



## Flow Alignment and Connection™ (FAC)

### *FAC Practitioner's Foundations* Transcript of Journeys

Prerequisite to this course: Open to those who have graduated from the basic *Awakening Your Light Body* course, as taught by Duane Packer and Sanaya Roman of LuminEssence, either home study with the LuminEssence audio and written course, or with a live class teacher certified by LuminEssence.

If you have not completed all six volumes of the basic *Awakening Your Light Body* course please contact LuminEssence at [www.orindaben.com](http://www.orindaben.com) and complete your basic Light Body training; then you will be warmly welcomed into FAC.

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## WELCOME

Welcome! This transcript contains the edited, written-word version of the journeys in the RoseLight home study audio CD set *Flow Alignment and Connection*<sup>™</sup> *Practitioner's Foundations*, CD-FAC-PF.

The audio journeys come from the angel Athabascar, who is a teacher of Souls, and who connects with you individually and personally each time you listen. Therefore the journeys will change and adapt to “meet you” where you are each time you listen—they are living portals to the higher realms, not just a collection of sounds. The audio CD journeys contain spiritual transmissions of love, light, and flow, inaudible to your physical ear, but real. These transmissions are positive, beneficial, and come to you only through your own Soul.

For this reason, please not copy the CDs, as it distorts the transmission portal. Also for this reason, the journeys tend to be quite powerful. You may grow so relaxed as you go into your deeper process that you fall asleep. If so, you are safe and secure; you are surrounded by light when you work with Athabascar this way. After the journey ends, plan on resting for anywhere from five to twenty minutes – don't jump up or you may feel you did not get enough integration time. This is a period of “yogic rest” where your meridians, chakras, and other subtle energy body structures are digesting the light you created in your journey with the angels. Also, because of the depth of process it may be that you cannot remember the words of the journeys, so, a free transcript is posted here in the library at [www.roselight.com](http://www.roselight.com).

When you listen to the CDs you receive a very different transmission from what you receive by reading the transcript. The transcript is for your “left brain” and the audio CD is an energy alignment for your entire energy field, coming from and through your Soul. So feel free to read the transcripts and use them as supporting texts, but not as a substitute for listening to the CDs. You can think of the CDs like a healing or a bath in loving energies.

The transmission portal is very beneficial and we are asking for your help to keep it clear. There are no humanly produced or machine-produced subliminal messages or sounds on the audio CDs.

The footnotes, if any, in this transcript are offered to help guide you to reference materials or are addendums from Amy to help clarify a point Athabascar is making.

## YOU ARE ENTERING A PORTAL OF LIGHT

Set your intentions clearly as you enter this transmission portal. You are now a part of a lineage, and your thoughts, words, and actions are part of a larger whole.

Thank you for helping to maintain the purity, clarity, and integrity of the work, and for respecting the power and beauty of these energies and the policies put forth by the guides of light who give us the keys to these wonderful gifts.

Blessings to you on your path of growth and service.

## 1. DOORWAY OF PEACE

Good. And welcome. What a great joy and honor it is to welcome you to the Flow Alignment and Connection™ Community of Light. You have been with us for some time now, working with your Soul and your guides of light. You have been preparing for this time, for the shifts that you will undergo as you learn more about flow, about alignment, and about connection.

You are a wonderful being. You are composed of many different parts and all these parts work together as a whole. As you grow more into the light these different parts begin to take on a higher and higher level of smoothness, of efficiency, of peace.

You have worked hard to arrive at this point. You have awakened your Light Body; you have learned much more about your composition as a human being, your physical, emotional, and mental bodies; and you bring to this moment in time a wealth of life experiences, energy experiences, and growth experiences. You are ready for this shift. You have been preparing for it on the inner planes for some time and now we will dance together throughout these journeys to help you bring this shift more fully into your physical presence on Earth and into your personality self.

It is your Soul and Greater Consciousness who brought you here. And each of you succeeded in passing the gates that you needed to pass through in order to arrive. And so now you are here and there is nothing more that need be done except to relax, to find the flows, and to join them.

So take a deep breath now and let yourself begin to find the rhythm here, the inner rhythm—your pulse, your breath, your flow, for you are becoming a doorway of peace, a doorway of flow, of alignment, and of connection.

And all of the parts of you are a part of this dance, from the smallest and youngest to the largest, to the oldest, from the most experienced to the least experienced. All the parts of you are invited here and all the parts of you are welcomed. You need not be anything other than what you are. You are enough, and beyond enough; you are a gift..

So feel as all the parts of you, in whatever way you know them, begin to stir, begin to sense, as if they were hearing a call from far off, sounding over the hills, coming on the wind; beginning to sense that safety is possible; that peace is possible.

And it will unfold one breath at a time, one moment at a time, one day at a time. There is nothing you need do but follow the flows.

Nu'a. Nu'a. Opening the back of your head and neck, feeling yourself begin to soften, feeling yourself begin to relax even more. Becoming fluid, becoming the flows.

Nu'a. Nu'a. Dinia. Dinia. Leow. Smoothing your dinia, extending out, feeling the generation of light that you are—your base, always available whenever you choose to turn your radiant awareness towards it.

Leow.

Your mumin transparent to all harmonizing energies now, all energies of harmony. Mumin.

Ranthia.

Taking the time to enjoy your vibrational energy body. This is you, not something separate, not someone else's invention, but you, your body.

Ranthia.

Traeo.

Pieah. The rods of the pieah moving in and out. Pieah.

Renawre. Finding that renawre cocoon, however much you are able to find, not looking where it was before, not sensing where it was before, but where it is right now in this moment.

Who are you in this moment as energy here? Observe the richness, like a tapestry of silk; the color, if you are a visual person; the peace and flow if you are kinesthetic. And also, sense with your many subtle senses that do not have corollaries in your physical body.

It is almost as if you have little antennae or sensing mechanisms, the most delicate, sensitive energy sensing mechanisms all throughout your energy field. Just as your nerves throughout your body send information to your brain, so do these delicate sensing mechanisms of light communicate with your central mechanism of sensing light. Feeling that communication now, back and forth, back and forth.

Renawre. Good.

And beginning to find that pulsing point of light. And when we say the word "fullonia," you do not need to come back to that pulsing point but just ride the energy. So we will always begin there, with that pulsing point, but then you move through it when it is your time and your rhythm.

Finding that pulsing now in the upper chest. If you've lost spatial awareness of your physical body, then go to wherever you are drawn to that pulsing, your doorway.

Fullonia.

And imagining now that the space about you is opening. Sense it, feel it, see it, however you do, as if you are in a ballroom, vast, alive; the room is alive and the room is you.

Fullonia.

Soften, relax, falling back, opening, good.

And just sense this container now, just sense this ballroom. Get a sense of yourself at this size, however large or small you think it is.

As if this were a swimming pool and you could swim under and around and through, swim around now. Or fly. Or roll, or touch however you do, your edges here.

And you may find that there are no edges, but there will be some sense of tension, of containment. The walls here are not built of stone and there may be no walls, merely a sense of tension—like the surface tension on a glass of water, but in the realms of light.

Fullonia.

This is your doorway for Flow Alignment and Connection™. In the beginning, your sense of it may be less developed but your sense of this will grow through time. This is not the Light Body cocoon;<sup>1</sup> this is a different body. This is a passageway or a doorway of your multidimensional consciousness.

Fullonia. Good.

And feel now as your Soul and Greater Consciousness begin to approach this doorway for you. This part of you has been waiting patiently, lovingly, with great clarity and wisdom. It has prepared you for this time and it is going, when you are ready, to begin to move into that doorway.

The edges may be ragged or smooth, good, and there is just the right amount of energy. Good. Think of a stream moving down the side of a mountain. Think of a stream entering a lake, spilling in, flowing, joining—joining the body of water that is there already, the currents blending.

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<sup>1</sup> The Light Body cocoon is an advanced Light Body structure you will study in the teachings on basic *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies*, [www.orindaben.com](http://www.orindaben.com).

And your Soul and Greater Consciousness now are going to amplify the currents of your essence being, of peace. For you are a doorway of peace and you have access to an unlimited source of peace.

Feel as the energy begins to circulate in the lake, however you perceive this—perhaps a sense of depth, perhaps in other ways.

And now imagine that this ballroom of peace is you, as you move through your life on Earth. Imagine this energy body in your home, coherent, tuned in to its own rhythms.

And imagine the flows of your life coming before it, like more feeder streams into the lake. And each incoming current of energy is blended, embraced, your heart opening and widening. Feel the flexibility here, as if this ballroom is made of an elastic substance, supple, responsive.

And imagine this node of peace that is you moving through your day—your little self in the middle of all of this flow, focusing on what is before the little self and yet, your identity is larger. Some part of you is remembering more and more that you are a node of peace.

And when you have need, your little self remembers to drop into the pelvis, to expand out. Out. Beginning to touch this atmosphere of peace that your larger self is generating all the time. Embracing what comes before you, embracing the challenges as an opportunity to enfold them in this peace.

There is nowhere to go and nothing to do but to allow the streams of energy to come to you and be transformed through your body of peace.

For this energy is larger than any challenge, stronger than any pattern, more delicate and gentle than a flower petal, and stronger than a volcano. This is you. This is your birthright. This is your peace.

And there will be times that you forget that this is here, and that is all right, but it is always waiting for you now.

And so imagine now your greatest challenge in your life. Imagine it flowing into this river and into this lake. You are opening, your body relaxing, for your body is learning a new response. It is learning to open and soften in the face of challenge so that you are alert, so that you have more options, so that you are flexible and free.

And simply allow this challenge as a stream of energy to move into your ballroom without needing to do anything to it; just let it come in. Good. And your Soul and Greater Consciousness embrace it.

