

Calling all workers of the Light – Mark Niclas

One of you can be healed if one would be able to have a frequency of light sent to them that would be able to balance the auric field around them.

This is a part of the vibrational break-up (highly intensified frequency beams sent out by aliens to literally shoot at you and break apart your balance, your coding. It can cause disease) that is happening.

It can be healed. This is also why we say to you that in order to be lifted up, your bodies must be accustomed to Being in a very High Frequency.

There are ones on this earth plane that are learning this technique, and it will spread rapidly, so that AIDS, cancer and the like can be healed. It can also be healed by the child going inside and literally giving his energies.

You place your hands over the solar plexus (right hand) and the heart (left hand) area and pray:

Father, into your Hands I Command my Spirit. I ask that you wash me of the imbalanced energy that has been seeded in me.

You just lie there, as long as you feel the energies coming in from the Father's Realm.

Doesn't it make sense that the more you are trying to get yourself together, the more they know you are doing that, and they are going to aim and point at you?

Sananda – it's time to wake up. It's time Not to Fear, because you are the light. But the more you understand that there are those Satanic forces around you, you know they are not going to touch you, because you don't give them any power.

Sananda – The I energy in the I AM Presence. It is the connection to All That Is. It is the Christ Light. It is the I energy you must, I say must, be linked up to in order to be lifted off, in order to understand your mission, to receive guidance, to receive information and to be protected from the rays of the frequencies that are beginning to be sent out, not only from your governmental forces, but that which is known to you as the alien races, also known as Satan and his dark angels.

There is a very big difference between I AM and me. I would ask you to do a very important exercise. Take a piece of paper and write on one side I AM... List everything that you are. On the other side, write ME IS... and write it all. You'll be very interested in seeing the response that you receive from yourself. It is a perfect way of clearing out your stuff.

Do not think that you are less than, if you have lots of ME IS... and very few I AM... That is no big deal, as they say. The big deal is that you totally understand who I AM is, the I AM that you are, that we are together.

Hatonn – Go within to your counsels (more and more) and seek the counsel within to your Christ.

- Go in more often, and listen, and Receive Guidance
- You go in and ask to Be of Service

We are asking that you gather and do further work on levels beyond that which you can perceive, to just prepare yourself. It does not give you harm to be in meditation or meditate every week, on this level, and just keep telling the commands that you are here. We need to know this, so we can prepare with you, that is all.

Self Healing and Telepathy – Tianna and Korton

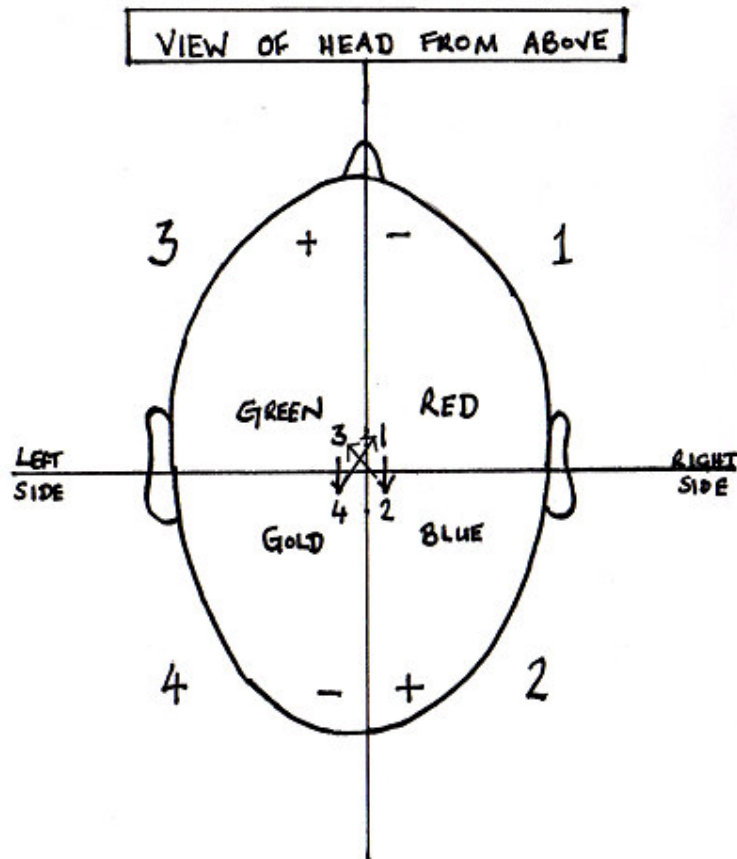


Illustration One

T – Constantly place bubbles of protection around you.

