

drunvalo melchizedek 2023

Drunvalo Melchizedek 2023: An In-Depth Exploration of His Latest Insights and Contributions

Drunvalo Melchizedek 2023 marks another significant year in the ongoing journey of this renowned spiritual teacher, author, and sacred geometry expert. As a pioneering figure in the realm of consciousness expansion and spiritual awakening, Melchizedek continues to influence thousands worldwide with his teachings, workshops, and writings. In 2023, his work remains highly relevant amidst global shifts, emphasizing personal transformation, cosmic awareness, and the awakening of human consciousness. This article provides a comprehensive overview of Drunvalo Melchizedek's activities, teachings, and influence in 2023, structured for optimal SEO visibility.

Who Is Drunvalo Melchizedek?

Background and Biography

Drunvalo Melchizedek is an American spiritual teacher, author, and founder of the Flower of Life Workshops. His work revolves around sacred geometry, consciousness, and spiritual awakening. He gained international recognition through his best-selling books like *The Ancient Secret of the Flower of Life* and *Serpent of Light*.

Core Teachings

His teachings focus on:

- Sacred Geometry
- Merkaba Meditation
- The Flower of Life Symbol
- Consciousness Expansion
- Ascension Processes

Drunvalo Melchizedek in 2023: Key Activities and Focus

1. Continued Workshops and Seminars

In 2023, Drunvalo continued to host online and in-person workshops globally, focusing on:

- Merkaba Activation
- Sacred Geometry and Energy Healing
- Personal Transformation Techniques

These workshops aim to help participants activate their own energy fields, access higher states of consciousness, and understand the cosmic design of reality.

2. New Book Releases and Publications

In 2023, Melchizedek released new writings and updated editions of his previous works,

emphasizing:

- The latest insights into cosmic energies
- Practical applications of sacred geometry
- The role of consciousness in shaping reality

3. Media Appearances and Interviews

Drunvalo participated in several podcasts, interviews, and online summits, discussing:

- The current spiritual awakening happening worldwide
- The shift in planetary energies
- The importance of individual responsibility in collective evolution

Core Themes of Drunvalo Melchizedek in 2023

A. The Ascension Process and Humanity's Evolution

One of the main themes Melchizedek emphasizes in 2023 is the ongoing planetary and human ascension. He highlights:

- The importance of raising personal vibrational frequency
- Recognizing the shift from fear-based to love-based consciousness
- Preparing for energetic and dimensional shifts

B. Sacred Geometry and Cosmic Design

Melchizedek continues to teach about sacred geometry as the blueprint of the universe. In 2023, he emphasizes:

- The significance of the Flower of Life pattern
- How geometric shapes influence consciousness and matter
- Practical ways to integrate sacred geometry into daily life

C. Merkaba Activation and Inner Alchemy

The Merkaba, a spinning energy field around the body, remains a central focus. In 2023, new techniques and insights have been shared:

- Advanced Merkaba meditation practices
- Harnessing the Merkaba for higher dimensions
- Personal and planetary healing through Merkaba activation

Key Teachings and Techniques of Drunvalo Melchizedek in 2023

1. The Flower of Life and Its Significance

The Flower of Life symbol is foundational in Melchizedek's teachings. In 2023, he emphasizes:

- Its role as a sacred geometric pattern representing creation
- How to meditate with and activate the Flower of Life
- Its application in manifesting intentions and healing

2. Merkaba Meditation

A core technique that Melchizedek promotes involves activating and spinning the Merkaba. Steps generally include:

- Centering the mind and body
- Visualizing the Merkaba spinning around the body
- Raising vibrational energy through breath and intention
- Connecting with higher consciousness

3. Consciousness Expansion Practices

In 2023, Melchizedek advocates for daily practices such as:

- Mindfulness and meditation
- Connecting with natural energies
- Using sacred symbols for affirmation and intention

The Impact of Drunvalo Melchizedek's Work in 2023

Spiritual Community and Global Influence

Drunvalo's teachings continue to inspire a global community seeking spiritual growth. His influence is evident through:

- The growing number of online followers
- The expansion of workshops into new regions
- The integration of sacred geometry principles in various spiritual practices

Scientific and Esoteric Integration

In 2023, Melchizedek's work bridges science and spirituality, emphasizing:

- The mathematical basis of sacred geometry
- The connection between consciousness and physical reality
- New research supporting energetic and geometric healing modalities

How to Engage with Drunvalo Melchizedek's 2023 Teachings

Attend Workshops and Seminars

Check his official website or trusted platforms for scheduled events, both online and in-person.

Read and Study His Latest Publications

Explore his newest books and updated editions for a deeper understanding of his teachings.

Practice Sacred Geometry and Meditation Daily

Implement techniques like Flower of Life meditation and Merkaba activation to experience personal transformation.

Join Online Communities

Participate in forums, social media groups, and live sessions to stay connected and share experiences.

Future Outlook: What to Expect from Drunvalo Melchizedek in 2024 and Beyond

Continued Expansion of Teachings

Expect Melchizedek to deepen his exploration of consciousness, sacred geometry, and cosmic energies, possibly introducing new methods and insights.

Collaboration with Other Spiritual Leaders

Potential collaborations could amplify the reach of his teachings and foster a broader spiritual awakening.

Technological Integration

With the rise of virtual reality and AI, Melchizedek may incorporate innovative tools to enhance experiential learning.

Conclusion

Drunvalo Melchizedek 2023 remains a pivotal year in his ongoing mission to elevate human consciousness and unlock the divine blueprint of creation. His teachings on sacred geometry, Merkaba activation, and spiritual awakening continue to resonate with individuals seeking higher purpose and enlightenment. Whether you are new to his work or a seasoned practitioner, embracing his latest insights can catalyze profound personal and collective transformation in 2023 and beyond.

Keywords for SEO Optimization:

- Drunvalo Melchizedek 2023
- Sacred Geometry
- Merkaba Meditation
- Flower of Life
- Spiritual Awakening
- Consciousness Expansion
- Ascension 2023
- Spiritual Workshops
- Energy Healing
- Cosmic Design

Frequently Asked Questions

What are the main teachings of Drunvalo Melchizedek in 2023?

In 2023, Drunvalo Melchizedek continues to emphasize the importance of awakening consciousness, sacred geometry, and the role of the heart in spiritual transformation. His teachings focus on integrating ancient wisdom with modern practices to elevate human vibration and awareness.

Has Drunvalo Melchizedek released any new workshops or events in 2023?