And feel as that energy dissipates, is absorbed. Begin to recognize the liberation, the gift of usable energy that this challenge brings you.

So just play for a few moments now as this energy circulates. Just play and be these flows.

And it is a great work that you are doing, for you are bringing peace to Earth in the area where you have the greatest power, and that is your life: your field of play and responsibility. And so this is important work, never a waste of time.

And you may do this process as often as you like, but for now, let us begin to shift, acknowledging your Greater Self, your Soul and Greater Consciousness. Begin to find the energy of your heart, however you know it, for it is your heart that is the doorway here. At the fullonia, at the ranthia, at the fourth chakra, on the physical trunk, we will go and we will come through the heart.

Fullonia. Fullonia. Being drawn. Being drawn, drawn into the shift, effortless, light, graceful.

Finding the pulsing point of light and when you are ready, move through it into the renawre cocoon. Fullonia.

As you make this transition, imagine that any energy that is more than you wish to hold is pulsing out from you—out into the gridwork, out to where it can do the greatest good, out to those you are here to serve.

From love of your little self, you are bringing back just the right amount of energy—not too much, not too little; just right.

Coming into the renawre cocoon, taking your awareness there. Let yourself be absorbed by it, its life, its rhythms, its sensuality, its aliveness. Renawre.

Stay in the renawre cocoon for as long as you like, enjoying it, and when you are ready, gently and gracefully let yourself slip back into your personality as it is becoming—supple, flexible, an instrument of peace.

And with that for now we will say, may many blessings be upon you.

## 2. RODS OF INITIATION

Good. And welcome.

And so for this journey we ask that you put your body in a comfortable position, one in which your spine is erect and your diaphragm is free to move up and down, up and down as you breathe.

And let us together to begin to smooth and harmonize our energy, finding your right rhythms, your right pace and flow.

Nu'a. Nu'a.

Softening, getting clear and soft, sensing clarity all about you.

Nu'a. Leow.

Letting yourself find your vibrational energy body centers as they are now, in this moment—not as they have been, but as they are now, for you are a dynamic, ever-growing, ever-changing being of light.

Leow.

And adjusting the traeo and the dinia, feeling that rhythm and communication they have with one another. Perhaps touching in on the traeo and the dinia, beginning to feel your system balance, balance, self-adjusting, self-correcting.

Ranthia.

And together now, telepathically, let us invoke the light. The light that you are calling is yourself as a greater being of light, your Soul and Greater Consciousness. And this invocation that we will use has four lines, and before each line, each sentence, we will breathe in together a quality such as peace. And then as we exhale, think the thought clearly; that is all that must be done. It is quite easy.

And you will see as you do it that making your intention in this way is an important step. It is where you set the doorway for what comes into you as a little self. It is where you are the gatekeeper with your free will and conscious intent, your gifts as human beings of light. It is also where you make the deliberate intention to lay down your robe, your persona, your smaller self, and to open to the larger self that you are.

And you can breathe in your own rhythm. You do not need to hold your breath. Just let your energy flow, let it release.

So inhaling in your own right time the energy of joy, as if joy were rain falling all about you; as if joy could be breathed in as an essence, breathing it in and out with your lungs and also with your nu'a.

Nu'a.

As if joy were a stream or a current of energy, with your energy breath, your energy intake at the nu'a, breathe in the quality of joy. And on an exhale, in your right time, think the thought clearly,

*I call forth the light.*

Imagine that thought rippling out from you like a signal or a call, out on the planes of the mental, reaching, reaching, reaching up to the planes of the Soul.

And breathe in now the quality of flow—a river moving towards the ocean, a dancer moving with grace and fluidity—whatever image comes to you now. Breathe with your physical breath and with your energy breath, as if little gateways in your physical body are opening; as if all of you is relaxing and opening.

And on an exhale, when you are ready, in your own right time, think the thought clearly,

*I open to the light.*

Breathe in now the quality of alignment: that precision, that perfect lining up, that sense of clicking in, of everything falling into place. However you imagine it, however you perceive it, breathe in the quality of alignment.

And on an exhale, in your own right time, think the thought clearly,

*I receive the light.*

Feeling your heart at whatever level you know it, breathe in now the quality of connection. Feel the energy beginning to take on a coherence around you and within you, a stability, as if fine lines of light are beginning to organize themselves throughout your being.

And in this moment, all the places between which it is appropriate for energy to flow are being connected now, from the large to the small. Breathe in connection through your nu'a, through your physical breath, however you imagine it.

And on an exhale, when you are ready, think the thought clearly,

*I am the light.*

You are joy. You are peace. You are flow, you are alignment, you are connection. You as the light have the ability to permeate the smallest spaces and the vastness to cover infinity.

Sense yourself now as light, moving, flowing, aligning, connecting. Good. Whatever your experience is, be your experience.

And imagine as this light that you are aware of a much larger self, larger even than this, that is you. As if from very far away you can feel this light coming towards you, and you are the bridge between the little and the big, between the small and the vast.

And this light is coming now as rods of light from a great Source of light that is also you. And you as the light are offering now this gift to your little self where it lies resting or sits resting. You are the initiator. These rods hold the light of Flow Alignment and Connection™.

Your little self is ready. It has been preparing for this moment for some time—at night, in dreams and in sleep, and in meditations as well. So offer now as energy to your little self these rods of light, for the heart. These are the energies of peace, of joy, of flow, alignment, and connection.

And you may have a sense as you do this of a great resonance—as if water in cups is being illuminated; as if candles are being lit all over the room, all over the energy field over which you have influence; as if these little lights are going on in closets and on shelves in your home, in your future and in your past.

Notice the quality of energy here, how stable and pure it is.

Next, offer your little self these energies for the hands. You can perhaps perceive from this space what a great capacity for service your little self has, and the hands are the instrument of service, of touch, of physical contact in a physical world.

Offer, and it always up to the student to accept or not to accept, for there is no need ever to push. When the time is right the life-force rises to meet this energy and embraces it.

You are holding stable, from this place so very far away, your heart as a much larger being.

Sense now, if your little self's time is right, that these rods of light are coming through you as the light and moving into the hands of your little self.

You may feel your physical body vibrating or you may have other sensations; perhaps a feeling of deep peace, perhaps a remembering that this is truly you. Remembering, remembering that this is, remembering that you are vast.

And feel now as the energy that sources this begins to move away, for the deed is done, the gift is given.

And you as the light, the flowing, moving light, all about your little self—feel your tenderness, the love you have for this part of you, the way a parent loves a child as the child lies sleeping in bed, the breath rising and falling.

Notice how strong your little self is, what a great capacity for compassion it has. And as you notice this capacity for compassion, sense or feel the rods of light in your heart and your hands as they begin to communicate with one another, to stabilize the connections in the energy field. This is a part of your journey home so that you can give this gift to yourself, this peace.

Imagine now that you are turning to look out into the earthplane, to sense more about the earthly realm from this higher perspective. Notice the quality of the energy in the earthplane, some of it very unorganized, some of it holding much suffering.

And with absolutely no effort, touch in to your light and feel as these rods begin to sing, like a tuning fork. And notice people are coming. They are drawn by this tone that you are emitting. And as they step closer to your energy field, their energy fields begin to take on a coherency and peace.<sup>2</sup>

And other beings are coming as well—animals, plants, even angels and beings of light. You have your own field of service.

As these rods vibrate notice what happens to your own energy field, how you begin to become softer, clearer, how your essence identity begins to manifest itself even more. It is as if you are watering a garden and the seeds inside you are flowering, your unique gifts.

Perhaps your gifts are beauty; perhaps they are love. Listen now in your own heart. What can these rods help you with in your life, in your expression, in your art of living?

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<sup>2</sup> Here Athabasca is showing you the effect of the resonance on FAC on your magnetism, and the service you can do for others simply through being. Note that this is different from offering FAC sessions to clients; what he is showing you here is not about having a private practice with clients, but about beingness as light and love, resonating higher vibrations through your energy field.

For you have work to do here; you chose to come to Earth at this time. You chose every pattern of your body and your personality; all of this is a part of the puzzle.

So feel your peace. There is nowhere to go and nothing to do but to sound your tone and to embrace the streams of energy as they come to you in your life.

Now, once again shift with us now into that doorway of peace, your ballroom, and sense the greater coherence here now, for as these rods vibrate in you this doorway becomes much more stable.

You are the light and you are also the individuated self. So let us begin to shift back more fully to individuality. Acknowledge both parts of yourself now and let us begin to move ever so gently.

Renawre. Renawre.

Finding the renawre as it is now, not as it was even moments ago, but as it is now in this moment.

Dinia.

Ranthia. Ranthia.

Nu'a.

Feel the openness about you. It has always been here. You are creating it with your energy. You are manifesting this potential on Earth. Feel the flow in the room about you, in your own physical body. Feel the alignment and the connection. Feel the peace and the joy.

And sit or lie, still and quiet for as long as you like to integrate the transmission. This quiet time is important. It is an act of kindness to your little self and an act of dedication to the work of light that you take this time and do not shift back quickly, but let yourself be graceful and easy.

And with that for now we will say, may many blessings be upon you.

### 3. MEETING YOUR BODY GROUP

Good. And welcome.

And so for this journey we ask that you put your body in a position of comfort, one in which your spine is erect and your diaphragm is free to move up and down as you breathe.

Let yourself relax. Let go of the cares of your day and move more and more inside into your rhythms, into your flows, into your base of energy.

And let us run the energies together, harmonizing and smoothing, finding your right rhythms as we journey to meet some of the beings in your Body Group; some of the beings who assist you in Flow Alignment and Connection™, in your path of growth and learning.

Softening now, relax. Nu'a.

