



Recently I have experienced times where I am immersed in visions of light. Twinkling rays of beautiful light as well as denser rays of energy that are the more common mode of travel for humanity at this time. I was on my way to a friend's backyard party. The sun was shining and all of a sudden I saw all of the rays of light as they come together creating human consciousness. I saw that the "I am" is just one thought, one ray of light amongst many that are present using the focal point of this vessel. Each of us is a vessel with the ability to perceive and since this is true for all of us, beyond personhood there is an array of energy that is channeling into this reality and other dimensions. As the weight of the mind and emotional focus is lifted, these other energies are able to be perceived as they are cleared to express and create through this human form.

I saw the "I am" of Catherine happily surrounded by many rays of light. The illusion is that it's just me. I am not anything. A couple of days later I had a dream in which I was chanting "om nama shivaya" and the strands of light became lighter and lighter coming through me and I began to feel like I was going to levitate. I decided to let the light take me up.

Spectrum of consciousness is like a rainbow, with many infinite threads of light making up the fabric of all creation. We as humans are anchored not only by the body by virtue of our conception and birth, but by the denser rays of emotion and thought forms. This happens because of the training we receive from the other humans around us who already have set points to these frequencies.

The "I am" is the central focus of all these rays of light making up the basic constellation we think of as a human being. We put tremendous amount of energy into this focal point of identity and it permeates the mental, emotional and physical bodies. We identified with these denser energies and subsequently believe this is what we are. This is also commonly known as ego identification, personal importance and personhood. Because our individual personal power is wrapped up in the matrix of these "human" vibrations, we have almost no chance to perceive or experience anything that isn't from the same bag of tricks. This is another reason why we can look at the story of our lives and see it like a merry-go-round we cannot get off of.

When the mind is no longer given your attention and the emotional body is allowed to experience it's natural feeling states, our awareness begins to expand beyond the dancing fields of energy of the human. This can take time and it is individual for everyone. In truth we all perceive vast frequencies all the time but our attention is usually focused elsewhere.

As the "I am" is released from the belief system, it travels to the source of itself. In other words, the belief that is your identity "I am", crosses the ocean of the mind to reunite with the ray of light that is its source. The beliefs holding it in place, the story of your life, are still present however they lose the power and hold over you they once had. You can then recognize the "I am" as simply another of infinite rays of light available to be perceived by the human being. Consciousness is no longer shackled by the false fears of the mind. Everything is propelled by the light creating all the strands. This light directs everything in all creation. We only think we



create from the point of view of the ego. In fact I am not responsible for this information only the delivery of this message (and then it is still not up to me).

Meditation, specifically meditation utilizing ancient mantras, allows vibrations of light to anchor and enter into your personal solar system. Do not expect the mind to go away. Coupled with wakeful conscious meditation and a focus on leaning into the natural sensations of the emotional body, the mind begins to lose its vice grip of control. The "realness" of thought begins to fade or rather it no longer has the same importance or power and you are able to wisely surf these denser energies. Without trying, the balance of power begins to revert from the mind back to the source of you. It is here where other frequencies of light have the opportunity to emerge and be perceived. Higher and finer frequencies are always possible but do not get the "air time" when we give all of our attention to the mind and worry about feelings that we have.

Don't minimize the necessary step of feeling the emotional body. It can be a great deal of time before you develop the awareness of the sensations without always seeking to interpret the message. Eventually trust is established that the emotional body and the mind will deliver messages as needed. The transition for the "I am" is not something you can dictate. We can only become more adept at feeling and not believing the mind. This alone will forge doorways for finer vibrations of light to be perceived as you conserve more and more of your personal energy.

An increasing number of individuals are also spontaneously awakening to this as the frequency is ultimately dictated by the source, not the mind. Experiencing this for some can require dedicated effort and for others around the globe will just "pop" for no apparent reason. But the internal mechanism is the same, the finer vibrations overtake the denser light and the transition happens which we call awakening. The light behind the light manifests the source of creation within us which is the Divine Mother and everything is Her creation.

Light vibrations are not specific to humans, they exist independently. You can read other aspects of this in my article about [the body being a map to the stars](#). Someday like all other species, humans will go extinct, the information encoded in the cells will always remain but be returned to the body of the planet itself.

