

ASCENSION PARTICLES ACTIVATIONS

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MODULE 1 - Cellular Transmutation : Calibrating our Inner Light to Universal Intelligence

Alright, here we go : December call! I want to expand on a theme that has a connection with the theme that we worked on last month. Last month, we worked on the five gates of grief and actually consciously going through these gates so that we can alchemize sorrow and actually transform the frequency of sorrow into great wisdom, because there's always deep wisdom in our wounds. So that call and the work that we did during that call, and please redo it whenever you feel the need to, was all about starting to expand our energy field because everywhere where we hold sadness or trauma it's like a contraction, and it's hard for energy to flow through that. So as we consciously accept to go into these spaces in us and hold these energies in us, in the field and hold these energies and allow them to be, to feel seen and heard and felt, and we hold with our presence that frequency of "I'm here to be with this, I'm here to elevate this frequency", these energies can dissolve, these energies can be transmuted.

Transmutation literally means to bring a high frequency into something that elevates. It just automatically elevates. I think they call it entrainment in quantum physics. The higher frequency brings the lower frequency up, and the lower physical frequency can't stay low when it's around high frequencies. Again, another simple metaphor of that is: if you grab a flashlight and you shine light somewhere, there's no more darkness there. The light has a higher frequency than the darkness. And therefore it wins. It's very competition based language, which is not at all what it is. It's just that that's what happens. That being, that energy is of a higher frequency. What I want to do this month is continue this theme of transmutation and of helping our energy bodies and our cellular structure be able to flow with more and more energy, because there is more and more energy circulating and coming at from the sun and the cosmic rays and the deep universe.

There's a lot of new energies coming, new energies that are of a much higher frequency than the ones that we've been bathing in for a while.

Some people will say 20 to 30,000 years or whatever, we start going in the game of trying to like put times like that. There are a bunch of different interpretations, but there is an absolute, scientifically measurable phenomenon of energy frequencies elevating right now. Even people that measure Schumann resonance and stuff like that, which emits from the earth. What affects the Hertz frequency of what comes up from the earth is the frequency of the rays coming at it and it metabolizes them and then it brings it back up. And then we feel that happen to us.

So I knew I wanted to work on this theme because with those of you in the advanced program, as you already know, we work a lot on starting to restructure the energy bodies, because that is part of what that higher frequency is. I don't want to say force, it's not really force. It's just that that's the next step of our evolution. That's the next step of the evolution of a spirit and soul merged into matter. That's the next level we're going up in.

The frequency that our energy bodies carried for a long time was fine for 3D earth living. Now we're in this massive transition, and we're fluctuating a lot between 3D, 4D, and 5D and sometimes we have a foot and 4D which helps us to feel a bit into 5D and then, we're back in the 3D, but we never go lower than the 3D because 1D is mineral. It's the universal consciousness in the matter and 2D is the domain of plants and of the energy beings that are the essence of each plant.

That's why one plant can grow in many places of the world and it'll look the same. It's kind of like that. So we never go into these levels... Well, okay, maybe if you had some major brain trauma and you're comatosed, and you're a vegetable in a hospital bed, maybe... But generally speaking, we don't go lower than 3D. We are really fluctuating a lot between 3, 4 and 5 and it's very disturbing for any form of stability in your life. I'm sure we've all noticed that feeling stable is a little bit different than how it must've felt for our parents or even their parents. Things were a lot more traditional in the sense that your life was pretty much set in front of you: you got married, you had kids, you didn't fight too much, and you took care of bringing wood into heat the house, that kind of stuff.

So, we're in this transition and the 3D third dimensional living is very much about living within the conceptual mind. That's what happens, that's the amazing thing that happens once you hit 3D, is there starts to be an individual consciousness, instead of just being the universal consciousness

of rocks, or the essence consciousness of specific plants. You start going towards something that's really amazing when you think about it: the ability to have an individualized consciousness having the experience of matter. And that's huge in terms of evolution, that's crazy amazing! The issue is that we kind of get stuck in it. By being able to have a conceptual experience of reality, we start putting concepts on top of everything, right? We start living from the mind, that's kind of what your ego is.

It's your mind made self. It's: "I, this is me and I like this and I do this and I do that. And I act like this and this happened to me when I was a kid and blah, blah, blah." All that is a conceptual construction. It's not real. It's not in the real time of the now, none of that is real. And that's a weird, weird place to try to go. You know, don't say that to your inner child when it's freaking out: "you're not real". No, don't do that because for you in your present experience, that is very real now. So that's 3D living. Right now, we're kind of touching into 4D living and 5D living.

I took a couple of notes from something I'm reading that's really cool. 3D was about the individual consciousness. The fourth dimension is about the universal consciousness. So, what that looks like in a human, when they're touching into that 4D reality is: you see the bigger picture that you are consciousness exploring itself and everything around you is also consciousness. You're not fully able to embody it completely. 4D is generally experienced in little moments where you go: Oh, wow! And then, you rather quickly come back into 3D, into your individualized consciousness, because right away what your mind starts wanting to do is think about it. As soon as you start doing that, you're right back in the land of concepts. It's like a coat. It's like a filter that we put on top of everything.

