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As we move into a space of higher frequencies, the human form must ensure that its personal frequency level resonates with the higher frequencies that are fast pouring into the Earth's matrix. One of the energies present in the human matrix, which can single-handedly cause misalignment with the higher frequency resonances of the Earth, is the energy of fear. In order to completely align with the shifting Earth's matrix, the human form needs to be clear of all fear. As long as the fear energy resides in the human matrix, the frequency levels cannot match with the rising frequency of the Earth's.

Most recognize fear only through its manifestation of fright but that, beloveds, is only a small part of the manifestation of fear. Each one, sitting around us today, harbors fear in some form or the other. But not all of you manifest it as fright. Some of you manifest it as anger, some of you manifest it as a state of joylessness, and some of you manifest it as inertia, energy inertia: not finding the will to motivate you to move ahead. These are all manifestations of fear. Therefore, we will focus our attention today on healing the emotional body.

We have said this earlier and we repeat this again: there are only 2 true emotions: one is love and the other is fear. All others are off-shoots of these and many times, physical feelings are misunderstood as emotions. So though you may feel scared, the emotion is fear. You may feel envious, the emotion is fear. In order to heal the emotional body, it is necessary to clear the emotional body of fear.

But we would like to focus our attention today on one specific aspect of the emotional body that is the aspect of joylessness. There are, unfortunately, far too many, living present today, who live day to day smiling, yes, feeling joy, no. To be able to feel complete joy you have to be free of complete expectation, to be free of expectation you have to be free of fear, to be free of fear you have to know and love who you are.

So we will address ourselves today to this state of joylessness and we urge each one present to take a moment here in order to bring to your conscious awareness, areas of your life where there is complete or partial joylessness. You are fortunate in that many of you, seated here, do not face lives where all aspects of your life are joyless. But if you learn how to heal one aspect, you learn how to heal all. And truly, whether we refer to it as one aspect of life or your whole life itself, it's merely a technicality, for joylessness in one area must spill over into others as well, just as joy in one area spills over into all others.

Joy is not superficial delight, it is not a state of transient, momentary happiness, it is not having a drink and laughter with friends. Joy refers to a deep, deep, deep-seated immovable, unchangeable, irrefutable sense of worth of oneself. How many areas of your life are lived in such joy? So, you see, whether you term it as a psychological depression, whether you term it as sadness, every human being, lives, to whatever degree, in a state of joylessness. And for alignment of resonances, joy is the energy which carries all that which will align.

You have a responsibility ahead of you: first to heal yourself of joylessness and then to heal others. The Earth's energy matrix is changing every 24 hours. That is the level of insurgence into her matrix. This is only to make you aware that with each passing day, there is greater misalignment between you and the Earth. Every 24 hours her matrix is changing. The greater the misalignment, the more hurdles you will face, for as we heal this state of joylessness, there is a purpose to it and the purpose is: that the human race has moved out of the space of emotional drama. The human race has moved out of the space. Does that seem like that to you? It will not, for your grids are not inviting those high frequency resonances which will align to that state which already exists.

The race, as a whole, is done with experiences and events. Emotional drama is a thing of the past. But in order for your individual grids to expand and align with those energies which will not invite drama, you have to first clear joylessness, for joylessness is a magnet inviting drama. If you have drama in your life,

whether with one individual or in one situation, it is evidence of your state of joylessness in that area, for joy does not have the propensity or ability to invite drama.

Joy is a state of complete beingness and does not need to 'do'. Joylessness is a state of activity and needs to constantly be doing something in order to deny awareness from this state. Your very need for constant activity is another proof of joylessness, for you cannot take the risk of 'being'. Thus you see, each one here is in a state of joylessness, though not all will agree that they are depressed. But words, like 'sadness' and 'unhappiness' and 'remorse' and 'depression', only become jargon. What is the vital truth is that all are joyless; some completely, others partially.

So let us learn how to heal this state. We would like you to work with us. To work with the removal of joylessness, we work with another cosmic chakra that we introduce you to here. The last time we introduced you to the higher 3rd eye, which you will recall lies nestled in your hairline. Today, we will take you to a chakra which we will call simply: the joy chakra. It lies between the root and the hara chakra.

When that chakra is in full activation, the state of joylessness naturally disappears and therefore, what we will work with today is the gradual development and the complete activation of the joy chakra, for why burden yourself with resolving events that truly do not matter when there is a simpler way out of joylessness? The simple activation of the joy chakra.

This chakra is the root chakra of the new human form, not yet born. But the new human form that will be born after 2016 will have the joy chakra, which, for you, resides between the hara and the root, but for those human forms will reside in the root. The root then will be grounded in joy, not grounded in insecurity.

This is a cosmic chakra that comes into creation. It is not a chakra that descends into the physical. Just as this cosmic chakra, beloveds, it gets created as your energy matrices begin to change. Let us use the energy of the higher 3rd eye to create the joy chakra.

Close your eyes and gently keeping them closed, turn them upwards and inwards to focus upon the higher 3rd eye chakra. You might experience a slightly uncomfortable pulling sensation behind the eyes as the eyes are turned upwards and inwards. Place your hands upon the area which will now gently harbor the joy chakra. Let your legs be apart so that the root chakra does not close itself. Do not allow your eyes to defocus from the higher 3rd eye chakra.

Now begin to breathe in and out of the space of the joy chakra. Breathe completely in and out. Expand your abdomen to its fullest. We have to make a place in the chakric system for this new chakra. Do not give even a moment's focus on any event, on any person that has caused you or is causing you any emotional disruption. With your eyes still focused on the higher 3rd eye chakra gently beat the higher heart chakra with your fist and state your intent clearly: I am willing and ready to move away from the emotional drama now. I am willing and ready to move away from the emotional drama now. I am willing and ready to move away from the emotional drama now. Gently, cup your hand on the higher heart chakra, your eyes still focused on the higher 3rd eye.

You are now in full connection with 3 vital cosmic chakras. Breathe down the energy from the higher 3rd eye into the higher heart. Remember cosmic chakras have no fixed colour; their colours depend upon your personal frequencies and upon the personal use that you will make of the chakra. Bring down the energy from the higher 3rd eye to the higher heart. There it mingles and swirls around the higher heart. Breathe and pull down this energy into the space of the joy chakra. Breathe and pull down. Breathe and pull down. And command: Root energy into joy chakra. Root energy into joy chakra. Root energy into joy chakra. Wait till this process is completed. If any feel a piercing sensation or a pulling sensation, do not fear or be anxious, for it is merely the chakra making space for itself.

Bring both your palms to the joy chakra and begin spinning the chakra clockwise. At present, it is only a feeble energy. As you spin it around, it gets stronger and finally becomes a chakra. Breathe out completely all energy displaced by the newly formed chakra so that you are free of the old energy.

Each day, for a minimum of 75 days, you will spin this newly formed joy chakra for just 5 minutes, remembering to breathe out the displaced energy. As the days proceed, you will notice, in yourself, a far more often heard sound of laughter. You will feel lighter, brighter. Each time your personal grid responds in any manner to the emotional drama, instantly, fist gently the higher heart and once again command: I am willing and ready to completely move away from the emotional drama now. Do it instantly each time you are caught and you will find that the human drama will stop having its effect on you eventually.

Be Joy!