T – If you are constantly invoking yourself in the light, you won't be offended or attacked, obsessed or possessed, and all the other words that you are using on your earth plane, by the dark brotherhood.

Those of you that find yourselves constantly aching and paining or constantly buying into not feeling good, give it a second thought. Know that you are being tested at this moment, and release your energies on this. Because as you are walking in this light, as you are going through a mutant change in your cellular structure, of course you are going through aches and pains.

It is normal to feel pressure in the back of your neck, in your shoulder blades, on the top of your head; it is normal because your DNA is being ripped apart and rejuvenated.

A summer window is a part of the new energy that is being brought not only by the galactic energies, but directly by that which you call God/Goddess. We call it the Breaker, the Source of Light.

Summer windows:

Fully Open	Fully Closed
12.6.89	24.8.89
12.6.92	24.8.92
12.6.95	24.8.95

This is not being brought only to the earth plane, mind you. It is being brought to all the planets that have any form of civilisation on it. Because it is for a period of time that the Source is calling back those civilisations into Oeness.

These summer windows are energies that will be assisting not only the reprogramming of the DNA and the cellular coding of the human species, or the star-seed, or the eartheans, whomever is living on this particular planet, it will also be assisting the Earth Mother in her rejuvenation of her physical body, being that she is a member of the planetary council of light, being that she is eons of ages old.

She must go through the same as you go through, a mutant change, in order to keep up with the new energies that are now permeating, and that are coming from the Galactic Sun, the Centre, the Source that is the Sun-Ship or Son-Ship God. Does this make any sense to you?

It is the same as you call your Lord Jesus, Sananda. He is the Son to the Sun-Ship, Star of Bethlehem, that correlates directly to the Centre of Galactic Sun-Ship of the Source. The Sun being that energy which permeates and radiates life for your particular planet and other planets in your particular Solar System. Does that make sense to you?

These energies all work together in the Summer window. It assists the Earth Mother and it assists you. It is an assisting energy and insomuch as this energy assists you, it is being taken place in three steps, all symbolical to the trinity, ofcourse.

You will be finding that it will be difficult not to accept these new energies, because you will be given three times over the same chance. 1995 is the year that the Source is calling humanity back into the Oeness. 1992 and 1995 are energy changes within the Earth, both physically and etherically, that individuals that are not awakened now will really need to take a second look at, shall we say.

You will notice your disasters to be more common. This has already been spoken to you. You will notice that the earth changes will become more common and yes there will be lives lost, but those that are workers of the light will find themselves on safe and protected ground, because it is a part of your divine illumination.

Once again, as we say this to you, it is nothing to be fearful of. These individuals that are in the light have nothing to fear. All this is part of the movement of the earth. It has to change. Things do not stand still.

1992 – is chapter two of the summer windows. As this second window opens, many of you will already be in the fourth dimensional state of consciousness. Those of you that are riding on this energy field will be able to think, create and manifest immediately.

You will be able to telepathically communicate with each other on various levels. Many of you will even be able to communicate with us through telepathy or actual voice to voice, on line communication. This is chapter two.

Sensitive ones will feel Resonant Energy Fields during the period of 12.6.91-24.8.91 and again 12.6.94-24.8.94. Though there are no specific windows being activated during these years, both the inner-Earthean beings and the guardians of the Earth (Spirit Guides) will work diligently during this time, since the etheric energy will be around.

Korton – Self Healing and Cosmic Telepathy – Techniques

Blessings to you. This is Korton, and at this time I wish to bring to you some important information and integration energies of vibrational healing, that will assist you in understanding the process of cosmic telepathy.

We are asking you to use these forms of telepathy so that you can be online, in a balanced connection and not deceived by crossed communication. If the connection and the communication are coming in a balanced way from your Divine Presence, your Higher Self's relayed message will be more easily accepted and understood by you.

