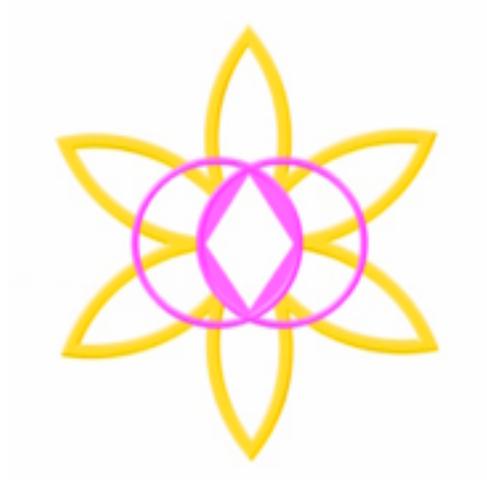


Creative Evolution



2016 Light Intel Collection by Sandra Walter

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Happy NOW Year – A Year of Revelation

Jan 1, 2016

Blessings Beloved Light Tribe,

Happy NOW Year! I AM sure most of you feel the magnitude and gratitude of this path unfolding right here, right now. All of our hard work – the expansion, the journey of unconditional Love, the Self-realization – is culminating in our transformation as we embody the NEW HUman expression upon Gaia.

Wayshowers and first-embodiers are going to be focused on this unique shift through (at least) January. Some of the experiences and energies are bizarre as ancient energies, codes, activations and beings re-join our journey. All of this was put in place as our best-case-scenario for the Ascension timelines, and here we are. Living it, fully conscious that everything is accelerating onto greater, higher light. How wonderful to receive this with an open heart!

Personally, I AM honoring this phase by staying centered, focused, in tune with Gaia (stability through these cosmic storms) and allowing my Team to show me what is new for the next phase of my journey. Some of the energetic adjustments are profound, some are unknown-to-me (embracing the bizarre a LOT lately), and there is a deeply devout aspect that is putting me in touch with a new definition of sacred. I read, study, write, and have a few projects that keep me grounded when I need it.

Kindwhile, I AM sending all of you warmth, strength and empowerment as we enter this year of revelation. With ease and grace, Beloveds.

In Love, Light and Service,

Sandra

Intend Expansion, and Open Up

Jan 15, 2016

Blessings Beloved Light Tribe,

Just a brief reminder to OPEN UP and expand your hearts, energy fields, and conscious connection to the Christed HUman heart grid as much as possible as we greet our first Gate-wave of 2016 on SUNday the 17th (through the 23rd). This is a phase of devotion, feel into the new dynamic and emergence of the new reality. Stay open.

Thank you for your patience as I focus on the new grids and transformation. I AM experiencing a new level of Heaven in my Heart after some (quite) bizarre activations and experiences over the last few weeks. I also had a quick journey to the Redwoods and Ocean for some new grid work which surprised and thrilled me. We are in for a brilliant passage.

Obviously there is a lot going on. Please stay focused and honor this passage for yourself and Gaia. Trust yourself and FUSE your consciousness with the new Grids; they connect us to the crystalline consciousness in a much stronger way. Remember to expand right through the body consciousness and merge Higher and Lower Self.

Sometimes the energy can make folks contract, hide, or loop in old light patterns. Gatekeepers, Gridworkers, Lightworkers and our Galactic family are constantly overriding all of that to get the new reality up and running as the norm for everyone. Give us a heart and help out; we welcome you to make the good work easier for all.

Kindwhile, I AM occasionally on twitter for in-the-moment updates. I Love You, I Bless You, I Thank You for participating in this extraordinary phase of our Ascension.

In Love, Light and Service,

Sandra

Migrating Realities: Transformation Update

Jan 28, 2016

Blessings Beloved Light Tribe,

What a transformative phase we are in. So much is shifting, morphing, dropping away and birthing. My integration is almost complete and I AM ready to share both the grounded and Galactic perspective on what is unfolding.

Please join me Friday, January 29 at 3pm PT for a conversation with Lauren Galey. I will be sharing an update on what has occurred and where our Ascension process is headed in the coming months.

Sign up and you'll receive a link to the show just before the broadcast. Lauren will offer the half-price deal on the *Ascension Path* class, and it's a perfect time to do the good work.

Ascension Path Updates

Annual update time: Two new videos on *Torus field activation* and *Galactic interaction* have been added to the class. Please login to receive the new versions. Thank you for participating, it's a powerful year.

Year of Revelation

Everyone has their own title for the year; my Higher levels are calling it *Revelation*. A bit intimidating, yet my heart soars when I feel it. So far, revelation truly fits my personal and Galactic experience. Disclosure hit the accelerator, and Spiritual Disclosure is revealing quite a lot about where people are in their process. The big picture gets bigger each day. Our skills and visions are amplifying every day. We're stepping into it with open hearts, embracing Multidimensional existence as the new normal.

Kindwhile, we are unifying in this New Light with the newly activated level of the Christed Grid system. Some of the codes and intel being released are really. ancient. wisdom. I'll share more with Lauren on Friday. I Love You, I Bless You, I Thank You.

In Love, Light and Service,

Sandra

Solar Christ Grids: Migration of Reality

Jan 31, 2016

Blessings Beloved Light Tribe,

Goodness there is a lot to catch up on. I AM still in this gorgeous Resurrection phase, having absolutely bizarre experiences and attaining, integrating higher levels of Solar consciousness. It was strange to not communicate with you in the usual way (the articles) over the last few weeks, although I AM sure you feel me with you in the subtler realms.

This Resurrection phase (merging with the Solar Christ consciousness) continues through Equinox. It is getting easier to balance being in many realities, especially when one knows they have already been tagged for Ascension, however the experience of being here, there and everywhere has a truly sacred, devout sensation since the grid migration. I AM an Equinox person, and I see March will be very bizarre, so I AM completing annual updates to *Ascension Path* and all kinds of busy-ness in February.

First and foremost is the good work, so this intel is about the newly activated Solar Christ grid migration, what it means, and an invitation to work with it.

The New Solar Christ Grids

We had shared that the false structures which held 3-D replication in place would be dissolving by the end of the tetrad project. In mid-December last year all of the lower realities were migrated to the new Solar Christed grid system. That means disharmony is going to get extremely uncomfortable, and disclosure can present with less damage, but most importantly Gaia and HUmanity can step into their Solar beingness more easily.

Notice the difference already? Yes, it is bizarre at first, because the old reality was synthetically supported for more-o-the-same. That hasn't been organic for a while, and as those programs dissolve HUmans are feeling what true 4D life is like, and 5D/6D initiates are zooming ahead. Personally, I have had major shifts in my activations, skills and consciousness since this occurred. Lower Self feels complete, Christed Self is at the forefront, my understanding deepens, my Galactic Self shifted to accommodate, and my service priorities changed again.

The Solar Christ grid system, a new gridwork which Lightworkers, Gridworkers, and Gatekeepers have been building for over a decade, is a system of 5D/6D Gates and lines similar to the classic ley line system, however it has a specific purpose; to assist Gaia and HUmanity in raising, expanding into the Solar or Christ consciousness. It works in tandem with the Crystalline Unity grid system which surrounds the planet. The Solar Christ grid fuses ancient codes and structures deep within Gaia, some of which is being exposed as the Shift accelerates, with the Crystalline Grid via Gateways and pillars of light. In order for Gaia to embody her destiny as a Spiritual Sun, she must expand. This happens during every great age of evolution, however during this shift to Solar Christ consciousness the expansion takes on a new dimensional level as well, in order to support a much higher state of vibration and a population of Solar Christed HUmans who are choosing to take on that challenge with her. It pulls the rug out from old dark agendas who didn't think we could accomplish this. They thought we were working with what they could perceive – the 4D grids where their programs were anchored – and as you know, they cannot perceive octaves above that without resonating with the Christ, with the Heart. It sounds tricky, but all is fair in Love and Love.

The new grounded Solar Christ grid and the Crystalline grid expand the grounded torus of 4D Gaia outward to meet the 5D/6D torus of the New Earth consciousness, very similar to what we are doing with our own torus fields; expanding the lower Self torus out to merge with the Higher Self torus. In Gaia's case, she has information and Solar codes deep within her core, crystal beds, and some very ancient technology which were dormant, waiting for best-case-scenario of our Ascension. Since we were able to achieve the higher trajectory of the Christed Ascension timelines, the past must align to compliment that trajectory.

Every time you change a future outcome, the past gets rewritten to accommodate the through-line of that story, the flow of that time-torus. The Solar Christ grid was a possibility; Gatekeepers remembered that scenario (with all of our higher guidance of course), Lightworkers got it up and running, the old grids which supported lesser outcomes (and the recreation of 3D) dropped in December, we migrated realities to the higher timelines, and now the ancient tech and codes which we placed hundreds of thousands of years ago can now be part of this new reality. We changed the future trajectory, so things that we stored in the past just-in-case can now step forth and compliment that outcome. The through-line is

stabilized. The Christed timelines and outcomes can accelerate at a very rapid rate.

Anytime a major event like this occurs, the lag in the time continuum allows the collective to ease into the change. That lag feels shorter as our Solar system is bombarded with photonic light. This event felt very sudden for me – a dramatic shift in reality, level of consciousness, and an almost abusive amount of visions. When I checked in with other Gatekeepers, they had similar experiences. I AM sure many of you felt more cosmic as we completed the migration. It is not our intention to make it weird, but to activate the Solar acceleration of the planetary consciousness, merge the grounded grid with the HUman heart grid and Crsytalline grid – this year – in order to prepare her for the massive waves of light anticipated by 2017. That wave grows closer, it's setting off Supernovas like the one last June, which just hit the news last month, which is so bright that they cannot even categorize it with the old measures. That's the closest one to our neighborhood so far, just a galaxy or two away (remember this is a Universal Shift). Feel into this from the higher perspective rather than a Sun-chart-watching 3D perspective. Do you see what is unfolding, and how the fields of possible outcomes are changing?

Kindwhile, our visions went into overdrive, and Gatekeepers – oh my beloved fellow Gatekeepers, bless us all – are seeing the division of realities again. It is our highest desire to open the Gates for everyone, but as this is the age of Mikael and Divine Will rules the day, it is a free will choice. That is to say, Divine Will rules the paradigm, individual free will is your experience. Ascension is happening regardless of the low-vibe activity, and for those doing the highest-outcome embodiment work, things shifted into a level of purity and truth which is not describable in words.

Turn and Face the Strange, Shasta Gatekeeper

During the migration I saw thousands of people leaving through the Gates. like a flip-book or deck of cards, one face after the other, going, going, going. Gatekeepers see HUmans and other beings come and go all the time, that comes with the job, however to have thousands of beloveds passing through my personal space on their way out through Shasta (Inter-Galactic Gate) was overwhelming. Three day's worth of mass exodus visions, then it slowed down to normal level. This is largely pre-cog activity, so I expect many to be transitioning this year.

On the morning of January 10 a tall, slim, blonde-haired, light-eyed brother presented at the Gate. This is in the Higher Realms, the Interdimensional Solar Gateway. He was wearing blue and shining so bright I could not see his face clearly. We embraced for a while and I noticed his neck wrinkles; an older brother making his transition. The love was overwhelming in that moment. A true camaraderie and mutual respect. We broke the embrace and had a short telepathic exchange of comfort; we will be separated for just a short while, then reunited. For some reason, I called him David and asked him to sing one more time. He smiled and then he burst into light through the gate. What a beautiful exchange, what a beautiful soul. The feeling of Divine love stayed with me all day, like being in love, I held David in my heart.

I got out of bed around 2am the next morning and was guided to get online to witness an announcement. There it was: David Bowie had died on Sunday. Our singing David, thank you for the confirmation. Oddly enough, another siSTAR in Shasta who also had no connection to David, also saw him at the exact same hour on Sunday morning going through the Shasta gate. That was at least 18 hours before they announced his passing to the public. Neither of us listened to his music, or knew he was ill, or follow pop culture, so it was one of those experiences which really touches the heart. Gatekeepers tend to see celebrities before they transition because their death will affect so many, however this one was unique and landed on my special date. It also connects to the dream of redesigning the house of David with Melchizedek last year. All is coming to fruition with the Divine Blueprints, Beloveds. The Sirian-Bowie synchronicities keep presenting, however that is not the point of this exchange.

Kindwhile, my old contract with Shasta has ended and I AM released to choose whether or not to be in Shasta in the physical any longer. As the energy rises here it is tempting to stray. I have dreams of comforting locals and telling them that it's okay to leave now, that the energy is going to get too intense. (I still feel the volcanic eruption visions were energetic metaphors.) This is a Mastery-level decision connected to end game scenarios, so i won't be hasty in my choice. At present, we'll finish out the resurrection phase through Spring Equinox.

I feel Mikael and Melchizedek so strongly right now, I imagine they have plans for me as I embody this new level of Gatekeepership. Perhaps we will merge with Archi level, the pure MahaEI level in order to serve Source.

Regardless of where I choose to place the body, the Gatekeeper function has merged across many layers of my Multidimensional Self and I feel that Solar beingness stronger than ever. It is a true blessing to serve in this role, and see what unfolds for Shasta as a Gateway for the new Solar Grid system.

Ancient artifacts, Codes, Solar grid

My journey to the Redwoods revealed some very ancient parts of myself as well as the Gaia. Watch for this, Beloveds. You'll be getting back multidimensional aspects that will dissolve the lower Self and your lower experience quickly. Solar beingness has an absolute attunement to the natural world and all of her secrets. Biocommunication is key; the organic merge with the kingdoms, Gaia, SUN, Galaxy; this is a natural order which photonic light brings forth in your own existence.

