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**An energy exercise guided by Ellaenah**

**OPENING MULTI-DIMENSIONAL PORTALS WITHIN THE HUMAN BODY**

Briefly, before we start, let us understand what we have gathered here for.

All the portals opening in 2010 will be relating to, and bringing forth, energies from dimensions not earlier known to the human realm. We are being readied to meet our energy counterparts in different parts of the universe. One of the first and most important tasks that lie ahead of us is to be completely rid of the fear element that, somewhere deep within our cellular memory, stops us from making full and complete connection with any energy form that could be non-human. And when I use the word 'non-human' I ask you to remember your reactions and responses even to the rest of the animal kingdom of which we are actually a part. Leave alone the rest of the universe, when faced with animals whom we do not know, forms that we have been conditioned to believe as wild and uncontrolled, the human mind reacts with fear, anxiety and, in some cases, panic.

If anyone, gathered here, has a phobia, which is a fear of a very intense degree, and whose reactionary process cannot be controlled, it could be a phobia for dogs, cats, birds, butterflies, insects, I ask you to do this exercise on a very, very regular basis, for you will first have to eliminate your fear with a tangible human form before you can move on to connecting with those energy forms that are not tangible.

Universal energy that is not of the Earth is unable to take on tangible form directly. And yet, somewhere within each of us, we wish to see them, we wish to hear them, we wish to have, what we might term as, human contact. But they are not human, and so contact with them cannot be of the kind that you would have with another human being or an animal or a bird or even a fish.

The next step to making this connection with multi-dimensional energies would be to get rid of the need to have tangible contact. We need to move beyond our wanting to see them with our eyes and hear them with our ears. For, friends, one thing that will certainly happen to each one of us as we pass through those multi-dimensional portals, is that the energies that lie within our physical senses will, gradually but certainly, begin to dissipate and reduce. Some are already working on reducing the energy from the physical senses, as a consciously undertaken procedure. But whether you do it consciously or not, your every movement, through each of the portals that open, will result instantly in the energies of the senses being reduced.

Before you react with any fear, let me assure you that this will not make you blind or deaf or dumb, but it will mean that you will be seeing, not only with your eyes, and hearing, not only with your ears, and communicating, not only with your mouth. You will be reaching those energies which you will be able to connect with visually, or as an audio connection, and with senses in a way that that we have often called, extra-sensory perception.

It is this energy that will heighten and the physical energy that will reduce. Currently, the ratio is 99% physical sense energy, maybe 1% extra-sensory perception energy. This ratio will gradually begin to change till you reach a level where the extra-sensory perception energy will become higher than the physical sense energy. When this takes place, and even during the process while it is taking place, you will begin to see things that others may not be aware of, even though you will not be able to 'see them as tangible form. Being intangible, and therefore so tenuous, your first response might be to disbelieve that you have actually seen or heard or even dialogued with that multi-dimensional energy form.

The more you believe in this process of change and shift that is taking place within you, the quicker will be the change that takes place. We are truly, truly shifting the polarities within us. We are moving from human polarity to universal polarity. The human polarity can only recognize 3 dimensional energy forms. The universal polarity can not only recognize, but can connect with, communicate with as well as assimilate multi-dimensional energy forms.

In order to do this, every Earth structure that is currently in embodiment and alive today, has within itself portals of these multi-dimensional energies, like little doorways that have been kept shut as there was no need for them to be open... until now.

Now comes the time when, not only a few, but all of humanity will gently start unlocking these doors and opening them. What you will be doing through this exercise, is a conscious process of unlocking all these doors simultaneously. What will happen for all of humanity is that as polarities shift, and as the sensory energy equation shifts, these doors will start unlocking on their own, one by one by one. Yes, it might be a longer process than the one you are consciously undertaking today, but it's not a process exclusive to any one person or any one group on Earth.

Humanity, as a whole, has to connect with the multi-dimensional energy. We are multi-dimensional energy forms as well. Having locked those doors, it was a case of *what I don't see is what I don't know*. You are now going to unlock those doors and give yourself the permission to overcome the hurdles of non-remembering and not believing. This will permit you easier, quicker facilitation of these multi-dimensional energies, entering your energy matrix and becoming part of it.

Another joyful consequence of this shift is that as multi-dimensional energies enter the energy matrix, our bodies move towards self-healing. You will find that you can heal yourself without as much conscious effort.