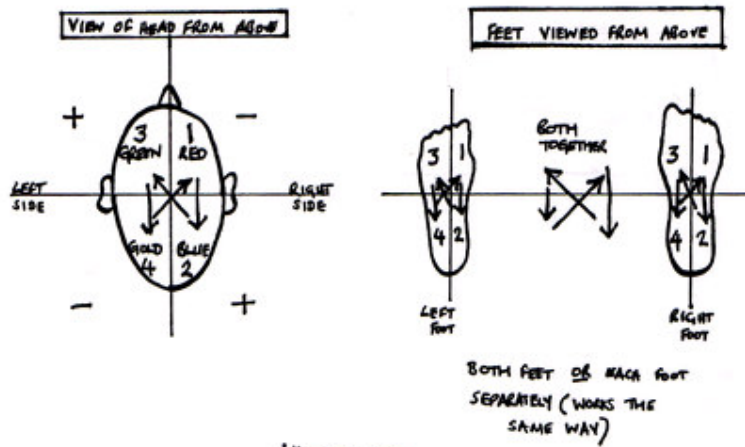
It is quite possible that the new communication energies that are being sent or, shall I say, bombarded to your earth plane and energy field at this time, that every now and then you can and will pick up a cross-communication.

If you would take a look at your earth plane, and even take a look at the ways of your physical communication at the present time, you have not only telephones and satellites, radios and televisions, but you also have ELF (Extra Low Frequency) waves that your government is using, and also constant communication that is being delivered back and forth from the extra-terrestrial bases that are on the surface of the planet as well as inside.

You have all these different ley-lines or grid patterns moving in and out. If you tried to receive information for yourself, you could very easily be picking up on all of this, could you not? And so, this integration or technique, this exercise, however you want to term it, can greatly assist you in moving towards picking up a balanced message.

We will do this in two parts. I will explain to you how to integrate the four quadrants or sectors of your brain. I will also give you an integration to balance yourself within your own field of energy so that you can heal yourself and assist others and Mother Earth.

These are two separate means of communication. One will be to telepathically communicate with what I would call the Higher Self, and the other one will be to communicate within your electromagnetic field of your body in order to heal yourself.



If you simply divide your head into four quadrants, realising that each quadrant, negative and negative, positive and positive, is co-balancing each other in polarity and help the electromagnetic frequencies that come in and work within your own mode of communication within your different bodies, integrating mental, physical, etheric and the other subtle bodies that are around your auric field.

You have here in your frontal part of your head a negative sector or quadrant. The portion that is negative is on the right side of your face, right? Okay (looking at the diagram). The easy way to remember this, Mark says to us, is to say read negative, while tapping on your forehead. I guess that it has assisted him so, perhaps it can assist you.

You also have it on your feet.

Negative on your right toes Positive – left toes
Positive – right portion of heel Negative – left portion of heel

It's like a cross, yes, and when you activate it, you are forming an infinitive eight.

Realise the positive side is for receiving and your negative side is for giving (it does not mean good or bad).

Realise that the positive side is known as cool or cold energy and the negative side as the hot energy.

Remember, Red-Gold – giving – negative – hot
 Blue-Green – receiving – positive – cold

I am only speaking to you about electromagnetic or telepathic communication, not having anything to do with the way you are doing your healing work. This is specifically for this particular exercise, using the quadrants for your energy.

This all has to do with the different bands of the ley-lines and grid systems that cut down through your etheric brain, which I will not even attempt to get into through a spoken instrument, because it's much easier to have it written down.

The Healing (Make sure you have protected yourself before you start)

Now, let us first do the healing. If you want to do a healing energy, to balance your polarity, to assist in the reprogramming of your DNA in your cellular structure, you would simply activate the quadrant sectors in your head and in your feet, creating a vortex of energy that go in, or I guess some of you call that a vacuum. It would go in so that you get both of these healing energies vibrating inside of your physical body.

You can also take an energy and shoot it out from the base of your feet, into the centre of your earth for grounding, and you can also send that same energy from the top of your head into the universe. This is at your discretion.

But quite simply you activate the two fields. The simply way to do this is to remember the colour coding. RED, BLUE, GREEN, GOLD and over to RED again.

8th Chakra – imagine that your 8th chakra is connected here, within your holographic computer (the top of the head). Imagine that you are lifting a shield. It's like your banking machine. When you put the card in, the glass goes up and you are able to touch the control board.

