

ASCENSION PARTICLES ACTIVATIONS

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MODULE 5 - Grounding our 5D Multidimensionality : Harmonizing the Mental Body Chakras

Okay! Here we are! JSEMP, April 2022. We are going into the last of five months that I've devoted to really being focused on talking about particles, new frequencies coming to us during this time of great transformation and transmutation that we're experiencing. It has different names like Ascension or awakening of humanity or shifting from 3D to 5D.

I came across a book a couple of years ago that was written by a beautiful man from Quebec, where I'm from, he is French Canadian. He channels Saint Germain and his work is really easy. He's such a pure soul. He wrote this book which is a channeling from Saint Germain and it's called Food for Healing and Cellular Transformation. (Showing cover) This flame itself is so beautiful.

My God, we've got so much of the colors that we work with in our programs already! For those that are in the advanced programs: the violet, the rose gold... When I first saw that book and that flame I was like: "oh my God!" It's kind of like an artistic representation of the violet flame, which is Saint Germain's responsibility for the next 10,000 years. Just some weird, out there information, but yes, there is such a thing as beings getting chosen to be the guardians of flames and it's for very long periods of time in terms of human lives.

So, I've been going at this since December, and we explored the nine physical doors through which these seven particles are coming at us so that we can learn to activate them and open them more and more so that we can receive more and more of these particles. These particles coming at us are literally helpers of the elevation of the frequency of our consciousness, as well as the complete overhaul and rebuilding of our energy bodies, our subtle bodies and even our physical body in terms of the structures of our physical systems; nervous, lymphatic, blood, all that stuff. Also, all the glands are experiencing a major shift. We're going to talk a little bit more about that tonight.

We talked a little bit about the thymus gland in the call that we talked about the adamantine particles, but all our glandular system is being called into a higher frequency of functioning because in this whole 3D to 5D shifting, our physical body is also going through this shift. I mentioned that a little bit, but what is so interesting about this Ascension process that we're in is that it's not about your body dies and you ascend, this is an ascension process that is literally - the 3D, the physical body, doesn't have to die in order for your consciousness to be able to ascend into higher levels and for these frequencies to actually affect the 3D level.

So, that really seems to be what's most unique about what's happening here. And I hear from certain books or certain talks, or even from some of my pyramids that explain that to me, that we've been here a couple of times and failed. There's this attempt to spiritualize matter, literally to bring the higher frequencies into the lower densities and civilizations throughout the different galaxies, universes, whatever have gotten to this point...and things happen. The 3D density is really strong. Fear is really strong, private interests and vested interests can take over and potentially destroy the civilization, so on and so on. Stuff like that has happened a couple of times. So, we're on the cusp of that once more. It looks much more promising than other times for a bunch of different reasons, galactic reasons.

I think I've mentioned this before, we're at a triple age of Aquarius hitting us at a 2000 year cycle, a 25,000 year cycle, and like a whatever, like 350,000 year cycle all converging in this one line of triple Aquarius energy. Of course, it's very much about entering the higher mind and that's what Ascension is in a certain way: learning to live from the upper levels of the mind, which are reconnected to the sacred heart. I.e. the body, the soul, the spirit all unified harmoniously. So, woo! Yes! For all of us being here, it's a really cool time for us to be here. It might not always feel like it, but it is.

So, we looked at nine physical doors, which were: the belly button, the skin, the mouth, and then the two nostrils, two ears, and the two eyes. Right now, we're looking at the energy doors, there are 13 in total of which the seven usual chakras, you already know about these centers. And then these other chakras - it's not that they're new, it's just that you can only really access them once you're going into the upper parts of 3D and then entering 4D and then 5D reality. So, we've been in low 3D for thousands and thousands and thousands of years. Now, it's just naturally, we're all

going up to upper 3D. You can tell the difference between people that are in lower 3D and upper 3D. Lower 3D are completely like: "everything is out there! The world is bad! Things are happening to me." A kind of victim mentality. There's me, and there's that our outer world or the outer world.

Then, in upper 3D, You're like: "okay, maybe my thoughts affect my reality. Maybe, my reaction to this person is actually something internal." You're starting to have that consciousness come into play and anyone on this call is already there. This is already what we're doing. Most of us are maybe a couple of toes still in upper 3D and definitely learning to be more and more anchored into 4D. 4D is universal consciousness, so it's the ability to be aware that there are many other life forms out there. You're not stranded on a rock with no God.