Open the back of your head and neck, open all the valves. Good. Nu'a. Nu'a.

Dinia. Dinia.

Leow. Leow.

Your mumin transparent now to all harmonizing energy, all expanding, expanding and harmonizing energies. Mumin.

Ranthia. Ranthia.

Traeo. Traeo.

Pieah. The rods of the pieah moving in and out, up and down, all around. Pieah.

Renawre. Renawre.

Finding that pulsing point of light, the fullonia; not needing to go back to it once you're through it unless we use those words, "pulsing point." Let yourself be drawn, through and in, smaller and smaller. Let the tension build until you cannot hold the tension any longer, and then move through.

Fullonia.

SaHa.

Imagining or sensing now in whatever way your ballroom, as if you are coming in to your ballroom now—vast, open. Sense this ballroom, perhaps a sense of doors or windows all about.

Fullonia.

Feel the intensity of the vibration here, the nature of this passageway that is you, that is an aspect of you, your body, your being, a doorway of consciousness.

Play now in this space. Feel its magnetic potential increasing. Swim like a dolphin through the space exploring it, playing in it, noticing a peculiar tension building.

This is normal, this is fine, for you are beginning to gather enough energy to be a doorway of light, a multidimensional steward of peace. You are softening your mental body, opening the flows of your emotional body, gaining ease in your physical body to help you remember who you are in a larger world.

This is a doorway for you for many friends, many coworkers of light. And just as you are able to embrace people from many different walks of life, men and women, people of different races, people of different economic backgrounds, different languages—just as you are enriched by that great diversity, so can you be enriched here by a great diversity of life and light.

All the beings invited to this party are very harmonized, quite coherent, quite evolved in their capacity for love and service, as that will manifest through blending with you into the earthplane. And in this realm you are as they are, moving light, currents of sound, currents of flow.

Imagine now in whatever way you do that the doors and windows of your ballroom are beginning to open. Sense the harmony, flow, alignment, and connection here.

Perhaps it will seem as if a stream of particles of light is coming into a room. Perhaps your ballroom is like a chapel, a sacred place. Perhaps it is like a clearing in the woods, and the beings as they come are like birds and deer, or whatever image comes to you; perhaps simply moving energy, currents of light and sound, stillness and movement.

Whatever your experience is now, be your experience. Welcome these beings in whatever way you choose to welcome visitors to your home. And visitors they are, coming to stay but a short while, to exchange with you, to enrich you, to teach you, to assist you. Opening, expanding, opening, expanding, play now, play in the ballroom in whatever way you do and learn from these beings, your Body Group at this moment.

It may be abstract, difficult to sense. Do not worry. This is to make contact, to open doorways. You can use this journey again and again to increase your connections, to return whenever you like. But for now, play with what is here.

Let yourself not know what to do. Let yourself experiment.

You are doing very well. And if you know the frequencies that DaBen has taught, or the Self-Exciting skills, you can play with those in this ballroom as well, finding them as they exist here, for they do.<sup>3</sup>

At whatever your level, play. Touch in on the fullonia. Does that alter your experience? Begin to use the organs of light that you are and that you have to play in the realms of light.

Now thank these beings in whatever way seems appropriate to you and let yourself begin to shift your attention and awareness from the ballroom to the fullonia. Fullonia. Fullonia.

SaHa.

And you do not need to know how this will translate back into your practice. You are laying a groundwork, opening doorways, building a base. It will serve you in your work of peace, in your own life, in the life of your planet and of humanity. And it will grow. This is but a beginning for you.

Fullonia. Fullonia.

Renawre. Renawre. Find the renawre cocoon now in its richness, observing, being the cocoon of the renawre. Be sensual; go more deeply into the experience of it. Spread your awareness around the renawre cocoon, above you, below you, and to the sides; and remember that this is you.

Renawre.

Pieah.

Traeo.

Ranthia. Ranthia.

Your mumin transparent to all harmonizing, integrating frequencies. Mumin.

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<sup>3</sup> See [www.orindaben.com](http://www.orindaben.com), Radiance: Self-Exciting and Radiance: Filling in the Frequencies, Basic and Expanded.

Leow.

Dinia. Dinia.

Nu'a. Nu'a.

Let yourself begin to sense your body weight, your physical breath, your body weight, your physical breath; begin to sense them more fully now.

And it may seem as you come back more fully into time and space that your ballroom is very far away from here, but it is only a thought and a breath away. These energies are here to help you find flow, to align and connect, so that all the parts of your being, in your smaller and larger selves, can come into Oneness, into the All That Is, with harmony and smoothness and peace.

Let yourself relax and enjoy this space for as long as you like. And with that for now we will say, may many blessings be upon you.

#### 4. TRANSFORMERS

Good. And welcome.

And so for this journey put your body in a position of comfort, one in which your spine is erect and your diaphragm is free to move up and down as you breathe.

Letting your body relax, soften. Open your heart, however you imagine that. Open your hands—as if small flowers are blooming in your palms, and as they bloom and send out their radiant scent, your heart opens and you relax. Begin to feel a flow between your heart and your hands.

And feel your feet—as if you have small flowers in the center of the sole of each foot, and they are blooming. They are opening just the right amount. You are not forcing them, you are letting them be in their organic cycle of blooming.

Imagine that you have small flowers in the sockets of your hips, one on each side or perhaps a small cluster on each side. Imagine or feel that all these little flowers in your body are blooming, each in their own right time. And feel that as they bloom, the tissues in your body are beginning to come alive with a freshness—as if a cool fresh wind or a warm tropical breeze, however you would like to imagine it, is beginning to move through your body, awakening it, enlivening it.

And as you wake up, as each cell begins to vibrate in whatever way you imagine or sense this, there is a release. The old structures that are no longer needed begin to let go, much as if you peeled an apple or a potato, the skin that held that piece of fruit together, that marked its boundary, is letting go; as if you can shed those little skins for all those little pieces of fruit through your body.

Imagine this in whatever way you do, for this is natural. You are a garden. You have cycles of planting, and growing, and decaying, and lying fallow, and planting, and so on. You are a set of rhythms and waves.

We are going to play now, to introduce you or help you get better acquainted with some beings, the Transformers, little beings, group beings, who are able to help you as the gardener turn your soil with greater ease and greater efficiency. For they love the discarded skins of the fruits and vegetables. To them, this is the most wondrous and beautiful material, fresh and new, from which to create; from which you can create.

You might think of them as tillers of the soil, as flocks of swallows, or in many other ways. These beings are not from Earth and so they can take many different forms, for their forms are pure energy.

Already these beings are your friends and they wish to help you in your practice of growth and service.

So let us together invoke the light. We will welcome them through the doorway of your heart and the larger doorway that you are, so that they might teach you about this process and about ways this process can occur in greater joy and ease. For as you feel comfortable with your rhythms and cycles, you will grow much more stable, much more confident, much more peaceful.

Breathe in now the quality of peace, as if peace were the scent of a beautiful flower, all throughout the room, all throughout your being, all throughout your cells. Breathe in peace with your physical breath or your energy breath, in whatever way you know how.

And when you are ready, on an exhale, think the thought clearly,

*I call forth the light.*

And breathe in now the quality of flow: a river moving towards the sea, drawn, drawn, drawn in the natural rhythm of the Earth—flow, in whatever way you imagine it.

The blood in your veins and arteries is flowing. You are made of rivers of liquid. You are made of rivers of light, streams, small and large.

Breathe in that quality of flow, and when you are ready, on an exhale think the thought clearly,

*I open to the light.*

And breathe in the quality of alignment, as if in every cell a tiny compass points now to true north, to the love, the compassion, the wisdom of your Soul; as if you are a flower aligning with the light of the sun, reaching and opening, drinking it in.

And on an exhale when you are ready, think the thought clearly,

*I receive the light.*

And inhale once again the energy of connection—a warm handshake of friendship, two hands clasped, the life-force pulsing between them; a hug when your heart touches the heart of another and you embrace and feel the love flowing between you; the connection of your feet, the soles of your feet to the skin of the Earth, her surface; connection in many forms; a plug going into a socket, all the lights on the Christmas tree coming on.

Breathe in now, in whatever way you imagine it, this energy of connection.

And on an exhale, when you are ready, think the thought clearly,

*I am the light.*

And feel now as together we open the ballroom, your awareness shifting there effortlessly; as if the doors and the windows are opening and you are inviting these beings, these masters of flow and transformation, the Transformers, to come.

You are flows and rivers, you are discarded apple skins, you are all phases of rhythm and cycle. And if you would like assistance now in your Earth body and in your larger energy bodies with releasing old structures—those that you are willing to release, for these beings will not pry anything away from you; if you would like help tilling your soil, let these beings come now and play.

Feel as they play through your body, sounding tones or in whatever way you imagine them—gobbling up those skins and discarded materials, playing.

Sense the play of these beings.

Sense the safety here. When you are ready to let go of your old structures, when they are ready to be discarded, you can turn them into something even better.

You are like an apple on the tree, ripening and dropping, ripening and dropping.

Sense that all the fruit you have dropped to the ground is now ready to decompose and becomes play material for you and these beings, together. Imagine that as you release waste and toxins from the places they have been held, quickly and gently and easily the material becomes alive with play.

And imagine now some area of your life in which you have been letting go of the old and in which the new has not yet set up. If you have not completely let go of the old, these beings will not use the material. They will only use what you have released and surrendered.

And you can make your intent to do release more now, but only where there is integrity through your whole being and respect for where you are in the cycle. From this place you can see the eager part of you that wants to rush things, but you will not let it. You can love that part of you but you feel the majesty of your rhythm, the organicity of your process, the rightness of letting go of just the right amount. And for that amount now in that area of your life, invite the Transformers.