This natural, elemental intuition will amplify as these Solar grids activate, because the elements in your (cleared, activated, crystalline) body will attune to it. Work with this; discover the new Gates, these physical and dimensional access points assist us in amplifying this new truly sacred geometry within Gaia. It works with the crystalline cities, temples and pyramids in the ethers above Gaia, as well as the structures which are deep within her. Unity, Solar Unity; united in the Christ light to bring forth the new consciousness. It is a natural, sacred, geometric flow.

Watch and listen for guidance on picking up ancient codes now emanating through this new Solar Christ grid. Call it forth, call forth these codes and activations to get this grid accelerating. This new level is pushing forward at the same time as disclosure, and we request balance on Gaia and the collective's behalf. It is everything all at once this year; stay organized, centered, simplify and choose your intentions wisely.

In Love, Light and Service,

Sandra

The I AM Messages

Feb 3, 2016

Blessings Beloved Light Tribe,

*I AM the etheric encapsulation of Self
the tribal betrayals undone,
and the Krysthl revelation manifest.
And So Are You.*

It felt like an *I AM message* day. My affirmations tend to be more Quantum than material ~ and include everyone. For those on the fence about the use of *I AM*: It is a reference to the whole of Source, not an individual or concept of God as separate from anything else, so it is the same as saying *We are*. There is really no need to get hung up on pronouns, especially since the mission of service and unity are top priority.

The Great I AM for Newbies

The use of *I AM* as a phrase has great spiritual power behind it, because of collective and higher-realm use of it for thousands of years. The ethers will know what you are talking about when you say *I AM*, so there is one good reason to engage with it.

One recent example in this Universe is ELOHIM: The <IM> is Plural, representing a group of Creator Beings (Genesis 1:26 – Let US create man in OUR image). The phrase has even older roots than that; it was used in Sumerian texts and ancient teachings way before the Bible picked it up. The I AM Presence is a Source template for Creator-in-Form. The I AM template, also known as the Christ template, provides Self-Awareness potential; the opportunity to fully realize God in form.

I have hundreds of messages in I AM format since 2011 when they began. Sometimes I feel they speak more clearly than the articles (my twitter account has many of them). No judgment if the creation doesn't resonate. If you prefer *We are*, then insert *We are*. I may skip the *and so are you* in future messages; that is there as the teaching bit and my twitter meme. The messages deliver revelations and unlock codes; meditate on what is being revealed in our journey.

Etheric encapsulation addresses that nothing is trapped nor lost in this experience into density. As the Christed state steps forth, the whole experience of duality seems like a blink of an eye; just gone. The great cosmic perspective of Now. It might also refer to the assumptions about quarantines of any kind; that too has dissolved since the activation of the Solar Grids. Things shift very quickly now. I feel the *tribal betrayal undone* line is especially potent. Let forgiveness do its cosmic reset on everything. *KrysthI manifestation* speaks to those having the Christed (KrysthI, Crystalline consciousness, same thing) breakthroughs over the last few weeks, which I feel will change everything very quickly.

In Love, Light and Service,

Sandra

Gateways, Events and Updates

Feb 12, 2016

Blessings Beloved Light Tribe,

Can you feel it amplifying again? This feels like the beginning of the Equinox passage to me, which means that wave will be highly activating and launch us out of the Resurrection phase. Gateways are much less linear than the flare-and-plasma storms of the last three years. Remember this is not a chart-watching year, as the Gateways are wide open all the time now, and the timelines and grids have shifted into Solar mode. It's a whole year of consistent adjustments and amplifications, which means presence is vital. Let us do the good work and open, open, open up Gaia to radiate her new and true Self, and ourselves in turn.

In Service, amplify the Grids and Gates as often as possible. It will greatly assist your own process, which in turn assists the collective. We are still on Pacific Rim duty out here; not preventing quakes, but rather easing, balancing, stabilizing as Gaia must release a whole lot of energy this year. Gather and notice the quantum effect that even two or more working together produces. Amazing acceleration, and definitely a year to reconnect with HUmans if you've been in cave time for a while.

Trust yourself and FUSE your consciousness with the new Grids; they connect us to the crystalline consciousness in a much stronger way. Go Gaia Go!

In Love, Light and Service,

Sandra

Resurrection: The New and the Next Wave

Feb 15, 2016

Blessings Beloved Light Tribe,

Ascension Goal: The Solar Cosmic Christ

One of the first steps in the Ascension process is setting your intention for what you would like to achieve. Your goal might shift as you ascend. Some find the energies, practices and revelations overwhelming, so they rise just enough to open the heart, love themselves and others, get over past baggage and enjoy the journey. A wonderful path.

Others are dare-angels who push their boundaries to permanently enter a new state of consciousness. They embrace the Solar Logos reflected in Universe, Galaxy, Solar systems, Planets and HUman DNA. The Christed state of beingness is a Solar state of beingness, that's why it is aptly named the *Solar Cosmic Christ*. It is the template for a Solar beingness expressing as form. These are the Wayshowers, creating paths for others to follow and dramatically raising the collective consciousness by proxy. Thousands of Wayshowers have been participating in the Resurrection phase for nearly a year, and the result of that dedication is about to become evident to many.

Resurrection Phase

Last year Mastery was on the agenda; the path of deep internal work, deep spiritual work, facing those final fears and ever raising our vibration. Then we immersed ourselves in the Resurrection phase; the permanent merge of Higher and Lower Selves, the marriage with the Divine Mother in Zero Point. Divine Mother/Divine Feminine is not dualistic male-and-female; Mother is the substance from which everything is created, the background energy which births and penetrates all that exists. By marrying Higher and Lower Selves across the dimensions, the Divine Masculine and Feminine aspects of Creation, we reconnect with the cosmic aspect of the Solar Cosmic Christ.

Resurrection may involve some very esoteric practices, fasts, clearing, lengthy meditations, deep energetic connections in nature, and intense service work. It brings forth some very bizarre experiences as the pineal, pituitary and heart unify, and the crown opens to higher-level sensitivity. In

our modern-day Mastery, it can involve Galactics or Star Family as much as the Ancient Masters and Archangelics.

The payoff for enduring this phase now presents; we are beginning to experience pure Solar Cosmic Christed states, which overwrite the multidimensional consciousness. Beyond the unity of Higher and Lower Self, there is this grand, profound opening up to Source, to the Solar aspect, and it rewrites the consciousness into Divine Service. These activations of the Christ consciousness are starting to present in a stronger way than previously imagined. I described my own experience as best I could on Suzanne Maresca's show last weekend. Describing the indescribable – again.

We receive glimpses of the Godhead in Ascension; moments of complete purity, absolute union with Source and all-that-is. In this journey it becomes second nature to operate from Love, from this state of non-judgment, from pure peace, discernment, wisdom, honor and compassion. At first we receive the overwhelming experience of the pure power of Source, the God-drops; the reunion with our Higher Levels and Source. We lift ourselves to this level. Our reward is a few moments of bliss and unification; the pure clarity of the merge. With conscious effort we may hold it for an hour, or a day. It gets easier as the light levels rise.

In January, I spontaneously experienced three full days of a new level of Solar beingness, the Christed state, in a stronger, clearer, more vibrant way than ever before. And you know me, Beloveds. My experiences have been profound along this path. However this was an elimination of lower thoughts, emotions, the mind-level altogether, and the pure no-more-lower-Self state.

It is difficult to describe in words. It was effortless Source beingness. I did feel like a SUN of God; it was very Solar in essence. During the first moments I knew that my lower Self was going away. Lower thought concepts leave quickly, as if you can't create that level of thought form any longer. I did have a sense of *Sandra is done*. I barely had a sense of the body beingness, it was more like just being the torus fields and Ascension columns. Geometry and Light. The body felt more holographic than ever; a sensation which began in April last year.

Of course there is an overwhelming amount of love and joy; expansive and Universal. Also an overwhelming desire to serve higher agendas that

would not make linear sense. (Note that this is coming from a Wayshower whose lifestream already doesn't make linear sense to most.) It was the next level I have been asking for, and it presented in such a powerful way that everything suddenly was Source-clear. There is a heartbreakingly beautiful sense of the Universal perspective on Gaia and HUmanity. As Source gazed through the lens of my eyes, looking upon its creation, all it saw was Divine perfection. Complete absence of concern or judgment; all was absolutely beautiful, peaceful. All is well.

During the second and third days, I felt the surge of Divine Service and my energy bodies getting rewritten. The Divine flow; a river of Light pouring through my Ascension column and heart center brought a limitless amount of energy and the drive of the Divine Will. There was an overwhelming devotion, compassion, and a transcendent communication with the higher realms, without any emotional reaction or thought attached to it. An innate knowing and perspective on how the moment was creating and aligning everything around it. The scalar operation of the heart center was particularly strong, as if it would automatically transmute anything of a lesser vibration. The whole experience was like being on Christed auto-pilot. Effortless, absolutely no concerns, questions, nothing but pure beingness. I did feel like the pure presence of the Christ on Earth. There was also a deep, seamless awareness of being fused with the Christ, that intensely beautiful Solar beingness expressed throughout our Universe.

The constant message over the last year has been *Embodiment will change everything*. I do believe that, and have faith in that Divine level of Service. I see how it will affect the collective consciousness, the energy fields of Gaia, the kingdoms and elementals, even the Solar system when thousands hit this level permanently.

As that state of consciousness gently decreased its intensity, I received the message that *this about to unfold for thousands upon the planet*. Our intentions to activate the 144,000 – and perhaps more – are heard, Beloveds. The Christ does overwrite the lower consciousness, so in a way the lower Self is not much of a concern. The Higher Christed Self becomes a conduit for Divine Will. While the experience itself was freeing, there was the overwhelming presence of a new level of Service, paired with the intensity of Divine Will flowing through the Ascension column. As with any leveling up, we receive a taste of the higher light – a day or two of the finer experience – then it recedes a bit so we have the choice to opt out or continue along the path.

With the incoming light arriving mid-March (before Equinox) and lasting through end of April, we will have a Divine opportunity to launch many out of the cave of Resurrection and into this higher light. It must be your choice, you must be relaxed and comfortable with it, and alignment with Love is key. Love Source, Love the Self and express it in every thought, word, deed. Love thy neighbor as thyself, without exception. Service to others and the Divine Will. Divine Discernment with Wisdom; complete Non-Judgment. It is an active, alive, fully awake state of consciousness. I have disseminated the experience to the Gaia, crystalline, and HUman heart grids for those who desire to receive it and any support it provides for their own embodiment. I Love You, I Bless You, I Thank You.

In Love, Light and Service,

Sandra

The Accelerating Phases of Our Ascension

Feb 24, 2016

Blessings Beloved Light Tribe,

As mentioned in the [previous article](#) on the Resurrection phase, the first weeks of March will find us deep in embodiment preparation. By mid-March, the next wave of amplified light aimed at acceleration – and embodiment in particular – will begin to arrive. This means the next few weeks are important to the Resurrection phase, the conscious merging of Higher and Lower Self. For some the welcoming forth of the Christed state of consciousness rises to a brand new level. Things happen quickly this year; pay attention.

Christic Ascension – Pure Unity of Crystalline Consciousness

Our Christic Ascension on Gaia is a unique Ascension process. We are beings that can be sealed up in density, completely wiped of their higher skills, and reunify with Source while still in form. It makes us extremely strong Creator beings; we become capable of connecting with, and maintaining, Source consciousness in any situation.

The experience of the true Christed state overwrites the multidimensional consciousness into Unity with the Solar beingness, then Source. This reaches beyond the unity of Higher and Lower Self; there is a profound unification with the Solar aspect of our fractalized nature. Many of us are ready to surrender to this level as the Resurrection phase comes to a close over the next two months for first embodyers. Many are receiving days of this state to stretch their energy fields and conscious perception of that true Christed state.

We are receiving these tastes of pure Christ consciousness for two reasons. First, to strengthen and amplify the Solar dynamic of Gaia's fields (Gaia grids, HUman Heart grid, Noosphere) for the upcoming influxes of Light. Secondly, it allows us to make the conscious free-will choice if we want to move forward. We receive a day or two of the experience, then it recedes a bit for integration and the opportunity to opt out or continue. Why not continue? Simply put, that level of consciousness is somewhat autonomous; there is no default to old behavior, old Self. You will become the I AM state of beingness. I discussed my three-day experience of it in this interview on [InLightUniversal](#).

Waves of Light

We have three preparatory waves of intense light prior to the dimensional-shifting flashes of 2017. The first arrived mid-December last year and flowed through mid-January. That was when we migrated realities from the lower timelines to the higher timelines. Synthetic timeline structures which kept people re-creating the same reality were dismantled. The synthetic impulse for more of the same, that tricky loophole in free will, dropped away. End of an era. Because of the time lapse it takes a while to settle in. There are many who will probably never experience light in the way that we do. And yet the acceleration is getting palpable even for the newly awakened. All is well. Keep your focus on Ascension if that is your outcome/timeline choice.

The higher Ascension timelines were then amplified, so the Mastery collective now has the opportunity for full embodiment. Embodiment changes everything. It changes your personal life, collective belief systems, the energy fields of the planet, and the overarching mission of Gaia becoming a more Solar entity herself. That is why we do the good work; it has nothing to do with our personal journey when we surrender to this state.