Yes, in 2023, Drunvalo Melchizedek hosted several online and in-person workshops centered around the Flower of Life, merkaba activation, and multidimensional consciousness, aiming to help participants achieve higher states of awareness.

What is Drunvalo Melchizedek's perspective on the current global spiritual awakening in 2023?

Drunvalo Melchizedek views 2023 as a pivotal year for global spiritual awakening, encouraging individuals to connect with their inner divine essence and participate in collective consciousness shifts through meditation, sacred geometry, and heart-centered practices.

Are there any recent interviews or publications by Drunvalo Melchizedek in 2023?

Yes, Drunvalo Melchizedek has appeared in several interviews and released new writings in 2023, discussing topics like conscious evolution, the awakening of the planet, and the importance of sacred geometry in understanding our multidimensional reality.

How does Drunvalo Melchizedek view the role of sacred geometry in 2023?

In 2023, Drunvalo emphasizes sacred geometry as a fundamental blueprint of creation, essential for personal and planetary evolution. He advocates for integrating sacred geometric principles into daily life to facilitate spiritual growth and harmony.

What insights does Drunvalo Melchizedek offer about the Earth's energy shifts in 2023?

Drunvalo Melchizedek suggests that 2023 is a year of significant energetic shifts on Earth, urging individuals to align with higher frequencies through meditation, heart activation, and understanding the Earth's sacred geometric patterns to navigate these changes consciously.

Additional Resources

Drunvalo Melchizedek 2023: An In-Depth Exploration of His Continuing Influence and Teachings

In the realm of spiritual growth, consciousness expansion, and ancient wisdom, few figures have left as profound a mark as Drunvalo Melchizedek. As of 2023, his teachings, workshops, and insights continue to inspire thousands worldwide, maintaining his reputation as a leading voice in sacred geometry, multidimensional awareness, and spiritual awakening. This article provides a comprehensive review of Drunvalo Melchizedek's current activities, core teachings, and the relevance of his work in 2023, offering both longtime followers and newcomers an in-depth understanding of his evolving influence.

Who is Drunvalo Melchizedek? An Overview of His Life and Legacy

Before delving into his recent activities, it's essential to understand Drunvalo Melchizedek's background and why his teachings have garnered such attention within spiritual and New Age communities.

Early Life and Spiritual Awakening

Born as Arnold Nathaniel Melchizedek in 1942, Drunvalo's journey into spirituality was shaped by a diverse background that includes architecture, art, and consciousness studies. His exploration of sacred geometry, ancient civilizations, and mystical traditions led him to develop unique methods of awakening and consciousness expansion. His early years involved deep studies of Egyptian, Mayan, and other ancient cultures, emphasizing their geometric and spiritual significance.

The Birth of the Melchizedek Teachings

The core of Drunvalo's teachings revolves around the concept of the Melchizedek energy, a high-frequency consciousness linked to the order of Melchizedek, a biblical and mystical figure representing divine wisdom. He emphasizes the importance of reconnecting with our divine blueprint through practices like the Flower of Life meditation, sacred geometry, and Merkaba activation. His work aims to elevate human consciousness and facilitate personal and planetary transformation.

Global Influence and Publications

Throughout the decades, Drunvalo has authored several influential books, including:

- The Ancient Secret of the Flower of Life (Volumes 1 & 2)
- Living in the Heart
- Serpent of Light

His teachings have been disseminated through workshops, online courses, and international conferences, establishing him as a prominent voice in the spiritual community.

Drunvalo Melchizedek in 2023: Current Activities and Focus

As of 2023, Drunvalo Melchizedek remains active, continuously evolving his teachings and engaging with a global audience. This section explores his recent endeavors and what followers can expect from him this year.

Workshops and Courses in 2023

Despite the challenges posed by global events, Drunvalo's commitment to teaching remains steadfast. In 2023, he offers a variety of online and in-person workshops focused on:

- Sacred Geometry and the Flower of Life: Deep dives into geometric patterns that underpin creation and consciousness.
- Merkaba Activation: Techniques aimed at awakening the multidimensional light body for spiritual ascension.
- Heart-Centered Living: Practices to enhance connection with the heart's intelligence, fostering love and compassion.

These courses often include guided meditations, experiential exercises, and community sharing, emphasizing personal transformation and collective awakening.

Public Appearances and Media Presence

Drunvalo frequently appears on podcasts, webinars, and spiritual summits in 2023, sharing insights on:

- The planetary shifts occurring in 2023 and beyond
- The role of sacred geometry in the new earth paradigm
- Personal and collective tools for navigating energetic changes

His presence on social media platforms remains active, where he posts short teachings, updates, and motivational messages aimed at fostering widespread awakening.

Collaborations and Projects

In 2023, Drunvalo has collaborated with other spiritual teachers, researchers, and organizations to develop new initiatives, including:

- Online learning platforms dedicated to sacred geometry and consciousness studies
- Documentaries and visual media exploring ancient wisdom and modern science
- Initiatives aimed at ecological restoration and planetary healing, emphasizing humanity's role in restoring balance

The Core Teachings of Drunvalo Melchizedek in 2023

While his foundational teachings remain consistent, Drunvalo's focus in 2023 emphasizes integrating ancient wisdom with modern scientific understanding, especially in the context of planetary transformation.

The Flower of Life and Sacred Geometry

At the heart of Drunvalo's work is the Flower of Life, a geometric pattern representing the blueprint of creation. In 2023, he continues to emphasize:

- The importance of meditating on sacred geometries to access higher states of consciousness
- Understanding the geometric principles underlying DNA, physical matter, and spiritual realms
- Applying sacred geometry to healing practices and energy work

He teaches that by aligning with these patterns, individuals can activate dormant potentials within themselves and participate consciously in planetary ascension.

Merkaba Activation and Multidimensional Travel

The Merkaba—a spinning light vehicle around the body—is central to Drunvalo's teachings. In 2023, he underscores:

- The significance of Merkaba activation as a tool for navigating multiple dimensions
- Techniques to accelerate Merkaba spinning for spiritual awakening
- The role of Merkaba in preparing for future energetic shifts

His teachings suggest that mastering Merkaba technology is essential for those seeking to ascend to higher vibrational frequencies and explore multidimensional realities.