It as if birds are flying through an open window, as if tiny tillers of soil are so filled with joy to be offered your plot of garden in which to play.

And imagine your awareness going out to the area of your home where you live, to all the things you have put away somewhere, old energy sitting in a closet or in a corner, waiting to be released. Invite these beings if you would like into your home to play. And you may find that you will be giving away some things after this, or cleaning closets.

It is as if you can sense or feel the joy in all the old energy. It served you so well in its time and now it is time for you to give it away so it can be used again, by you or someone else.

And imagine now some old relationships in your life. Perhaps an old lover, perhaps parents, perhaps some other relationship—something where you have let go of the physical form, in some fashion. The person may still be alive and you may have another type of relationship with him or her now, but this old form of the relationship is done.

Notice again: what have you released, and to what are you still attached? Is it time to let go of a little more? And if it is time, go ahead, and if it is not, hold on longer. It is fine. You will have enough time in the larger scheme of things.

And wherever the energy of these relationships, or this relationship, can be found in your systems, invite your dear friends the Transformers to come and make use of this energy to make beautiful patterns of light, or in whatever way you perceive their play.

Sense the waves of gratitude coming, coming from many places in the universe, acknowledging you for letting go. It all comes down to this small moment of you with yourself, in this space of peace and clarity. It is not difficult if you respect your rhythms and your right timing.

So thank these beings now. Feel your heart open as you realize that these beings are your friends. They are here for you when you call. They will be with you in your bodywork on yourself and with other beings when you work on situations as energy, as you have begun to do here.

They will be with you whenever you harmonize and invoke the light and open, and perhaps at other times as well when you need them. But let them begin to go now. Begin to withdraw your energy and shift, acknowledging them and acknowledging your self.

Shifting, following, shifting, following, moving gently; gently moving towards your incarnated self.

Sense it so pure, your physical body, so beautiful, a work of art in progress, finished in some places, forming in others; a cycle of birth and rebirth, of letting go and recreating.

And find your heart, at whatever level you know it now. Sense how the flowers here are blooming.

Renawre.

Do not stuff yourself into the renawre, but find it as it is now. Where is your renawre?

It may be starting to set up, or perhaps there is none. Just wait, as more of you shifts, finding the fullonia.

Let yourself be a diffuse space for a little while, be that wonderful light that you are, free of form.

And when you are ready to take form, to incarnate again, find the fullonia and move into the renawre. For at the renawre level you have a mental body, a physical body, and an emotional body. But do not hurry yourself, for you have time.

So when you are ready, let yourself return to the renawre cocoon and play in it, like a child exploring a waterfall. And sit or lie, still and quiet, for as long as you like, for this integration time is sacred and important. It helps your little self be better balanced and adjusted in its life on Earth, and it is an important moment in your development, so do not cheat it or rush it. Savor your coming back.

And with that for now we will say, may many blessings be upon you.

## 5. RECONSTRUCTORS

Good. And welcome.

And so for this journey we ask that you put your body in a comfortable position, lying down so that the energy is free to flow up and down the spine freely; so that you are supported by gravity holding you, nowhere to fall, totally safe, totally held.

Feel your body begin to relax, begin to open and soften, as if you are opening little doorways in the places where the energy has been congested—not forcing or pulling that energy, but opening space around it.

Take a moment now to find somewhere in your physical body or your energy field in which there is constriction or congestion.

Very gently notice it, let it go, and imagine that a doorway or a window is opening around that congestion or constriction. You are opening space. There is nothing more you need do right now; let it go.

And let us together harmonize our energies by invoking the light—the light of your Soul and Greater Consciousness and the light of your Communities of Light, those beings with whom you work and play in the realms of the Soul and higher.

Breathe in the quality of peace, as if peace were the scent of a beautiful flower. Breathe it in with your physical breath and with your energy breath in whatever way you know it. Breathe it in, imagining it filling your body any place there is open space—perhaps as a color, perhaps as a smell, perhaps as a sense of warmth or well being. Allow peace, in whatever way you imagine it, to fill your being now.

And on an exhale when you are ready, in your own right time, think the thought clearly,

*I call forth the light.*

And inhale now the quality of flow: rivers moving toward the ocean; however you imagine flow—perhaps honey or molasses. Breathe that quality in more deeply and on an exhale thinking the thought clearly,

*I open to the light.*

Breathe in the quality of alignment, as if all the bones in your skeleton are settling in more to a state of rest; as if all the conduits of energy in your body are lining up perfectly for your flow to be smooth.

Feel as the most minute adjustments arise as you hear these words and sense this energy, for a part of you knows exactly what to do to care for yourself.

Breathe in the quality of alignment. And on an exhale in your right time, think the thought clearly,

*I receive the light.*

Inhale now the quality of connection: two hands clasped in friendship; a hug where your heart meets the heart of another; the energy of connection, like a plug going into a socket and the current turning on. However you imagine the energy of connection now, breathe in that quality.

And on an exhale when you are ready, think the thought clearly,

*I am the light.*

And move with us now, shifting, as the light of your Soul and Greater Consciousness becomes clearer, more present, all about you.

You are this light. You surround your little self with great love and tenderness, but you are vast, like mountains and seas, like galaxies and solar systems. You are a great largeness and there is nothing frightening or unusual about this larger part of you.

From within this largeness you can find the doorway for the Flow Alignment and Connection™ beings, the Body Group.

Let yourself be drawn into that doorway. Make a shift in scale, almost as if coming at it in this way, you can hold awareness of it in your larger awareness. It is vast but you are vast.

And call now, making an invitation for the Reconstructors to come. Sense them moving in through the doors, a great golden light, neutral, clear, precise, loving. This golden light can organize itself as group beings.

If there is anything in your system that your little self is ready to release, and to receive in its place a new structural template, you as the Soul and Greater Consciousness can oversee that operation. And if there is nothing at this time in the sphere of influence of your little self that calls for this gift, then journey with us to the realms of these beings to learn about reconstruction.

We will be silent now. Remember that it is not that you must see; simply be your experience, whatever your experience is in this moment.

This work will continue until it is complete. It may take weeks or months in Earth time. Here you are outside of time, but on Earth, it is necessary for these types of changes to occur organically, with respect for the framework of rhythm of the organism who is involved, whether that organism is a single person, an animal, or some sort of group consciousness collective.

So thank these beings. Acknowledge them, and let yourself begin to withdraw your awareness from the work.

You as your Soul and Greater Consciousness can find the doorway to the Earth, to time and space, and enter it, like a dolphin swimming through a portal.

Let go of some of the vastness that you are, shifting scale in order to come to Earth to play, to be alive and fresh, to explore and learn, to be of service, to grow, to gain experience.

Feel as this shift happens—not a separation, but merely a shift as you are drawn to the pulsing point of light, fullonia.

Now rest in this place between worlds until it is time to come fully back. When you are ready, a triangle of guides who are coming to you now will guide you safely back through the doorway of your heart into your physical, emotional, and mental bodies, into the being that you are becoming—not who you were, but who you are becoming. This triangle of guides can help you learn about many things, be with you in many ways. Stay in between until you are ready, and when you are ready these guides will direct you to your renawre cocoon.

We ask that you sit or lie, still and quiet, for as long as you like, integrating, becoming, unfolding your potential for love and creative expression as a human being of light.

And with that for now we will say, may many blessings be upon you.

## 6. CIRCULAR FLOW BEINGS

Good. And welcome.

And so for this journey, put your body in a position of comfort, one in which your spine is erect and your diaphragm is free to move up and down, up and down as you breathe.

Begin to move your awareness into the energy inside your body, the great life-force, the great potential, the great awakening energy. Feel the energy in your pelvis, in your root chakra—the pulsing, the life.

For whether you have a great stream or a tiny one, feel as it begins to open more, as you begin to become more and more comfortable with your life upon the Earth. Sense the life-force stream, the energy arising within you, moving out into your limbs, moving out into your jaw, your tongue, the words you speak, moving out through your eyes when you meet people and speak with them; moving through your body in a celebration, in a dance.

And let us journey together to meet some beings that will assist you in many ways—the Circular Flow Beings. They can teach you much about the ebbs and flows of this circular life-force energy, of the ways that the energy springing up from your roots and moving up into your trunk then spirals throughout your body. The Circular Flow Beings can teach you about cycles of time and incarnation, about energy exchange of all sorts in circular flow systems.

Let us play now, for these beings are so happy that you are choosing to meet them and play together.

Move deeper now into your internal awareness and begin to sense, in whatever way you do, circular movement. Perhaps you sense the circular movement of your blood, pumping out from your heart, reaching your extremities, your fingertips, your toes, all your tiny places, and then circling back through your veins; receiving fresh oxygen through your lungs, pumping through your heart, reaching out to your extremities, circling back through your veins.

You are a set of circular flows in some of your systems, open loops in others. But in every circular system, no matter how apparently closed, there is an opening, there is an input of fresh energy—even if it is at the end of the cycle, when the being dies and lets go and there is a release into the great universal pool of energy.

In all of your projects there are cycles and circles and circular flow.

So let us play now, moving beyond the physical, moving into the realms of light, going deep within.

Breathe in the quality of peace, as if peace were the scent of a beautiful flower filling the room, the particles of energy of peace charged with flow of a circular variety. Feel the spin on each particle of peace as you breathe it in, as it enters your lungs and bloodstream. Opening and allowing, find the part of you that knows this rhythm—your right rhythm, for we are holding open a band of rhythms now. Find yours.

And on an exhale when you are ready, think the thought clearly,

*I call forth the light.*

And inhaling now, go deep, deep as the roots of a tree. A mighty old majestic tree you are, you have deep roots, you are reaching all the way to the tips of the deepest roots into the earth, breathing up from the bottom, breathing in the quality of flow.