The high-vibe tribe is becoming strong and quantum in its effect on the collective consciousness. Cooperation and solutions will begin to be the norm, rather than complaints and apathy. And that also applies to the spiritual path. Spiritual Disclosure far outweighs disclosure of political, financial, ETs or conspiracy. Embodiment changes everything on every level. I highly recommend spending more of your day focused on love, solutions and creative service than feeding fear programs. Vibration = vibration. Choose your moment-by-moment actions wisely as the waves intensify.

Our second wave lands mid-March and flows through April. Many of us will begin to hold those embodiments for longer periods of time, which assists Gaia in preparing herself to be a more Solar entity as well. The third amplification this year arrives in September. That is as linear as the year gets when it comes to Gateways, because the work and energy is consistent. Day to day, moment to moment choices for amplification, purification, and expansion. We always honor our natural Gaia and Galactic events; Equinoxes, Solstices, Moons and collective events

which we co-create to assist HUmanity. Unity will be the primary agenda with this next wave. Cave time comes to a close; Gather your Tribes accordingly.

Dimensional Shift

Rather than thinking of the dimensional shift in linear/material terms, feel it as an adjustment of consciousness and an evolution of form. Duality sees it as here or not here, material or non-material. Look at a tree; that tree will still exist in 5D/6D; your perception of it will change dramatically. Everything will look new, feel new, and the heart's perception sees All as Divine.

It's not a matter of matter in the beginning – it is the way in which creation is interpreted that shifts first. Love first. Non-judgment first. Then you are resonating with the higher dimensional timeline experience. The higher unified perspective sees Divine Will, the through-line of Ascension; the evolution of a spiritual Sun and its population of Christed HUMans. Don't concern yourself with what will or won't exist. Love will exist. Compassion, service, joy, faith and Source consciousness will exist. Resonate with that in everything you do, say, think and feel – and set your worries to rest. That state of consciousness changes everything.

Perception and Gratitude

It is the nature of our Solar beingness as a fractal of Source to have a unique experience. Source doesn't create two exact copies of any experience. Your creation has an opportunity in density that is not even engaged with a higher level. Uniqueness on a free will playground. Enjoy your freedom, celebrate that reality now. Ascending into the Christed state means that you become pure service; there is no more lower self desire. Form is still transforming, however the vibration and intensity of that Light has Divine Will as its agenda. A new kind of freedom we haven't felt in a very long while.

The Source mirror within your heart is not dualistic; it won't see things in a one-to-one electromagnetic mirroring as it did in 3D/4D. Perception becomes very multidimensional, which means infinite possibilities for our expression. You'll be able to see things from many different perspectives and that in itself brings peace and divine love into one's consciousness.

You gain the cosmic perspective on yourself, the world, everything else. You won't be able to contain your gratitude, even in the face of adversity.

Self-Mastery

The new light can be very stimulating to the mental level, which is why we have done so much work. We clear out the subconscious, creating new pathways in the body, brain and heart center, and operate from this multidimensional perspective. Mastery is not about controlling the external; it is about mastering the inner response to the external world. Words, deeds, and actions speak volumes – and effect the noosphere in a stronger way – as we accelerate. Gratitude and respect for everyone, no matter what path they have chosen, shows your level of Divine Grace, Love and Non-judgment.

Strength

As Revelation rises to the forefront it is imperative that we be as authentic as possible with ourselves and with each other. The days of Egoic strength are over; strength is from the heart and higher consciousness now. You'll find an infinite flow of energy when you do the work, take the risks, honor your creation and devote yourself to Source. Source is the whole reason why you're here; when you honor that and everything that we have co-created with Source, you won't be consistently trying to tear it apart. You'll find that desire to support creation itself, and the desire to correct what no longer serves our experience. It is that enduring faith in all of creation which is unconditional Love.

Intention Check-In

In [Ascension Path](#) we recommend the Essene method of setting your intentions four times a day. A regular check-in for staying conscious, living in a state of highest possibilities, and a consistent honoring of our Creator state of beingness.

The Christic path, the middle path, honors balance. This is not an ascetic or strict spiritual path of control. Highest choices come from a genuine desire to serve, to be love, to embody something new. The intention check-in can be used to recognize the things that you continue to re-create out of habit, as well as your progress as you align with the Higher levels and stay vibrantly conscious all. day. long.

If Nirvana is the absence of desire, then we can examine what we create that is not giving us that result. Needs and desires tend to dwindle as we raise our vibration. Service becomes the focus, the desire to give more Service. Our love for HUmanity, Gaia, and all of creation override the lower desires.

Some use suffering as a safety net, because it's easier to keep desiring or re-creating the same things over and over again – even if it makes them miserable – rather than risking change and moving forward. Use the intention check-in to stay balanced. Much of this Crystalline path is about letting go of old Self. Surrender to spirit and the Universe will show up right in your heart center.

Resurrection Protocol

Whatever you have used as your Resurrection practice, apply it over the next two weeks with diligence. By now you know how to prepare for a wave. Put all of your tools into practice and enjoy it as a sacred passage of preparation. Busy-ness won't do until the wave hits, and it will be very stimulating by Equinox. Put all of your focus on the good work, and the Christed merge if that is your goal. Many of you feel the need to get things in order; prepare and do this now. Shed the old, you will not need it. Relax, give the merge plenty of space to unfold. This is a Divine newness we are entering; try not to recreate what was, or watch unapplicable systems burn. Let it go, let the old Self go, and embody the New.

In Love, Light and Service,

Sandra

Deepening of the Next Wave: Pay Attention

Mar 2, 2016

Blessings Beloved Light Tribe,

The consistent message for the last few articles has been focus, focus, focus. If your timeline choice is embodiment, it can be greatly amplified by this upcoming Solar eclipse (March 8). Solar Cosmic Christ, Solar energetics. Solar Logos. Solar gravitational shifts. Solar Grid migration and acceleration. Solar consciousness. Solar heart center. SUN Gods. Golden Race. Gaia as a Spiritual SUN. The merge happens in the Sun. Receive this message, Beloveds. Go back and review what is unfolding if the Solar aspect is just starting to break through the veils for you.

You are making Soul-level, Solar-level cosmic decisions in this now moment which affect the outcome of your Ascension process. Please note the multi-level emphasis over the last few months – it is the Now moment which ends the Resurrection phase for many Wayshowers. The articles, interviews and *Ascension Path* class have described and guided that process in detail over the past year. Our Wayshowers are now poised for a big shift in Service, level of consciousness, and true showing-the-way of what an embodiment looks and feels like.

Solar Eclipse – Deep in Preparation already

The week prior to the Solar Eclipse on March 8 (Maximum at 5:55pmPT with the New Moon) is a passage of deep choices, the Solar aspect of Self, and focus on full unification with the highest outcomes possible. It sets into form the unfoldment of those choices over the next few months. Purge any remaining thoughts of fear, worry, doubt – you will need to surrender to the higher consciousness completely, if embodiment is your personal quest. The eclipse provides pure magnetics, and we may use it to our advantage.

This phase demands your consistent interaction with the higher timeline of Ascension – Love, Service, Merging of Higher and Lower Self, embodiment of the Crystalline consciousness. Some have received glimpses of what that will be like; a complete shift in vibration and conscious thought, feeling, and service. We are completely capable of this, Beloveds.

How to Serve: Highest Outcomes

Many ask about the best way to serve Gaia during this passage. Hear this, feel this: This month is about launching us into embodiment of the next level of consciousness. It sets into motion our highest intentions of being pure conduits of Source. Working with the Solar aspect of Gaia's grids assists your own embodiment of the Solar aspect. However, do not neglect your personal transformation by focusing entirely on Gridwork/ Gatework before the Equinox. Gaia will benefit more than anyone from our embodiment; it isn't about us personally.

The message is consistent: Embodiment will change everything, focus on Resurrecting the True Self right now. We will have plenty to do as the wave comes in. The priority of the moment is pure HUman-as-Source conduits, so the symbiotic relationship between Gaia's dimensional shift and the HUman shift in consciousness can rise in tandem. It is symbiotic; don't neglect one for the other.

For those who struggle with decisions or waiver in their beliefs/choices: It would serve the collective to let go of that this month. Give it up. Forget about the grounded worries of finances, politics, and energizing the big bad negative reality. The division of realities strengthens as the next wave enters mid-March. In our spiritual maturity, let us understand that dramatic experiences in consciousness happening within our Light Tribe would not be occurring unless a division in experiences were approaching. Vibe with the positive, find the Love, forgive everything, create kindness. Now. The proof is within your own purified heart, not the puppet show of the low-vibe external.

We all pray that the light, the photonic energies of this cycle, will create a new paradigm for everyone – eventually. However, someone needs to go first into that unfamiliar state of consciousness and Wayshow the Tribe – from a grounded, integrated and heart-centered balanced state of beingness. That is what we are creating in the Resurrection phase. We reconnect our Higher Self consistently to the Lower Self, unifying with the multidimensional Self, our Solar Self, Divine Mother-Father Source, and demonstrate that Christ consciousness can be an attainable, permanent state of being.

Another Sojourn into the Cave

Resurrection phase, while deeply supported by the high-vibe collective, is still a deeply personal experience. Whatever wild and wonderful practices you have for deepening your connection, this is an important few weeks to fully engage with the spiritual Self – actively. As always, this is not asceticism; it is a Christic, balanced path of merging spirit with form. Unity consciousness demands new communication in our Tribe (review [this message](#) from last year.) However, if you need permission to dive into the well of spirit in a profound way, let this serve as that nudge. It is the perfect time to do this, our decisions are amplified right now, and the energy will be quite stimulating (distracting for some) after Equinox (March 19 at 9:30pm PT). Best to heed the advice of the Higher realms and do the good work. Have a beautiful few weeks of transformation and Self-realization, Beloveds. I hold you in my heart.

In Love, Light and Service,

Sandra

Mid-March Wave entering Now

Mar 12, 2016

Blessings Beloved Light Tribe,

Our Mid-March influx has begun and it feels even more powerful than expected. Remember we are monitored for alignment, and greatly supported as we *own* this New level and its further activation of our embodiment. Some highlights from the [last article](#) on our significant March shifts:

This phase demands your **consistent interaction with the higher timeline of Ascension** – Love, Service, Merging of Higher and Lower Self, embodiment of the Crystalline consciousness. Some have received glimpses of what that will be like; a complete shift in vibration and conscious thought, feeling, and service. We are completely capable of this, Beloveds.

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Unity consciousness demands new communication in our Tribe (review [this message](#) from last year.) However, if you need permission to dive into the well of spirit in a profound way, let this serve as that nudge. It is the perfect time to do this, our decisions are amplified right now.

The energy will be quite stimulating, supportive and increasing in intensity from now through Equinox (March 19 at 9:30pmPT) and the Lunar Eclipse March 23 (peak at 4:47amPT), with this particular influx extending through April. Best to heed the advice of the Higher realms and do the good work.

Have a beautiful few weeks of transformation and Self-realization, Beloveds. I hold you in my heart.

Energetic support and preparation assistance in this [Christ Light Activation](#) on my youtube channel.

In Love, Light and Service,

Sandra

Quantum Gravity and the Solar Aspect of Self

Mar 29, 2016

Blessings Beloved Light Tribe,

For many Souls who chose the path of crystalline/Solar Cosmic Christ consciousness, you store a fractal of your beingness within your local star – the Sun (Solaris). A fractal of your light signature dwells within the Sun for safekeeping until the merge of dimensional levels (Higher and Lower Self) occurs. This maintains the intent of Christed embodiment; the Soul plants a possibility for your incarnational experience within that star system. The Sun serves as a Gateway for an entire OverSoul group dedicated to this Divine Service of Planetary, Galactic, and Universal Ascension. As your progress intensifies, it becomes clear that your Ascension is not personal. It is an act of Divine Will, of Service to the (much) larger perspective.

The Sun is our local Gateway to Pure Source Light Intelligence. A review for newbies, here is the simple Gateway chain for HUmans on the Ascension Path: Your Heart Center > Sun > Central Suns > Galactic Center > Great Central Sun > Source. The Gateway chain for Planets: Gaia > Sun > Central Suns > Galactic Center > Great Central Sun > Source. This is how information is accessed; this is why we have spent the last few years receiving intel directly from the Solar beings and connecting with the Divine Team through the Sun. It is a source of purity, and as evidenced by the synchronized Solar and Galactic activity during the Gateways of the past, a quite reliable portal of information.

As you reunify the fractals of yourself reflected in the planetary consciousness (your journeys here; Solaris sees them as reflections, like holographic mirrors or a kaleidoscope effect) with your higher aspects through the Ascension process, you experience reunification with Source. We begin to reflect the level of Christed service which the Sun provides. Consistent, unwavering service to Divine Will. Many of you have had these visions or experiences of Solar beingness already; becoming a pure conduit for the higher realms. The Solar, Galactic Center, Great Central Sun or Self-as-Universe sensation. This is a clear indication that your Heart center – your personal fractalized version of the Solar beingness – is reconnecting with Source in a pure way.

By becoming a pure conduit of the Solar Light (Christ/Unity consciousness) you are able to transmit codes, light frequencies, harmonics and vibrations of the higher realms into the denser reality – altering the light of this world. (*I AM the Light of this World* is a great command to utilize during Ascension; take full responsibility for your creation.) The Lower Self steps aside, the channel of the Ascension Column takes over, and your multilayered torus fields align to produce a walking model of the Solar system. After all of the struggle and persistence of the Ascension process, the experience of Solar consciousness begins to take over. It brings a level of unprecedented peace, harmony, love and neutrality that shifts the collective consciousness, which is why so many are engaged in the embodiment process at this time.