It's the level of universal intelligence. So, any of us, when we go into deep meditation, even here, when we start receiving messages, stuff like that, this is that we're doing. 3D would just be like: "I'm meditating. I can feel myself breathing. And my body's moving up and down as I breathe and I can feel my skin." As soon as we're able to tap into more expanded states and tap into a more... global would be a good word too, but not as in the globe, but as in becoming aware that you are a part of a universe and there are many other life forms. There, that's 4D. Our goal is to really get up into 5D because 5D is the place from which you really start being connected to the heart and soul.

It's the soul level of reality. It is a deeply loving and blissful place to be, and our ability to get there and stay there, that's essential. That's the whole goal: to shift up not only into 4D, which is great. It's better than being stuck in a very limited physical perception of reality, but it's not quite enough. It's not quite enough. I've heard people talk about this a little bit, that a lot of aliens, like grays and stuff like that, they're 4D. They are aware that they're in a multi-verse, they're aware that there are a bunch of other living forms. They're aware of this, they are aware that they strategize. They have super advanced mental capacities, but a lot of them aren't connected to the soul level of things where you recognize the dignity and the soul in every single thing you encounter.

That completely changes how you interact with things. There's being able to connect to a universal knowledge, and then there's being a being that not only recognizes its own soul, but recognizes that everything is part of

the majestic Soul of source. Being in 5D, in a nutshell, in the simplest nutshell way to say it is having permanently relocated in the sacred heart space. That's your gravity center. The head is no longer trying to run the show. The head is at the service of the sacred heart. That's 5D living.

Our ego is like: fuck that! But, your mind freed from being run by the ego, your mind reconnected to looking at the heart as its source of guidance is the ultimate medicine for your mind. It really is. And the more the mind touches that and receives that, the more it's a very willing participant. The little battle that most people have is between their egoic mental self, which is literally your identity that wants to stay up here. It's like: "no, I'm the one that's deciding what's going on." As opposed to you coming back into your heart and letting your soul be the one deciding what's going on.

So, it's a relinquishing. We relinquish... In French, we say: "je mets à tes pieds". We relinquish this control and this attempt to know better than God and Source what's best for us.

I'm in a 14 day yoga intensive, and there's a lot of ways they talk about the ego that are wonderful. It's like the ego is this part of you that's out of control. The way they talk about it is that your ego is like the manager of a hotel that thinks that he's the owner. So, he's walking around acting like he's the owner of that hotel and getting all draconian. "I want it like this and I want it like that. And I..." And it's like: dude, you're the manager! Your job is to manage the space based on what the owner directs. So, it's a really fun metaphor. It's a manager that's gone rogue and thinks he is the owner. Sorry, I'm getting a little bit sidetracked.

So, we worked on the nine physical doors. And then we started looking into the 13 subtle doors through which these particles come in, seven of them being the main chakras we're used to, which are part of the etheric body. And then we started tapping into the other ones. We have the clairsentience chakra, which is a chakra that's in the emotional body. That chakra is related to being able to feel the effect of what you're bringing into the world. So, literally feeling the effect of the thoughts you're having towards others, feeling the effects of the emotional frequencies that you're emitting and how it affects the environment, how it affects others, how it affects the other people that these other people are in contact with. So, we're starting to enter multidimensionality. It allows you to feel this, and not

only that, eventually it allows you to feel in advance what would happen by you emitting these thoughts.

This is the beginning of mastery. This is the beginning of spiritual self-mastery, to be able to truly feel in your body: what will that create as a frequency in the world If I choose to do this, think this, stay stuck in this emotion? So, that's the first one. We looked at the clairsentience chakra in the emotional body.

Then, last time, we worked on two of the chakras that are in the mental body. There are three, and we're going to be working on the other one tonight.

The two chakras and the mental body that we worked on last month were the chakra at the base of the neck, which was a very, very powerful call for all of us. That chakra was about really being able to reconnect to your multidimensionality and being able to be in contact with energies, beings, frequencies, etc. that are from other dimensions, going all the way to 15. We also worked on the crown chakra in the mental body, which is a little bit above the crown chakra on the etheric body. That one's about bringing you back into harmony with the masculine and feminine polarities. It's got a lot to do with harmonizing dualities and bringing us back into unity. So, I'm super glad because tonight we get to work on the harmony chakra.

(Humorously) Ladies and gentlemen, let me introduce to you the harmony chakra!!!