Today, we will be working, very largely, with the endocrine system. It is this system that truly is the connector between this human embodiment and our own multi-dimensional form. What we are really doing today is activating our own multi-dimensional form so that it becomes closely interlinked, and soon assimilated, with this human form. That is why even though the energies of the physical senses will reduce, the human form being still in existence, you will still hear and see and taste and do everything as before, but it will not have a predominant hold over you because the multi-dimensional form will become part of the human form. At present, our multi-dimensional form is in connection with our human form, but not part of it. As we open these portals within the human form, the multi-dimensional form and the human form become one.

Your next question may be: why should we work on the human form in order to activate the multi-dimensional form? The multi-dimensional form has always been in a state of readiness. It does not have filters of forgetfulness. It is the human form that has the filters. It is the human form whose doors have stayed locked. We need to open those doors thus allowing the shift to take place. We will be working with glands, with certain organs and with certain chakras, all forming part of the endocrine system. All other systems, in our bodies, are purely for physical existence. Only the endocrine system changes and shifts, as the multi-dimensional shift takes place.

As we proceed into this energy exercise, I will be used as a facilitator to release the energy that you will require to open these doors. Following what the words are and placing your hands wherever you are guided to, what you will be doing is drawing in the energy that is, even now as I speak, coming through me to you.

You sat for the first 6 or 7 minutes hearing sound frequencies. What those sound frequencies were doing for you was allowing the brain to get into a lower level of resistance because the brain has several and vital centers of the endocrine system. The brain has been conditioned to protect the human form so other energies that come in are treated as a threat. What we did, with the sound frequencies, was 'soothe' the brain so that it doesn't have the power to fight the energies that you will be now using to unlock this system.

## **EXERCISE**

Please get into a silent space. Please allow your palms to be open, and even as you draw in the energy, please state, very firmly, **that you are in a complete state of readiness and willingness to unlock the multi-dimensional portals within your human form.**

We begin by aligning the fragmentation of male and female energies that takes place within us, on an almost daily basis. Please place both your hands at the base of your skull, the energy focus being upon shifting the sensory energy equation within the pituitary gland. You are currently drawing in the energy of diamond light activation orange. This enables your metamorphosis.

Drawing in, now, the diamond light activation silver energy, that increases the vibration of your frequencies, making you radiant.

Drawing in now the diamond light activation gold energy. You become, with this energy, the multi-dimensional alchemist. Allow these energies to illuminate and activate the sapphire energy within the pituitary gland.

As this activation takes place, I ask you to swallow your saliva and expand.... swallow your saliva and expand. Do this a few times, please.

The pituitary gland is currently being linked with a cosmic ley-line.

You may place your hands down as an energy braid of orange, silver and gold connects and forms a strong and broad braid, entering the cosmic ley-line. ***I allow metamorphosis. I allow metamorphosis. I allow metamorphosis.***

Allow a download of the cosmic ley-line energies into the pituitary. As this download begins and continues, your connection to the higher Central Sun, the Ra energy, illuminates the pituitary gland. The Ra energy begins to form a shimmering white light wall around the pituitary gland, creating a replica of the higher Central Sun within your body itself. This white light around the pituitary gland, begins to expand, and embraces and enfolds within it, the hypothalamus, tiny cluster of brain cells that lie just above the pituitary gland.

Place your left hand upon your heart and the right upon your nose. The energies that you are now receiving and accepting are activating higher sensory receptors. As these receptors begin to get activated, your emotional body system gets into perfect alignment, thus reducing the reactions that are triggered by the physical senses.

The white light now begins to enter the emotional body, leveling it out, using the sapphire ray of the pituitary gland in order to bring balance between physical and multi-dimensional. Breathe in diamond light activation blue energy, and diamond light activation green energy.

You can place your palms down upon your lap, and allow a second braid of energy: white, indigo, light blue and green to enter the cosmic ley-line. The first cosmic ley-line connected you to your original multi-dimensional roots. This second cosmic ley-line connects you to the white holes within the universe.

Pulling in the energies of white holes; the greatest storehouses of universal energies of all kinds.

Now that the doors of the pituitary gland and the hypothalamus have opened, we open a third door: the door that is held within the thalamus. Place your hands on each side of the crown chakra. Your hands must be on the top of your head, on each side of the crown chakra, leaving the crown chakra open.

We are drawing in multi-dimensional energies into our nerve fibers, into the brain stem, the cerebral cortex as well as the cranial nerves. The word 'thalamus' itself means 'secret chamber'. We are unlocking this secret chamber.