The Heart-Centered Path

A recurring theme in Drunvalo's recent teachings is living from the heart. In 2023, he advocates for:

- Developing emotional mastery and compassion
- Using heart-based meditation as a means of aligning with divine will
- Recognizing the heart as the gateway to higher consciousness and unity consciousness

He posits that a shift from mind-centric to heart-centric living is crucial for individual and planetary healing.

Integration of Science and Spirituality

In 2023, Drunvalo emphasizes the importance of bridging scientific discoveries with spiritual wisdom, highlighting:

- Quantum physics and consciousness studies supporting sacred geometric principles
- The role of energy fields and bio-geometry in health and well-being
- The potential for technology to serve spiritual awakening rather than hinder it

This integrative approach aims to make his teachings accessible and relevant in a rapidly evolving technological era.

The Relevance of Drunvalo Melchizedek's Work in 2023

Understanding why Drunvalo Melchizedek remains influential in 2023 involves examining the broader context of planetary and human evolution.

Planetary Ascension and Global Shifts

2023 is marked by significant energetic changes, including shifts in consciousness, climate, and societal structures. Drunvalo's teachings offer tools to:

- Navigate these changes with awareness and grace
- Activate inner light and higher dimensional capabilities
- Contribute positively to planetary healing and awakening

His emphasis on sacred geometry and multidimensional awareness provides a framework for understanding and aligning with these shifts.

Spiritual Empowerment and Personal Growth

In an era where information is abundant yet often overwhelming, Drunvalo's focus on heart-centered practices and ancient wisdom empowers individuals to:

- Access their innate wisdom
- Cultivate inner peace amidst chaos
- Embark on a conscious journey of self-realization

His teachings serve as a compass for those seeking authentic spiritual growth in 2023.

Bridging Ancient Wisdom with Modern Science

The ongoing integration of science and spirituality makes Drunvalo's work particularly relevant, fostering a holistic understanding of human potential and the universe.

Critiques and Considerations

While Drunvalo Melchizedek's teachings resonate with many, it's essential to approach them with discernment:

- Scientific Validation: Some claims, particularly about multidimensional travel and energy fields, lack mainstream scientific validation but are supported by experiential and esoteric sources.
- Accessibility: His teachings often require dedicated practice and openness to mystical concepts, which may not appeal to everyone.
- Personal Responsibility: As with all spiritual teachings, individuals are encouraged to use discernment and integrate practices safely.

Conclusion: Drunvalo Melchizedek's Enduring Legacy in 2023

In 2023, Drunvalo Melchizedek remains a vital voice in the ongoing evolution of human consciousness. His teachings continue to inspire a global community seeking higher understanding, multidimensional awareness, and planetary healing. Through his workshops, media presence, and publications, he offers accessible tools rooted in sacred geometry, heart-centered living, and multidimensional technology.

Whether one is a long-time student or a curious newcomer, engaging with Drunvalo's work in 2023 provides an opportunity to explore the depths of ancient wisdom and participate consciously in the

unfolding new earth. As humanity navigates unprecedented energetic and societal shifts, his emphasis on love, awareness, and sacred geometry offers a guiding light for collective evolution.

In essence, Drunvalo Melchizedek's ongoing contributions serve as a bridge between the mystical and the scientific, the ancient and the modern, fostering a holistic path toward awakening in 2023 and beyond.

Drunvalo Melchizedek 2023

drunvalo melchizedek 2023: *The Routledge Handbook of Progressive Rock, Metal, and the Literary Imagination* Chris Anderton, Lori Burns, 2025-02-26 This Handbook illustrates the many ways that progressive rock and metal music forge striking engagements with literary texts and themes. The authors and their objects of analytic inquiry offer global and diverse perspectives on these genres and their literary connections: from ancient times to the modern world, from children's literature to epic poetry, from mythology to science fiction, and from esoteric fantasy to harsh political criticism. The musical treatments of these literary materials span the continents from South and North America through Europe and Asia. The collection presents critical perspectives on the enduring and complex relationships between words and music as these are expressed in progressive rock and metal. The book is aimed primarily at an academic market, valuable for second- through final-year students on undergraduate courses devoted to both popular music and to literary studies, and to postgraduate programs and researchers in a range of fields, including popular music studies, musicology, creative music performance and composition, songwriting, literary studies, narrative studies, folklore studies, science fiction studies, cultural studies, liberal studies, and sociology, and for media and history courses that have an interest in the intersection of narratives, music, and society.

drunvalo melchizedek 2023: Serpent of Light Drunvalo Melchizedek, 2008-01-01 "Serpent of Light is a masterful description of the great Earth activations that are occurring during the end of the Mayan Calendar." —Barbara Hand Clow, author of *The Mayan Code* Every 13,000 years on Earth a sacred and secret event takes place that changes everything. Mother Earth's Kundalini energy emerges from its resting place in the planet's core and moves like a snake across the surface of our world. Once at home in ancient Lemuria, it moved to Atlantis, then to the Himalayan mountains of India and Tibet, and with every relocation changed our idea of what spiritual means. And gender. And heart. This time, with much difficulty, the "Serpent of Light" has moved to the Andes Mountains of Chile and Peru. Multi-dimensional, multi-disciplined and multi-lived, for the first time in this book, Drunvalo begins to tell his stories of thirty-five years spent in service to Mother Earth. Follow him around the world as he follows the guidance of Ascended Masters, his two spheres of light, and his own inner growing knowledge. His story is a living string of ceremonies to help heal hearts, align energies, right ancient imbalances, and balance the living Earth's Unity Consciousness Grid—in short, to increase our awareness of the indivisibility of life in the universe. We are all—rocks and people and interdimensional beings—one! "Life may seem to be business as usual, but it is not. We are changing fast . . . Remember this for life is going to present stranger things to you in your lifetime, and they all have meaning and purpose . . . Only Mother Earth and ancient Maya know what's going to happen." —from *Serpent of Light*

drunvalo melchizedek 2023: Blueprint for a Golden Age Ralf W. Otterpohl, 2025-07-30 An optimist's book of solutions. High levels of vital energy result in health and happiness. Growing consciousness enables us to co-create our Golden Age. Let us be guided by our enthusiasm from our hearts and brains! Blueprint shows clear pathways towards a good life in abundance from the ground up: Revitalized soils make nutrient rich food, restore the water cycles and balance local

weather conditions. People live in nature, work part-time in forest gardens, shared offices and in local companies. Garden communities with dozens of market gardens create resilience. Lush gardens and food forests create beauty and offer productive lifestyles as a part of nature. Consciousness grows with an exciting life and living food. Desert Greening in the cities: Rooftop gardens! Children de-zombify, learn offline, hands on from nature. Downtown on the highest level and in the sunlight. Garden communities on free floating islands recycle plastic waste carpets from the oceans. Islands create coral reefs and beaches, cultivate fish and the abundant brain-food-algae. Humans cooperate with interested Whales and Dolphins. Everything is there to create a good future for All!