You can just imagine that you are programming yourself for healing, that you want to do a HEALING.

So the shield goes up, and you can visualise this like a helmet opening up and leaving exposed the whole top of the your head, your holographic computer.

You now have access to the four quadrants or sectors. Red, blue, green, gold and back to red.

We are also using these four colours because these are the four colours that are mainly being sent to you by the communicator ships or the star ships, that you are seeing in your night skies, that are working within your energy fields and that you call the ones flashing with colour.

Light bodies are a term we use for the development and frequency attunements happening to your physical bodies through the DNA changes. Eventually the human body will become lighter in its density and free of all dis-eases and imbalances by being at-one-ment with the light frequencies of the Universal Realms.

If you noticed, it is primarily a red, a blue, a green and a gold energy, along with white, which is a universal colour, or silver. But these will then greatly assist you in receiving extra attunement of healing, by using these colours. Also, it will greatly assist you when you are doing your telepathic communication. These are the colours that the Higher Self will recognise when it beams from you, when you have opened up this communication.

You might want in the first place to call some protection, or call your fourth dimensional guide. I don't know if you have already done work with him, but it is simply the guide that comes in when the eighth chakra is activated, when the holographic computer and the akashic records are activated.

Call in your fourth dimensional guide. If you need a name, simply ask, though just allow with love your fourth dimensional guide to be with you. They already know what's going on because they are with you all the time watching over you during your awakening transition into the higher frequencies, and they will take over from that point.

So, you program yourself for the healing. The shield goes up and you are able to get in, and you can do this not with your physical hand, you can simply do this with your mind.

Touch or imagine the first sector and think red. You can just literally see a red light going off. Don't do it too fast. Take the time to think and see the red sector.

Do the same with the blue, green and gold.

Repeat several times (at least 3 times). You have now activated all four colours, and they are turning on what I would call beams of energy.

Mind you, this is where you don't need to think about it. This is where your Higher Self that you have been working with, and your fourth dimensional guide, take over. This is where you can just sit back and be healed.

You have activated these four sectors and allowed the vortexes of energy to come into your body, and you also have allowed them to come up from your feet.

When you activate your head, your feet will also be activated if you have programmed yourself for healing (when you programme yourself for communication, your feet will not be involved in it). The colour coding is the same for the feet.

It is important to do it in the right sequence. It is almost like how you turn a computer on. If you flip off one switch, it's not going to work. Also, I should tell you that after you are done with this work, whether it is healing or communication, whether you fall asleep or not, realise that it will shut itself off.

Your fourth dimension consciousness is definitely knowing what is going on, but your intellectual self doesn't. As you work with this technique, you will become able to see both because this is a fourth dimension telepathic communication exercise, as well as a healing exercise.

So you have your healing going on. Mind you, you can send healing energy once this is activated, down to the core of the earth, or out into the universe, depending on what type of healing you are doing.

If you want to heal your cellular structure, you just allow the vortex of this vacuum to work within your body. You will feel energies going through. If you decide to fall asleep, you will be healed on an inner level anyway.

It is a wonderful thing to do this exercise before you fall asleep. Turn it on and just allow your energy field to roam in it. If there are certain things you want to heal, whether it's a cancer, AIDS, anything else, a tumour, skin problems, program it by sending a thought, just as you would feed information into a computer chip.

This is actually what fourth and fifth dimensions are all about. It's very robotic, in a way. It involves your thought process. This is why in third dimension, going into fourth, we ask you to work on your thought process and clean it up. **WHAT YOU THINK, YOU WILL HAVE.**

Programme only positive thoughts when activating this energy. If you programme to get sick, when activating the energy, rest assured you will be sick. When you program for healing, you will be healed. It is that simple.

To co-ordinate your feet with your head for healing, there is nothing you need to do. It will automatically turn on. This is fourth dimensional healing, not third dimensional. You will find yourself in this force-field. Your feet will tingle and your head vibrate.

TELEPATHIC COMMUNICATION

Integration of the physical, mental, emotional and etheric bodies.

Korton – I want to do an integration of the physical, mental, emotional and etheric bodies with you. For this we will take five minutes and we will be doing the tonals with it, and a breath. This will assist you in integrating. Please know that doing this exercise only one time is not going to do it. You must keep up with this energy, the same as with healing yourself and keeping positive thoughts.

