

# ASCENSION PARTICLES ACTIVATIONS

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### MODULE 3 - Activating the Golden White Waves to Expand the Heart and Awaken the Thymus

Alright! Yay! Yay! Here we are! As my Scorpio friend likes to say, “Here we are!” about anything!

We are in the February call, 2022, of the JSEMP program. What we have been working on since December is activating the physical doors to receive more and more of these particles that are coming at us from deep in the cosmos, up from the earth that are food for the energy bodies, reactivating memories and activations of our next quantum leap in evolution. In a nutshell, we could put “re-” in front of it because it's about regaining what we lost; it's about re-becoming 5D based beings that function from a crystalline base and not a carbon-based. Anyone that has ever had fun studying the deep history of life on earth and through the universe knows that our 3D state is not normal, that it was brought on by a fall from grace.

It's been mythologized as the fall from Eden and stuff like that, eating the apple and the good and the bad and blah, blah, blah; but certain things transpired through our history here on earth. Not all because of us as a human race that got overly identified with form - that's a part of it - but there were also other influences that kind of messed around to bring down the frequency. So, you bring down our 5D frequency into 3D and we become much more physical beings. Much more physical equals much less energetic and intuitive and able to function from a subtle energy system, which also means, 3D wise, that we're kind of like trapped in matter. The third dimension is about the mental field, or the lower mental field. The differentiation between the higher and lower mental fields is that the higher is intuitive and by the lower mental field functions through duality and things like causes and effect and here and there, and then, and now, and later.

So, it traps us in a linear intellectual perception of reality, which makes it very hard for us to, first of all, travel through time and space, to connect to other life forms that are not human or not even embodied and incarnated. It also makes it a lot harder for us to really connect to the light that we are,

that is literally pulsating within the core of every single one of our cells and within every single chakra, within the entire field of light and energy that we are, which are called the photoluminous cells.

So, our whole goal in this [series] is about introducing you to the physical gateways, the physical doors through which we absorb these particles coming at us. There are the eyes, the nostrils, the ears, the mouth, the belly button, and the skin. These are the physical doors. What I haven't mentioned yet is that there are also energetic doors, which are the chakras: the seven basic ones that we're used to knowing about and six other ones. That's what we'll have fun exploring next month: the 13 energetic doors. I will talk about one of them today, because it's important for the work we're going to do tonight.

Also, I introduced you to some of these particles already, the solar particles, which also work with deeper gamma rays, from deeper in the universe. It's not just the sun. These particles merge with the solar ones, which are the ones that we receive the most clearly, we can kind of feel it. The solar particles, the pranic particles: these are there, some coming from the universe, but they're also part of us. We all generate them. Every single life form generates them. Our breath generates them. They're in our food, they're in everything, the pranic ones that the yogis have been working with forever. And then, last month, we looked at the crystalline particles, the celestial and the terrestrial crystalline particles. These are super important for a big part of the work happening here right now. Remember that the celestial ones are what is causing this huge plexus purge going on right now, where the more they come into you, the more you can't even hold for a couple of seconds whatever crap you've been carrying - traumas, fears, beliefs, karmic stuff, whatever needs to go - whatever is stuck in your plexus is screaming louder than ever to be released.

As soon as you start having these kinds of thoughts that generate some of that, it's like it just wants to scream at you. It can feel like: "why is this happening?" But it's happening, so you can see it. It's happening, so you look at what you're carrying and holding. And do you really want to be carrying and holding this? Because this is affecting all of your body, it's affecting your immune system, it's affecting your mind, it's affecting your ability to connect to your soul.

So, the celestial ones create that plexus purging effect and the terrestrial ones are heritage from the Atlantis civilization. Those ones are really about activating and waking up our third eye more and more, and all the glandular system that's involved with it.

