originally created where the Love of God goes into the planet and the inhabitants thereof and then that love energy circulates through the planet and the inhabitants and returns to God. Even being in love with someone or sharing and expressing love is suppose to be from this point – the love comes into you and is exchanged between you and the other person. This is what being “in love” really meant – that is being in the flow of the Love energy.

What is interesting in all of this is that when you finally make up your mind to open your heart and attune to love, you will realize that it has been there all along. They say it is the mind that gives the illusion that one is removed from the presence of God and here, in this sense, we can come to understand how. No longer do we have to sit and wonder how to “let go and let God.” No longer do we have to try to figure out how to let go of things that are sorrowful to the heart. We don’t have to have broken hearts, which actually means that the flow of love energy into the heart has been disrupted. We can return to our divine state if we choose to.

I believe the greatest secret kept is that we are walking around with the keys to heaven in our hearts and we have never used them. Some of us think we have to die in order to experience eternal bliss, but this is not so. You can experience heaven NOW. Being in heaven now does not mean you don’t get to enjoy life, it makes life MUCH better! I’ve gone through everything in this article that I have written and much more and I can tell you that everything I have ever gone through in my life was worth it – simply because it brought me to this point. I cannot tell you how there were some things that I was emotionally hysterical about. I held on to deep sadness, anger, frustration, disappointment, and discouragement. The more I opened and expanded my heart, the more love I am able to sustain and feel throughout the day.

I feel this is something everyone should experience. Everyone has the right to chose to experience love all the time. Everyone has the right to use the tools to change their circumstance. People respond to the energy inside of you. They respond to how you feel and the energy you are giving off. If you have a lot of negativity inside of you that you have not resolved, then you tend to have a lot more drama in your life. If you have a lot of positive energy inside of you, then you tend to attract nicer people and have more pleasant experiences. Yet still, when you open your heart and expand it to God’s love, you trigger the opening of the heart in others. You activate their body’s innate intelligence to commune with the Love of God and to bring it forth in their lives. This is the greatest gift that we could give to one another and the planet. Love creates love and is contagious.