

## Spread Your Wings

**Y**OU ARE SO DEARLY LOVED.

Why do we open with this reminder? It is the entry point to your heart. We begin by linking with you, and as we give you our invisible hand, you are given a choice to reciprocate by stretching your hand to us so we can begin.

*Begin what, you ask?*

Sounding the melody to which you may dance. These words are an exchange of energy between Spirit and matter. They come as a pulse from the universal source of light and love, translated to linear words and carried over to you one word at a time. There are more efficient ways to transfer energy to you and this is through a hug. No need to read any words as the exchange is done in silence and reverence, with permission, always to serve your highest path, and so we begin.

We ask you to seize the moment at any given moment. Flying is your goal and you all know how to

take off. It is as simple as visualizing that your hands are wings and your legs are the engine that propels you higher, allowing you to overcome the gravitational force. Three intentions must always present themselves as you stand in front of an elevated surface getting ready to take off. Each intention must be invoked by you. The most exuberant one is the intent to no longer adhere to the rules into which you were born. The second intent is to break any rules, even the ones your science convinced you are unbreakable, simply by asking to move from third gear to fifth gear or from 3-D to 5-D. The third rule is the simplest—giving intent, with pure heart, for your highest agreements to come forth, manifesting in your life. You do not need to know what they are or even if they are signaling the changes for which you are hoping. All you ask is for those contracts to manifest now.

*This is it, you ask in disbelief?*

No, we reply, this is the beginning. You have come here to learn to fly. Flying is an art, like other forms of sport, where you learn to move seemingly beyond the physical limits of your body.

*We do not wish to be fooled, some may say. We know we were not meant to fly.*

Look at where your knowledge of limitation was anchored 500 years ago, 250 years ago, 150 years ago, and now. Do you think you know everything that there is to know about your abilities? Your evolutionary trajectory is changing as you realize the power you possess. Space travel using large spacecraft may become a thing of the past, and redundant, as you learn how to place your consciousness in vehicles that move vastly faster than the speed of light. There are already some of you who are exploring what we named biofield travel but they do so incognito, as is appropriate. The power of the human to displace parts of its consciousness, directing it to various locations using visualization, had been explored intensely during the Egyptian mystery schools and later on by different mystery schools around your planet. This knowledge was based on what the Atlanteans called the centrifugal force, as it was accessed through spinning or being on the surface of a mechanism that spins fast and, like in your medical science's blood test, allows parts of you to separate from other parts. Much care and control was used in training for such missions. You are made of parts that seemingly represent one whole, but in fact, you are kept as one integral whole by a magnetic field that we call your light and by your intention to manifest as a physical being. Once your awareness lets go of preprogrammed limitations, you are able to separate those seemingly different components of your being by using antigravi-

tational force or centrifugal forces, reversing the polarity of your magnetic field that keeps you intact as a conscious human being. Once the being has been separated from the consciousness, it is a matter of will to be able to direct that consciousness to wherever you wish and later on to safely land it back, integrating it with the physical body, being magnetized back to become whole again. The ancients built temples that were used as portal fields of energy from which one can travel. They left clues in many places, but the ingredients that made it work were lost.

*Why were they lost, you ask?*

They were hidden from sight initially and later were destroyed by those who were threatened by the power humans were able to access. There was a time when these hidden secrets were used to create destruction and bring about much darkness. This happened before your recorded history and therefore made itself into the realm of myth or legends. A human angel has infinitely more power than you were led to believe. Much of your current programming was designed to funnel that power you possess away from you. Your attention is most prized. You are, at present, bombarded daily by elements which compete by drawing your attention away from your inside towards the outside, rendering you weak and malleable. Your access to resourc-

es that regenerate your body, rather than degenerate it, are on the defensive. Despite all these elements which are there to block, many of you are slowly, step by step, disconnecting from the sources of depletions, patching up the leaks in your auric fields, redirecting your energetic channels of power back to you rather than giving it away. This is a cause for celebration, and we congratulate many of you for selecting higher frequencies, despite the abundance of lower-frequency choices available to you. The geometry of your vehicle is constructed through visualization—by focusing your attention on forming a link between your heart and the field around your body. As the energy bounces back and forth from your heart to your field, something that defies your current understanding of matter begins to happen. The molecules that construct your physical form begin to expand, making your constitution less dense. The less dense you are, the higher the vibration you achieve. As the body becomes activated, moving into the higher frequency, it invokes the field around the body forming an egg-like shape. This shape expands the more you focus on your heart, creating a harmonious resonance. It may feel somewhat disconcerting, as the sensation may be interpreted by your body as fainting or dizziness. The cellular density mutates from the biofield of a human to the biofield of an angel, creating a bridge that may feel as if you can become unconscious. The body must get used to that

sensation over time by practicing moving through the gateway of fear of losing oneself in the egg-shaped energy field.

