

11.11.11 Workshop with Hazel Raven this is an amazing workshop to open the new energies Cosmic Rebirth, Angel Walk and Dragon Meditation at Dragons Hall Norwich on the 11th of November 2011 Cost £40 Link www.newhorizonsevents.com

11.11.11 Emergence Preparations by Hazel Raven

I was told in 2010 by guide Archangel Metatron that 2011 is the year of 'the great cleansing' ready for the 'New Consciousness' (God Consciousness) of the Golden Age which will be made manifest on the 21st of December 2012.

On the **11.11.11** we awaken the 'One-Heart' of humanity. Please look through these notes, I sincerely hope they assist you as you make the shift into the 'New Consciousness'.

What is a Light Body?

The Light-body is a common philosophical element in many traditions. It is another term for the subtle-body (psycho-spiritual). This 'energy' body vibrates at a higher frequency (more yang) than the physical body. It can be used as a 'vehicle' (Merkaba) for the soul to link into higher consciousness. It is the part that can leave the corporeal body and carry one's consciousness during meditation and other altered states of awareness to the higher spiritual realms. The-Light body is brought into 'being' by chakra activation (removing blocks in consciousness) and kundalini awakening (raising the female serpent yin energy). The blockages in our consciousness affect our chakra function and vitality - for the word vitality you could use frequency, resonance or vibration. We can fully activate (awaken/heal) our chakras by cleansing them of our fears, phobias, indoctrinations, issues and misconceptions. Issue identification, fear identification, etc requires us to study each of the chakra centres and cleanse, heal, balance, harmonise, align and raise their vibration or frequency. It is thought these transformation process will bring possible changes to your RNA (Ribonucleic acid) and DNA (Deoxyribonucleic acid).

What is Full Consciousness?

Full-Consciousness is the same as Self-realisation and God-realisation, which is the true nature of self. It is the ultimate goal (*Moksha*) attainment of liberation from the cycle of birth and death. The path of ascension into cosmic consciousness is the return to the one heart, one soul-mind of god/goddess. This merging of your physical-self with your spiritual-self can also be viewed as the freeing of your Divine spark which is within the Gnostic overview of reality.

What is the Veil?

The veil is the illusion that we are disconnected from our higher selves and our true glorious radiant nature. Once the veil is removed by full Light body activation and we reconnect to our true spiritual nature it is impossible for us to hide our radiant divine light. We are travelling beyond the veils of illusion into a vibration of pure peace, bliss and compassion.

What will be the beneficial effects of the new frequencies?

The beneficial effects of these ascension frequencies are the cosmic gifts or ascension *siddhis* and post ascension siddhis. *Siddhi* is Sanskrit term for spiritual power. It is known in Hinduism and tantric Buddhism. These psychic abilities vary from clairvoyance to being able to levitate, to bi-location, materialize objects, having access to memories from past lives and much more.

What is the Path?

Going within to receive true guidance from our 'guides' is the only way to authenticity and sovereignty. This gives us the freedom to have mastery over our own ascension process. Once you have stepped onto the ascension path by asking your 'higher- self' for guidance you will find the synchronicity of inspiration - the right people are placed in front of you, the books you need either fall off the shelf or are lent to you. Certain words, phrases or numbers simply grab your full attention as they hold deep significance for you.

What are the Side Effects?

The effects of these liberating but sometimes perceived as 'difficult' spiritual stages - such as headaches, migraine, spaciness, sensitivity, tiredness, flu- like symptoms, tingling sensations in the spine or the hands, feet and lower legs, memory loss, shooting pains, intense fire in the spinal column, intense or vivid dreams, bursts of uncontrolled psychic information and uncontrollable visions, inability to comprehend the speech of others. etc. These are the direct result of opening yourself to quickly to the 'higher' vibrations. To counteract this you must ground the 'higher' energies through your physical and subtle-energy systems. If changes are moving too fast for you, just ask for them to be slowed down to a level you can integrate with ease. These side-effects can also be triggered by spontaneous kundalini activation. It is predicted we are moving from the two strand DNA to the twelve strand DNA.

What is the Light in the Head?