And imagine that as deep as you go, you go that high as well—arcing up, arcing up, then fountaining over, reaching, raining down; then breathing up again from the roots, all the way down. Let your breath come up. Breathing in; breathing out.

Begin to notice the circular flow of your breath, and the wind and all of the moving air there is.

And on an exhale, think the thought clearly,

*I open to the light.*

And breathe in the quality of alignment as if every particle, every place the movement of circular flow travels through is aligning. The track of the circular flow is smoothing; all obstacles are opening as the circular rhythms and movements begin to align.

Breathing in the quality of alignment, however you imagine it.

And on the exhale, think the thought clearly,

*I receive the light.*

And inhale now the quality of connection, however that manifests for you now in this circular flow. Perhaps suddenly you are in a larger circle, a larger sphere of being and movement, up and down and around, in and out, all about. Be that circular flow, with the quality of connection.

And if there is an area of your life with which you would like assistance, think of it now—an area where you have not held as much flow as you would like. Perhaps abundance, perhaps a relationship, perhaps in some other area—think of it now, touch upon it briefly, and let it go.

And on an exhale, think the thought clearly,

*I am the light.*

Feel as the circular flow moves into this area of your life and you move with it.

Be this experience now. Invite these beings to teach you about circular flow in this area of your life.

And notice as this area opens up into a larger circular flow. Sense that, not hurrying it, but when it is ready, allowing it, moving with it. You are opening, the flowers in you are blooming, opening.

A new crop of flowers is coming up and opening. The old ones are dying, laying down their petals on the earth, rotting and going into the earth, and a new crop is opening. And feel that this is connected to your roots, to your life-force, your rhythms, your flows.

You can let the old die. The new arises from underneath, and blooms.

Supply is infinite, and these beings can teach you a great deal about smoothing the flow.

Think of an area of your life now in which the movement or flow has been uneven, a great surge forward and then a fall behind, or a great wide opening and then a closing, or a great feast and then a famine.

Think of that area and let it go, and if you would like, invite the circular flow beings to teach you something about this area of your life now.

Good.

Now imagine yourself doing Flow Alignment and Connection™ as bodywork—a client coming to you; perhaps you are doing it on yourself, or on an animal or some other life form. Imagine the Circular Flow Beings playing with you and whatever the focus of your session is, and imagine you playing with them. Sense how they affect the space.

Good. These beings can teach you much and will be good friends. But for now let yourself thank them telepathically and begin to move, perhaps in a pattern of circular flow, back closer to time and space.

And you see you have not gone all that far. You have simply gone more deeply in to the fabric of reality. There are many realms where circular flow is an attribute of that dimension of reality, and Earth is among them.

So let your self circle into the earthplane now, flowing in a circular fashion, and begin to reconnect with your heart as it pumps the blood outward, reaching all your extremities, nourishing them, all the parts of your body, your fingertips and toes; and cycling back through the veins. Receive fresh oxygen through the lungs, into your blood, in that rhythm and circle.

Feel as the Circular Flow Beings begin to step back, but notice also, they are only a thought and a breath away.

And so rest now, feeling your circular flows as long as you like. And with that for now we will say, may many blessings be upon you.

## 7. SKELETON BEINGS

Good. And welcome.

And so for this journey we ask that you put your body in a position of comfort, one in which your spine is erect and your diaphragm is free to move up and down, up and down as you breathe.

Begin to relax more and more deeply into the energy all about you, and together let us harmonize our energies, smoothing them, opening to all harmonizing energies.

Breathe in the quality of peace, as if peace were the scent of a beautiful flower all about you and within you; deep, deep within you, in the very marrow of your bones, the quality of peace.

Imagine that you are a child once again. Your bones are forming, and the substance in the marrow, along with all the physical matter, contains the energy of peace.

Imagine that in your fingers, your ankles, the bones of your spine, your vertebrae, your skull, the bones of your legs and arms, and in all your other bones as well—peace.

And on an exhale in your right time, think the thought clearly,

*I call forth the light.*

Inhale now the quality of flow—rivers meeting the ocean, streams high in the mountains, currents in a lake—flow, however you imagine it.

Take your awareness into your bones as if you are sinking—heavy, heavy, sinking into the weight of them; as if you are becoming very, very small. Let yourself be shown or find the flow within the bones and teeth of your body now. Notice that even though these are very strong structures of support and stability, they have flow inside.

Be your experience.

And on an exhale in your right time, think the thought clearly,

*I open to the light.*

And when you are ready inhale the quality of alignment: pieces fitting together in perfect position. Imagine your sternum rotating ever so slightly outward, away from your spine and up towards the top of your head, away from your body, out and up.

And imagine your pelvic girdle settling, dropping into place. Imagine that all the bones of your body are aligning for the greatest harmony in your movement and your stillness, as if your bones could slide within your envelope of skin and muscle. Imagine that you allow the energies to make slight and microscopic adjustments to the position of the gross structures of your bones.

Breathe in the quality of alignment in whatever way you imagine that now. You are aligning to live with greater joy, to reach your goals, however you define them. You are aligning within your body so that you can align with your Greater Self as well, and with the planetary shifts, so that you have ease of movement, resting and working. Breathe in the quality of alignment now, again and again.

And when you are ready on an exhale, think the thought clearly,

*I receive the light.*

Inhale now the quality of connection. Imagine two hands clasped in friendship, two hearts aligned in an embrace, and the energy connecting between them, back and forth, back and forth, back and forth.

Breathe in the quality of connection, beginning to sense what connects your bones, what connects the structures that support you. Breathe this in, connection, in whatever way you imagine it.

And on an exhale think the thought clearly,

*I am the light.*

And sense or feel in whatever way you do beings coming through the doorways of the ballroom—the Skeleton Beings, teachers about structure, composition, and many other things. If it is appropriate, ask now to connect, to make the acquaintance of one of these beings.

Imagine that this being is before you. Greet this being telepathically.

And in whatever way you would like to learn from this being now, we will hold the doorway open for you to begin to build a relationship; perhaps to learn more about your own systems, perhaps to travel to their realm, perhaps in some other way. But be in your experience now, however you chose it, and we will be silent.

Now, if you like, these beings are willing to take you into a journey to show you the way in which they enter the earthplane. Often this is a through a plane of light. They melt into this plane and arise out of it, almost like a transport system. They can enter this more amorphous shape, as if they melt down and spread and travel in this way, and then reassemble themselves at their destination.

If you would like to play with this and learn from it, do so now with your sponsor Skeleton Being. And if you would prefer a less whole-body experience, your sponsor Skeleton Being will teach you in other ways. You choose. If it feels inviting to you to enter the plane of light, then do so. Otherwise, ask for a different teaching. Good.

Now, thank this being or these beings and let your self begin to coagulate; organize or harmonize yourself, whatever is appropriate for you right now.

Find your carrier wave, the underlying energy of your essence that connects all of your parts, that creates the structures that hold you up in your everyday life. Find the wave—not the structures, not the life, but the wave. And telepathically thank these beings for their teachings, feeling them withdraw.

From this place, find the doorway of your heart and the structures of your bones and slip back in to your very flexible little self, your physical, emotional, and mental bodies.

Feel the freshness that you are, the newness and potential. And feel the energy circulating through your systems as you stabilize and integrate.

Choose whatever point of integration you most enjoy and stay in that energy of integration for as long as you like.

And with that for now we will say, may many blessings be upon you.

## 8. FAC & LIFE'S WORK

Good. And welcome.

And so for this journey we ask that you put your body in a position of comfort, one in which your spine is erect and your diaphragm is free to move up and down, up and down as you breathe.

Let yourself begin to relax, to soften, to harmonize, to smooth your energy and thus your being. And together let us invoke the light, your own Soul and Greater Consciousness, your source of power and authority, that illumination which awakens the heart, the mind, and the body.

Breathing in now the quality of peace, as if peace were the scent of a rich, beautiful flower filling the air, filling your body as you breathe it in through your lungs; as if with every particle of oxygen there is the energy of peace.

And on an exhale in your right time think the thought clearly,

*I call forth the light.*

And when you are ready inhale the quality of flow—rivers moving towards the ocean all over the face of the Earth; streams beginning as trickles high in the mountains, moving down to the plains in broad expanses of flow; many different volumes, almost as if each volume has a tone or a pitch. And just as the body of the Earth is singing a song of many different types and volumes of flow, so are you singing in your body of energy, from the stream and the spring to the mighty river. Breathe in the quality of flow.

And on an exhale when you are ready think the thought clearly,

*I open to the light.*

Breathe in now the quality of alignment as if in each cell you have a tiny compass. And in each compass now the needle is beginning to vibrate, to swing, to oscillate towards “true north”—the energy of compassion, of peace; the energy of your life’s purpose. Sense or feel in whatever way this alignment—each fiber that is ready vibrating, aligning with the flows of the larger body of which you are a part, their tones and pitches—each little body of your incarnated self aligning.

And on an exhale in your right time think the thought clearly,

*I receive the light.*

And when you are ready inhale the quality of connection—two hands clasped in friendship; a hug in which your heart touches the heart of a beloved friend; a switch in a mighty grid of power, like a generating station for electricity going on—connection in whatever way you imagine it.

And on an exhale when you are ready think the thought clearly,

*I am the light.*

There are many doorways to which you can journey to open to your larger light, your larger being, with its energies of flow, alignment, and connection. But let us travel together now to the ballroom, shifting your awareness into that vast space that is somehow before you now, within you, around you, a part of you, with all its portals and openings in whatever form.