Becoming a Sun God, a representation of the Solar aspect of Source upon Gaia, is one of the final steps of Mastery. The Resurrection process, or rising from the dead (asleep) collective and merging with the Higher Self took on a new level through the eclipse-Easter Gateway. It can be physically and psychologically challenging. Heart conditions, anxieties and ailments presented for many in the tribe – again. Those December visions of so many leaving the body this year continue to unfold. Understand that we are experiencing evolution at an incredibly rapid pace; one incarnation is not a lot of time to completely transmute a body vehicle into a brand new form. We're accomplishing the impossible, but we need to take care of the physical, and use our Ascension tools and practices, to stay calm, centered, and healthy. Take care. Remember the Light Tribe is responsible for holding the peace, the LoveLight, the stability as the polarities intensify with these waves.

Quantum Gravity

As the magnetics which held the old reality re-creation in place drop away at an accelerated rate, we will begin to experience changes occurring in gravity. Many of you feel this; the vertigo, the spinny sensations as the ancient Solar Gateways pop open all over the planet – and within the HUman heart grid. We're using every willing Soul available, Beloveds. Apologies if you get flattened on a few days as the body adjusts. Coach your body through it, balance your circuits, keep those meridians and fields flowing.

Obviously the fifth/sixth dimensional Gaia is much less dense. You've probably visited that realm by now. The torus field which holds that reality in place has different magnetics than what we are accustomed to. This is why we work with our personal torus fields, so that the gravitational changes – Gaia's new energy field and crystalline grid system – don't wreak havoc on your body vehicle and lower consciousness during the transitional phase (right now).

Quantum gravity bridges the worlds. It is an element of the Divine Mother, the feminine Creator aspect or background energy holding space and penetrating all of creation. The masculine aspect of Source is the activity of creation, while the feminine aspect of Source births all new creations. It is ever-present, and in our reality it is deeply connected to gravity. It holds things in place – not in a fixed way (nothing is static) but through an energetic which is in direct connection to the Divine will or flow of Source. The Universal rewrite send the command for a new creation through this energy field – quantum gravity – to re-create or reorganize existing creations into a new form.

According to the Divine Team, this ripple or wave of quantum gravity affects the Sun's gravitational fields, which in turn affects how the Sun interprets information, which in turn affects how our hearts and Gaia interpret reality. This message on quantum gravity arrived last October, with a reminder to watch the Sun for gravitational changes in 2016. It is already in progress. As the Sun changes the parameters for our reality, so does Gaia. Apparently this is why polarization and (pointless) drama is so intensified at the moment. Simultaneously, the Light Tribe is experiencing embodiment in a vivid, lucid, and remarkable way. (We have exceeded expectations, Beloveds.) Our new Sunrise is breaking, lifting us out of a crumbling reality which no longer matches our vibration, into the resonance of a new field of creation.

This gravitational force of Source carries Divine Will and the loving embrace of Mother Creator. By honoring it, we re-embody our awareness of the interconnectedness of all beings and return to unity consciousness. Vibration = Vibration. Mastery is not about control; align with the Solar consciousness within and around you, and let it do the work.

The Trajectory is Accelerating

Feel the microcosm, the fractal effect in your Solar heart center. The implosion and explosion of Ascension. For a long while it was drawing inward, inward, inward, taking the information back to Source. Then, the explosion stage begins; the expansion, rising, lifting of this gravitational and dimensional shift. The Solar light pushing outward, becoming more intense, just as the Sun is becoming more intense. As above, so below. Notice the lucidity of your dreams, the stronger visions, the wisdom of the unified journey stepping forth. Step fully into your new service work as we emerge from the Resurrection phase in April. It is a strong month of personal and collective clarity during this year of Revelation. I Love You, I Bless You, I Thank You.

In Love, Light and Service,

Sandra

Second Amplification Nearing Completion

Apr 11, 2016

Blessings Beloved Light Tribe,

The second amplification wave of 2016 completes on April 20. As mentioned before, that will be the end of cave time for many Wayshowers and first embodimenters. Take advantage of the next two weeks. Enjoy the deep reconstruction of the Resurrection phase. Do the inner work that has presented with this latest amplification; photonic frequencies always raise what needs to be removed in order to ascend your consciousness. Surrendering to Divine Will and the work, the new, the next, with an open heart is necessary for embodiment. Yes, the visions, experiences and sensations are getting other-worldly. Enjoy the lifting of the veils; let yourself bathe in the experience, it only happens in this way here on Gaia.

Some Intel worth Repeating

Many have asked about darkness and the apparent chaos unfolding. Goodness there has been enough intel for the past few years saying this was going to happen – and that it has nothing to do with the higher reality. Watch the puppet show if you want to be entangled with that program, however much is going to shift this year as the collective chooses the new, the next. Understand that from the embodimenters perspective, we see that is just the old shadow of 3D playing out – and has nothing to do with what we are accomplishing with unity consciousness. Let folks play out their games, and anchor yourself to the higher Ascension timeline. Now.

Many will Transition

Gatekeepers saw many transitioning this year, and that is unfolding each week. It is what it is, Beloveds. There is no judgment on whether your body can handle the light. It is a Solar consciousness embodiment and that means the heart center is especially vulnerable. This is why we spent so much time preparing, clearing, training ourselves to interface with our bodies and calm it when the light gets stimulating. Parent your body vehicle, talk it through the weirdness when the uber-blasts take hold of it.

The vibration is not going to step down. Bizarre (and often uncomfortable) symptoms are what they are; be present with the changes and never

ignore an intuitive or body-motivated push to rest, move, anchor, or change your path completely. You know what is occurring. Be in your spiritual maturity and Mastery with this part of the journey, Beloveds. No force is out to get you, it is just the intensity of Divine Love. And for many, true Divine Love is an unfamiliar sensation. True Divine Love is not blissy, spun-out, ungrounded stuff. It has a mission, and in our service to the Ascension, we are becoming conduits of this pure light.

Our bodies and consciousness are revealing alignment or misalignment in each moment. For some, the body is not willing to go the full route. It is not an easy ride. Many will drop body this year, we have already revealed that. Pay attention to the highest possibilities, honor your brothers and siSTARs who have chosen to dis-incarnate and let the rest be.

Excerpts from *The Intensity of Divine Love*

We have included parts of a message from 2014 (*in italics below*) as a gentle reminder of what is unfolding. You are learning what pure Love truly feels like, and what it does to lower vibrations. Photonic light dissolves lower vibrations, and we see that occurring on the planet right now. If you focus on the lower vibe dissolution, you will be sucked into its demise. As your vibration rises, all of your focus goes to the higher light. By staying in the heart and not getting sucked into worry, drama, judgment, or the past, you automatically join the millions actively co-creating a higher reality, which burns off the lower vibrations more rapidly. Hear this, learn this: Put all of your focus on bringing in, creating, and embodying the Christ/Unity consciousness and the lower reality will burn away more quickly. Parent your thoughts and your process with patience, compassionate detachment and grace.

Get out on Gaia often where the codes are flowing freely through the newly activated Solar grids and HUman heart grid. The only block between you and those activations/leveling up is your Lower consciousness. We are making the Christed state available to everyone, however it is your individual conscious choice to do the work and embody the New Light. That is the free will principle in action; no more control, no more manipulation of your personal journey – it has to be your choice to experience the old paradigm, as well as the new one.

Some asked about feeling stuck or held back; that is simply cave time. I had a beautiful Gatekeeper experience yesterday as thick clouds

miraculously cleared in a giant open circle around the Gate on the mountain. All is well. Nothing blocks a pure conduit. Remember the *So it is* principle; Magnetics are heightened, so may I suggest focusing on raising the Christed light rather than fighting darkness.

The Intensity IS Divine Love

*While the ascending collective has a responsibility to receive, anchor and engage with these new light frequencies, the physical sensations can become intense and sometimes distracting. If you have been following this journey for a while, you know that the consistent message is *the energies will not be slowing down*. Rather, they will be steadily increasing to raise the vibration of our current collective reality and assist ascension initiates in profound ways. Gridworkers may feel like they are on a bumpy plane ride as we assist in magnetic balancing; Gatekeepers may have the elevator-rushing-to-the-top-floor sensation as we merge with our Higher Teams in conduit work. Masters, we are leveling up faster than ever. Try not to overthink the new intuition; it feels different as our perception aligns with the New Higher Self. Be a conduit, loosen up the mind and align with the heart.*

When we serve as reflections of the higher realms of consciousness by sending them Divine Love, Divine Light, and request Divine Will be done, we serve as conduits for Divine Intervention. We utilize free will principles by sending Divine intent to Source, our I AM Presence, Higher Self, and divine aspects. When we send this Lovelight to our higher levels, we grant permission for our prearranged ascension contracts to fully activate. It is our active participation in becoming true creators – Divine HUmans – which calls forth the accelerations of the Shift in consciousness. As more of us step into this alchemical mastery, the more intense the clearing of the old shadows of the past paradigm becomes.

The intention of these current energies is to reveal what is true in the new light, to activate dormant areas of the brain, new DNA, higher communication systems and the multidimensional operating systems to support them. It is fascinating to experience what used to be theory and predictions. The ascension process is accelerating exponentially now. It continues to be unique as our true self merges with the physical self. For me, there is a keen awareness of the deep recalibrations occurring in my physical vehicle in order to keep up with my consciousness. I know the physical needs a tremendous amount of support as I expand and attune

my perception to the new light. The day-to-day integrations are unpredictable; some revelations and activations are instantaneous, while others take rest and nurturing to process properly and become the new norm.

Divine Love Intensity: More than we could fathom

These intense levels of light activate gateways which were planted (holographically) as possible options for our experience. Our future Self, now present Self, and Higher Teams planned for best-case-scenario. We knew we would have to honor free will. We knew we would need help recovering from our spiritual amnesia. We knew that no other off-world or dimensional collective, no star family, master or guide would be allowed to interfere with this mastery journey of ascension. We planted metaphoric clues to assist in remembering what we are here to achieve, until we merged the higher and lower self. The Higher Self, the future self which now becomes present, creates the conduit for Presence (Source) to facilitate Divine Love.

As our skills intensify, we become channels and conduits for new levels of love. These new levels of love may not feel like the flowing, compassionate, blissy levels of love we often experience during this ascension process. We are feeling in the physical what pure Source Light Intelligence feels like and what it is capable of. It systematically removes density and lower level thought forms, programs, memories, and distortions from our personal and collective realities.

Those who have attained and maintain that level of consciousness will begin to feel the more intense aspects of Divine Love. In the old light, Divine Will was interpreted as a crushing, slash-and-burn vengeance by the Godhead. In the new light, we fully comprehend the through-line of this intention of highest interests of all concerned. The light does not choose, it is autonomous in its mission of harmony. You may find an intense quest for harmony showing up in your personal lifestream, as a reflection of what is occurring on a global level.

While there is a bit of struggle in those choosing to perpetuate disharmony, this is not a concern of higher levels of love. Use this as your litmus test for where you are in your process. The teachings of detached compassion and unconditional love demonstrate the difference between judgment and discernment, between separation and highest interests of all

concerned. Feel the difference, understand the mechanism of Divine Love straight-from-Source.

Many feel compassion for those who made lower vibrational choices in the Earth plane. Perhaps you feel the feet-to-the-fire dynamic as the light intensifies. All is well, and I encourage any being in service to disconnect from the lower dimensional shadow of the old paradigm, especially during these revelation gateways. There is so much to be discovered in your personal journeys. Many are seeing and feeling their new true role in the Shift. Some are remembering the higher-level architectural work of designing disclosure, financial resets, and new systems. Let it present or let it be; those designs are in play for the least amount of drama possible.

As the new light activates on a global scale, you may notice mainstream efforts to trigger the truth speeding up. These are attempts to balance cosmic karma as the squeeze of Divine Love intensifies. The new DNA resonates at the level of Divine Love and Divine Will. It is the true HUMAN genome, and is accessible to anyone who chooses to raise their consciousness, prepare the physical vessel and open themselves as a conduit of pure intention to serve. It is an untouchable vibration of consciousness which cannot be affected by lower vibrations.

My Personal Process

While I feel obligated in service to address the collective's concerns about intensity and what is unfolding this year, I AM also guided to share the vivid expansion of my personal process, after these last days of cave time are complete. Take advantage of the last of this inner-work energy, Beloveds. We will be thrown out of the cave at the end of the month, and a massive wave of service/creative energy will reveal – and support – the Wayshowers in a new light. Be prepared, drop what does not serve.

Please Note that two Master classes from *Ascension Path* were released this month to [youtube](#). The first is a detailed overview of the Christic Ascension process, and the second is a comprehensive class on the Tube Torus and Ascension Column alignment. Feel free to share them.

In Love, Light and Service,

Sandra

Emergence: Freedom, Creativity and Redesign of Self

Apr 26, 2016

Blessings Beloved Light Tribe,

For those on the Mastery journey, the completion of cave time is at hand. It is divinely timed with the completion of the second wave of 2016, which has elevated the energies consistently for the past six weeks and flows through the first week of May. After enduring eclipses, the Equinox, Easter, and a Cosmic trigger last week, we now emerge from the cave transfigured into a higher level of consciousness.

Mystery school initiates who have experienced Resurrection in past incarnations will find this state of consciousness more familiar. Wayshowers, Gatekeepers, and First embodiments are experiencing levels of consciousness that feel quite transcendent. Remember it is important to simultaneously surrender to it while recognizing how your service work is changing.