Tonight, I'm only going to talk about one more particle and next month, we'll talk about the two last ones. (Just give me a chance to unfold why.) Just so you know, tonight, we're going to talk about the adamantine particles. That word is so much easier for me to say in French! Adamantine. These particles are the heritage that the Lemurians left us. They come from deep. They are literally the primary divine undulation of all life when the earth was first formed. These adamantine particles are what infuse into the heart of the earth, and when every single one of us is conceived, that's what infuses into the human heart.

I don't know if you remember, I was talking earlier about it in the first call, where at the cellular level, there's a physical cell and there's the spirit and the soul energy that come in and together, that forms the life that we are, that forms the Trinity of which we are an example, which is a Trinity that is like the holy Trinity. It exists way beyond us. So, that's a really cool particle we're going to work with tonight.

What it affects directly is the heart chakra and the thymus gland. Most of us have been working together for a while, so none of you are going to be in a position where you have a completely atrophied, completely degenerated, thymus gland, which is the case for a lot of people. Not a lot of people have a fully functional thymus gland. It has been reduced to only generating lymphocytes and stuff for the immune system, but it is way more than that. It's just that for most people it's kind of atrophied. I'll talk a little bit about that, of why that is.

So tonight, we're talking about - and we'll be connecting to - the adamantine particles, which are a very deep heritage that we received from the Lemurian civilization, which was a very heart-based civilization. The Atlanteans were more head-based, as in high intellect with intuition and very spiritual kind of understanding, and they were a very, very heart-based form of intuition. They were completely and so connected to everything, and they were only ever 5D. They never experienced falling to the 3D level, like part of Atlantis did. The big fall that we're still trying to get out of happened in Atlantis. With the lemurians, something else happened, but

they never stopped being 5D. So, they're still very much alive. They mostly live within the intra-earth, the intra-terra as it's called, as a consciousness field, which is easy to access and speak with if your consciousness is functioning from 5D.

So anyways, they're very much alive and they don't come from here. They've been evolving for millions of years and they come from way deeper in the cosmos. Little parenthesis: our earth is called Terra, and the being that's at the heart of our earth is Gaia. Her sister is Lemuria, not as in that population, but as in a planet in another galaxy. So Gaia and Lemuria are sisters, parenthesis. I just think that's really cool: beings evolving as planets have siblings, how cool is that!

So, before we get into a nice process to play around with these adamantine particles and work with opening up the heart chakra - because the heart chakra is the key to feeling these particles, the expansion of the heart chakra and your ability to truly feel real love. Not human possessive or conditional love, real love: the ability to love anything in any form, in any shape.

That's the condition for these adamantium particles to come in. And when they really do come in, you are able to then emit them from your own heart consciously. So, it's super interesting because it's kind of like the pranic stuff in the sense that the more you breathe in prana consciously, the more you exhale it and bring it and amplify it. So, it's the same idea. People that are completely asleep, they're not really generating and heightening the effect of adamantine particles because they're not really connected to them. Most of us already have a pretty open heart. We've been at this for a while, so for us to connect with those will be actually - most of us are already somewhat connected to them- but to connect to them consciously and increase their frequency, which will increase the ability of the frequency of love, of the vibration of love to be more and more throughout the fiber of humanity. And that is the condition to raise in frequency because 5D living is heart-based living. It is from the frequency of the heart, which is the house of the soul. So, in our meditation, we're going to have fun working with the heart and the thymus, and just doing a bunch of yummy stuff with that.

The thymus as a gland for most people is no bigger than the size of a golf ball, and I'm almost exaggerating. It's kind of like a little knot of fibers. But

the natural shape of the thymus gland is much more like a flower or a sun. It's supposed to be much bigger and with a fuller range than what it is right now. One of the reasons that it atrophied is because our thymus gland is in charge of our growth, and we have a belief system in our 3D world that we stop growing once we're done puberty. Lo and behold, whatever we're believing is basically what our cells will function with. For most people, it starts degenerating after that.