And imagine that in the center of this temple (or doorway or ballroom or however you imagine it) there is a pulsing set of rods of light in a container or a cabinet made of clear substance. This energy is very powerful. It is a part of the template of your larger being and it is reflected in every cell of your physical body. It is reflected in the processes by which you create the cells of your physical body.

This light is reflected in your emotions and thoughts, in your beliefs, in your patterns, in your unconsciousness, and it is also reflected in the processes through which you create those patterns. You as a Soul and Greater Consciousness touched this light at the moment of your incarnation to spark your being as an individuated self.

This energy is being held stable in your ballroom by your Greater Self and by beings of light that are familiar with the process of creation. Feel now, sense now in whatever way you do—as liquid light or as an initiate or in whatever form you perceive yourself, going as close to this clear cabinet as seems right to you.

It is important that you go only as far as you are comfortable within your whole being, and this will change. On some occasions it will be closer, and on other occasions it will be farther. And this is not a sign of progress or lack of progress. This living light is an aspect of your Greater Consciousness, and at different times your need for contact with it is different.

In this ballroom your Body Group is with you now. Feel or sense in whatever way the dance to support you as a little self on Earth, which may right now seem very far away—a dance to support your little self in embracing, in allowing, in opening, in creating safety and support.

There is a special group of beings in your Body Group. You might think of them as angels or in some other way. They are offering now to help you with your life's work, and with bringing the energies of FAC into your life's work to support it, to open it, to help you dance and sing it in whatever way you do.

If you would like help from these beings ask for it now; open to it. We will be silent as the field of your life opens before you. Perhaps more than just this single life is opening; perhaps you are beginning to get a sense of where this life fits into a larger puzzle.

Whatever your experience now, be your experience and we will be silent for a few moments.

Now let yourself move away with us, shifting; and these angels can come with you. They are particularly adept at supporting your personality and physical body. They will appear sometimes in human form through a friend or loved one. They are the energies of cooperation, gentleness, compassion, softness, nurturing, and other such energies.

They are like the straw that an animal lies down on to rest. They are like green clover in a field beneath you, exuding a smell of freshness with the great open sky all around you. They are comforting, and it is their joy to support you, for you are not alone. You are a master of energy making a great work of art in your little life and in your life as a larger self. And so why should your little self not be supported, not be included? We embrace you. We know you can achieve your purpose; we know you will, and we salute your courage in discovering yourself step by step.

Shift back with us now closer to time and space. You have done much here and you may return as often as you like, always with great respect for the forces involved.

Feel your heart now at whatever level you know it. Acknowledge the beings in your Body Group telepathically. Acknowledge your Soul and Greater Consciousness, the All That Is.

Acknowledge your little self and all the workers in the One work. Send out a wave of encouragement to all those who are awakening, who want to serve, who are finding their own fields of expression and service—a wave of encouragement to your brothers and sisters in all the different forms they take:

*You can do it.*

*You can find out who you are.*

*I salute your courage,  
and I embrace you.*

And when you are ready, very slowly and very gently let yourself shift back to the little self—not who you were, but who you are becoming.

Let yourself integrate, lying still and quiet, for as long as you like, remembering your vibrational energy body centers.

And with that for now we will say, may many blessings be upon you.

## 9. POWER & LINEAGE

Good. And welcome.

And so for this journey we ask that you put your body in a position of comfort, one in which your spine is erect and your diaphragm is free to move up and down, up and down as you breathe.

Your body is supported and free to relax; your breath is easy, the in and the out, the rising and the falling.

Let us play together with harmonizing our energies, smoothing them in whatever way you are drawn, running your energies in such a way that you create harmony, smooth energy; like obsidian's surface, smooth, cool, holding the heat in another form. And just as obsidian is a flow of Earth energy that has taken a form, taken a shape, cooled and smoothed, so you are a flow that has taken a shape. And so you are holding heat—your history, your power.

This power is awaiting to arise in you. Each successive opening, each relaxation, each letting go makes the space for this power to manifest.

On Earth, power is displayed in volcanoes, in shifting plates moving in rhythms, the very body of the Earth molten and regenerating, changing shape, changing form. You are like the Earth; your body is of her body. And you are like the sun, with its great fusion, explosive power, and radiation.

Your higher power is waiting to arise as you clear the brush, as you organize the space, as you make a container, a set of flows through which it will express. Your higher power is greater than any one person could use and so you will give it for the good of the whole, for the body of the One. And it will feed you as well, your single self, your little self, the vehicle and instrument for the expression of this power on Earth.

As you bring more flow, alignment, and connection into your awareness, into your being, your power has a way to move through your body and out into the world. This is one of many doorways, not the only doorway, but it is a doorway to which you have been drawn and in which you have danced.

Your Soul has brought you here, for It knows that this doorway is beneficial for you. You are discovering the benefits at the level of your little self, beginning to experiment with moving in and out of this doorway, carrying these energies, dancing with them, living this way—perhaps only for the duration of a session, twenty minutes or one hour; perhaps for longer periods of time. However long you spend in these energies opens and softens you, and makes a space for your higher power to express.

Some part of you knows exactly how this works—exactly how this energy, these frequencies move in and through and out of you. For although you are now in a body on Earth, exploring your power, your dance, your art, your life as a creation, you have held consciousness and are holding consciousness in other dimensions of reality. In some of those dimensions you have practiced Flow Alignment and Connection™ as it is known there. Indeed, you may have brought it there yourself, as the steward, the messenger, the conduit.

Let us now take a journey for you to explore more of your multidimensional being and power; for you to play and begin to touch and build a bridge between this world of Earth and the many other realms of light.

Breathe in now the quality of peace, as if peace were the scent of a beautiful flower filling the air, filling you, filling the world through you as a generator of peace.

And on an exhale think the thought clearly,

*I call forth the light.*

And inhale the energy of flow, molten lava, rivers moving towards the sea; flow in whatever way you imagine it.

And on an exhale think the thought clearly,

*I open to the light.*

You are opening to your light, the light from within you and without you. You are opening your light out to include all beings who could benefit from this light, sending it out, allowing it to flow out, to touch all who are coming.

And breathe in the quality of alignment: each piece of the puzzle fitting perfectly together; each conduit, each opening lining up; pipes, tracks, all the energy pathways aligning to hold the most appropriate level of flow for you at this time. Breathe in the quality of alignment.

And on an exhale think the thought clearly,

*I receive the light.*

And inhale the quality of connection: the above touching the below; the belly of the sky touching the belly of the Earth; the feminine and the masculine connecting, the circuitry turning on. Sense how this connection propels you, the joining of the unknown to the known, in whatever way you imagine it: connection.

And on an exhale in your right time think the thought clearly,

*I am the light.*

Imagine or perceive yourself now in your ballroom, doors and windows opening, portals opening in whatever way you imagine. A group of guides, very high beings from your Body Group is offering to take you on a journey now, offering to sponsor you.

Move through the doorway when you are ready—thread through the eye of a needle; wind through an open window. You are moving effortlessly, liquid light, flowing light; moving, being drawn.

We will hold space now as these beings teach you a bit about another dimension from which you have come, another dimension in which you have consciousness, in which you have practiced Flow Alignment and Connection™ and have a mastery of it.

Follow now, as light; be your experience. Travel and learn.

What do these beings teach you about power in their dimension, in your dimension?

What do these beings teach you about life in their dimension, in your dimension?

Now let these beings escort you back to the doorways of your ballroom. As you return you are bringing back information in your light. This information will unfold and be absorbed into the bodies of your little self in perfect time, to support your compassionate manifestation in the earthplane.

Shifting. Shifting. Shifting.

Find your ballroom as a stable point or space, noticing perhaps that there are other doorways, other ballrooms revolving. This is one of many, but this one is yours. Let yourself enter it now. Feel the dimensional shift. Feel the flow and the smoothness in your being as you change form—molten lava moving closer to rock; diffuse; concentrated; open.

Acknowledge these beings in whatever ways are appropriate, and move now through the doorway of your ballroom into the light of your Soul. Imagine your Soul moving all about your little self; you are receiving exactly the right amount of energy from your Soul. You are bringing awareness of your multidimensional self back to your little self through your Soul, which acts as a mother to a child, feeding, caring, stepping down the energy.

You are vast. You are powerful. And you are gentle as well.

Find the doorway of your heart. Move through this doorway, imagining that any light that is too great for you to hold is going out along gridwork lines and connections, pathways and conduits, to those who are coming. And when you reach a comfortable volume, move through the doorway and into the field of time and space, into the world of your little self.

Find once again the physical breath, the in and the out, the up and the down, the inner and the outer—the rhythm, the rhythm of you.

Let yourself rest still and quiet for as long as you like, slowly and gently letting more of the tracks of your awareness shift into the physical world.

And with that for now we will say, may many blessings be upon you.

## 10. PLAYING ON THE FAC GRIDWORK

Good. And welcome.

And what a great joy and honor it is to have the opportunity to share words and energy with you; to play together, co-creating a beautiful mandala, a living pattern of light that carries a great power of transformation and evolution. For you are part of the dance. You are each discovering the joy of including the little self and the physical body in the larger dance to which the larger you belongs. And so together let us play, exploring this act of creation, this act of group play, this act of oneness and joy.

At the level of the little self it is sensuous, it is pleasurable, and this is as it should be—for these are the organs of the little self, the whole body of the little self, which responds and rises to meet that energy. It is good to include joy and pleasure in your path as a little self. And this energy can teach you much about integrity, impeccability, joy, and pleasure.

So take a moment now at the level of the little self and consider: are you ready to accept more joy and pleasure in your life, more flow and dance, more ease, more support? Are you ready to give up another piece of the thought that it must be a struggle, that it must hurt, that you must be alone?

If you are ready, make that intention now and we will be silent for a moment.