The waves of light will continue to push the Light Tribe into significantly higher and higher states of consciousness. The energy does not step down, ever again. Veils will thin, some souls will use the waves to step out of body. You may remember December's Gatekeeper visions of thousands leaving this year. No judgment on who goes or how, Beloveds. We are all unified at the highest level of HUmanity; each soul has its role to play in opening us to Divine Love.

Emerging from the Cave

As we enter this beautiful phase of emerging from the cave, we have the divine opportunity to reevaluate and redesign our lives to suit our new level of consciousness. That applies to our services, our habits, our day-to-day activities, our location, our service work, and above all else – our creativity. As we embody more and more Source consciousness, our Creator In-Carnate skills are amplified. We learn to apply this creativity to every aspect of our lives. Recognize where old paradigm habits or service work no longer resonates with the trajectory of your new consciousness. Non-resonate habits (survival, looping, fear, doubt, anxiety, engagement with lower level programming) will cause disease, disharmony and discomfort in the body vehicle if you are calling forth an embodiment – and not following up with your actions.

Habitual programming must be discarded, that has been part of the ongoing process. However, in May we are taking everything that was learned in the cave, all of this transformational work of our Mastery journey, and reevaluating, redesigning and grounding it to suit the skills of the Higher Self, the higher state of beingness.

The New, The Next, The Now

Take note of how old belief systems no longer affect your new state of consciousness. Even with several planets going retrograde this week, from this higher perspective you can see the opportunity for redesigning your lifestream to align with the new self. This True Self is emerging from cave time and is eager to create, to serve, to surrender completely to this higher state of beingness. Renewal has become easy, graceful, simplified on our behalf. Everything becomes easier as we level up out of the density. Mastery is largely about getting out of the way of the Higher Self, and since we are doing this collectively it is available on a larger scale than ever before. For those following the Wayshowers, the only Mystery you need to solve is *when are you going to choose to walk the higher path of Light.*

The Christed or Unity state of consciousness is completely dedicated to service to others and the overarching mission of cosmic oneness. All thoughts, words and deeds will align with that state of oneness, as long as fears or doubts are actively discarded. Emerging from a year of transformation can be a time of great expansion. There is great power in your new beingness; power to build the new, not to break down the old (that happens automatically when you engage with higher light.) Can feel it in your heart center; the ever-constant flow of love and divine light? You become a pure conduit of the Oversoul of humanity itself, the mighty I AM Presence and beyond. That Presence is not concerned with the unfoldments of lower timelines – at all.

While our Mastery realities may seem to be more dreamy than those encased in the denser dream, understand that is merely a side effect of timeline resonance. Your moment to moment choices determine your timeline trajectories, and there are infinite combinations of choices. Understand that the Mastery journey of internal alchemy, of becoming this Solar beingness, a Sun of God, is happening right here, right now. It is

attainable, and we are quietly, discreetly creating an evolutionary trajectory for HUmanity.

Exploring Mastery as One HUman Heart

After a deeply introspective passage, it is time to dream the new dream. Let us explore our Mastery skills to see what is presenting in the now moment; to explore what is new, as well as the skills we have recovered from our past journeys here. Our power is in our Unity, and the implementation of **weekly unified meditations each Wednesday** (the day of the heart) is demonstrating the realization of those new skills. We had six unified meditation sessions last week, and I received several messages about spontaneous healing, clearing, and deep activations of inner peace. Personally I felt a stronger sense of holding open the Ascension Gateways, including Mount Shasta, for others to experience more activation. The beautiful part is the simplicity: have the intention to unify in Divine Love, call forth the Christ consciousness, and serve as conduits for the higher light to do the rest. Effortless, boundless light. We welcome you to join us in stillness or use the Christ Light guided meditation each Wednesday at 8:11am PDT, 11:11 am PDT and 5:11pm PDT. Check my facebook, twitter or website for reminders.

Promise Kept: The Physical Experience

I had promised to share some of the more physical experiences over the last few weeks. A few observations on the bizarre and beautiful aspects of veil-lifting and Mastery:

- Significant increase in the diversity of ET races in meditation and dream state. A lot of interaction with beings that I have not seen before. All positive, and very curious about our Christed transformation.
- A Divine etheric connection with the elementals, kingdoms and Gaia as the Christ consciousness takes over. This leads me to believe that phasing into the higher realities is going to be practically seamless when the time comes for us to transition into that Christed timeline fully and completely (as opposed to walking between worlds as we do now.)
- Hearing, feeling much higher frequency tones, and much louder. A complex mix of cosmic tones, light language, ringing, singing, which is consistent since the beginning of the year. My tones began 17 years ago, so a jump like this shows a significant increase in

incoming codes. They are aimed at/picked up by the vagus nerve, which wraps around the back of the ear, which is why we *hear* these frequencies.

- While I don't like to dwell on the physical symptoms of Ascension, I will share that the intensity of the energies have really pushed the physical to the point of discomfort and fatigue lately. It is what it is, and we understand that evolving a body vehicle in one lifetime from carbon to carbon-silica is not an easy endeavor. I find that yoga, Earthing, Solar exposure, creative projects, hydration, green juice, mineral spring visits (or epsom baths) and restful time in nature have been helpful when the body feels beaten up. Some days are drowsy days, and I rest or meditate a lot. I learn to take advantage of the hyper-charged active energy days.
- Dramatic increase in Solar light codes within the Ascension column, especially when expanding the torus to Source level. Blinding beautiful light! My pineal, crown and heart have been busy, busy, busy with expansion and light. Also having a stronger sensitivity to the incoming crystalline light codes (working my nervous system lately – ouch).
- Clearer, stronger visions of expansion and resurrection. Still seeing many going through the Gateways. Consistent lucid dreams. Good for communication/interaction, staying centered and grounded with it.
- Consistent unwavering Divine Love for all that is. The higher my vibration grows, the more telepathic I have become and the less I want to speak out loud. This is on my May redesign list for what is next.
- A genuine excitement for coming out of the cave and realigning everything to this new level of light. As a Wayshower, I know it is my responsibility to show what is next, what is new. While we still use the tools available to communicate these things to the Tribe (articles, videos, books, radio), I AM excited to unify those who are embracing Mastery and demonstrate our higher capabilities. Not in an egoic miraculous healing or walk-on-water demo; that is not what this is about. Rather there is a collective unification in this silent presence, this subtle realm of divinity, this invisible angelic service of compassion. A gentle – yet powerful – amplification of this higher reality, which disperses the lower reality quickly and gracefully. If we may unify without ego, without the mind level agendas, we may direct our intentions to let Christ consciousness emerge and accelerate exponentially.

May: Celebration, Creativity, Emerging to the Next Level

May follows the consistent up, up and away pattern of 2016. Gaia Gridworkers: Stability will be necessary since so many are embracing this higher level of consciousness, which in turn alters the noosphere of Gaia, which means she will need to adjust and release as necessary. No one in the Light Tribe is preventing Earth changes (those delay tactics are reserved for lower consciousness), however it is our intention for this to unfold with as much ease and grace as possible. From this higher perspective, when we let our Higher levels take over, without any judgment of the external, with complete forgiveness, neutrality, humility and gratitude for the gift of getting to this state, we allow Source wisdom to use us as conduits for the highest outcomes.

It is with an overflowing heart that I congratulate the Mastery Tribe in enduring an extraordinary phase of our HUman evolution. We now move gracefully into the integration of what it means for us personally, shift where needed, and redesign with a new sense of *freedom*. Let us take a moment to recognize what it means to Gaia, the kingdoms, elementals, the Galaxy, the Universe and Source itself. Be content for a moment that we have progressed in our pursuit of peace; that we were capable of enduring, and continue to endure, transformation in the face of extraordinary odds, intense energetic shifts, with an unwavering dedication to the greater good.

On a personal level, I feel excited about what the next few weeks will reveal about this new Self. I already feel transcendent most of the time, so new thoughts and activities are welcome in this next phase of our Ascension. Most of the time it feels like I AM going to transition any moment. That is freedom; cave time loosened the grip of the lower consciousness and we welcome the Higher Self to just take over. With our fears faced and dissolved, we won't go back to what we were ever again.

As we come out of the cave, the new light can be blinding. We welcome it with an open-heart, open mind, and the wide-open blank book on which to write the story of the new HUmanity.

In Love, Light and Service,

Sandra

Unity Meditations Each Wednesday: Explanation

May 3, 2016

Blessings Beloved Light Tribe,

The energies have shifted yet again, growing more intense for many. There has been a consistent request by our Higher Teams to unify our consciousness – in an active, present way – to create stability as the incoming light grows increasing stronger. In brief, we are using the cosmic alignments to receive some very strong frequencies which push the envelope for our evolution and advancement.

Why are they requesting this now?

Rather than dwell on what they are doing to the body, the focus goes to consciousness itself. This is a passage of redesign, reevaluation, and recreating ourselves in alignment with everything we have learned from a year of cave time. As we inventory our own process, revisit our practices and comfort ourselves with spiritual empowerment, the Higher Realms are telling us to unify in this light in order to stabilize the collective consciousness and assist it to receiving the greatest possible acceleration.

Fortunately there are enough of us who know how to be present in Unconditional Divine Love, Divine Neutrality, and expand our energy fields to call in light. There is great power in collective triggers – those passages when several souls enter the peace, the stillness, at the same moment in order to open channels for our Higher Realms to take command. We provide three opportunities each Wednesday in May to create collective triggers and assist the calling forth of the highest Ascension timelines as a collective. If you are available, we ask that you join us.

There have been reports of spontaneous healings, activations and a deep sense of peace during the meditations. Gatekeepers are holding the doorways open during these passages in order to assist your Ascension.

144,000 activation: Game Over

While there are many more than 144,000 Masters incarnated right now, a Christed embodiment of 144,000 is set as a possibility to unfold this year. That will send energetic ripples through the HUman heart grid. That is the goal. However, if the energies create too much of a split in timelines (very

High-vibe vs very low) we will be faced with a division. That is still a possibility, even with our highest intentions to get everyone on board.

Remember the waves this year are the setup for 2017's uber-blasts, and they are happening now; pushing the collective into action, higher consciousness, and our evolution of consciousness. Uncomplimentary programs might make it feel crippling or isolating; that is a misinterpretation of what the energy is meant to do. Open up; remember you are so much larger than the form.

The redesign and reevaluation phase takes participation, as does unity consciousness. Therefore once a week, we are experimenting with our new collective influence. Not by forcing an agenda, just by being present and expanding into our Christed Self. Gratitude to those who do this daily already; let us witness what we may accomplish together. Let us utilize our collective HUman Heart Grid for the acceleration of healing, clearing, empowerment, and our embodiment of Unity Consciousness. Please join the Light Tribe on Wednesdays as we unify as One Heart in Divine Love. Your Higher, Christed Self will work through you, through us; just let the Presence take over during these windows.

Join from wherever you are, during these times if you are able. Three 30-minute windows: 8:11am PDT, 11:11 am PDT, and 5:11pm PDT. Connect with the HUman Heart Grid, Gaia's crystalline core, the Crystalline Grid, SUN, and Great Central Sun. Be outside on Gaia if possible with your crystals. Gatekeepers, you know what to do – treat it like a Gateway. Stillness is Golden; *focus on Pure Source embodiment*, or use the guided Christ Light Activation meditation for expansion.

It is an energetically strong year and we are doing great! Let us unite in peace with the intention to assist all beings embracing Unity/Christ Consciousness. So be it. Thank you, I Love You, I Bless You.

Free Guided Meditation:
[Christ Light Expansion](#)

In Love, Light and Service,

Sandra

Perspective and Guidance for the Now

May 16, 2016

Blessings Beloved Light Tribe,

There is a portion of the Ascending collective who are about to have a very different experience related to the expansion of consciousness. You might feel it unfolding, you know it in your hearts; something new and different is taking place. As this year of revelation continues to expose, disclose and peel back layers of illusion, both personal and global revelations come to light. Many body vehicles are going through extraordinary changes, and the intensification of this transition may feel uncomfortable and often disorienting. As you have learned, what you are accomplishing in the physical has not been experienced in this particular way. As we (your Higher levels and Divine Teams) observe and monitor your ability to maintain stability in the physical and comprehend several dimensional experiences at once, it is important to perceive these energies as evolutionary and keep your focus on the cosmic outcome rather than fear about the transition itself.

The experience of Ascension in the physical is an extraordinary task. You are attempting – and accomplishing – the experience of a collective Ascension which will come in waves. The experience of Resurrection (permanently merging with the Higher Consciousness) is unfolding in the now moment for much of the Light Tribe. This is why so many of you feel like you're leaving right now. Your consciousness is expanding beyond the limitations of your old reality, and this new territory which you find yourself in, this new space of heart coherence, will make you feel more like your True Self than you ever have been. As you abandon the old self, you leave the old state of consciousness which no longer makes sense.

This is an extraordinary passage, Beloveds. You are beginning to comprehend multiple realities in the same way the higher realms interpret and perceive time, space, consciousness and divine love. The closer our perceptions, the more we may communicate, commune and co-create; working together to greatly accelerate the shift in consciousness and global ascension. In brief, contact is accelerating and strengthening because you are perceiving realities in a similar way, as well as getting more comfortable with what used to be unfamiliar. The lights, tones, sensations, beings, visions, orbs, and multiple races presenting are now becoming familiar, an everyday experience, and this greatly accelerates

your progress when you choose to interact with an open heart and mind. Fear turns to acceptance through heart resonance. Expect your contact experiences to greatly increase – if you are open and comfortable with it, and welcome interaction – over the next month.