drunvalo melchizedek 2023: Jesus Tricia McCannon, 2010-03-01 "[A] tour de force through an incredible array of myth, history and philosophy . . . that have shaped the teachings of the world's Great Masters." —Jim Marrs, author of the New York Times bestseller, *Rule by Secrecy* A breathtaking work of staggering research and synthesis that provides startling new information and context to the first thirty years of Jesus' life Where was Jesus for the first thirty years of his life? Where and what was he taught? Who were his teachers? Based on new information culled from hard to find Vatican texts, theosophical classics, ancient texts, legends, and systems of hermetic symbolism, Tricia McCannon constructs a radical new timeline of Jesus' life. She asserts Jesus spent at least seven years of study and training in Egypt, a number of years in England, and visited both India and Tibet before beginning his public ministry in Palestine. This is a wide-ranging examination of the direct links and similarities between Jesus' teachings and those of various Mystery religions and sects that were popular during his lifetime, including the Essenes, Buddhist, Mithrans, Zoroastrians, and Druids. McCannon offers compelling evidence that places Jesus's life and mission firmly in the context of the profound spiritual teachings that came before him. Drawing on records from the Vatican, Tibet, India, and Egypt, along with Greek, Aramaic, and Pali text, as well as oral traditions of Jesus's teachings, McCannon uncovers the real reason that he has remained such a powerful and pivotal figure in world consciousness for over two millennia. "Thoroughly researched, interesting, and highly readable. . . . Tricia McCannon has done modern readers a great service by compiling this very readable book about Jesus's life and teachings." —Chet B. Snow, Ph.D., author of *Mass Dreams of the Future*

drunvalo melchizedek 2023: Maximize Your Healing Power Sharon E. Martin, 2023-05-23 Bridging the mystical and the scientific for Maximum Medicine • 2024 Coalition of Visionary Resources Gold and Silver Awards in separate categories • 2024 Nautilus Silver Award • Shows how applying shamanic and energy medicine techniques alongside allopathic medicine can shift your health and allow you to increase your life force • Reveals how to sense the energy body in order to understand imbalances and develop greater control over your health • Looks at new ways of viewing health challenges and visualizing the potential for healing using symbolic medicine wheels and the Andean symbol of the Chacana For more than 20 years, Dr. Sharon E. Martin has been blending allopathic medicine with ancient shamanic knowledge to help her patients not only heal but also increase their vitality. In this practical guide to her Maximum Medicine program, Dr. Martin shows how understanding the energetics behind health imbalances and applying shamanic and energy medicine techniques can shift not only our perspective but our health, change the course of illness, and allow us to increase our life force. Bridging the mystical and the scientific, *Maximize Your Healing Power* helps us visualize our potential for healing using symbolic medicine wheels based on the elements, the compass directions, the four perspectives, and the inner tasks of intuitive exploration, amplification, intention setting, and ritual. Viewing our organ systems through the Andean symbol of the Chacana can help us understand and overcome health challenges. Change and healing is enacted through the process of the Four As—become aware, allow, act, affirm—with a new mindfulness matrix amplifying and deepening the process toward a greater ability to self-reflect. Presenting a clear, stepwise approach to attaining mastery of your health through many case studies as well as simple practices and methods to gain control over illness, Dr. Martin shows how anyone can support their own healing and experience being more fully alive.

drunvalo melchizedek 2023: Catching the Ascension Wave Bob Frissell, 2023-06-27 A guide to thriving during the ascension into higher consciousness • Explores how the infusion of higher dimensional energy is impacting planet Earth and each of us • Details the forces working to advance our conscious evolution as well as those seeking to block it • Shares exercises, tools, and techniques to transmute the energies blocking access to your Higher Self and help you participate in the Great Awakening Right now, a Galactic Super Wave is dramatically raising the vibratory rate of our planet and everyone on it. As Bob Frissell explains, in order to catch this wave of ascension and survive and thrive during the coming Great Awakening, we must undergo a personal transformation to raise our vibration and align with the Higher Self within each of us. Frissell explores the forces working to advance our planetary ascent into higher consciousness—as well as those seeking to block it. He looks at the role of the Ancient Builder Race from Venus and at other ET races, such as the Greys and the Draco Reptilians, in our evolutionary development and technological advancements. He exposes startling details of our Secret Space Program, the New World Order, and the Depopulation Agenda. He explains how the precession of the equinoxes is directly influencing Earth's awakening and how the dance between the forces of darkness and light actually allows consciousness to evolve. Frissell shares meditations, tools, and techniques to transmute the energies blocking access to your Higher Self and reveals how the infusion of higher-dimensional energy is impacting planet Earth and each of us. Unveiling the incoming new energetic configuration for the Earth, he details how the Great Awakening is nothing less than the birth of a new humanity and how, by raising your vibration, you can help in the co-creation of heaven on earth.

drunvalo melchizedek 2023: Change Your Mind to Change Your Reality Kris Ashley, 2023-06-20 In Change Your Mind to Change Your Reality, Kris Ashley lays out a roadmap to guide readers toward living the best life possible. Drawing on the Law of Attraction, experiments in quantum physics, manifestation practices, and various healing modalities, the author guides the reader toward inner courage and compassion. By questioning long-held truths and accepted beliefs about the world, readers can work toward building more authentic relationships, taking charge of their physical and mental health, letting go of fear, and finding their purpose and passion in life. Through thoughtful exercises, stories, and new approaches to forgiveness, resiliency, and motivation, readers will be empowered and uplifted.

drunvalo melchizedek 2023: The Music of the Divine Spheres Alexander Milovanov, 2023-11-24 The Music of the Divine Spheres is a rediscovery of ancient knowledge -- lost to humanity several millennia ago -- about our consciousness, its levels, and the laws of transition between those levels that elevate our mind. A revelation of the amazing laws of nature underlying the structures of space and consciousness, the main secrets of the Egyptian pyramids, and the true meaning of the ancient symbols such as the Flower of Life, the Seed of Life, the Tree of Life, the Djed, and the Nine Egyptian Crystal Spheres. Discover the wonderful Laws of the Spheres and the Universal Law of Harmony of Vibrations while reading about the perception of sounds, colors, and proportions, as well as why their different combinations cause different feelings -- and how to heal using sound and light. Learn how to develop new levels of consciousness and make higher-level decisions in your life. This knowledge can be used to accelerate the evolution of everyone's consciousness and thereby change this world for the better.