The emotional body is magnetically drawn to the emotional bodies of others. It tunes into the people around it either to match or enhance the existing vibrations around that person. The mind is developed by repetition of words and abstract idea delivered by the other people around that child. When a belief is charged by coincidental emotion being expressed by the emotional body, a potent lasting impression is bookmarked in the memory. We become adept at using the power of our imagination to recall and relive these experiences. The re-experiencing through memory shades and colors the current moment we are in. String enough of these together and you have a significant story of drama/trauma in your history. These histories become the reference point for any new decisions and we then see ourselves in a certain framework. We form opinions about ourselves, based on imagination and then suffer for it. Sound familiar? Every child develops the mind and emotional tuning in this way.



All thought and emotion are energies, various vibrations of light. If each thought is a ray of light, we have infinite rays of light bombarding us just at the level of thought in the mind. Expand beyond that and the channels of light are endless.

Have you ever been jolted by that moment when you say something exactly like your mother or father and you realize you're just like them? From the point of view of the light, all that happened was the ray of light containing the vibration that was delivered to you by that parent is perceivable in that moment. This is why we create images of the people we know in our heads. We are perceiving the energy again in the light, this is memory. We forget things as their importance diminishes and only the brightest lights survive in our minds. Only the light with the most energy can generate enough power to continue on in the mind. We feed that light with our emotion. This is why we can't remember what we ate for breakfast but we remember someone calling us a name 40 years ago.

The emotional body is a portion of the rays of light that we are able to perceive and the complete freedom of the emotional body is a step in transcending the mind. So much of that work involves letting go completely of any attempt to control the sensations of the emotional body. The effort required in doing this is in staying neutral as you witness your mind's story while leaning into the feeling state and refraining from believing any of it means anything at all.

Using this practice of leaning into feeling, allows you to develop incredible stamina to navigate the waves of illusion we must deal with on a daily basis. Because all life is an illusion! [Freeing the emotional body](#) doesn't just mean only pleasant feelings are tolerated and all other sensations are avoided. Suppressing feeling is the current emotional condition of humanity. Choosing emotions is a spiritual warrior strategy and is a great skill, however until the belief system is disconnected from the emotional body, there will always be hooks to pull you into an unpleasant emotional state despite your choosing something else. In fact, even after the disconnection occurs there will be many moments where it will appear that thought and emotion align, giving you the opportunity to once again lean into feeling and surf the emotional body while letting the mind go.

When the emotional body is completely free to feel, you begin to experience periods of time that appear absent of emotion. At first the mind is a bit more activated wondering what the change in feeling state means. Eventually the mind subsides giving way to a beautiful peacefulness for your consciousness to bask in. During this time in my life is when I noticed the stunning array of channels of like creating everything. Choosing emotion after the emotional body is free is a possibility however it never appealed to me. It takes an incredible amount of energy and personal power to repress feeling and it also takes a certain amount to divert feeling into another sensation.

What was more interesting to me was to continue to fully experience every feeling that life brings to me and just see what happened next. Seeing rays of light is one of the aspects that became apparent to me.



Reconciliation between the emotional body and mind results in a new paradigm in which to live. Life still flows in waves, however all the pieces fit together in a perfect way without judgment. Even judgment is perfect in and of itself. The patterns continually inform and you realize there is nothing to do, but you continue to act in the world. This is what is sometimes referred to as the "not doing", controlled folly or being in the world but not of it.

Like all journeys that end, a new journey ensues. When the battle in the mind is over and the emotional body is free to feel, consciousness naturally begins to expand beyond this dance energy. There is less and less need to pay attention to the mind. You can begin to trust that whatever you feel is temporary and faith in the channels of light grows so strong that there is less need to examine and identify feelings. Because judgment of feeling is no longer present, if a feeling or thought catches your attention it's much easier to witness your reflection, learn from it and drop it. If you discover there is judgment and ego involved, it is also much softer and gentler because you accept that, take responsibility, and allow it to pass.

Freedom to explore is now yours. Choosing to explore the awareness of other frequencies through meditation became increasingly interesting to me during this time. In particular, mantra meditation attracted me. Mantras have ancient origins and are channels carrying beautiful fine vibrations. Mantra meditation is like anchoring a particular ray of light within your soul. Then that ray will interact with the other vibrations you are carrying and over time have a permanent impact on the system of you.

I look back on periods of time when I immersed myself in mantra meditation and the specific meaning of the mantras I used, and I can see a distinct shift in my life in the year or two or more afterwards. Another vibration practice is aligning with nature. Try sitting at the base of a tree and meditate and ask the tree to merge with the light within it. Or just perceive the frequencies naturally flowing to you and let yourself get carried away. Use your imagination to turn up the volume on beautiful energy inside and out!