By practicing, the undulating movement of energy from your heart expands in all directions, stroking the walls of the egg shape around you and feeding back to the heart, opening a portal to another dimension. The body must let go of its desire to remain in control as the body becomes more porous. As the field around you grows, you may begin to become aware of a high-pitched sound coming seemingly from inside of you and the sound of thunder and waves flooding your inner ears. Beautiful your body is and it was meant to perform miracles; flying is one of them. Continue the undulation and draw a line linking your heart with the site you wish to visit. Allow this site to appear clearly in your mind. Practice initially on sites that you are very familiar with and are not far. Ask your consciousness to perceive what you see, remain aware, so that you may remember details.

The traveling is contained within the egg shape. The shape transposes your awareness to anywhere in the universe directed by your will. The geometric shape of the egg protects your awareness from becoming disoriented as it maintains a cord linked to your physical body, and at will, can return to it.

*This is confusing; please give us step by step instructions. When do we invoke the wings, you ask?*

As you begin the process, give intent to fly, invoke the wings, and visualize yourself flying, using your legs and lower torso as your source of power and wings to navigate. Follow up by invoking the three intentions. Once completed, raise your sexual energy but do not climax. Direct your energy from your engine (second chakra) to the heart. Follow up by visualizing the egg shape around you, undulating from your heart back and forth to the egg shape at an exceedingly faster pace. Once you hear the high-pitched sound inside of you and thunderous sounds in your inner ears, know that you are ready to experiment with flying.

It is time for you to expand your idea of who you are. Many of your galactic neighbors are waiting for you to visit them. Indeed it happens occasionally that a human travels unintentionally, but rarely have human angels ventured to the galactic family territory, and it's time.

*Now what, you may ask?*

We hug you with our wings, reminding you that no one ever judges you on how far you reach. You are your own judge. We let you know that you have options.

Some of your options are magnificent in scope and are available to you, if you so wish.

*What is happening now on Earth? We wish to have an update, you request.*

Earth is becoming lighter. Many species are already moving into higher frequencies and disappearing in large numbers. They are still on this planet but can no longer be perceived by you with your eyes. Immense seismic pressure is building up due to the shift in magnetic polarity. Large movement is being observed in your perception of reality. Your eyes are opening up to “see” the larger picture. Many ask for this picture to be aligned with your heart, and when it is not the case you begin to act. These actions come in waves and are assisted by delivery of high-powered frequencies from what you may call the universe or your galactic neighbors. You have much help while you are shifting from one frequency to the next. The darker aspects of your emerging consciousness are being pushed “against the wall” metaphorically and the battle is raging. Light is merciless and dark is just lack of light. Light shows each one of you a full 3-D picture of who you are, your shortcomings, your inner darker aspects, your misalignments, and the pressure is awesome in scope. Your body is craving to align with the new frequencies being introduced and permeat-

ing your dimension. Those of you who do not align will leave the planet in large numbers just to be back soon for yet another go. It is a time for celebration; a time to slow down, to take each moment, breath, and heartbeat and use it to spread love frequencies. Thoughts that are disorderly, disharmonious, or chaotic amplify, colliding first and foremost against the self, rippling to your surroundings, spreading misalignment, pain, energetic blockages, as well as disease faster than ever before. Balanced harmonious feelings and thoughts, aligned with the heart, impact the planet, creating surges, or waves, of light which assist many in choosing higher frequencies. Be aware of your thoughts, feelings, and actions at any given moment. As you clear your flow through your own process, redirect the challenging, dense, disharmonious waves to your heart, projecting them, from there, down into Gaia, transforming heaviness to light and love.

The whole is contained within the one and the one contains the whole. We wish you to know that your journey is about linking you with you through the cords of love. You are at a crossroads and it is time to play your part. The timing of your awakening is set to now, and we ask you to open your eyes, invoke your inner smile, and know that you are ready for it. You are

love and we are love. As family, we always are with you.  
It's time to spread your wings and fly, and so be it.