drunvalo melchizedek 2023: Gaia Luminous Kiara Windrider, 2023-08-19 This is the most comprehensive book on planetary shift I have ever read. The physical realities, cosmic perspectives, and dynamics involved, are all addressed. Rapid climate changes, galactic and solar cycles, volcanism, ice ages, and magnetic reversals are touched upon in a rich and concise way. Gaia Luminous goes to the very heights and depths of what this great change is all about. ~ Barry Martin Snyder, Birthing the Luminous Self This remarkable book showcases Kiara's extraordinary ability to integrate, summarize and structure a vast range of topics from deeply spiritual teachings to the latest discoveries in science. Kiara brilliantly and eloquently connects the dots, and presents clear and practical solutions for these complex and precarious times. ~ Yves Nager, Find your Life Purpose For those who are consciously aware of the challenging implications of these times, and

seek both cosmic perspectives and spiritual guidance, Gaia Luminous is an invaluable resource of scholarly and balanced investigation, combined with profound personal experience. ~ Simon Peter Fuller, Rising out of Chaos Kiara Windrider serves up a full course of scientific inquiry, evolutionary thinking and sacred insights from a wide variety of traditions. This thrilling read feeds our sense of the possible and activates our commitment to a bold new vision for humanity. ~ James O'Dea, The Conscious Activist

drunvalo melchizedek 2023: Awakening of a Warrior Michael Jaco, 2023-08-02 Numerous great thinkers have believed in the transmigration of the soul. General Patton, Gandhi, Henry Ford, the Dalai Lama, all discussed memories of, or beliefs in, having past lives. The great philosophers Pythagoras, Socrates, Plato, Aristotle, and even Saint Augustine believed in the rebirth of the soul. Awakening of a Warrior is the result of Jaco's investigation— his treasure hunt— into the lifetimes he experienced before the present. Included are his lives as King Abimelech of Gerar, who allied with Abraham in the creation of a new religion called Judaism; Cyrus the Great, who unified all of Persia and implemented Zoroastrianism as the state religion; and Marcus Furius Camillus, who came to be considered the second founder of Rome.

drunvalo melchizedek 2023: Serpent Rising: The Kundalini Compendium (Český Překlad) Neven Paar, 2023-06-01 Serpent Rising: The Kundalini Compendium je konečným výsledkem mé sedmnáctileté cesty transformace Kundalini po plném a trvalém probuzení v roce 2004, které trvale rozšířilo mé vědomí. Poté, co jsem zažil kompletní vizuální upgrade, který mi umožňuje denně pozorovat holografickou podstatu světa, jsem věděl, že to, co se mi stalo, je jedinečné. Proto jsem se pro další část svého života rozhodla využít svého daru a věnovat se poznávání vědy o neviditelném světě energie, s nímž jsem úzce propojena, a zároveň rozvíjet správné jazykové dovednosti, abych mohla své objevy srozumitelně sdělovat. Probuzení Kundalini je součástí poslání vaší Duše na Zemi. Jeho konečným cílem je optimalizovat vaše toroidální energetické pole (Merkaba) a proměnit vás v bytost Světla, která umožní mezidimenzionální cestování prostřednictvím vědomí. Mít odpovídající znalosti v této oblasti vám může umožnit převzít kontrolu nad svým Duchovním vývojem a naplnit svůj osud, abyste mohli v příštím životě pokračovat v cestě po Hvězdách. To je důvod, proč jsem napsal tuto knihu. Serpent Rising: The Kundalini Compendium obsahuje vše, co potřebujete vědět o tématu Kundalini, včetně vlivu procesu Vzestupu na lidskou anatomii a role, kterou hraje nervový systém, jak odemknout plný potenciál svého mozku a probudit sílu svého srdce a jak využít Duchovní léčebné metody, jako jsou krystaly, ladící vidličky, aromaterapie a tattvy, ke zvýšení vibrací svých čaker. Velká část knihy je věnována filozofii a praxi jógy (s ájurvédou), včetně seznamu ásan, pránájám, mudr, manter a meditací a návodů k jejich použití. Podrobně se také zabývám procesem probuzení a transformace Kundalini, včetně trvalého a částečného probuzení, lucidního snění, siddhí (psychických schopností), mimotělních zážitků, role jídla, vody, živin a sexuální energie během integrace a vrcholných událostí v celkovém procesu transfigurace. Protože jsem byl vědcem a laborantem v jednom, obsahuje tato kniha všechny mé znalosti a zkušenosti získané na mé Duchovní cestě, včetně základních meditací, které jsem vyvinul při setkání se stagnacemi a blokacemi energie Kundalini. A konečně, protože jsem v průběhu let pomohl mnoha lidem probuzeným v Kundalini, kteří tápali ve tmě a hledali odpovědi, zahrnul jsem do knihy i jejich nejčastější otázky a obavy. Serpent Rising: The Kundalini Compendium je důkladný a pokročilý výklad o Kundalini, který si musí přečíst každý, kdo se zajímá o toto téma a svůj duchovní růst.

drunvalo melchizedek 2023: Serpent Rising: The Kundalini Compendium (Magyar Fordítás) Neven Paar, 2023-10-29 Serpent Rising: The Kundalini Compendium a 17 éves Kundalini átalakulási utam végeredménye, miután 2004-ben egy teljes és tartós ébredésem után végérvényesen kitágította a tudatosságomat. Miután megtapasztaltam egy teljes vizuális frissítést, amely lehetővé teszi számomra, hogy naponta tanúja legyek a világ holografikus természetének, tudtam, hogy ami velem történt, az egyedülálló. Ezért életem következő részében úgy döntöttem, hogy kihasználom az adottságomat, és annak szentelem magam, hogy megtanuljam a láthatatlan energiavilág tudományát, amellyel szoros kapcsolatban állok, miközben kifejlesztem a megfelelő nyelvi készségeket, hogy felfedezéseimet átfogóan kommunikálhassam. A Kundalini felébredése része a