Then we're not experiencing these things directly. We are experiencing our filter of it and we are experiencing our reactions to the filter that we put on top of it. I love Eckhart Tolle for that. He talks about the difference between holding a flower in your hand and smelling it and having the experience of doing that as opposed to mentally processing when your mind is like: "Oh, this flower comes from this family and they grow in this part of the world, and duh duh duh duh, and their cycle is duh duh duh duh" There's no experience of the flower in that you're experiencing the knowledge that's been put on top of the flower. So in 4D, we're starting to go into that. It's the greater spirit able to look through you, and you'll be aware that you are that

greater spirit. Then in 5D, you enter into a very heart grounded experience of reality.

That's a huge shift. That's a huge shift! 5D is the merging of the individual consciousness, your ability to have an individualized consciousness of yourself with your soul, which is the ability to have a divine soul level experience of all of reality, to be able to be the ocean of love and know that you came from it, to know that you are a drop in that ocean. You're not separate from it. So, you enter into a completely different place from there, which is a place of deep, deep unity with all of life and absolute compassion for everything. Because it's all you! The shift between 4D and 5D is that in 4D, you're consciously aware of that, and in 5D you are deeply embodying that at the soul level.

That's a huge shift, and there are so many things going on in the world that will not be possible anymore with a full transition to 5D. Even the way we treat the earth would be completely impossible based on that, because you would be aware that the earth is a being with a soul and it's a part of you. It becomes really touching.

So, this is this transition that we're in from the 3D to the 5D. A lot of the new energies coming in are the ones that bring us up to that level. In order for us to be able to really embody these energies, there are profound changes and transformations that need to happen within our bodies. The base of any part of your body, whether auric or physical is the cell.

It's at the cellular level that these transformations are happening. And the new energies coming in, we'll call them particles - we could call them waves too, because it's the same thing. It's just the Heisenberg principle of how you're looking at it. These new light particles coming, some of them are coming from deep in the earth. And some of them are coming from the cosmos towards us. They need to be absorbed into our existing structures so that the transformation can start happening literally from the inside out.

So, what I want to work on tonight is going to be expanded over a couple of months. I understood that as I was downloading the information. Basically, there's a series of doors or doorways through which these new particles can come in and feed your existing cells. And before I go any further, I just want to make a parenthesis here: when we're talking about this light coming to you, we're not saying that that's where the light comes from,

okay? Every single one of us generates light, the heart of every cell is like a sun that generates light. Every living being, whether it's a rock or a plant or an animal or a human generates light. Right. Super important! Because if we forget that, then we're trying to bring things in us. So, what this is is more about new energies coming in, light particles coming in, that are meant to communicate with the light already within us and inform it for new growth and transformation.

So, there are nine physical doors in total, and there are six subtle, energetic doors. Tonight, we're going to focus on three of the physical doors and we'll keep going through the other ones throughout the course of the winter. This is a great winter experience to have! Winter is really about going within! So, let's go deep within and actually start inviting more and more of that transmutational energy to be allowed to come and work in us. So just quickly, I'll mention the nine physical doors because, of course, our minds want to know what the nine doors are. Let's give the mind the information that it's curious about.

The nine physical doors: first door, your skin, all of your skin, every single pore of your skin. Your skin as an organ is one of the doors through which these particles can be received. Most of the time it's our face, our hands and our arms that receive the rays of the sun and the cosmic rays. But your entire skin is one of those doors that's able to receive these energies. Okay. So that's one door, and then the ears are two doors. The eyes are two more doors, the nostrils, two more doors, the mouth and the belly button.

Oh my God, we're gonna have so much fun working with all of these!!! I'm all excited! Oh, I'll have to do jumping jacks, energy jacks! So let me just say, it's not that these doors didn't exist before. They've all been there. They've all been there ever since we've had humanoid bodies. They're part of how we absorb any sort of energy. What we want to do today and start doing tonight is activating new cellular intelligence in these doors so that the higher frequencies are easier to absorb and receive, easier to bring into your body and have them and the light already within every single one of your cells have a conversation.

This gets interesting because that conversation is between cellular intelligence and universal intelligence, that conversation doesn't have anything to do with your mind. That conversation is not about your

individual consciousness, deciding whether or not these can come in and talk with your cells. This is super interesting, because if you remember: the transition between 3d individual consciousness and 4D, which is universal consciousness : this is what we're doing. And then we want to bring it into 5D, which becomes total absolute love and soul embodiment in every single one of your cells.

Then it gets so interesting because every single cell in your body is like a sun. The way incarnation happens is the spirit and soul energy come right into a physical cell and basically animate it with consciousness. They make it become alive with consciousness. So, in the case of humans with individual consciousness, this is amazing. If you think about it, it's like this unity that we have in all of us; we're all seeking to feel in unity with things in life. And that's literally what we're made of. So, we're just trying to find outside of us, what is actually in us: the union of spirit, soul, and matter as one.