All right. All right. All right. It's hard for me to stay serious for a long time. The harmony chakra, what's very, very awesome about it is that it works in conjunction with the clairsentience chakra. You need to have that clairsentience chakra and the emotional body functioning and active for the harmony one to be able to kick into gear. And then, it gets interesting because the harmony one is really upper 3D and going into 4D. The clairsentience one in the emotional body is what allows you to start being able to go there. I don't know if you remember when I was talking about that chakra, when I was explaining the plexus purge - how the particles related to it, the celestial crystalline particles, what they do is they activate your plexus. Remember that plexus purge. All of a sudden, anything you're holding that doesn't serve you, any emotions, they just get super amplified, so that you see them and release them.

That's the condition to really kicking into gear the clairsentience chakra, which is your ability to feel the effect of what you're going to emit onto others as it comes back to you. So, once that one is able to function, because you're listening, and the plexus purge effect is kicking into gear, you're kind of like: "Hmm, okay. That's not something I want to hold on to. It's time to forgive. It's time to release this anger. It's time to...", you know, whatever's getting amplified to show you a low-frequency stuck in you. Like, "let this go," and you accept to let it go, then that clairsentience chakra can function properly. If you refuse, if you're like: "no fucking way, they don't deserve my forgiveness!" that clairsentience chakra it just shuts back down because clearly, if you're not willing to feel, if you're not willing to let go of something and you want to hold onto anger, how are you going to actually outstretch your field enough to be able to feel the effects of that?

If you're in this place where you're like: "fuck them, I want them to suffer," the last thing that you should have access to is the ability to feel the effects that's having on them. Let's think about this for a second. That's the last thing I would want someone in a vengeance energy to have access to is the ability to really feel how much he's able to hurt the other person by doing that. There is a built-in intelligence to these frequency levels: you can only access so much if you're willing to embody enough light.

I'm not saying that some people aren't able to cultivate stuff like that and get a little bit dark. I know that exists, but that's another story for another call. Okay. So, clairsentience chakra: able to function because you're listening and receiving and recalibrating and deciding how you're going to act and what you're going to do. And then, based on what you're able to feel that as an effect that will come, then the harmony chakra can start kicking into gear. I'm pointing here because this is literally where it is: it's between the heart and the throat in the mental body. There are three people on this call that already know this chakra under another name that I gave it, which is the command center.

So, it's this place. This is the place from which you can have a massive influence on things around you, relations around you, encounters around you. This chakra calibrates to being able to sense how harmonious interactions will be. So, this is already pretty cool. But what this also means is that the more this chakra develops, all it wants is for there to be harmony. All it wants – it is attracted to what's harmonious, which means that more and more your intuition is going to be able to kick into gear and let you

know : that encounter, that's not harmonious, that's low frequency stuff, that whatever, that party, that gathering that meeting, that anything that involves meeting with other people or energies - this chakras job is it's able to remote view it in the mental field.

This is not about feeling it like the other one that's in the emotional body. This is in the mental body. This is about being able to see, with your mind's eye, the level of harmony of any situation you were about to go into. As this develops more and more, because you're like becoming more and more 4D and starting to touch into 5D, you're able to expand the heart frequency. You're able to connect with your soul. This is also the chakra through which your soul can directly let you know: this is the potential of that meeting, this is the potential of what can happen in this meeting.

I keep having this flash of Arrival, the movie, you know, when they're about to start bombing the UFO's that are trying to give them tools to ascend. And she's having this intuitive thing going on for her, where she's receiving information. And it's almost like her soul gives her information about what the Chinese leader's wife murmured in his ear that no one else could have ever known, no one else than him knows what she said in his ear. But the woman in the movie receives the information of what she said to her husband and says it to him just as he's about to launch war on the beings that are trying to help them. And that's what stops him in his tracks and actually makes him go from a completely disharmonious behavior, which would have lowered the frequency and been horrible, to actually going up rising up to another level. It was really cool because the sentence was just: "in war, there are no winners, only widows", a beautiful sentence in itself.

That's the potential of this chakra. More and more, it's us being connected to our soul and being able to have this direct kind of communication with our soul about what is the goal is. What is the ultimate goal of this encounter? Instead of the ego, because the ego determines the value of encounters based on what it's going to get. It's like: "what am I going to get out of it? Am I going to get money? Am I going to get fame? Am I going to get power? What's the outcome, and I'll decide if I'm going to go? what's the price and I'll decide if I'm willing to pay?" That kind of logic, which is very different. This is another logic altogether.

The heart has reasons that reason can't understand. That's a really good example of that. When your heart goes like: "go there, go do that." Then

you are like: “are you insane? That's fucking horrible! I don't want to do that, blah blah blah!” And your heart's like: “yes, you know, there's something we can bring there.” And that's why it's called the influence chakra. That's why I call it the command center in the work we do with the alchemy stuff, because once you're connected to this, you literally decide which state you're bringing into the situation.