Once you have started the awakening process you may find when you retire for sleep that without any effort on your part you will experience the light in your head; this is with your eyes closed. It will be as if a bright sun is shining. This can also happen in the morning as you

are between sleep and waking; it is quite normal. You may find you need a lot less sleep, this is quite normal. Many changes will manifest in your physical body; you may develop an aversion to certain foods, especially meat, fish and dairy products, which are of a very low vibration and, in Yogic understanding, to be avoided. You may experience a lot of new sensations in your body; these are quite normal. Mostly it will be your nervous system getting ready to take a more refined energy. You may experience emotional upset or mood swings; once again, this is part of the process of the body cleansing itself of toxins.

What is Clearing Karma?

Sometimes on the Path you will attract people or circumstances that trigger a karmic clearing session. These karmic clearings often have an emotional trigger. You may need to cut emotional ties with your partner, parents, children, friends or work colleagues. A good way of clearing karmic debris is to work through all your chakra centres. A balanced and harmonious chakra system is absolutely necessary for the ascension process. By studying the chakra centres you will get a good idea of the blockages you need to release in order for the 'higher' vibrational energies (language of light) to be 'downloaded' from your guides/higher-self. Fear and other 'imprints' (such as anger) block your flow of life-energy, by facing your fears and empowering yourself you quickly become one with the flow of ascension energy.

What is my Life Path?

How to answer your questions - Why am I here? What is my life path? Each one of us who feel they have a 'Divine' spark within them and who begin to activate their Light-body will have these questions answered. I suggest you visit Archangel Uriel's etheric temple and ask to see your scroll; this will contain all the answers you seek and more! It is often written in the 'language of light' (this often appears as ancient writing, but is in fact 'intelligent' codes of light or information that you perceive as writing). The language of light can also be 'downloaded' into your subtle energy field (by your higher-self/angels/guides) this often happens when we hold a high vibrational crystal or meditate or require spiritual inspiration. It is often felt on the physical as the eureka moment!

What is the Language of Light?

To understand what is called the 'language of light' think about what light is. By passing white light through a prism it creates the seven visible colours of the rainbow. These seven colours are a universal language that bypasses the logical mind and speaks directly to the soul. Each of the seven major visible colours has well defined therapeutic qualities that can be linked through their resonance to the seven master chakras. The universe is a magnetic field of positive and negative charges, vibrating constantly to produce electromagnetic waves. Each of these has a different wavelength and speed of vibration: this forms the

electromagnetic spectrum. We can see about 40 per cent of the colours contained in sunlight. So although white light looks colourless it is made up of assorted definite colour vibrations, which have not only wavelengths but also a "corpuscular structure". There are only six main colour names (or seven if one includes indigo). Red is the longest wavelength we can see and has the slowest frequency and vibration. Its energy is warm and stimulating. Violet has the shortest wavelength and the quickest vibration. It is calm, cool and purifying. At either end of the visible spectrum of light are very many wavelengths we, as humans, cannot see. Ultraviolet light is just beyond violet and further beyond this are electromagnetic rays with increasing frequencies as the wavelengths get progressively shorter: these include X-rays and gamma rays. At the other end, infrared light is found just beyond red light. Just as red has warming qualities, although it gives off more concentrated heat (these qualities are utilized in infrared lamps), beyond this are electromagnetic rays with increasing wavelengths and decreasing frequencies: these include radio waves. Mystics have long been able to see colours outside the 'normal' range during visions and meditation.

What is the Causal Chakra?

The occipital chakra (base of skull) also known as 'Well of Dreams', is currently **vestigial** and is found in the area of the occipital lobe (base/back of head) People with psychic abilities, frequently get headaches from information 'bottlenecking' that create discomfort in this region. The Causal Chakra is situated about 4 cm at the back of the head is all to do with communicating with spirit. (some people wrongly call the Soul star or Stella Gateway the causal). When it is fully active you can feel it pulsating. This centre enables the individual to achieve advanced out-of-body projection, etheric projection, spiritual perception, and spiritual wisdom. Also remote viewing. You may also be interested in the 'Cerebellum chakra' which is located on the back of the head and is positioned at the base. This centre is also known as the well of dreams. It is through this centre at we learn such skills as internal vision. On some of my workshops we activated the pineal gland and extended the head upwards and backwards. The Pineal Gland is about the size of a pea, and is in the centre of the brain in a tiny cave behind and above the pituitary gland which lies a little behind the root of the nose. It is located directly behind the eyes, attached to the third ventricle. This chakra is also known as the upper dan tien. When the pineal chakra (gland) is fully active the Hamsa (seen as a white swan) flies.....people often see this during advanced Kundalini meditation (some people think it is a white dove or an angel).