And then, all that's left of it, for older people that aren't trying to grow anymore, is that basic function of generating lymphocytes and somewhat offering you an immune system that kind of works. But your thymus gland does a lot more than that. When it's fully functioning, not only does it regenerate cells, but this is the gland that is responsible for regenerating limbs or organs, things that we have forgotten a long time ago. Lizards still know how to do it. When the lizard loses its leg, it can regrow a leg. If a lizard gets his tail chopped off by something, it can regrow its tail. It doesn't have a belief system saying: "no that's not possible".

So, for a lot of people, the thymus starts waking up as soon as there's that deep calling in you that you're not done growing. You know, when the soul calls you or when you're like: "I want to work on my psyche. I want to work on what I believe." That's the impulse to grow. "I want to expand my energy field." That's the impulse of growth. "I want to expand my consciousness and my awareness of my soul." All of this, this is the impulse to grow, and that's what reactivates it. It commands through your thymus: let's go, let's grow.

This is a super interesting time we live in because, other than the pretty incredible function of helping you to regrow and regenerate organs and limbs that you've lost is pretty fun – amazing, - this is also the gland that's in charge of literally restructuring our entire cellular system and how our cells function, how they communicate together and how much energy they can take. It's the master gland. This gland then starts affecting all the other glands and communicating to all of them. It's time to time to grow into the next frequency level of intelligent organization, which also means that this is the gland, once it's restored and is emitting its field - it's like a frequency field that it emits, it starts being able to communicate with all of the other cells and traverses their cellular boundary.

It is the process through which the universal intelligence becomes able to communicate directly with the cellular intelligence. And this is what we want. We don't want this interfering with the functioning of our cellular system. That's, what's going on right now. Our beliefs have a huge impact on what our cells can do. If you're like: "oh no, that's not possible!"... We like to act like that's not true, because then that means we have way too much responsibility; not only in the world we create, but in the state of our bodies and our minds. But it doesn't mean it's not true.

I can't wait to do this. I'm super excited!

I want to come back for a little parenthesis on the crystalline cells. That whole thing we were doing last month with the plexus purge, specifically with the celestial ones. It is by far the most important work that we can do to bring about a new earth, an elevated frequency, to consciously participate to this plexus splurge urge. No, please, don't go shopping for more negative emotions. Purging the plexus, which is the chakra through which you can feel. It's sensitive, it feels when energy is coming into it. It feels the frequencies of others. It feels people's emotions. That's why that's where all this stuff's happening. If ours is all full of unprocessed and undigested emotions and beliefs and traumas and ways of seeing and ways of being, it's not very well able to receive clear information from the outer environment.

You know, if I carry in my plexus that all men are dirt bags that just want to whatever, get in your pants, I'm walking around with that. That's there. And anything coming at me is just confirming that. It gets filtered by that. So, we're not even able to receive information. That's purely what's going on. So, that purging of the plexus and of all these old emotions and really letting these particles come and do that work with you of heightening and bringing to your awareness what you're still carrying and holding so that you can lovingly heal it and release it: it is the most important work on earth right now. It is, there's no doubt about it. We have a perfect context for that. There is so much stuff going on, so much of everyone's emotions about this and that and control around that. It's pretty easy for you to feel a whole bunch of stuff in your plexus.

The other reason that the plexus purge is so important is that it is the necessary condition in order for you to be able to activate the clairsentient chakra. Think about your plexus as your sensitive chakra which Allows you



to sense emotions, and your clairsentient chakra is a super important energetic chakra. It's not in the body. It's actually in the emotional body. It's between the heart and the plexus. So, it's about a here and it's about here from your body. So, 10 centimeters, or two and a half inches.

That's part of the energetic chakras. I need to mention this one now because it's absolutely part of the work we're doing tonight and I'll be making us feel into it more and more. That chakra is very, very interesting because as much as your plexus is about you being able to feel energies coming towards you, your clairsentience chakra is about your ability to feel the energies you're sending out and how they will affect others. It allows you to feel how what you're sending out will affect others. As soon as there's the word "clair-" in front of it, it means it accesses things that aren't physical. If, for example, you're talking shit about someone when that chakra is functioning, you will literally be able to feel what that is doing to them.