Lelked földi küldetésének. Végső célja, hogy optimalizálja toroidális energiameződet (Merkaba) és átalakítson téged Fénylénnyé, lehetővé téve a dimenziók közötti utazást a tudatosságon keresztül. Ha megfelelő ismeretekkel rendelkezel ezen a területen, képessé válhatsz arra, hogy átvedd az irányítást a Spirituális Fejlődésed felett, és beteljesítsd a sorsodat, hogy a következő életedben folytathasd az utadat a Csillagok között. Ezért írtam ezt a könyvet. *Serpent Rising: The Kundalini Compendium* mindent tartalmaz, amit a Kundalini témájában tudni kell, beleértve a felemelkedési folyamat hatását az emberi anatómiára és az idegrendszer szerepét, hogyan szabadítsuk fel agyunk teljes potenciálját és ébresszük fel szívünk erejét, és hogyan használjuk a spirituális gyógy módokat, mint a kristályok, hangvillák, aromaterápia és tattvák, hogy növeljük csakráink rezgését. A könyv nagy részét a yoga filozófiájának és gyakorlatának szenteli (az Ayurvédával együtt), beleértve az ászanák, pránájámák, mudrák, mantrák és meditációk listáját, valamint azok használati utasításait. Részletesen tárgyalom a Kundalini felébredésének és átalakulásának folyamatát is, beleértve az állandó és részleges felébredéseket, a Lucid Dreaminget, a Siddhiket (pszichikus erők), a testen kívüli élményeket, az étel, a víz, a tápanyagok és a szexuális energia szerepét az integráció során, valamint a csúcseseményeket az általános átalakulási folyamatban. Mivel én voltam a tudós és a laboratórium egyben, ez a könyv tartalmazza az összes tudásomat és tapasztalatomat, amit a Spirituális utazásom során szereztem, beleértve azokat az alapvető meditációkat, amelyeket a Kundalini energia stagnálásával és elakadásával való találkozás során fejlesztettem ki. Végül, mivel az évek során sok Kundalini-ébresztett embernek segítettam, akik a sötétben tapogatózva keresték a válaszokat, az ő leggyakoribb kérdéseiket és aggodalmaikat is belefoglaltam. *Serpent Rising: The Kundalini Compendium* egy alapos és haladó jellegű ismertetés a Kundaliniról, amelyet mindenkinek kötelező olvasmány, aki érdeklődik a téma és a spirituális növekedés iránt.

drunvalo melchizedek 2023: D.O.S. DISKS MANUALE COMPLETO Ing. Dott. Giampiero Cungi, DORA TCACIUC, 2024-11-30 D.O.S. Disks Manuale Completo: Scopri l'impatto dei D.O.S. Disks sulla tua evoluzione e benessere Una guida completa all'armonizzazione energetica, gestione produttiva dello stress e autocura con la tecnologia innovativa dei D.O.S. Disks. Descrizione: Immagina un mondo in cui puoi attingere al potere dell'energia vitale per armonizzare la tua salute e benessere. Questo ebook ti introduce ai D.O.S. Disks, una tecnologia pionieristica ideata dall'ingegnere e ricercatore Dr. Giampiero Cungi, che combina la saggezza della Geometria Sacra con i principi della fisica quantistica e della medicina integrativa. Scopri come i D.O.S. Disks possono aiutarti a: Riequilibrio energetico: I D.O.S. Disks favoriscono una riorganizzazione armonica del corpo, promuovendo salute e stabilità. Riduzione dello stress e gestione emotiva: L'uso dei D.O.S. Disks induce rilassamento e chiarezza mentale, aiutando a ridurre lo stress e promuovere l'equilibrio emotivo. Qualità del sonno: Le frequenze dei D.O.S. Disks facilitano un sonno rigenerante, migliorando il riposo e l'energia quotidiana. Supporto al sistema immunitario: L'ottimizzazione energetica potenzia vitalità e resistenza. Armonizzazione degli ambienti: I D.O.S. Disks sono ideali per creare spazi equilibrati e sereni. Questo ebook è una guida completa che include: Principi della tecnologia D.O.S.: una spiegazione chiara e dettagliata del funzionamento dei D.O.S. Disks e del loro effetto sull'energia personale. Tipologie di D.O.S. Disks: panoramica dei modelli, inclusi set per sessioni di rilassamento, meditazione e armonizzazione. Istruzioni d'uso pratiche: guida alla frequenza e durata ottimali per un uso sicuro ed efficace. Casi clinici e testimonianze: esperienze reali e recensioni di professionisti che dimostrano l'utilizzo versatile dei D.O.S. Disks. Ideale per: Chi cerca metodi naturali per migliorare il proprio benessere. Professionisti che vogliono integrare strumenti energetici nelle loro pratiche. Persone curiose di esplorare l'energia vitale per crescita personale e autoconsapevolezza. Inizia ora il tuo percorso di trasformazione con i D.O.S. Disks!

drunvalo melchizedek 2023: Serpent Rising: The Kundalini Compendium (Srpski Prevod) Neven Paar, 2023-01-18 *Serpent Rising: Kundalini Compendium* je krajnji rezultat mog 17-godišnjeg putovanja Kundalini transformacije nakon potpuno i kontinuiranog buđenja 2004. godine koje je trajno proširilo moju svest. Nakon što sam doživio potpuno vizuelnu nadogradnju koja mi omogućava da svakodnevno prisustvujem holografskoj prirodi sveta, znao sam da je ono što mi se

dogodilo jedinstveno. Tako sam u narednom delu svog života odlučio da iskoristim svoj dar i posvetim se učenju nauke o nevidljivom свету енергије са којим сам интимно повезан, док сам развијао праве језичке вештине како бих свеобухватно преneo своја открића. Буђење Kundalini је део мисије ваше душе на Земљи. Његова крајња сврха је да оптимизује ваше тороидно енергетско поље (Merkaba) и трансформише вас у Биће Светлости, омогућавајући међудимензионално путовање кроз свест. Поседовање одговарајућег знања у овој области може вас оснажити да преузмете контролу над својом духовном еволуцијом и испуните своју судбину како бисте могли да наставите своје путовање кроз Звезде у свом следећем животу. Због тога сам написао ову књигу. *Serpent Rising: Kundalini Compendium* садржи све што треба да знате о теми Kundaliniја, укључујући утицај процеса ускрснућа на људску анатомију и улогу коју нервни систем игра, како да откључате пуни потенцијал свог мозга и пробудите снагу свог срца и како да користите модалитете духовног исцељења као што су кристали, виљушке за подешавање, ароматерапија и татве, да бисте подigli вибрације ваших чакри. Велики део књиге посвећен је филозофији и пракси Јоге (са Ајурведом), укључујући списак Асана, Пранajама, Mudра, Mantri и Медитација, као и њихова упутства за употребу. Такође детаљно разматрам процес буђења и трансформације Kundalini, укључујући трајна и делимична буђења, Lucидно Sanjanje, Sidije (псиhiчке моћи), вантелесна искуства, улогу хране, воде, хранљивих материја и сексуалне енергије током интеграције, и врhunac догађаја у целокупном процесу преображаја. Пошто сам био научник и лабораторија у једном, ова књига садржи своје моје знање и искуство стечено на мом духовном путу, укључујући суштинске медитације које сам развио док сам nailazio на стагнације и блокаде Kundalini енергије. На крају, пошто сам годинама помогао многим Kundalini пробуденим људима који су pipавали у мраку тражећи одговоре, укључио сам и њихова најчешћа питања и бриге. *Serpent Rising: Kundalini Compendium* је темељно и напредно излагање о Kundalini које је обавезно читање за svakoga ко је заинтересован за ову тему и духовни раст.