Gratitude

Practising gratitude (being grateful) is a quick way to raise your energy signature.

Meditation - Energy instantly follows our intent.

Step One: 12 Chakra activating, cleansing, harmonising and alignment.

Step Two: Bringing down white light to purify and raise the vibration of each chakra and the

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spiritual spine.

Step Three: Kundalini activation

Step Four: Heart chakra bridge to liberation using the Angel Mudra

For details of the 12 Chakras see 'Crystal Healing a Vibrational Journey Through the Chakras' by Hazel Raven.

What is Re-Patterning?

It is vital to integrate the re-patterning (raised vibrational signature or resonance) you will experience on during the **11.11.11**. I suggest you start a dream and meditation journal.

High Vibrational Crystals - Phenacite, Azeztulite, Danburite, Petalite and Herderite are the premier ascension stones.

Phenacite - Light body activation. Activates, initiates, supports and sustains the ascension process. Use for visionary experiences and interdimensional travel.

Azeztulite - Nameless light. Opens interdimensional telepathic windows. It has recently been etherically re-engineered to assist humanity in making the predicted 'quantum leap'.

Danburite - Karmic cleanser, releases stress. Promotes lucid dreaming and angelic contact. Aids meditation and eases attainment of higher states of awareness. Supports spiritual evolution.

Petalite - Repels negative thought forms and releases 'implants'. It assists you in attaining cosmic consciousness. High-energy, expansive, uplifting and relaxing.

Herderite - Expansive, elevates vibrational rate to initiates 'out of body experiences'. Aids meditation. Light body activation - evolution and transpersonal chakra awakening. Repairs aura.

Moldavite - Transformational, bringing spiritual breakthrough. Acceleration of personal evolution. Works on all chakra centres especially the heart.

Tanzanite - Activates altered states of reality which can cause radical shifts in consciousness. Causes a thinking of the 'veil. Activates intuition, clairvoyance, clairaudience, clairsentience.

Selenite - Aids telepathic links and is especially useful for enhancing communication with our guides and angels. Useful for clearing energy blocks from the spiritual spine.

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Natrolite - Quantum leap into higher states of awareness. Spiritual evolution. Opens and aligns the transpersonal chakras (eight to fourteen above the head).

Celestite - Expands awareness. Soothing and elevating. Aids downloading of spiritual and angelic information. Stimulates intuition, clairvoyance, clairaudience, clairsentience

Amblygonite - Releases negative 'power models' from the past, that may be influencing our current life. Aids one-pointed concentration. Enhances serenity, inner clarity, emotional balance.

Tremolite - Activates the pineal gland, opens the third eye and crown chakra. Connects to higher self and higher wisdom. Helps us access fields of knowing beyond the limited ego-self.

Seraphinite - For conscious connection to the angelic realm. Initiates deep healing by aligning the physical, etheric and astral bodies. Eliminates self limiting beliefs and ego driven limitations.

Crystals which aid the assimilation and grounding of these new energy frequencies

Nuummite - Stone of inner power and magic. Aids us in achieving self mastery. Supports deeper meditation practice and clairvoyant pursuits. Ideal for journeying into the mysteries.

Nebula Stone - Aids in the fulfilment of spiritual goals. Energises the first and second chakras. Initiates kundalini awakening. Attunes you to the past, present and future.

Merlinite - Past-life recall. Opens intuition and psychic understanding. Enhances meditation and dream work. Aids integration of the 'shadow-self'.

Brookite - Strongest of all stones for out-of-body journeying and expansion of awareness into entire auric field.

Lodestone - For the realignment of auric field, and balancing ones energy. Grounding. Earthing.

Magnetic Haematite - Protective, counteracts spaciness and disorientation. Grounds the light body and aids in the assimilation of the higher energies, stops energy overload.