There is an entire section of the beloved Light Tribe who are absolutely present and accepting of whatever is needed in order to serve the Ascension, no matter the effects on the body or the inconvenient energy shifts. This state of divine love and unity is greatly amplified as you engage with weekly meditations and daily practices. Your desire for unification grows stronger. Your perception of the great cosmic mission of Ascension is resonating with the higher cosmic perception. This is Mastery, beloveds. When you resonate with timeless presence and surrender your concerns with the old denser, dissolving illusion you will notice a freedom and casualness about what the lower reality is projecting as it breaks apart.

It is not that the lower reality does not matter. It will feel like you are abandoning that realm altogether as your consciousness experiences/ reunites with your Higher Selves. Remember you are embodying higher frequencies in order to transform the lower vibrations. It is somewhat exhausting as the body experiences consistent state of *tired and wired*. The dramatically higher photonic light quotient coming on to the planet can be uncomfortable to the physical, while simultaneously expanding the heart and higher consciousness.

Thanks to your inexhaustible healers, teachers and leaders, you have a myriad of tools, practices and a higher perception on what is unfolding with Ascension. When your perception resonates with love, gratitude and service it transforms your personal reality to vibrate with the higher reality, and you become a bridge between worlds. This is going to be very important over the next four months of your linear time. The higher vibrational HUMAN collective has opened Solar gateways; very intense light which vibrates with the resonance of the Sun, Galactic center and Great Central Sun. This means that your Solar beingness will begin to step forth, which in turn creates a much stronger influx of light to be delivered. As above, so below.

These more intense waves of light can be disorienting to the general population. Increased photonic activity (demand for order and harmony) sets newly awakened ones onto the path of self-discovery in a stronger

way. Lightworkers, this month of redesigning and reorganizing your services after a year of cave time places you in the role of service to a larger awakened collective. Some lightworkers may continue to retreat from the collective out of habit (or fear), however many will step forth fully into a new level of freedom with joy and gratitude to be of service – in your own creative and unique way – without old beliefs about limitation. Trust the new light. Own your Ascending Self.

Beloved Lightworkers, Gatekeepers, Gridworkers, those in service to the Light; the rewards for your efforts are unfolding in this now moment. It's a reap what you have sown passage as the magnetics shift to support the higher reality. Take note of the shifts in your consciousness; the expansion, the freedom, the love, the divinity, the purity, the ability to interact with the higher realms, the expansion of your creativity. Rejoice in your Ascension. This will assist the psychological levels; avoid lower level choices to be tortured by the energy, or play the victim. Evolution is difficult; change can be challenging. It is what it is. Be here, now, with the experience.

The more that you can resonate with the emerging Solar Light within the planet and HUman heart grid, the faster (and easier) you will be able to embody the higher state of consciousness in a permanent way. It is there to assist you. Choose wisely moment to moment. The tones (the high-pitched frequencies hitting the vagus nerve) and intensity of the light vibrations running through your meridians are accelerating at a very rapid rate.

You are now the teachers and leaders who will comfort, guide, activate, heal and create stability in the collective. Those of you resonating with the pure Christed light are experiencing stronger interaction with the higher realms. Take note of how the Christed state auto-corrects situations, thought forms, and energy fields around you – without you doing anything but being present. Let the light do the work; utilize your tools to stay clear, pure in intent, and aligned with Source. We understand many of you feel disconnected from the lower reality; you are merely embodying a new reality while surrounded by an old one. Over the next four months, the new reality will take over your personal lifestream – if you allow it. This is already happening in the Light Tribe; surrender to the flow of the higher path as often as possible.

As always, love is your goal. Love of the process, love of the True Self, and love of Source in this grand experiment of Ascension. When you embrace this perspective it quiets the mind and soothes the heart; gratitude for the opportunity of Ascension will take over.

Upcoming Gateway

Gateway notice: Wesak Moon: Full Moon on Saturday, May 21 at 2:16pm PDT. Opening through Mount Shasta and the crystalline grid. All on board for some high-level support after a rough few weeks of intense energies. This light increase flows through June 6 (Ever-increasing; this is a powerful passage! Why would you want it to decrease? That's not going to happen.) Just be present with it, and assist in anchoring the Solar aspect through the HUman heart grid and Gaia's grids.

This is a divine opportunity for interaction with our Higher Teams and Higher Selves. Notice the increase in beings, orbs, light phenomena and tones lately? Take advantage. Join the Light Tribe on Wednesdays for the Global Unity meditations. They provide beautiful support for the Now Ascension, and we're learning how to get out of the way of our Higher Consciousness and let it work miracles.

In Love, Light and Service,

Sandra

June Gateway: Owning Your Ascension

May 26, 2016

Blessings Beloved Light Tribe,

Feel into this message; there is a lot presenting for the next four months as the May acceleration settles in. We are about to experience why May was so strong and transformative. That second preparatory wave of 2016 really pushed for the New Self to emerge. Denying it can crush the lower Self, so if you are experiencing doubt, fear, or confusion, get on board with the New Self decisions now, before this energy intensifies beginning of June.

June 4-6 were on last year's Gateway list for 2016. As we approach this passage, the end of the Resurrection cave phase sends us into June with a sense of *owning* the New Self. If this is not presenting for you, this is your work for the end of May: Choosing to step fully into the embodiment of the New Self. Your Truth, Your Higher Choices, Your Creative Expression of the Christed Self. You are responsible for your creation, and there is great amount of freedom, harmony and Divine Love available right now. Vibration = vibration. Choose your bandwidth wisely.

The Next Four Months: A Divine opportunity for Embodiment

At last the first embodiars are emerging from the cave. We are inspired with new creations, new intuitions about our journeys, new ideas and a broader perspective on this cosmic shift. You'll need to get to know your New Self, and shed what does not serve – again – from this higher level. The intensity of the harmonics, light waves, and adjustments to the physical container are shifting continuously. Your moment-to-moment intentions and choices are key to your comfortability with the cellular level. When the more intense photonic waves hit the physical, be present with it – there is much to receive during this passage which will not only prepare the physical for embodiment, but also give clarity on what needs to stay or go in your personal journey.

Stepping out of the cave made us flinch a bit (some folks crawled back in). Emergence will be unavoidable for first embodiars in June. No more hiding; face the fear of exposing the True Self. The energies push the envelope for change, higher choices, and creating a life in alignment with the New Self. Resurrection (embodiment of the Higher Self) is a very

physical process, however it is not all about the physical structure. We have a small vessel attempting to hold very large aspects of Self; like squeezing a star into a pebble. We become conduits of Solar beingness while in form, because the True Self is huge. This is why we practice expansion; so the light does not destroy the physical. It is still a very physical process, however our expanded consciousness understands the larger picture, so integration of codes, harmonics, and adjustments come faster and more frequently than ever.

Surrendering to the Cosmic Truth

To make it easier on the physical, we drop the veils, release the density. Density presents as separation in this realm. Wherever you can shed old habits, beliefs, judgment, fear, doubt, or hiding the True Self, you greatly affect the collective process of Ascension. You also sidestep physical and emotional discomfort by being in alignment with the light. Disclosure is on the agenda for this passage. Stronger contact experiences are on the agenda. Empowerment is on the agenda. Permanent shifts in the collective consciousness are on the agenda. These cosmic agendas are possibilities put in place by us – our future selves – and now we cross paths with them. The consistent incoming light is unavoidable; Collectively we have created something brilliant. Individually, we can struggle with inevitable change or embrace an absolutely beautiful experience.

Our year of Revelation continues to disclose personal acts of disharmony, as it simultaneously presents the collective with the choice to push for global disclosure. Christed embodiers won't feel the tension or anxiety of disclosure; that is a lower timeline experience of density dropping away. No worries if you aren't worried. It doesn't mean you aren't grounded; it simply means you understand most of HUmanity still requires this step, and that something larger is going on. Yes, it will be a great release for the collective (and create emotional turmoil, hence the balancing act of others embodying a much higher frequency). Most of you have transcended lower agendas, do not participate in fears, or the fascination with the past. We witness the effect of disclosure on the collective, and assist as conduits of Divine Neutrality; an active state of Presence consistently resonating in Unconditional Love.

Gatekeepers have been witnessing other timelines quickly playing out and dropping off; scenarios play out in parallel realms as the Ascension timeline grows stronger. The flash card or quick-flicker images have been

prevalent since December as the preparatory waves do their work. The pineal is getting very busy; we remember what it is like to have this gland working properly. DMT production is stepping up, and the blissy sensations are a lovely compliment to the heart center.

June – September: Revelation Accelerator

Many in the light Tribe are going to experience the next level of Ascension over the next four months. This begins in June, and is a conscious choice of Wayshowership. The effect on the collective (which is the point of this service) as this wave of photonic transformation arrives will be powerful. Embodiment for some, active participation in the Ascension process for others. A steady stream of awakening means steady amounts of compassionate support will be needed. Remember your Divine Feminine aspects: hold space for others to have their experience. Don't judge or overwhelm them with intel or instruction, that is not helpful – especially if you are clinging to old intel, or stories of the past. Share your stories from the heart, get the new services aligned with where you are right now. All must resonate with love, honesty and integrity. Co-creation brings fresh light to your Services; this is about Unity.

Everyone will have to be very flexible as the vibrational levels change, and reveal what is the *Now* Truth. It is not complimentary to regurgitate history as we make a quantum leap. In brief, a vibrational mismatch in your fields (fear and love trying to cohabit) will get very uncomfortable. Stay open to the New, and stay open to contact from your Higher Levels. Your Higher Levels (your higher aspects and your Divine Teams) merge with you as you go through the Ascension process. Willingness to surrender the old Self, old stories, and all of the past journeys are key to a smooth embodiment. Look to your Wayshowers for guidance; there is great wisdom and perspective available from the folks who faced the unknown ahead of the crowd.

Fortunately the Christed state runs on Source auto-pilot, so your Higher Self will direct as a Presence through the physical. You'll be directed through the heart to share, prepare, or be in certain places at certain moments in order to assist. Much of the Christed work at that level is serving as a conduit. Rather than fixing or healing things like the egoic Gods of old, the new vibration is empowering the collective through Unity, and just being a higher vibrational Presence on Earth auto-corrects

whatever presents for healing around us. But you do have to own that state of consciousness, without doubt.

Unity Meditations: Get on Board

Co-creation is a necessary step for Humanity to rise into collective consciousness. We have seen this with the Wednesday Unity meditations; healing, activations and deep peace are experienced when we unify in Divine Neutrality. The Wednesday Unity Meditations will continue through June before they evolve to the next level. Right now it is about strength in numbers, so if we choose to Unify as a group, we grow stronger in our new Light skills.

Gaia and the New Harmonic

As the light steadily rises, Gaia's harmonics increase (incredibly high-frequency tones – you can hear them) and dissolve the lower reality. The Light Tribe is responsible for showing the way to the higher reality; the lower reality will eventually fade out when it is not needed any longer. Kindwhile, we walk between realities on Gaia, and many other realms, as we level up. Personally, I find it fascinating. Thank goodness we comprehend what is unfolding, and accept the unknown as the new norm. The Higher Realms have always said that Divine HUmans are dynamic, brilliant beings. Let us own that birthright – our decision to Ascend in a HUman form – right here, right now.

This new light level sends us into acceleration next week. Let us realize how strong, wise and prepared we are for this profound passage for our Ascension. It is time for all to step fully into ownership; truly OWN your creation, your True Self, the reality you are consistently creating and co-creating. How truly blessed we are to be aware of what is happening, where this is going, and have the experience at the same time. Multidimensional awareness is brilliant; let us all encourage each other to own our Ascension as the Unified consciousness of HUmanity.

In Love, Light and Service,

Sandra

The New Self: Unity, Truth and the Ascension Timelines

May 31, 2016

Blessings Beloved Light Tribe,

The energetic shift of the June 4-6 Gateway is upon us. Gatekeepers, we are opening Wednesday, which should be powerful paired with our Wednesday Unity Meditations. This leads us into four months of new, new, new; the New HUman, the New Earth, the New Paradigm reveals itself more clearly than ever. The Christed Ascension timelines will be empowered, energized and accelerated to align with the 2017 influx (the three flashes of light discussed last year.) Let us not get ahead of ourselves; we need to complete each phase properly so the highest possibilities play out. The focus is on this Now month of June and its remarkable gifts.

The collective tends to delay empowerment (inaction, fears, doubts, the waiting game). However, a huge portion the collective who have embraced Ascension practices, faced their personal fears, and shed their negative emotional constructs are prepared to face the Truth; the True Self that resonates with Divine Unconditional Love, Embodiment of the Creator Self, and a lifestream devoted to Service to the whole. This Gateway is a grand opportunity for the high-vibe collective to raise the collective consciousness. We can assist everyone, even those trapped in fear, obsession with conspiracy, obsession with the past, or negative behavior and judgment. Lightworkers have been doing this for decades, and we are about to receive a very potent boost in light quotient. Remember it amplifies everything; as always, get clear on what is and is not in resonance with your True Self.

Taking a Peak at the Blueprints – The Larger Overview

Energies will be streaming into the Solar System over the next four months aimed at transforming the collective to align with a higher Ascension timeline. On a macro level, that means *progress towards* disclosure, political changes, and movement towards a healthier financial system. The micro level is you – every single individual – facing the Truth of their own creation and making choices to disclose, reveal, and embrace the True Self. You assist the macro through the micro of your personal thoughts and vibration. The collective may choose to slow the process down through low vibrational thoughts, emotions, behaviors (not helpful,

but we cannot force you to be positive), however revelation energies will be hard to sidestep. Vibration = vibration. Low vibes are set for self-destruction during this process. It applies to individuals as much as it does to governments. Take note of how that is presenting for you, and make changes accordingly.