drunvalo melchizedek 2023: *Serpent Rising: The Kundalini Compendium* (Српски Превод) Neven Paar, 2023-02-05 „*Serpent Rising: The Kundalini Compendium*“ је крајњи резултат мог 17-годишњег путовања Кундалини трансформације након потпуног и континуираног буђења 2004. године које је трајно проширило моју свест. Након што сам доживео потпуну визуелну надоградњу која ми омогућава да свакодневно присуствујем холографској природи света, знао сам да је оно што ми се догодило јединствено. Тако сам у следећем делу свог живота одлучио да iskoristim свој дар и посветим се учењу науке о невидљивом свету енергије са којим сам интимно повезан, док сам истовремено развијао праве језичке вештине како бих свеобухватно саопштио своја открића. Буђење Кундалини је део мисије ваше душе на Земљи. Његова крајња сврха је да оптимизује ваше тороидно енергетско поље (Меркаба) и трансформише вас у Биће Светлости, омогућавајући међудимензионално путовање кроз свест. Поседовање одговарајућег знања у овој области може вас оснажити да преузмете контролу над својом духовном еволуцијом и испуните своју судбину како бисте могли да наставите своје путовање кроз Звезде у свом следећем животу. Зато сам и написао ову књигу. „*Serpent Rising: The Kundalini Compendium*“ садржи све што треба да знате о теми Кундалини, укључујући ефекат процеса подизања на људску анатомију и улогу коју нервни систем игра, како да откључате пуни потенцијал свог мозга и пробудите моћ своје срце и како да користите модалитете духовног исцељења као што су кристали, виљушке за подешавање, ароматерапија и татве, да бисте подigli вибрације ваших чакри. Велики део књиге посвећен је филозофији и пракси јоге (са ајурведом), укључујући списак асана, пранajама, мудри, мантри и медитација, као и њихова упутства за употребу. Такође детаљно разматрам процес буђења и трансформације Кундалини, укључујући трајна и делимична буђења, луцидне снове, сиддхи (психичке моћи), вантелесна искуства, улогу хране, воде, хранљивих материја и сексуалне енергије током интеграције, и кулминирајући догађаји у целокупном процесу трансформације. Пошто сам био научник и лабораторија у једном, ова књига садржи своје моје знање и искуство стечено на свом духовном путу, укључујући суштинске медитације које сам развијао док сам nailazio на стагнације и блокаде у Кундалини енергији. Коначно, пошто сам годинама помогао многим људима да се Кундалини пробуди који су „pipајући у мраку“ тражили одговоре, укључио сам њихова

најчешћа питања и бриге. „Serpent Rising: The Kundalini Compendium“ је темељно и напредно излагање о Кундалини које је обавезно читање за свакога ко је заинтересован за ову тему и духовни раст.

drunvalo melchizedek 2023: *Serpent Rising: The Kundalini Compendium* (Ελληνική Μετάφραση) Neven Paar, 2023-12-13 *Serpent Rising: The Kundalini Compendium* είναι το τελικό αποτέλεσμα του 17-ετούς ταξιδιού μεταμόρφωσης της Kundalini μετά από μια πλήρη και διαρκή αφύπνιση το 2004 που διεύρυνε μόνιμα τη συνείδησή μου. Αφού βίωσα μια πλήρη οπτική αναβάθμιση που μου επιτρέπει να γίνομαι καθημερινά μάρτυρας της Ολογραφικής φύσης του κόσμου, ήξερα ότι αυτό που μου συνέβη ήταν μοναδικό. Έτσι, για το επόμενο μέρος της ζωής μου, αποφάσισα να χρησιμοποιήσω το χάρισμά μου και να αφιερωθώ στην εκμάθηση της επιστήμης του αόρατου ενεργειακού κόσμου με τον οποίο είμαι στενά συνδεδεμένος, αναπτύσσοντας παράλληλα τις κατάλληλες γλωσσικές δεξιότητες για να επικοινωνώ τις ανακαλύψεις μου ολοκληρωμένα. Η αφύπνιση της Κουνταλίνι είναι μέρος της αποστολής της Ψυχής σας στη Γη. Ο απώτερος σκοπός της είναι να βελτιστοποιήσει το τοροειδές ενεργειακό σας πεδίο (Μερκάμπα) και να σας μεταμορφώσει σε ένα Ον του Φωτός, επιτρέποντας το Διαδιαστατικό Ταξίδι μέσω της Συνείδησης. Η κατάλληλη γνώση σε αυτόν τον τομέα μπορεί να σας δώσει τη δυνατότητα να αναλάβετε τον έλεγχο της Πνευματικής σας Εξέλιξης και να εκπληρώσετε το Πεπρωμένο σας, ώστε να συνεχίσετε το ταξίδι σας μέσα από τα Άστρα στην επόμενη ζωή σας. Αυτός είναι ο λόγος για τον οποίο έγραψα αυτό το βιβλίο. Το *Serpent Rising: The Kundalini Compendium* περιλαμβάνει όλα όσα πρέπει να γνωρίζετε για το θέμα της Κουνταλίνι, συμπεριλαμβανομένου του αντίκτυπου της διαδικασίας της Ανάληψης στην ανθρώπινη ανατομία και του ρόλου που παίζει το νευρικό σύστημα, πώς να ξεκλειδώσετε το πλήρες δυναμικό του εγκεφάλου σας και να αφυπνίσετε τη δύναμη της καρδιάς σας και πώς να χρησιμοποιήσετε μεθόδους Πνευματικής Θεραπείας, όπως οι Κρύσταλλοι, τα Συντονιστικά Πιρούνια, η Αρωματοθεραπεία και τα Τάτβας, για να αυξήσετε τις δονήσεις των Τσάκρας σας. Ένα μεγάλο μέρος του βιβλίου είναι αφιερωμένο στη φιλοσοφία και την πρακτική της Γιόγκα (με την Αγιουρβέδα), περιλαμβάνοντας έναν κατάλογο των Ασανά, Πραναγιάμα, Μούτρας, Μάντρας και Διαλογισμών, καθώς και τις οδηγίες χρήσης τους. Συζητώ επίσης λεπτομερώς τη διαδικασία αφύπνισης και μεταμόρφωσης της Κουνταλίνι, συμπεριλαμβανομένων των μόνιμων και μερικών αφυπνίσεων, των Δαυγών Ονείρων, των Σίντι (ψυχικές δυνάμεις), των Εξωσωματικών Εμπειριών, του ρόλου της τροφής, του νερού, των θρεπτικών συστατικών και της σεξουαλικής ενέργειας κατά τη διάρκεια της ολοκλήρωσης, καθώς και των γεγονότων αιχμής στη συνολική διαδικασία μεταμόρφωσης. Δεδομένου ότι ήμουν επιστήμονας και εργαστήριο σε ένα, αυτό το βιβλίο περιέχει όλες τις γνώσεις και την εμπειρία που απέκτησα στο Πνευματικό μου ταξίδι, συμπεριλαμβανομένων βασικών διαλογισμών που ανέπτυξα αντιμετωπίζοντας στάσεις και μπλοκαρίσματα της ενέργειας Κουνταλίνι. Τέλος, έχοντας βοηθήσει πολλούς αφυπνισμένους από την Κουνταλίνι ανθρώπους όλα αυτά τα χρόνια, οι οποίοι έψαχναν στο σκοτάδι αναζητώντας απαντήσεις, έχω συμπεριλάβει και τις πιο συνηθισμένες ερωτήσεις και ανησυχίες τους. *Serpent Rising: The Kundalini Compendium* είναι μια εμπεριστατωμένη και προχωρημένη έκθεση για την Κουνταλίνι που είναι απαραίτητο να διαβάσουν όλοι όσοι ενδιαφέρονται για το θέμα και την Πνευματική τους ανάπτυξη.