If you are not ready, that is fine, for you always have enough time. There is enough time for all the parts of you to grow, for all the rhythms to come into harmony.

Feel in your very bones the vibration of allowing, however you perceive or imagine it—as if you are becoming animated and enlivened from the very center of your bones outward; as if the lid on a jar is coming unscrewed and the energy of allowing is beginning to express outward from within you.

Imagine this energy moving out from you in waves, beautiful patterns washing over the Earth, over other human beings, over other beings of all forms. Imagine that those who are ready to awaken to the dance feel this energy in their bones; that your very presence, when the moment is right, awakens others—through the joy of it, through the waves of it, through the pleasure of it.

As this flow generates, feel how your body becomes relaxed. Imagine yourself moving through your day from your physical center of movement, in your power; moving through your day with your shoulders relaxed, your sternum lifted, your pelvis centered—effortless movement. Imagine that all your body parts are in a process of aligning and connecting so that the greatest amount of flow can move through and animate you, and you can play. Your body is your ally, your precious love.

Your body holds pain for you in different places, in different ways, until you are ready to handle the pain and let it go. All those places are vibrating in this dance. And the energy moves out like waves moving out from a stone thrown in the middle of a pond; ripples moving out, smooth energy, from the inside out.

The energy is moving out the top of your head; moving out the palms of your hands, the soles of your feet; moving out your chakras, the root, out from the pelvis, front and back—waves of flow, just the right amount, carrying, carrying with them the old energy of pain and separation.

Waves are moving out from the solar plexus, front and back, carrying the old pictures of what power is, of what it means to be powerful. And these new waves are informing, informing, informing you at a level beyond language about what is possible.

Waves are moving out from the core of your heart, as if a sun is coming out in your chest, front and back. You are learning about the love that flow facilitates.

And moving your awareness up to the throat, notice the waves coming out front and back, perhaps all around you. The waves are creating opening for you, opening communication: imagine that words flow from your lips and tongue and sounds flow out of your body supported by this new energy.

Feel the waves moving out your root chakra, making it safer to stand on the Earth, helping you know where to go, where to place your feet, helping you to be ever more fully present on Earth—as long as you choose to be here, that you truly choose to be here.

Let the energy arise and inform you and move out from the core of your being, the old pictures moving out like sand washing out in a delta, carried by the river, moving out, making space for a new knowing in your body of what it is to dance.

Sense the waves moving out from the middle of your head, front and back, and perhaps all around, carrying the old thoughts away—the old pictures of how life had to be, the old limitations; carrying them away in just the right time, in just the right amount. Feel the rhythm as these waves move out and a new knowing, a new inspiration in your thoughts, arises.

And feel as the waves move out from the bones of your skull, from the matter of your brain, from the liquids in your body, up, out through the top of your head, through your crown chakra. Notice the rhythm and tilt, notice the irregularity and yet somehow the constancy to it all.

Now, step back from the painting that is you and notice that you are a generator of a beautiful, coherent, rhythmic pattern of light and sound and movement, wave upon wave of flow, alignment, connection, and frequencies of your Soul and the frequencies of your particular gifts.

Step back from the painting even more and begin to notice that there are others who carry these energies, who carry this kind of pattern; that there are many beings on Earth now awakening, finding these energies of flow and alignment and connection; and that even if you never meet one another, that somehow your wave pattern is a harmonic to theirs.

Take a moment to find your teacher,<sup>4</sup> to find the wave patterns your teacher generates. Notice how your wave patterns are somehow a harmonic; and that, dear ones, is why you found your particular teacher.

And find your classmates, and some of the harmonics to your classmates. Notice the waves. That's it, very good. Now sense how you are starting to change scale and become aware of the living organism of flow at a larger level than simply that of the little self. And if the volume frightens you, get a little bigger. Give yourself permission to change size.

And you are a part of this painting, dear love, you are a part of this dance. It is your heart, it is your energy, it is your growth, it is your flow and alignment and connection, it is your unique gifts that you came to bring.

Now, open out another level. Let yourself drop something—as if you are stepping out of your clothing and going into the bathtub, let some limitation drop from you like a piece of clothing or a robe. Shift out to the level of your Body Group. Notice their waves and how they connect with this dance that we are calling, for now, the Flow Alignment and Connection™ gridwork.

And you change scale here for it is a larger pattern, in some ways more diffuse and intense. If you have experience getting big like this, it will be easier than if you have not done it before, so be patient with yourself. Let there be nothing until something arises to catch your attention.

Play now on this system of connections and waves, triangles and spirals and flows. We will be silent as you play, spanning the Earth and other dimensions of light.

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<sup>4</sup> In this part of the journey you can use your imagination to connect with a teacher who is a light being, and classmates who are light beings.

Notice how the Earth is held, supported; notice perhaps the energies coming from the heart of the Earth herself and the different parts of her body, and how that is a part of this dance as well.

And as you play you are opening out to all who are coming. Embrace them. Invite them to dance. There is plenty for everyone who wants to come. Make the invitation. Be generous, and play.

Feel as harmonics are added as you grow and have new insights; as new dance partners come and play; as more and more beings learn to play on Earth.

And go now with your Body Group to your dimensions of light, where you would like to go, perhaps those areas where you have a lineage. And know that your going enfolds the Earth and enriches her.

You are change itself. The winds of change are your breath. You are evolution and creation and dance.

Now, let yourself be drawn back to the ballroom, to the doorway, the point of intersection of many dimensions of light. It may be changing as you grow in consciousness, but there is a stable space that draws you now, a space where there is enough tension and focus for this intersection to arise.

Your Body Group is escorting you now. You are a dolphin swimming in the sea. You are liquid. You are flow and change.

Come in to your ballroom, shifting your shape, realizing you are the ballroom. It is a doorway framed of your own being and thus, familiar.

Move back, effortlessly shifting rhythms to become a part of that doorway, that ballroom. And just for a moment, notice the pulsing of many other ballrooms and doorways—your brothers and sisters in human form, and beings in many different forms. This too is a part of the connection of what we are calling for now the FAC gridwork.

Good. And dropping back from that scale, move through your ballroom, closer, closer, closer, closer to time and space.

You are the guide now, you are the light, and you are being drawn back to the little self, to the resting body, to the beautiful sleeper, the beautiful awakening form.

Feel your patience and your love for this self. Feel your respect for this self. Feel your joy as you observe energetically how the waves are beginning to loosen the rigidities, to open the bars of the prison so that the little self can dance.

Imagine now that your little self is a child, sleeping in a bed, and you are the parent, picking up this child, holding it to your body, loving it. It is resting in your arms. It feels safe here. It knows love here. It sighs, and like all children, turns the spiral and grows.

And let a part of you now slip in, like a hand slips into a glove, and the rest of this great light that you are begins to move back so that the little self has space to breathe and grow, to live its life, to make its creations, to play its play and dance its dance. You are growing in harmony and oneness. You are integrating the large and the small, the individual and the group, the work and the play.

Find the beating of your physical heart. Notice its waves and rhythms. Find your physical breath, the in and the out, the up and the down, the rise and the fall. Sit or lie still and quiet for as long as you like, taking time to be thorough in your resting.

And with that for now we will say, may many blessings be upon you.

## 11. LIFE AS A FIELD OF PRACTICE

Good. And welcome.

And so for this journey we ask that you put your body in a position of comfort, one in which your spine is erect and your diaphragm is free to move up and down, up and down as you breathe.

Let yourself begin to relax, to soften. Notice anywhere in your physical body that is stiff, rigid, or malnourished. Let your awareness be drawn to those areas, not needing to fix them; simply noticing, simply allowing them to be revealed to you.

Notice your breathing, the rise and the fall, the in and the out.

Notice whatever you are resting your body upon, the support—notice the place of interface between your physical body and the floor or the chair, the bed or the cushion. Let yourself relax into that support, into that piece of the Earth, letting that piece of the Earth rise up underneath you to support you.

Relax into that support. Thank and acknowledge the Earth for holding you.

Feel the beating of your heart, the rhythm of it; almost as if you are shifting, almost as if you could hear the sounds inside your body—like birds singing songs, like animals rustling in the forest, like the songs of crickets on a summer night.

You are a set of rhythms, a set of flows, supported by the Earth. And your rhythms and flows exist not just in this moment, but through time. Imagine now, or perceive in whatever way you do, three guides of light coming to hold space about you to stabilize your awareness—steady lights, guides who can help you find your flows through time.

They are aware of the structure and body of time as a living organism in which a part of you has a life. Just as there are small organisms that live in your bloodstream and bowels, so are you an organism in the body of time, and ultimately, when you grow much more aware of your larger self, so is time an organism in you. But for now, let us keep to the scale in which you are aware of your little self in this life, perhaps aware of some other incarnated selves as well. And if you are larger than that scale, that is fine. Go where you are drawn.

Remember the crickets chirping. Now this song may seem very far away and faint and small, or very loud, as if you are in the field and have become small, like a cricket. Just be your experience now, in whatever way you know it.

Your three guides in a triangle about you are stepping down the transmission from beings we will call the Lords of Time, those who manage and who create the body of the being that is time—the body of the medium, the body of the flows.

Shift scale just for a moment and sense these Lords of Time—like pillars, very very large beings, or in whatever way you imagine them. Feel as they are aware of your awareness of them, and sense the spark that moves between you.

Now let that go and let your triangle act as an intermediary to step down the transmissions of the Lords of Time. Notice how you are starting to become aware of levels and layers, structures within structures, flows within flows. You are vast and you are small and as you gain consciousness, you can span many dimensions and many scales. But for your incarnated self, for the little self, it will always come back to the issues and goals in your day-to-day life.

So be with us now as your triangle of guides steps down the opening, and as we work with these beings to assist you in understanding more from this energy state about the evolution of your practice of Flow Alignment and Connection™.

