

WELCOME

Welcome! This transcript contains the edited, written-word version of the journeys in the RoseLight home study audio CD *Perfection of Choice*, CD-HE-PC. The journey is designed for energy bodyworkers, healers, and helpers.

The audio journey comes from the angel Athabascar, who is a teacher of Souls, and who connects with you individually and personally each time you listen. Therefore the journey will change and adapt to “meet you” where you are each time you listen—it is a living portal to the higher realms, not just a collection of sounds. The audio CD journey contains 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 CD, as it distorts the transmission portal. Also for this reason, the journey tends 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 journey, so, a free transcript is posted here in the library at [www.roselight.com](http://www.roselight.com).

When you listen to the CD 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 transcript and use it as a supporting text, but not as a substitute for listening to the CD. You can think of the CD like a healing or a bath in loving energies.

Feel free to lend the CD or play it in a group – just please let people know not to copy them, so that the work retains its integrity as it goes out into the world. 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 CD.

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.

Blessings to you on your path of growth and service.

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PERFECTION OF CHOICE

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.

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Good and welcome. And letting yourself settle in now to that place of calm repose. Allow the cares of your day to drop away, your worries and concerns about your own skill, what might be asked of you, what might happen in the future, and move more and more peacefully into the feeling of *now*, of the present moment and the present breath. For your body is a doorway of joy—the joy of creation, discovery, allowing, learning, and exploring.

And you have before you another human being, a being of potential, a being of love, a being who is not yet liberated, a being who has some patterns of lesser flow and some of greater flow.

You are being invited now to enter these patterns. This person has honored you with trust by sharing deeply of the process of growth and asking for your assistance.

Set aside any thoughts of needing to be other than yourself, for everything you need to help in this modality is inside of you, is coming from the realms of light to which you have a unique and special connection that is your own.

There is much to know in the world. Whatever knowledge you have may be used, and whatever knowledge you need that you do not have will be given. So relax and open now.

The person before you has shared some issue, perhaps of longstanding duration. And old issues are deep issues, where the energy pattern of entanglement, of manifestation is well established.

Imagine that now that you put your hands on the body of your client and, if you have not already done so, that you are simply adapting, feeling, sensing, listening at deeper and deeper levels.

You may become more aware of your own breath now, of your own body's internal movement—the energy in your bowels, the water gathering in you bladder, the moisture in the tissues of your throat.

And you have in your hands a living, breathing being with many sensations, many possibilities, and potentials. Imagine now that you are seeing this being:

- Through your third eye, as if something is opening in the center of your head like a light, a bright beam;
- Through your palms;
- Through your listening; and
- Through the very space of the aura around the being,

but this seeing of yours is so natural that you may not even notice that you have been doing it.

Begin to notice now inside of you a spiral flow, a coiling in the core of your body, up and down the spine. Imagine that you can see into yourself—your hands, arms, trunk, legs—like a hollow, illuminated shell. And inside your body there is a great multidimensional doorway to the inner planes of light, to you and through you into the energy field and body of your client.

Sense now as the energies begin to move into your client's body, to evolve the focus and the pattern that your client has chosen. It may be that you sense energy moving through you into certain body parts—the knees, feet, liver, spleen, fascia, or some other part.

And you listen, see, watch, and relax.

Imagine that the trapdoors of your joints are opening, your shoulder girdle is opening, your wrists are opening. Sense heat growing inside you as this energy moves.

Begin to perceive within and around the other person the energy of Soul love. Imagine that you perceive connections between different aspects of this person, who is a configuration—of matter borrowed from the Earth, of astral energy, of emotional energy, of mental energy—all these patterns, all these patterns, all these patterns.

Begin to sense the pattern connection to the Soul of this person. And whatever the size, depth, or intensity of this person's focus, begin to perceive it along with these other connections.

Notice that here, your job is to witness, to open, to flow, to allow—not to fix.

Now the energy is growing perhaps more intense in your core, or however you perceive your interdimensional doorway. The energy is moving through, moving through. Begin to sense the intelligence of the energy.

The energy moves like streams pouring out of you. There is a beacon of light from your third eye sweeping, moving. Sense that your gaze in and of itself has a power; that your awareness, just the fact of turning your attention onto this being in this state, initiates an evolutionary flow.

You are a sensing mechanism. You are a witness. Your exquisite power and balance are of service, offered to this complex and yet simple organism in your hands. You are impersonal and, yet, you have great compassion.

We will be silent now while your awareness is drawn exactly to the correct layer or level to perfectly serve this client now.

As you are witnessing, as you are experiencing, try to find some language for yourself about what is happening. Notice if there is any sensation, some marker to help you articulate what you've experienced—as if you are noticing and filing away in a part of your brain something that will be retrievable later. And part of you knows exactly what this means.

The noticing does not interfere with the flow here. You open more and more, as if you are assisting the client at a deeper level.

You are completely transparent—witnessing, penetrating and observing. Your awareness is your body. Your physical body is an anchor for it and moves or remains still in the perfect ways to maintain the connection. You move your fingers or body in whatever ways the energy shows you, the energy leads you.

Continue observing what you observe, witnessing what you witness, allowing what you allow.

And let some part of you become particularly aware, if you have not already, of your client's emotional body. From this space how does it appear? How is it interwoven with the client's physical and mental bodies? Are there accumulations of held emotional energy in the tissues?

You are compassionately witnessing. Observe, and sense the perfection of this being's creations, how perfectly the organism has maximized every opportunity within the range of its consciousness of available choice.

Now open in your energy awareness the possibility of greater choice for this being—not any particular choice, not a specific remedy or course of action, but as if you can open a sense of unknown choices that exist beyond previous limitations, which can start to become known now. And while you are noticing these potentials, observe how brave, how full, how perfect every choice made thus far has been.

Feel your joy for this beauty that is in your hands, the joy of witnessing this creation. And now, as if you are widening opportunities, include in your heart the energy of more choice, more possibility of liberation on the path of evolution of this Soul, of this body and mind and heart as a part of this Soul.

We will be silent now and let you continue your work as you are specifically guided. When you are finished you will be shown how to end the session. We ask that you end it gently. Follow exquisitely all the instruction for the withdrawal and closing that you will be given by the energy itself.

And then remember to sit quietly in the place of calm repose, separating perfectly back into your individuated form before you get up and move about.

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

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