Technically, we all became different beings in December 2012. Afterward, we spent three years on the Mastery path (the traditional three years of service of the Christed template), went through the four Equinox – Blood Moon Gateways, and then eliminated the false timelines and programs which kept the collective looping in false realities at the end of 2015. As always, these events take some linear time to settle into our collective perception.

Next up is the June – September personal/global disclosure amplification. Personally I already have ET contact, communicate with interdimensional beings, and talk to the Sun. I understand that the general population needs to hear this from a traditional leader, the military (or a man) in order for it to be *real* for them. Honestly nothing is as real as personal experience, which is why I teach the Ascension process. Until your heart opens to Source, until the unknown becomes known, the mind, ego and emotions will recreate the same default reality. Without knowing the truth of Love or your True Self, other agendas can dominate your default reality. This is a passage to override and do away with the default reality in the collective consciousness.

Disclosure from a political leader is something the asleep collective needs (and many awakened) in order to speak their truth. This step comes with a big release of emotions, beliefs, and thousands of years of disharmony, so it won't be easy for most. That is why we take the pre-emptive action of Unity meditations, embodiment of the Christed state, and moment-by-moment choices to speak and act from the Heart, in order to create balance.

Spiritual Disclosure

Many on the Ascension Path will be experiencing a full-blown embodiment of the Christed state this year. With that vibration surging through the noosphere, everything accelerates. Everything. That primes us for a strong acceleration after September, which will send us rolling right into 2017 and the three flashes of light. Powerful and pure, divinely encoded

light waves which permanently shift the vibration of the collective to a higher state. How strong this will be, how it unfolds, and what it does to each individual – or the almighty *when* question – is not shared. While it looks like a powerful event, it feels seamless, Divine. In a way, it feels like it already occurred for many, who are now hanging back to help out. I'll speak more about this next week on Lauren Galey's Quantum Conversations broadcast.

I have no attachment to whether or not we can accomplish this. So far, everything on the higher timeline has unfolded since 2011. We always manage to get the work done. This projection feels attainable because of the choices the Light Tribe will make over the next four months. The resonance of the unified Heart grid, the Source-Spark of the True Self will become amplified – by conscious choice. The first embodyers (embodiment of unique expressions of Christ consciousness) will demonstrate the True HUman in every action, word, deed, and creation. It shows HUmanity an alternative way of being. With the energies aimed at revelation, this becomes the greatest revelation on the agenda; what a real HUman is, why Gaia is transforming to accommodate a population of higher vibrational beings, and the overarching cosmic agenda of a New Paradigm of Divine Love and Peace.

2016: Non-Linear Acceleration

This year continues the bizarre sensation of walking between worlds; it feels like we are holographically here, and not fully here in form. This is just the beginning of Multidimensional awareness. We're in many places, spaces and experiences at once. It becomes a more Source-like experience; a fractalized and brilliant creation. We take advantage of the thinning veils to get to know our Multidimensional Self. With focus and practice, we engage with multiple timelines and dimensions at once; the great unification of Self with Source. So naturally, we won't feel like we used to.

We free ourselves from the old repetitive lifestream and take on the unknown with grace, ease, and enthusiasm. We shed the old Self like a costume; it just doesn't make sense to recreate that any longer. We reach the end of an era, and ask, *What Am I Now?* We authentically answer with our work, our actions, our words, our services in order to Wayshow the Now Truth.

Time plays with our perception here, stretching out the affects of photonic waves and the Shift agenda like cosmic hang-time, while simultaneously speeding up our days. This year is the great in-between for many; you may remember that 2016 was missing for me. It disappeared from my awareness last November as the Gatekeeper focus went to the 2017 wave. And yet I still experience being here, day after day, receiving and being in Service, expanding and embracing the New. My Higher Levels tell me that will change in June, as our Service work steps into a new phase to compliment these revelation waves.

You are getting kicked out of the cave, Beloveds. While the entire experience of Ascension is conscious choice, those who have been in pursuit of Ascension (first wave, second wave) will receive tremendous support for every positive risk, creation, or act of empowerment you dare to take. Awakening will happen to the collective by proxy due the laws of quantum physics; those leveling up in their Ascension pull the rest of Humanity up by quantum effect.

This is an active, beautiful passage for the Ascension-focused collective to exercise their well-earned Creator muscles – and it has nothing to do with power over the dark, recreating busy-ness, or influencing other's free will. Creator consciousness is peaceful, active, Divine. Embodiers have noted that the Christed experience is of neutrality; being a conduit for the Higher Selves. Becoming Source Presence on Earth. However it cannot be done from behind closed doors. You are needed. You are valuable. Your heart is Source; an inexhaustible treasure when you let go of fears and doubts leftover from the old Self. Whatever keeps you limited is self-imposed. It is time to test the new boundlessness, and unify as a collective force of Source on this planet. With our faith in Divinity, each other and ourselves, we usher in the next phase of Ascension.

In Love, Light and Service,

Sandra

Let the New Light Show You

Jun 23, 2016

Blessings Beloved Light Tribe,

Let the New Light do its work. The energies shift as we leave the intensity of the Solstice passage over the next week. Much has been earned, learned and realized. Gateways are opening for much, much higher states of consciousness; new levels of empowerment, love and embodiment of your Higher Level Self. As always, choose your timelines wisely.

Listen to what the Higher Self reveals in this new light; what changes are needed as the veils grow thinner? What fears come up, what discord is revealed which no longer serves your path? Follow that guidance – Now.

We are a fractal of the big picture; we accelerate the Global Shift with inner transformation. Quantum effects are at work in this evolutionary process; no heart will be unturned to the light as the New Earth emerges. Learn to lead the way; demonstrate the larger mission of Peace in every thought, word and deed.

Disharmony is pointless, let it go. Surrender to higher creativity, new skills, new service. Re-evaluate in this New Light. We are changed beings – if we surrender to the True Self, the new spark of Source emerging within us.

More on the global shifts next week. Kindwhile, thank you to all participating in the Unity Meditations; they are a perfect elixir for this transformative phase. Have a beautiful and creative weekend on Gaia!

In Love, Light and Service,

Sandra

July Kickoff: A Week on the Mountain

Jun 30, 2016

Blessings Beloved Light Tribe,

I will be offline/off grid for a week celebrating Ascended Master week on Mount Shasta. Traditionally, the energies pick up on the mountain during the first week of July; this is tied to the annual influx of light from the Mastery realm as they focus on the United States.

Use these energies wisely as the grids get amplified through Mount Shasta. It is an excellent passage to regroup and realign after the second wave of 2016. The second influx had many stepping out of the cave into much stronger light. Some were blinded or disoriented by the new level after so much cave time. Much is revealed in this new light, especially our ability to purge, release, engage with our Ascension practices, stay in love with everything, love ourselves, and stay in our heart center. Mastery initiates cannot return to cave stage. We cannot isolate ourselves from the call for unity; it gets uncomfortable, difficult, or even painful. Our Higher Levels demand unification in order to Wayshow and move into true unity consciousness. Multidimensionality demands awareness of here, there and everywhere – as well as focus to decipher our personal truth and collective discernment.

These photonic energies are about creating order. This frequencies correct realities, timelines and intentions. The light will not step down thanks to millions of lightworkers, our ability to handle the light, and the demands of planetary Ascension itself. Reorganizing the collective consciousness means temporary chaos in the unawakened collective/ lower reality. You know this already, remember the illusion of chaos or disorder is not the focus as intentions magnify. Those of you who understand how consciousness and magnetics function, use your wisdom. Psychological fallout is inevitable for many in-carnates. This is something the Team has discussed at length for decades. If it is affecting you or a loved one in a negative way, use or share your Ascension tools. Old coping mechanisms will not work in this new light; they just loop to old timelines and make your experience more challenging.

Preparation and consistent spiritual practice – staying in your heart, in love with the process – are the path to success. The Soul's immortal path is to experience evolution in HUman in-carnate form. Some choose

Ascension, the challenge of self-realization. If that is your path, you make choices with each moment to align with Source and unconditional Love until it becomes your new permanent state of being.

Check in: How did you do with the Second Wave?

Notice how strong your heart is becoming in this process. Notice how Divine Love is instantly, effortlessly available at any moment thanks to the strength of the HUMAN heart grid. Even when the external becomes difficult, or the energies challenge the body and mind. What has changed for you? What left? What arrived? What have you learned in the last few months? As the energies rose last year, the Pleiadians warned us that we had not seen anything yet. As 2016 unfolds I feel they were correct, and I AM pleasantly surprised by what the new light level has done for us. For me, it has initiated a new level of contact, connection with the Heart Grid, and shown me an unwavering peacefulness within my heart. Best advice for the week: Play and create in order to regroup. It is an extraordinary passage as we begin to experience true freedom.

In Love, Light and Service,

Sandra

Immaculate Perception: The Lens of the New Self

Jul 11, 2016

Blessings Beloved Light Tribe,

As the second wave of 2016 levels out, we are able to breathe, regroup and adjust ourselves to this new level of light, and new level of Self. Much is revealed with these waves; the choices of our highest path, highest joy and highest integrity. Follow the energy, beloveds. The purpose of these frequencies is to reveal the higher truth, to purge disharmony, and fully support the Ascension. Internal discord or difficulties in your lifestream cannot be explained away as *intended to reveal the dark. This is about the collective as well as the personal purging of what does not align with the higher dimensional expression Gaia. As always, when you personally clear what does not serve any longer, by actively making choices of a higher vibration, you affect the collective ability to release, disclose, and ascend.

Integrating the merge between lower and higher selves becomes easier now. The second wave brought intense realignment, and revelations of the higher vibrational ease of the higher 5D/6D Self. We experience this in our [Wednesday Unity Meditations](#); the ease and grace of the Christ consciousness, amplified by the collective trigger of intention. As we trust our heart center compass to direct this journey, the lower self/old self agendas have no power. We are given a great gift this year; the ability to merge with our Higher self in a stronger, clearer and more consistent way than ever before. For many this year will bring a permanent shift to Higher consciousness; the solar Cosmic Christed state of our Higher levels. Our focus is on that new perception; the perception of the Higher Self is Immaculate, pure, unaffected by the lower timelines. This Immaculate Perception is our safety net, our activation, and a Gateway to a permanent shift of consciousness.

Heart Center Compass: Following the Path of Unconditional Love

One of the more profound aspects of this phase, and there are many, is the consistent expansion of the heart center. In my experience, the overwhelming light intelligence of love overrides all lower-level constructs. No matter what the day brings, no matter what lower self/old self challenges present, there is a consistent love, peace and harmony within.

As this light increases, the heart becomes a photonic generator for Solar beingness; the Christed state of crystalline consciousness.

One of the most significant attributes of this state is perception; the Higher Self does not perceive things in the same way as the lower/old self. As the Higher Self takes over, the attachment to lower concerns releases its grip on this reality, and allows the higher reality to take over. That perception is priceless; it reveals that all is indeed well; all is unfolding in alignment with Divine Will.

Multidimensional Perception: Here, There, Everywhere

Many on the Ascension Path experience walking-in-both-worlds. This is multidimensional perception; experiencing several realities and timelines at once. Simultaneous awareness of multiple selves, situations and places is the norm for crystalline consciousness. As the lower reality dissipates, the sense of being in this world but not of it becomes our new norm. I understand there is a belief system attached to being fully aware of the lower self, as if being entangled with the lower reality is somehow more grounded than the higher reality. In my experience, the changes of 2016 reinforce the practice of grounding through the heart to the multidimensional torus system (as opposed to tethering yourself to the illusion of 3D Gaia).

There is great comfort in expanding into the new. Lower fears do not block us when we expand through the heart center and keep our focus there. Through this practice, we evolve out of lower-level restraints, and are fully capable of walking in this world and multiple others with clarity and purpose. The key is to not abandon one reality for the other. That is duality (choosing/judging one or the other as good or bad). Multidimensional perception is the all-at-once experience. We begin by toggling between multiple dimensions until we can comprehend several at once (or focus on a specific moment at will). It gets easier as our DNA, heart center, brain, and the pineal-pituitary activate and open up the gateways to the Higher Self.

The Guide Break: Process Check

Most initiates experience the backing away of their Divine Entourage or guides at key points in their Ascension. This happened to many on the path during the last few months. It is a purposeful test; one that initiates

are very familiar with. The higher realms take off the training wheels on occasion to see if you can navigate the path alone, inventory what you have learned, and see if you are capable of maintaining Mastery without direction. This happens several times in our journeys, and is a good test for the integrity of your guidance teams.

A day or two absence is normal. Several weeks may mean you are getting fresh guides, or need to learn how to stand on your own feet.

Observe how you handle their absence. If you collapse without them, or cling to external messages as your compass rather than your own heart, you're headed back to the basics. A guide break is not about struggling along the path alone. It is largely to point you in the direction of the Higher Self merge as your main focus. The Higher Self is ever-present and is often misinterpreted as a guide or angelic due to its luminosity and unconditional love. During guide-breaks your ability to unify with the Higher Self, unify with the light tribe (co-creation), ask for help or support (drop the ego, be genuine), and maintain respectful, heart-centered communication with others (authenticity of heart/integrity) provides a leveling up opportunity via lessons in heart-centered existence.