This is an energy that can greatly assist you in your telepathic communication and also, in integrating yourselves as you move into the fourth dimension.

FOURTH DIMENSION IS THINK – CREATE – MANIFEST

Being that you're living in a material world, being that you are living on a planet that is going through many, many changes and your body frequencies are speeding up, it is very important to stay with this flow, this healing, so as to recover your much needed telepathic capability, interdimensionally as well.

The fourth dimension is the next dimension that the physical bodies are moving into. Your bodies are now coded at the 666 carbon base, you've heard this before. You are now being speeded up to a diamond base light body, or 999.

In order to keep up with this flow, you must move your dimensions of thinking. If you stay back in third dimension, you will be burned out because your body is going through this and your thought process is still back here in limitation. This is why so many individuals find themselves in a lot of aching and pain problems right now, because etherically their body is speeding up and mentally, they are going, "I'm sick" which creates the pain, which creates more problems for themselves.

If you look at your rocks and minerals as being the first density, your animals as being the second density, and human beings as being the third density, and you also look back at the idea of evolution, if the human species had not gone through the various levels of evolution, it would still be with the rocks and minerals.

That's why some people will say to you that you are a crystal, or a part of that crystalline energy. Does that make some sense to you? Now, of course, you have every right to stay in the third dimension if you want to. We would certainly hope that you come along and enjoy the fun, however.

Exercise to develop and improve Cosmic Telepathy

Korton – Communication, telepathy. So, we have activated this series – red, blue, green, gold; we also now have in front of us a little scale. This is primarily to assist you in staying balanced. For lack of a better word, visualise in front of you a little scale with an arrow that can go on the positive side or the negative side of it's graduated scale, or remain balanced at the zero point.

Use this scale at the beginning, so that you can get your mind totally set on being centred. Look at the needle when you activate yourself and see where the needle is. If it is directly on the right of the centre point, know that you are thinking too quickly. You are thinking ahead of yourself, you are not really taking the time to go in and centre yourself.

I would say that it would be quite rare for anyone to have the needle at dead centre, except maybe an avatar. So, do not judge yourself and visualise the needle moving back to the centre. As you are doing this, you are healing both the positive and negative in you, the cool and the hot, which is a very healing energy in itself for your physical body; it's a whole other topic I do not want to get involved in at this time. It has to do with healing the whole physical and etheric bodies through the use of the mind, and the brain.

To make things easy for yourself, simply visualise the needle going dead centre on its graduation scale. You could use a pendulum to do this, but it's not necessary. You will feel it, you'll feel a Shaktipad (Elixir of Cosmic energy, dynamic and divine, of the Goddess Shakti that activates the enlightenment process. Also called the "Baptism of Fire" or "Second Birth") running through you, you will have a kundalini rush, for lack of a better word. You will feel that you are on line.

Alright, let us say that we are right here at the centre. First is integration for the physical body.

Integration for the physical body

You cross your palms over your heart. The tonal we will use is the OM like this:

1. OoooMmmm

Or a sound like this:

2. Jjjjjjjjjj..

The J – like in the word Jim.

3. Another way is to keep your upper and lower teeth touching each other, and make a sound while exhaling. In all the above cases, the lips remain open. You will notice that the second method produces a much stronger vibration through the body.

4. A fourth way would be to chant the letter V while exhaling, but without pronouncing the syllable e. In this case, of course, the lips are touching each other.

It is simply modulating the letter J and extending it with the outbreath. I don't know how to word it to you other than that.

You sing this tonal at least 3 times in a row, while exhaling. What you should feel is a vibration that runs from your mouth all through your body. The idea is to produce a vibration that you can feel running through you. It is important, because the tonal assists in the energy.

The activation is done like this: A tonal out, followed by a free breath (inhaling and exhaling, without toning. Repeat 2 more times – i.e. tonal, free breath, tonal, free breath, tonal, free breath.

Integration of Mental/Emotional Bodies

In this case, you apply the palms of your hands on your temples, and you simply allow your fingers to rest on top of your head. Again, you repeat the activation as explained above: tonal, free breath, tonal, free breath, tonal, free breath.