It's not hard to imagine why most people don't want to have that open at all. That person doesn't need to be in your field of vision. That's the 3D world, like saying: "you're a piece of shit!". And the person is like: "okay". So, you see the effect of what you did. But with this level, this chakra waking up, you start being able [ ... ] to really feel the effect of what you're emitting on them, on their thoughts, on their surroundings and how they will be affecting their surroundings based on how these thoughts you're emitting are affecting them.

That's a whole other level of responsibility. Hmm. It's not hard to understand why a lot of us would have shut stuff like that down. You know, to the ego, that's yummy food. It's like: "oh, he's like this, and he's like that." And then you're just feeding your pain body and the ego loves it. But once that awareness starts growing in you, that makes you able to feel the effects way beyond your field of perception of what you are doing when you're doing that. As it fine tunes even more, you become able to sense the effects that it'll have before they even materialize in 3D world. Now that's getting interesting, because that means you can kind of catch yourself. "Oh, wait a minute. What am I emitting right now and what would the effect of that be?"

You can get that intuitive! You can sense intuitively what that will generate as a reality. And then you can choose to go: "No, that's not what I want to

do, that's not what I'm seeking to manifest. Let me rephrase that. Let me null and void what I just said and recalibrate myself to a higher level". A really interesting example of that is learning to switch your, negative talk to positive talk. Instead of like - it's NLP style stuff – "I don't have this" to "I am on my way to getting that". Little things like that. So, that's more about you and your mind, but as you become aware of that, it forces you to go like: "whoa, wait a minute! That's not really what I want to do. That's not really what I want to do, let me just take a moment to come back to myself. Okay. How do I actually want to formulate this? How could I reformulate this? How can I actually change the way I'm perceiving this person by coming back into my heart and deciding what I'm going to emit towards them?"

So, for example: "oh, that guy's an idiot. He's never going to learn." That's the food you're sending to him. To: "he's in his process of learning and maybe parts of our energies don't fit well together." There's no judgment in there.

I have a friend it's incredible talking with because she keeps - I understand now what she does sometimes when we're talking, she'll stop in the middle of a sentence and then she'll just go : "no". And then eventually she reformulates. It used to annoy me. I was like : who cares, how you're saying it. But she's already on that path of : I want to be very responsible for what I'm emitting. What am I emitting into the field? And knowing that anything I say about someone will affect them at an energetic subconscious level. What is my choice in how I want to nourish consciousness? So if you start catching yourself like: "oh wait, not like that. Let me just void and null that out. And let me rephrase that." That's really good. That's part of what these celestial particles are doing as well once the plexus purge is well underway. Because you're not going to feel that outer physical body chakra while your plexus is still full of unprocessed emotions.

So, that's what I wanted to mention about this. Special, hmm. Also, imagine that then instead of seeing someone as whatever your ego and blah, blah, blah, low frequency thinking is emitting about them, imagine that you actually take the time to send positive, expansive thoughts towards them. And this is tricky, because this is not about "I'm going to send positive thoughts towards them so that they do what I want them to do".

Oh, this is so exciting. I can't stress enough how much the development of



the clairsentience chakra in your emotional body between the plexus and the heart. This chakra is part of the gateways to go from 3D to 4D, literally, and whenever it communicates information to you about what you're emitting, and this is how it's affecting them, or this is how it will be affecting them. If you don't listen, that chakra closes back, it just shuts back down because you are not willing or ready to leave 3D.

It really has an opening and closing function. That's 100% related to it. It will let you know. It's not a dictator, but will you listen to this information? You know, if you want to learn to be a being that's heart chakra centered, and that is on its journey in transmuting all this 3D low frequency stuff so that we can ascend into a higher vibration and a higher frequency of living, but you're not willing to receive and listen to messages when you receive them from these subtle energies, these subtle energies will just shut down and go: "all right, I guess not, not right now."