As you draw this energy, you might feel as though a shadow has come over you, a grey light. This is the secret chamber that you are accessing. There is no colour here as we draw in energies from the 14<sup>th</sup> dimension. This energy is one of perfect balance.

Place your hands down, and as I count, I wish you to gently move your body in circular motion, where you are seated, with the movement beginning from the front, to the right, to the back, to the left. You will spin your body around. 1,2,3,4,5,6,7,8,9,10,11,12,13,14. Stay in perfect balance.

And now we begin the movement beginning from the front, to the left, to the back, to the right. 1,2,3,4,5,6,7,8,9,10,11,12,13,14. Remain still and in balance.

Breathe deeply and slowly.

This movement unlocks the door to the thalamus, allowing for a powerful initiation to take place.

Place both your hands now upon the 3<sup>rd</sup> eye, as we unlock the door within the pineal gland. This door brings change, freedom, liberation, heightened perception and awareness. That is why it has been called 'the great awakener'. The diamond light activation takes on its strongest form here.

Place your hands down upon your lap and even as you draw in the energies, visualize the 3<sup>rd</sup> eye chakra spinning towards the right. 1,2,3,4,5,6,7,8,9,10,11. And now towards the left: 1,2,3,4,5,6,7,8,9,10,11. You are in deepest connection with the 11<sup>th</sup> dimension that represents your Oversoul. Breathe, deeply and slowly, to allow this connection to become strong and secure.

We connect to the cosmic ley-line from which we draw Divine Wisdom. A braid of energy: violet, silver and gold, forms strongly between the ley-line and the pineal gland. Allow the download of energies from the ley-line into the pineal gland.

Place your hands now upon the upper heart, the place between the throat and the heart. We are proceeding to open the door held within the thymus gland. The opening of this portal removes all vestiges of disease and encourages spontaneous healing. The energy that you are drawing in may appear to have the colour black, for it is the absorption of all colour. As this portal opens, it facilitates the divine union between the physical and your multi-dimensional form. A rose and black colour enters the portal of the thymus gland.

Visualize this gland spinning. Do not direct the spin. Allow it to spin in whichever direction it does naturally. 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29. The white ray of the 29<sup>th</sup> dimension surges into the open portal of the thymus gland. We connect to the cosmic ley-line of Divine Love. An energy braid of rose, silver and gold strongly connects the thymus gland and the cosmic ley-line. Allow the download of energies into the thymus.

Place your hands now upon your neck. Your hands must be in front, gently encircling your neck. The multi-dimensional portal of the thyroid gland is now being activated. To facilitate this portal to open, let us gently chant AUM 7 times.

Place your hands gently upon your lap, placing the visual image of the Star of David upon the thyroid gland, waiting patiently in stillness for the portal to open. This multi-dimensional energy changes the molecular structure of the human form. A braid of energies, holding the cosmic fire element, connects the thyroid to the cosmic ley-line, the ley-line that facilitates multi-dimensional communication, without the use of voice or word. Allow the download of energies into the thyroid.

Place your hands now, at the back, covering your kidneys. The simultaneous portals, in the kidneys and the adrenal glands, are now being opened. This portal enables complete transformation and connects you to your ancient shamanic powers. You connect to the cosmic ley-line of trans-substance, having the ability to move through any substance. The cosmic ley-line originates in the 66<sup>th</sup> dimension. It connects you to the universal worm-holes, those areas in the universe which the scientists are just discovering.

Place your hands gently upon your laps as a braid of energy, dark blue and violet, connects you to the cosmic ley-line. This is the ley-line that determines global consciousness, galactic alignment and unity of all form. Wait patiently while the energy goes around your entire body 6 times.

We now open the last of the multi-dimensional portals, held within our reproductive organs. Place your hands upon the hara chakra. While these portals are being opened, the men might feel a pull in the testes and the women might feel a pulling sensation in the area of the ovaries. This portal connects us to the 24<sup>th</sup> dimension. This is the only dimension, besides our own, that has a symbolic representation of the God/Goddess energy. The energy of this dimension wavers between visibility and invisibility. This portal is the gateway to the worlds beyond our own.

A braid of energy of diamond light activation red, forms between you and the 24<sup>th</sup> dimension. Breathe, gently and deeply, as the energy circulates around your entire body 24 times.

Allow the download into the reproductive organs.

As the energy circulates, the energy of the Cosmic Sun, Ra, enters your physical body, through the reproductive system.

Affirm your readiness and complete willingness to shift from the Earth polarity to the multi-dimensional energy polarity.

Gently open your eyes.