Begin to sense your larger self, that part of your Greater Consciousness that is the focal point for the entry of the energies of Flow Alignment and Connection™ into the earthplane. This is another level but you can go there quite easily. And sense as those three streams of energy—the frequencies of flow, of alignment, and of connection—come through this larger self that you are, integrating into one coherent, blended stream of energy.

Sense as this energy comes through the veil and begins to shine upon the receiving parts of you, like little flowers turning their faces to the sun; little cups of water holding moonbeams dappling on the surface; however you imagine these parts of yourself receiving light. Notice that they are interspersed among the crickets. They are a level and a layer as well.

And notice the prism, the place of integration of these energies in your larger Self, the place from which you transmit them to yourself on Earth—notice how very precise this part of you is. Just the right amount of volume moves through this part of you, perfectly calibrated to each little cup of water, each little face of flower, reaching up.

Feel as this triangle of guides about you, about your rhythms and flows and crickets and cups, is opening up the energy of time so that your awareness moves from the prism to the cups to the spreading, beginning to feel the movement through time; not just into the future, but into the past as well.

The forms in your life that your practice takes will arise from this level of causality. Taking your awareness into these realms begins to build a bridge between the mind and heart and body of your little self, and the larger systems of flows, the larger body of which you are a part.

We will be silent now as you move through the body of time, integrating and harmonizing your practice of Flow Alignment and Connection™.

Observe how this energy moves through the flows, waves, and rhythms that you are. Notice how your energy evolves as a result of your choice to become more harmonized with flow, alignment, and connection. In earthly terms, this will unfold perfectly, through the impulses of your Soul communicating with your personality and physical self.

You may find at some point that you go out of the body of time, into your larger self, into your rhythms and flows outside of time where you have known these energies of Flow Alignment and Connection™, where you have practiced and played upon them. But for now, begin to shift. Let this triangle of guides, stable and steady, begin to help you move through the medium, begin to help you find the oneness that connects all your parts.

It is as if in the center of a pond a spring is bubbling up. In your human life, your heart is the center of this oneness, the anchor for it. Your mind and telepathic self are the servants of the love of the oneness. New ideas form to make manifest this love.

Feel as that spring and your heart align and connect in your awareness even more. As the energy flows through you, sense the beating of your heart at whatever level you know it. Imagine this love and compassion welling up and spreading out in waves through the field of your life—through all the flows and probabilities like a rhythm, like a bass note that grounds your FAC practice as it evolves on Earth. This bass note moves with many other rhythms, including an effervescence—joy—and whatever you imagine or perceive.

Your practice evolves. Your life is your practice. There is nothing to do but to follow the flows and to see where they lead you. What gifts lie next upon your path, awaiting you? What new loves are waiting to be met and shared? What new beauty is waiting to be discovered?

Imagine or perceive your hands, those beautiful instruments, touching with love all that comes before you when you remember to enter this state of being. Remember your eyes. Imagine them looking with love and compassion on all that they touch when you remember this state of being.

Imagine your hands on your own physical body, and your eyes beholding your incarnated self in the mirror, remembering to touch with love and to look with love upon your little self.

And when you lay down your body on the Earth and slip out of the robe of this incarnation, imagine or perceive guides of light all about you, and this love drawing you into their realms. Every choice you make in your life for love lays the foundation for this moment, and you arise upon it, free, effortless, moving into your next field of service and play, in the body of time or out of it, as you wish.

But for now, let us take our awareness back to the heart of the incarnated self, to a moment of re-entry into the coordinates of time and space of the life you have been creating. Gently thanking this triangle of guides, begin to shift your awareness back, step by step, finding your physical breath, the in and the out, the rise and the fall.

Sit or lie, still and quiet, for as long as you like to integrate. And with that for now we will say, may many blessings be upon you.

## 12. COMMENCEMENT

Good. And welcome.

And what a great joy and honor it is to have the opportunity to share words and energy with you on this occasion of your graduation as a Flow Alignment and Connection™ practitioner.

You have come a long way from where you were when you began this study, and you will continue on a long way from where you are today. You have built a base of energy and experience that will always be there for you, waiting.

As you tap into this base of energy and experience and build upon it, you will find that your practice—in whatever form it is you choose for your practice—begins to flower.

So take a moment now to look at your thoughts and beliefs about your practice. Perhaps you believe there are no clients where you live, that no one will find you.<sup>5</sup> Perhaps you believe that you're not good enough yet. You might have many such thoughts and beliefs.

Take a moment now and listen to what they are.

Now, ask yourself: when I touch in on the space that I know I am in Flow Alignment and Connection™, do these thoughts still seem true?

Feel that opening in your energy, in your flow, and imagine this opening is happening in the area around your head, in your mental body; that the old thoughts, the limiting, rigid thoughts, are opening and flow is coming through the space where they once were.

Imagine now with us that you are standing on the golden roadway. The limiting thoughts are the past. You are facing the past when you look at the limitations. So imagine with us now that you turn your body, your head, and your face to face towards your future.

The future is the world of unlimited possibilities. You come to it with a base, a set of choices you have made in the past that have created who you are today. But today you have the choices that face into tomorrow.

These choices are made in your thoughts as well as in your actions. So take a moment now, and facing into your future, build the thoughts that you would like to manifest regarding your practice.

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<sup>5</sup> If you are studying these CDs in Part 1 of your learning path, At-Home Learning, please wait to work with clients using FAC until you have completed your live class training in Part 2. See page 51, Overview FAC Path .

As you do this, feel or sense in whatever way the golden roadway, the highest path of light. There are many pathways into the future, but let yourself be aware now of the highest one. You do not need to know what it contains. Only sense its flow, its power, its energy.

Feel the thoughts you are creating now, in this moment, as they spill out into that future, like a skein of yarn or a spool of thread unfurling.

Look back to where you would have been—limited, perhaps, thinking small, not believing in yourself—and sense how another, different roadway opens out from that choice. Ask yourself,

*Which road do I choose?*

It is your choice, but it is important for you to be aware that you have a choice, so that you can then choose with that information. For you are a teacher with light. Your teaching begins with your own thoughts, with yourself. Your first students are your inner beings who are not yet living in a place of trust, in a place of safety, in a place of love and peace. Your teaching has already begun, some time ago, and will continue. And there will be those in the outer world who come to you, and you will understand them because of your work with yourself.

Take a moment now and ask, deep within,

*Do I wish to keep only for myself  
what I have learned, or  
am I willing to share it?*

You can share it in a variety of ways, in a variety of forms. You can choose the forms for your practice that are most appropriate for you, for your teaching with light.

Consider the energy of never sharing what you have learned. Perceive yourself as energy if you make that choice. And what future opens out from that choice?

Consider this opportunity: that you share with others what you learned; that you have a community of those who find you for your wisdom, from your life experiences; that you only need to be yourself, only need to follow the flows; that they will come in the perfect time and in the perfect way; and that your teaching and sharing will take the form that gives you joy. Now, what future opens out from that choice?

FAC is a form of teaching. Teaching with light does not always need to occur in a classroom. It can occur in many different settings. So when we talk of your students, and of you as a teacher with light, we are speaking of you sharing light, sharing life wisdom, willing to open your heart and embrace a dance partner—one or many.

You have all experienced the joy that comes from this dance. And we encourage you to practice, to practice so that you might give and receive. So that you might learn that balance, experience your larger flows, live with greater joy.

It fills us with great joy that you have chosen to learn this practice. And we salute you for your courage in this learning.

The need for courage will continue, for at each turn on the spiral in this process, you will face new areas where you have been holding tight, limiting yourself, not willing to feel and share and love and receive.

And at each turn on the spiral the energy will be there, underneath, to support you. Feel that now, how that gridwork of Flow Alignment and Connection™ is all about you; in your very cells; under your feet; in your heart—it is always there now for you. You have opened to it. You have sensed it and found it. It is yours. And it will grow with you, and it will grow.

No one can take this away from you except you, by choosing not to use it, by choosing not to tap in and open to it. We are holding a steady vision for you, in your world's terms night and day, every day, all the time. We are but a thought and a breath away. You need only take a moment to find us, and to find this.

And make no mistake: when you choose flow instead of struggle, you add to this body we are building together. You are a co-creator with light. You are a dancer in a group dance, a painter in a group art work, a singer in an orchestra.

You are our dear friends and partners in teaching with light, and we are so happy to welcome you to this Community of Light as a practitioner of Flow Alignment and Connection™. We see your world growing brighter. We see your life with challenges that increase as you increase in strength and power, but that also increase in joy, in the return of energy that comes to you.

For your challenges are your edges of growth, and we see in each of you a great desire to grow. So this will continue. You will not reach some anesthetic state in which there are no challenges. Instead, it will become more of play. There will be risks and there will be rewards. There will be mistakes. There will be learning.

Everything supports you now. Take a moment and open your mental body to these thoughts:

*The universe supports me perfectly  
and I allow it.*

*I always have enough time.*

*I am safe.*

*I am visible to those I am to serve,  
and to those who are here to support me,  
and I am invisible to everyone else.*

Notice what happens to your future, what unfurls from you, as you strengthen these thoughts.

And so to close, we would like you to imagine yourself in a circle with all the practitioners who have already awakened to Flow Alignment and Connection™; with those in your group; and with those who are coming in the future. Imagine you are all holding hands in a great circle of light, all around the Earth.

Feel as the light comes into your heart, into the circle, and moves out into the lives of everyone present, into the body of the Earth herself.

You are not alone. This body you are building together is there as a support for you, as a base for play. So we welcome you to this circle, and we salute the growing light within you.

And with that for now we will say, may many blessings be upon you.