When conception happens, into that first cell, it comes in and it brings the cell alive. And then that cell is like a sun. It is a sun that is beaming the energy of the soul and the spirit. And then it doubles into a second and doubles into 4, 8, 16 32, whatever. It just keeps going on and it builds this incredibly complex body that we get to play with. Every single one of these cells contains that light, contains the light of your soul and your spirit.

It can never stop being there. What happens is that a lot of the frequency of the field around us, that's in a low frequency, makes it dim out. It doesn't dim the light, but it dims out the ability of the membrane of the cell to shine that out. It's like little veils of consciousness, a limiting belief over the fear-based this and over this and over that. And then that just keeps coating the cellular membrane, whether they are physical cells or photoluminous cells, which are all the cells of your aura and your chakras. What happens is that then we start looking for energy outside of us, we started needing stuff like physical food (I'm going there). We start needing to feed on making someone else react so that we can feed on their emotions. There's a whole bunch of levels of this kind of feeding on the outside, needing to bring things from the outside into us, because we don't know how to feed ourselves. We don't know how to fully generate and expand that field of consciousness. This is an amazing thing to realize: your number one food, the number one source of light and life is in you. It is

in you. It is the heart of every single cell, the spirit and the soul as one, it's this energy of pure light.

I'm so excited! It's so amazing for you to realize that at a deep cellular level, that you don't need to go out there and feed on things. What you need to do is come back so deeply into the heart of your being that you receive the light that you already are, and you generate even more of it by being aware of it. Then you emit it into your environment. Imagine that: you feed the environment around you with light. And we always have, everything does! Even a rock, even sand. There's a life force energy in everything, and it generates more of itself and it emits it. And the things in the environment receive that, and it feeds them. This is where it gets really incredible is that: us as conscious beings with the ability to have an intention, we can amplify that light within us. We can generate even more of it. We can feed our bodies with that and we can bring it out in the world around us, in the field.

Now that's worthy of celebrating! Yogis have known this forever. They play around with the yogic breath. For example, tonight, we're going to work on the skin as a doorway as well as the two nostrils in the meditation because these two correspond to a very specific frequency of light particles that want to be absorbed and amplified through us: the solar particles, or the solar waves of energy coming in - there's a lot of information in those - and in the pranic particles. The yogis have been talking about prana for 5,000 years. Prana is generated by every single living thing and prana is shared. When you become conscious that you are inhaling and exhaling prana, you amplify its frequency.

This is really, really amazing! If we think about this for a second: you are a light being in the flesh and the more you use your consciousness to connect deep into the light that's already within you and amplify it and emit it outwards, that amplification is the absolute requirement for us to start vibrating at a higher and higher frequency and to start bringing the field that we are in into higher and higher levels of frequency. So, it really does start within every single one of us, and we really do have a role, every single one of us. That's kinda cool! Of course, there's a little victim inside of us that would want "them" to do it. There's that kind of thing going on. But you can just love the victim, and give it a little hug.

This is actually your power. This is what you can bring into this world. A parenthesis: you're giving it to yourself first. The only way you can amplify it

in a healthy way and offer it to your environment is if you generate more of it in you. So, you benefit from that first because for you to be a pillar and a vessel through which energies can be amplified, through which these higher frequency energies can not only come in and be received by your body and start transforming your body, but also be sent back out in an amplified fashion.

All of that starts with you realizing that you're at the center of all this, not in an ego way and not in a mental way. This is the thing we're not talking about, the interface, we're not talking about the thing we put on top of stuff. We're talking about accepting to work directly with these energies coming into your body. They're not coming into your mind, they're coming into your body. So, we are kind of going to get the mind out of the way, not by being like: "go away!", just by loving it for what it is. That's what we do with these meditations: I bring you deeper and deeper into a meditative state so that then, your deeper cellular and universal and soul intelligence can take over and do the work, and your mind can receive. The mind can receive, instead of being the one trying to emit everything, it can actually receive this food as well.

The mental patterns of these higher frequencies don't look anything like the ones we're in right now at all. They're not linear. First of all, your cortex just there feels lost, because it's not linear. It's completely different. These holographic, fractal, heart-based frequencies of thinking are completely different from what we understand for now. So, with deep love for our mind, we acknowledge that it's done a really good job so far. You know, you were able to build some tools and figure out how to make houses and like manage all these energies of the 3D reality and the biological survival imperatives. It's all good. Thank you so much for your work, mind. And now we're starting this really deep shift. We're starting a very deep shift into the next human, or the next embodiment structure of the soul in physical form. It's going to be a bit different and us doing the work now to start learning how to actually receive these higher frequencies, receive these particles, receive these as food - literally it's learning new forms of nourishment - it's a very important thing for us to do. The more we learn to nourish ourselves like that, the less we will depend on 3D forms of nourishment. I'm not saying don't eat, but I am saying that eventually, I don't know how long it will take, maybe 500 years, a thousand who knows; the 5D human is not going to be eating food the way we do right now.

Yay for us that we get to already start opening up these doors and these ways to absorb these energies! I'm very excited about this meditation! I haven't done a cellular breathing meditation in a while so I'm super looking forward to us having fun exploring that together and working with the solar particles and the pranic particles.

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