So, let's be part of the momentum and create the energy field of the people that do choose to receive that. And especially now, because it's so easy to connect to all the bad stuff, it's really easy to see the stuff and the control and the, this, and all of these bastards. It's not going to help.

I don't want to go too far down the rabbit hole, but some of the energies, bringing these frequencies about, that's exactly what they want. They want you to stay in that place where you're looking at what's wrong and what's bad and what's this and what's that because then it's like, yay! If you're doing that, you're not doing this. If it's all about [ sulking ] then you're just in your plexus and you're not purging, you're not learning to go up into the heart chakra. That serves their agenda. It's not about living everybody kumbaya. It's not that either. It's not like: let's be like asleep sheep and act like everything's okay. That's not it either. This is about choosing what are you going to do about it; you can look at what's wrong and focus on it and amplify it, or you can be aware that there are things that are not ideal. And thank you. This is the problem. And I can't solve that from here. I need to go up. I need to go up to the next level of consciousness in order to find solutions in order to create and contribute into a new reality.

So, the reason I'm talking about all of this is because that plexus purge is what allows that clairsentient chakra to open. With a solar plexus that's not full of undigested emotions, the clairsentience chakra that's able to give you information, that's what allows the life force energy coming from the earth,

through your body to actually start coming up into your heart. And that's what we want. Most of us, we've got a barrier here.

Almost all of you that I've worked with individually, we all kind of have a barrier there. It's the fear that our power is going to be used for bad stuff or whatever. So, we tend to not let our power go all the way up into our heart and into our higher fields. So, this is how we melt that wall. You purge these old negative emotions and you allow that clairsentience chakra to connect, to open up and connect. That allows the line of energy that allows the opening of the place through which the energy can get embodied more and more in your heart. And that's what we want. We want to embody the frequency of the heart chakra. We want to embody it in this physical vehicle, the energy of adamantite particles, which have been embodied by lemurians and haven't been embodied since. So, it's kind of cool for any overachievers here. It's kind of cool. Spiritual overachievers. I like it.

Okay. Is there anything else you want to say before we go in? Because I can already - whew! The energies are already coming in. Yeah.

One last thing I want to say about our heart chakra as it is now, the state of the collective heart chakra: one of the reasons it vibrates at a lower frequency than it can vibrate (so much higher!) is because our 3D sciences have created this view of life in which we are an accident. We're like this fluke thing that happened in an accidental universe. And when we die, we become compost and there's no reason, there's no creator or there's no higher purpose. As Dawkins would say, consciousness is an epiphenomenon of matter. So all of a sudden, even consciousness has been subjugated to only being what happens when matter complexifies enough that something could emerge such as consciousness.

This whole thing has made it very hard for us to believe and know, and feel and communicate with other life forms, whether it's energetic life like devas and the beings that regulate and harmonize nature like that the shamanic plants work with. Whether it be spirits, energies, and elementals, or literally crystalline beings from other galaxies and dimensions that we can talk to very easily when we're going 5D. 5D is out of time and space. That whole belief system created by our 3D sciences is one of the reasons that our heart chakra is so closed off and the heart chakra, to expand, needs to be able to include many, many other life forms than only the physical ones.

That's a key piece. Our body functioning at the true resonance frequency of the heart chakra is us coming back to being crystalline. The carbon based life form that we are, that's the 3D version after the fallen consciousness. Crystalline bodies is our body is when we are in 5D. And when you're back in your 5D crystalline body, you are more than able to be aware of and communicate with any other crystalline beings throughout the galaxies and the worlds and the timeframes. So, I think that was the last thing I wanted to say.

Yes. So, we're going to do a meditation in three parts, and we're going to go in deep. We're going in for at least an hour non-stop. You can lay down if you want, if you're not too worried of falling asleep. The most important energy that allows the heart chakra to open and that allows us to reclaim our crystalline heritage and much more expanded consciousness is our ability to feel love for what creates all of life. I'm just going to leave you with that idea as we slowly wind down into a meditation.

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