You become able to consciously decide what you're bringing into a meeting of energies. If you can feel that something is going to be pretty dense and potentially very onflictual, and you can feel all that in advance, you can decide what you're bringing in there and your soul can also tell you: “yo that's no! Nope! Don't put yourself in that situation!”

I remember a private session with one person on this call where it was kind of like: “no, I'm not going to go there because there isn't really a potential of something harmonious in that situation.” You let your soul help you figure it out, but sometimes we're able to see that it could be in harmony. I'm talking about another person on the call too, who by visualizing how we want something to go, by visualizing the person's soul, lifting up to the occasion and by deciding who we're going to be in that encounter: are we going to be a reactive ego or are we going to be a responsive heart centered soul that changes that, that has a big impact on these situations and what can come to be?

So, this is a really, really interesting center to learn to work with. What else can I say about this one? Its color is turquoise, it's very, very vibrant turquoise. How this one gets activated is through the particles that we're going to be talking about tonight and their interaction with the ones that we talked about last month. So, tonight, we're talking about the sixth dimensional particles, they are the last of the seven particles that I'll be presenting throughout this five month adventure into particles, the sixth dimensional particles.

These particles are very interesting. They are literally the driving force of the entire transformation of your physical glandular system, as well as the structure of the subtle bodies. That's their main job. They're this super high frequency level particles that you can barely feel from 3D, but once you're more in a universal, less reactive frame of being, and you start having access to the heart space more and more, you hear them calling, it's almost like they're calling to you. And they come and grab you and try to lift

you up. Once you're in 5D, you are just in a continuous direct contact with them. They are the most important part of what's going to be helping to completely rebuild our energetic structures.

The way our aura, the way our energy bodies are made right now, they were formed to be adapted to the earth frequencies. Right now, we have this huge shift of frequencies are going up now. The friggin Hertz frequency, all of this stuff is going on, where we're being called to embody and expand our energy field more, we're being called to expand into higher levels of consciousness. All of that requires an upgraded subtle body structure. What we have presently was awesome for earth-based living. It's not going to be functional enough for us to expand into much higher fields.

One of the effects of these particles in the physical body structure is it is directly affecting the adrenal glands. And this is going to be very interesting. I'm glad I get to talk about this with you, because this is super, super, valuable information to understand as our adrenal glands are shifting and transforming. What these particles are doing is completely changing the types of secretions that these adrenals secrete.

Adrenaline and cortisol are two of the main things that adrenals secrete to help you survive. So, you're walking around, it's all good. All of a sudden there's a tiger right there. Adrenaline and cortisol kicks in, and then you can run, you can fight, you can lift the car off of your child. It's super energizing, but it also like hyper focuses your consciousness.

It's kind of the opposite of universal consciousness. It's one point consciousness and that's what allows you to survive in that moment. So, that's not good in terms of us being able to expand our field and be able to access the universal intelligence, which is also going to mean seeing a whole bunch of life forms that we've never seen before in human form. And that, for the fear brain, is very scary. Part of what these sixth dimensional particles are doing is lowering the ability - this is very weird to understand - they lower the ability of your adrenaline glands to secrete cortisol and adrenaline so that you're able to remain more calm in front of situations that would normally scare the living shit out of you.

That is really important! We might not be willing to admit it, but if you woke up tomorrow morning and there was a huge, I don't know, 200 meter alien ship that you could see in the atmosphere, floating above your home, most

of our fear brains would be totally scared and the army would be freaked out. We'd go into panic. So, this is super important. In order to be able to deal with beings and energies that are very, very different from anything we've ever seen on earth, we need the fear brain to not kick in as easily. Our fear brains are trigger happy! They are like little trigger happy kids with handguns, with automatic machine guns. It's not good.

It's not good in terms of expanding into much, much vaster understandings of reality and of how many life forms are out there. And that there are some that want to test stuff on our bodies or whatever. With all these things, we have to be able to remain calm; stable heartbeat, blood pressure, not like out off the roof, so that we can respond. This is super interesting. These particles are literally physically helping us learn to be in a state of response instead of reaction, being in a state of being able to interact with what's in front of us instead of the survival of brain kick into gear and try to protect us from anything that it doesn't know. Let's think about this for a second.