Integration for the Etheric Body

While sitting on a chair, raise your left arm at the elbow, palm facing away from you. You do not need to raise the whole left arm. Simply raise the left forearm, from the elbow, palm facing away from you.

Your right arm rests along the right calf, palm facing down. You can raise your right fore arm slightly off your calf, palm facing down, for it will feel right to keep it that way.

Again, practice the tonal and free breath 3 times, as explained before.

This exercise (1-3): the 3 integrations for telepathy is very simple to do, it takes no more than a few minutes. It activates and integrates those cells that are used in telepathic communication. In addition, you will feel a wonderful sensation from it all.

The tonal is always the same for the heart and the head. But, if you find yourself going through another tone level, don't worry about it. You might find that one day your tone will be higher, and the next time it will be lower, or different in some way.

That is how you find what your body needs at the time. We will, if there is time, do a whole communiqué on tonals. There are wonderful individuals already working with your earth, that are doing tonal energies with you.

Additional Miscellaneous Information

The reason why you are doing these exercises, according to Korton (Mark is here in contact telepathically), is that we are getting closer and closer to the time when we are called upon to be part of everything. If the Galactics need to give us information like that, we are immediately online. You simply need to practice a bit.

The Soul Chakra – the 8th Chakra

The 8th chakra is known as the Soul or Star chakra. As the heart chakra correlates to the heart area in the physical body, all chakras correlate to a specific area. Though the root/base (1), liver/spleen (2), solar plexus (3), heart (4), throat (5), third eye/brow (6), and the crown (7) all correlate to the physical body, they do generate energies for the other subtle bodies surrounding the physical shell (emotional, mental, psychic, etc).

The 8th chakra works entirely in the etheric body, the body that connects to the psychic and auric fields that make up the specific energy coding of the human being. Not the physical make-up – the energy make-up if you will.

As one begins to awaken to their Higher Selves, this chakra that has been sleeping or dormant also awakens, causing in some of a heightened awareness in psychic ability, or sensitivity, on many levels.

The Star Chakra, which embodies itself approximately 3-4 inches above the Crown Chakra, contains the genetic makeup of one's lives, otherwise known as the Akashic Records. Some of the basic properties and uses of the Star Chakra is increased mental telepathy with other dimensions: Galactic, Deva/Elemental Kingdoms and Dolphin/Cetacean Communities, and also, better communication with our second density family of domestic and wild animals.

This chakra utilises energies that will awaken within each person that connects to it. If you feel that you are already in contact with the above-mentioned families, it is simply that this chakra activates itself when the 'I' Presence or Spiritual Self/Higher Self is ready.

Many times, we are so stuck in our earthly stuff that we have not realised the growth we are doing on a spiritual level. I will be using words/names to assist you in recognising duties of the Star Chakra. Every being of light...whether a human or Light Being (a Star brother or sister)...has a connection to these Akashic Records at all times.

As one begins to be more aware of their spiritual growth and seeks to attune with themselves to the Oneness of Spirit – their cosmic computer becomes activated. The holographic computer, which is simply the library of knowing that we carry with us (our awakened memory – our Christ Self – our Higher Self), is housed within the Star-Soul Chakra.

As our seeking continues and the necessity for information increases, the holographic computer begins to program key activators within our brain and enables us to see behind the veil, read between the lines, or relate to all playing a different role in this magnificent play.

These key activators can present different occurrences in our lives, to better assist us in understanding our missions – something that many are seeking for at this time. There springs into action an understanding of a situation once viewed as a puzzlement, and it can even bring to fruition a creation of a healing art or exercise that can be used to assist in the major transformational happenings of the earth plane.

To try and explain how the awakening of your Star Chakra will work for you would be difficult. As each chakra plays an important role in our lives, to get attached or hooked to any particular one could mean a denial of the others. So, the same with the etheric computer. To be aware of it and welcome it is what this basic description insert is all about.

One last thing. As you see the exercises for self-healing and cosmic telepathy, you will notice the importance of Higher Self connection and trust. The awareness of the Star Chakra will enable you to be online with your communication of this source, as your energy and state of mind will expand to encompass the wholeness of your being, even the aspects that are not physically perceivable.

Remember, that many things are not yet perceivable in human mind – Spirit has them in store for those that seek many mansions, filled with wondrous things.