drunvalo melchizedek 2023: *Serpent Rising: The Kundalini Compendium* (Slovenski Prevod) Neven Paar, 2023-04-26 *Serpent Rising: The Kundalini Compendium* je končni rezultat mojega 17-letnega potovanja po transformaciji Kundalini, po popolnem in trajnem prebujenju leta 2004, ki je za vedno razširilo mojo zavest. Potem ko sem doživel popolno vizualno nadgradnjo, ki mi omogoča, da sem vsak dan priča Holografski naravi sveta, sem vedel, da je to, kar se mi je zgodilo, edinstveno. Zato sem se odločil, da bom v naslednjem delu svojega življenja uporabil ta dar in se posvetila učenju znanosti o nevidnem svetu Energije, s katerim sem tesno povezana, hkrati pa razvijal prave jezikovne spretnosti, da bom lahko svoja odkritja celovito posredovala. Prebujanje Kundalinija je del poslanstva vaše Duše na Zemlji. Njegov končni namen je optimizirati vaše toroidno Energijsko Polje (Merkaba) in vas spremeniti v Bitje Luči, ki omogoča Meddimenzionalno potovanje skozi Zavest. Z ustreznim znanjem na tem področju lahko prevzamete nadzor nad svojim Duhovnim razvojem in izpolnite svojo

usodo, da boste lahko v naslednjem življenju nadaljevali svoje potovanje skozi zvezde. Zato sem napisal to knjigo. *Serpent Rising: The Kundalini Compendium* vsebuje vse, kar morate vedeti o Kundaliniji, vključno z vplivom procesa Vnebovzetja na človeško anatomijo in vlogo, ki jo ima živčni sistem, kako sprostiti celoten potencial svojih možganov in prebuditi moč svojega srca ter kako uporabiti načine Duhovnega Zdravljenja, kot so Kristali, Uглаševalne Vilice, Aromaterapija in Tattve, da dvignete vibracije svojih Čaker. Velik del knjige je posvečen filozofiji in praksi Joge (z Ajurvedo), vključno s seznamom Asan, Pranajam, Mudra, Mantra in Meditacij ter navodili za njihovo uporabo. Podrobno obravnavam tudi proces Prebujanja in preobrazbe Kundalinija, vključno s trajnimi in delnimi prebujanji, Lucidnimi Sanjami, Siddhi (Psihičnimi Močmi), Izkušnjami Zunaj Telesa, vlogo hrane, vode, hranilnih snovi in Spolne Energije med integracijo ter vrhunskimi dogodki v celotnem procesu preobrazbe. Ker sem bil znanstvenik in laboratorij v enem, ta knjiga vsebuje vse moje znanje in izkušnje, pridobljene na Duhovnem potovanju, vključno z bistvenimi Meditacijami, ki sem jih razvil med srečevanjem z zastoji in blokadami Energije Kundalini. Ker sem v preteklih letih pomagal številnim prebuditeljem Kundalinija, ki so taval v temi in iskali odgovore, sem vključil tudi njihova najpogostejša vprašanja in skrbi. *Serpent Rising: The Kundalini Compendium* je temeljita in napredna razlaga Kundalinija, ki jo mora prebrati vsakdo, ki ga zanima ta tema in njegova Duhovna rast.

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discovering you are love, others are love, you live upon love, and the One who is nontangible is the Source of all love. While you are in discovery, you are also in doubt about all I just told you. Your journey in this incarnation is, in a way, your journey to removing all doubts about the manifestation of love through yourself, others, and the planet. That manifestation comes from the Source of all, All That Is, Love Itself. The closer you come to recognizing that all is love, including that which you in your humanity don't like, the closer you will return to Oneness, the closer you will come to ascension. Heal your relationships with yourself, others, the planet, and the one you call God. As you do so, the truth of who you are will unfold from the tight bud of a flower into a glorious full bloom. You have more spiritual support than you can imagine. Open your heart and mind to that support. Learn to listen fully and gently to the whisper of your guides, who are your support team.

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