When you start accessing expanded states of consciousness, for your survival brain, that's a danger to your survival. That's dangerous. I don't know what that is, that's dangerous. I don't know if anyone's ever experienced this before, but doing some kind of spiritual practice that brings you super deep into a deeper relaxation than you've ever had. And all of a sudden, the survival system kicks into gear like: "whoa, this is dangerous!" I'm sure we've all had little moments like that. Or, meeting someone with whom there's a contact that feels like it can be really healing. And all of a sudden, the survival brain is like: "whoa, wait a minute! That's dangerous!" So, at the physical level, that's what these sixth dimensional particles are doing: they are lowering the adrenaline and cortisol levels so that we actually learn how to interact with things in a way that we can respond with calm, peacefully, calmly.

What that means though right now for us is that we've been running on adrenaline and cortisol for most of our lives. We're walking around with traumas from childhood, we're walking around with a defense structure that's always trying to protect us. We've been running on adrenaline most of our lives. And all of a sudden, it's not kicking into gear as much. And if you don't understand that, all you're aware of is that you're more tired than you used to be. You get overwhelmed way more easily. You're overly sensitive, things feel like : "guuuuhhh!" It's just because we're so addicted and we're so used to when adrenaline kicks in and it's like: "all right, let me

take care of that, I'm going to do it.” And then we have energy, but that's actually putting your adrenaline on the ground and eventually we have a burnout.

So, one of the effects is feeling more tired and feeling overly or more sensitive than you used to be. These things can so easily be misinterpreted as: “oh my God, I used to have my shit together. And now I'm a fucking mess. I'm like crying and I'm, you know, I'm this and I'm that. And I feel all these energies I didn't use to feel before!” Yeah, because you don't have a bunch of adrenaline keeping your awareness so focused on one thing that you can't sense anything else. And, with less adrenaline and cortisol, your mind doesn't interact the same way with things. Your mind, instead of being like: “okay, I got to fix it. I got to fix it. I got to do something. I got to this, I got to that.” It's not getting that dose of adrenaline, that's like 80 coffees in one shot and your brain, which allows you to learn to: “Ahhh, let me just, Ahhh, let me just stay. Let me just, Ooh, let me just stay in my chest right now. Let me just feel what my heart has to say about this.”

That's what responding is. Your ability to respond to things is your ability to let them come to you, enter and then you calmly decide, all right, what am I going to do with this?

So, that's what these sixth dimensional particles are doing. Wow. That's at the physical level, and at the energetic level, just as I was saying, they're helping to restructure and rebuild our energy field. Etheric, emotional, mental, causal, there are given different names by different traditions. That system will somewhat change. I've had some teachings talking about nine bodies instead of seven. I've had other teachings that are talking about, there's going to be 999 chakras and stuff like that. And you just kinda go: okay, whoa, whoa! Let's go about this calmly, without too much adrenaline kicking in. So, first things first, we're calming down the body so that we're able to intake more and more of these frequencies, more and more of these particles, these waves, these light particles.

Some of them come and they come through the physical doors. Some of them come to you and they enter through the energetic doors, the seven chakras, the clairsentience chakra in the emotional body, the three chakras in the mental body, the harmony, the base of the neck one and the upper coronal. So, that's four and the two other ones are the two other ones are like here and here, there, and there, there are two other ones related to the

coronal chakra. These are pretty advanced out there. They're part of the Buddhic body and stuff like that. So, these will come into play more and more as we're firmly anchored and permanently relocated into 5D consciousness. Because, from there - this is the cool thing about 5D - you get to 5D, and you have access to all the other ones. It's the doorway to reconnecting to your multi-dimensional self. So, then you're able to be aware of all these different layers and parts of you that are all in this multidimensional universe and functioning from different dimensional levels of being. So that covers the 13 energetic chakras. Now that's a lot of information.

Is there anything else I want to add to that too much information as it is? Yeah. A little thing. Last month, we talked about the Orion particles. The Orion particles and the sixth dimensional particles are kind of like best friends. They work together. It is through their work together that that coronal chakra in the mental body gets activated. It is through their work together that the harmony chakra gets activated.

They work in harmony together. So, we're ending this five month process by playing around with these two. I'm going to do the energy process around the sixth dimensional particles, but be aware that they're working in tandem with the Orion ones, which are coming in through the base of the neck, top of the head. This is such awesome information to allow to percolate through. I talk about it cognitively. But then our goal is to feel it in the body, to work with it at a different level. And the more we are coming back to living from the sacred heart space, the home of 5D consciousness, the more all of this can become this harmonious tool that functions together. That's where I want to go tonight. I want to really focus on just being in that sacred heart space. We've given the mind candy, it's got a whole bunch of concepts to chew on and notes or to read or whatever. Now we're going to go in.

Yeah.

Bring a glass of water, please. And we'll be right back to do the meditation.

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