Remember Ascension is largely based on vibrational match; in order to merge with higher realms, you must communicate, demonstrate, feel, think and behave as the higher realms do.

July – August: Forward Momentum

There is a great deal of momentum building as the new light breaks apart old programs, systems, and beliefs. July and August are a grand opportunity for the NEW after the tsunami of the second wave has calmed. We are changed beings; recognize the internal changes pushing you to abandon the old self. It is part of the cosmic agenda to dissolve the past and any attachment to it. As our DNA and light bodies are rewritten to accommodate the Higher Self, the physical exhaustion from activations can be distracting. Notice how the Immaculate Perception, the cosmic overview of Divine Love, instantly overrides any lower-level concerns about energy levels or ability to complete the Ascension.

The experience of a conscious evolutionary process – completely changing an expression of form in just one incarnation – is extraordinary. Remind yourself of the beauty of self-realization. It is an amazing task to awaken and ascend one's consciousness while in form. You may have noticed the stronger presence of star family in the last few weeks. As your

perception shifts to the cosmic overview, it becomes easier to make contact with benevolent beings serving out pre-agreements for this particular passage. Call forth the benevolent ones you have contracts with to assist you in higher service at this point in the process.

Momentum will continue to build for the potent third wave Gateway of September, however July and August bring an opportunity for new co-creations, relocation (aligning for the next wave), active play time (well deserved), star family contact (connect with your visiting orbs), heightened lucid dream activity, and fearlessly exploring what the new self is capable of. The second wave washed away old stories; the past feels like it didn't even happen. It is time to experience the new story we are co-creating with our Immaculate Perception.

Many blessings and a wish for this new perception to become your dominant reality. It truly changes everything, and is a key to merging with our Higher aspects in a lucid, permanent state of awareness. As with any of these new-to-the-journey states of consciousness, they will magnetize more experiences, adjustments and a higher light quotient when we fully accept the New. The process can feel like a flywheel sometimes; out of our control. In brief, it is out of the lower realm control. You won't be able to figure it out with the mind; let the Higher Self take over via the heart.

In Love, Light and Service,

Sandra

Timeline Shift: The Third Wave of 2016

Jul 29, 2016

Blessings Beloved Light Tribe,

The energies for the September wave, our third amplification of 2016, are already arriving. To recap: The first wave (late December – January) was aimed at dissolving looping programs which interfered with HUMAN perception of the Shift in consciousness. These programs which kept people doing the same things, thinking the same thoughts, repeating the same beliefs were dismantled. As always, the collective recreates old patterns out of habit, so there is a delay between what occurs and what the collective can perceive due to our experience of linear time. That is the free will choice of Creator-in-carnate HUMans, with powerful DNA, who are able to collectively create realities.

The second wave (March-April) was aimed at shadow; the uncomplimentary beings, programs, thought forms, emotions and beliefs which are deeply engrained into the collective subconscious. This level of light was (and is) a bit torturous for disharmonious beings, both Human and non-Human. Many Lightworkers are feeling the impact of this global purging of disharmony, because the effects apply to every single being on this planet. No stone is unturned during a dimensional shift. Gratitude to the Lightworkers who had the vision and intuition to prepare for this phase. You have the tools, compassion and understanding to stand in your power, no matter how difficult it gets to witness and experience this cleansing of the collective consciousness.

Remember that these waves have deep purpose in preparing and launching us into the New. These energies are a purer frequency of photonic light; frequencies that are typically experienced by higher realities. Realities are based on bandwidths of vibration. Your resonance determines your externally projected reality – your personal reality, as well as collective. (Vibration = vibration). Photonic light aimed at dissolving bandwidths that no longer serve Divine Will (the Universal rewrite) continue to penetrate our Solar system, Gaia and your individual consciousness.

Reporting Our Progress: Higher Realms desire your Connection

Your bodies are still attempting to hold a huge consciousness in a tiny form. It can be painful, uncomfortable, fatiguing, stimulating ... whatever is needed to anchor this new level of light into the collective consciousness. This is why so much preparation was done to clear and upgrade the body and assist it into crystalline transformation. Keep your body vehicle clear and moving, flowing into this new stream of Light.

Remember to report all of the effects to your Higher levels. The nightly check-in with your Team and backward review help with adjustments in dreamstate (this has worked well for me for several years, try it.) A reminder that you are being monitored individually and as a collective. Complaints about the external reality or internal symptoms slow the collective process. We are completely capable of this evolution, Beloveds. As embodiment and contact intensifies (or begins) for many, the intermingling of energy fields can make the body feel electrified, blown apart, blissy, or non-existent.

Some feel unheard, isolated or alone in this journey. Leave those notions of separation behind, beloveds. The new experience is foreign to the lower levels (mind, ego, emotions). Parent them, train them to be patient with the transformation. The Higher teams hear everything, beloveds. All of your emotions, thoughts and words go into the collective sorting out of who-can-handle-what, and when. So if we desire the full acceleration available with these waves, we need to be HUman Masters – now. That is not a controlling position, it is one of grace, compassion and acceptance of the role of Wayshower.

Even with the intense internal heat, the sensations of being electrified, the vagus nerve activations (article on that soon), and the new glands developing to handle this transition, we persist in grace. Creator Breath: We breathe and exhale peace, in order to balance the deep unrest boiling up in the global population.

August: Take Inventory of Health, Lightwork, Creativity

Our third wave is beginning to arrive already. Vibrational match will become more apparent as the High Vibe Tribe anchors frequencies of freedom. You have sensed this for a while; the freedom, the completion, the gradual release of the lower reality. And yet your spirit continues to expand into the body vehicle. Hence the term *embodiment*. Let the light

in, let the Higher Self step forth. Create as much freedom as you can from routine; you'll need to play in the moment with this new level of light.

Multidimensional awareness intensifies in August, along with clarity, direction and creativity after the purge of the last wave. Use what you have learned, do not ignore the new direction. Many of you will be relocating, traveling and journeying to prepare for the September wave. Use the momentum of this phase to move ahead and step away from the old Self. You are stepping away from yet another level of the old reality. Resistance can bring depression, confusion, and disharmony in the body. Follow the Higher Self guidance; trust your heart as it merges with the Christed state of consciousness. Take note of feeling more like the True Self. Smile, breathe, all is well.

The lower vibration is what it is; let it have its experience. What is playing out on the smaller stage of the lower reality has no impact on the overarching mission of Ascension. There are many surprises ahead for the lower reality, as well as the higher. High Vibe Tribe, you know what is about to unfold. Trust that inner guidance with your personal journey. Stay in service to Divine Love. Participate in creative, playful, cleansing, healthful activity as the energies shift in August. Celebrate the lighter, brighter, happier place of the radiant heart.

Turning point: August Prep, September Shift

Unity is key in Unity Consciousness. That applies to your thoughts, energy fields and emotions more than physical surroundings. Most of you will need the support and companionship of others during this phase. The Wednesday Unity Meditations are there for you to connect etherically to the Light Tribe and Higher realms. We connect this way for many reasons: To experience the true/new level of Christed peace, to feel our collective power, to heal the collective and ourselves, to assist with embodiment, to raise the vibration of the HUman heart grid, and to connect with each other as we shed concerns about physical location or physical exhaustion with the new level of light. It is a highly supportive activity; if you are not participating, take a look at why you resist connecting with other Lightworkers in this way.

Upcoming Triggers

There is a lot unfolding at the moment to shift the vibe before the next wave enters. It seems we had a rough passage with the second wave, however we will create a much higher platform to stand on in August. Wayshowers, follow the personal direction for location, alignments and co-creations. Much of this phase will feel like a new wave of awakening – even for the Light Tribe – as the Higher Self steps in. There is a bit of reorganizing, shuffling of locations and duties presenting. Pay attention to the new direction, we are aiming for a very powerful influx to bring HUmanity into alignment with their hearts.

The Lion's Gate (August 8) and August 21 are our collective triggers this month. The September wave begins around September 9th – 11th with the peak of the wave flowing in September 26 -29. Gratitude for your endurance, dear hearts. You are witnessed, you are cherished. Expect brilliance, beloveds!

In Love, Light and Service,

Sandra

The New Self and the Unknown: Departing from Mount Shasta

Aug 5, 2016

Blessings Beloved Light Tribe,

Most of you are familiar with the active subculture of Gatekeeping and Gridwork. Details of this service work are typically kept quiet to avoid interference. You don't hear much from Gatekeepers, except for the few Wayshowers who are guided to speak publicly about our activities. I understand why most Gatekeepers are silent, flying below the radar, traveling all over this planet following what their Teams and hearts guide them to do. It's a unique niche of the Light Tribe that can be misunderstood. I do my best to explain intel without revealing confidences.

When I cross paths with Gridworkers and Gatekeepers traveling through Mount Shasta, we share our stories, missions, compare notes, support and rejuvenate each other. Lately the intel has been focused on the September wave and the consistent message to step into a new level. We're shifting to a higher level of service, and our personal lives are dissolving as we surrender to the new experience. The next phase has tremendous rewards, but we need to focus on bringing forth the higher timeline – both personally and collectively. It will be wonderful regardless, since the lower realities are getting shattered by the frequencies, however there are brilliant experiences available for the willing and prepared.

Our anchor points – the vortexes and Gate points which are used to amplify the frequency of the grid systems (Gaia) – are gently shifting their roles. To accommodate this, some vortexes are used as stronger transmuters with clearing/negative energy flowing out and some used as stronger Solar gateways with higher vibrations flowing in. This is done to prepare for the shift of energies in 2017. This dramatic energy increase is a work-in-progress; you have felt it since the beginning of the year. Constant, steady jumps in light. September will be a very large jump, however we are doing our best to keep it a steady increase. Mount Shasta, serving as a crown-type chakra for Gaia (she has not been a root-type chakra for some time), is shifting as well. She is a strong transmuter at the moment, clearing at several multidimensional levels.

I was told by my Higher levels that my work in Mount Shasta would be complete this year. Since January some beautiful and bizarre events have occurred in my personal journey to align me with my next level of service. I

won't get into the details at the moment. In brief, I AM journeying to Arkansas to work with the crystalline Gateways and some ancient Galactic technology. I will be applying all that I have learned in Shasta about opening and strengthening Gateways. And I have to get there before the influx begins in September; the urgency is overwhelming. Lightworkers, you understand how the signs, intel and alignments unfold when you receive clear direction.

My four years as a Gatekeeper in Mount Shasta are complete, I AM shedding my belongings yet again and traveling to a place I have not been before in this form. Surrender is freeing; it feels good to release the belongings of the old Self. I AM reminded of my January embodiment: *Let it all go, we're leaving*. All of the attachments, even to the lovely and challenging Mount Shasta, are going. I may write a book someday to share what unfolded here.

Kindwhile, I AM finishing up my work, attempting to organize a 2,000 mile journey, spending time with beings I love, and honoring my kinship with the mountain. Perhaps I will return; it's difficult to think of a daily landscape that does not include a 14,000 foot volcano. We truly cannot plan our lives in linear fashion anymore. It is exciting to feel the new service emerging; what I will learn and share, what the new light will bring, who I will meet, what awaits me along the way.

With the Lion's Gate amplification next week, our experience grows more transcendent. Call in the Light and do your best to honor this new level of creating the New Self. Stay conscious in your Mastery practices. It is vital that the consciously Ascending collective actively participate in embodying the New Self, in order to experience the higher timelines available. Highest possibilities, highest outcomes for all concerned.

As always, we stay fascinated with the Ascension process, new connections, and our journey into the unknown.

In Love, Light and Service,

Sandra

Preparing for the Third Wave and Timeline Shift

Aug 18, 2016

Blessings Beloved Light Tribe,

Our third wave of 2016 will be very significant to our Ascension process. There is much light intel presenting for this particular Gateway, here are the details.

Timeline Shift: Over the last few months the intel has been reminding us about the timeline possibility available in September. The strongest wave of Light in decades is about to enter our realm, and it brings pre-agreements set in place, by us, to make a choice between acceleration or a steady unfoldment.

These collective timeline splits have occurred several times throughout the Shift. Typically these decisions are in the hands of Gatekeepers and the Galactics; we review how the collective is doing, what they can handle, and adjust accordingly. Now that there are so many awakened, so many engaging with Ascension practices and heart-based patterns, the acceleration can be more dramatic. However, it must be a conscious choice of the High-vibe Tribe to accelerate the Ascension timelines. We need to choose before the wave enters in September, because the light will be encoded properly for the experience we choose.

As a Gatekeeper and Liaison for this intel, I ask everyone to choose their experiences wisely, because the next wave also presents a timeline split – a division of experiences of Ascension. We always have unique-to-you experiences in this realm, because you are Creator-In-Carnate, however a division is presenting and we have the chance to shift everyone to a more expanded, heightened experience of Divine Love as the Ascension unfolds upon Gaia.

Timeline possibilities are numerous, however on occasion we have trigger points in the Shift where higher vibrational timelines present for the collective choice. Each has numerous possibilities for how they play out, however the main experiences are described below.

There are two main timeline possibilities presenting for the September Gateways:

1. An accelerated Christed Ascension timeline which will speed up the process and prepare a greater number of souls for the 2017 dimensional shift. This involves accelerated clearing, full disclosure and heightened embodiment experiences for those participating in Ascension.
2. An Ascension timeline (they are all Ascension timelines at this point) which steadily allows for collective unfoldments (slower rate, less Divine intervention). This may be frustrating for many awakened however a good learning tool for patience and collective action.

Gateways, like timelines, have always been about possibilities; opportunities of us to accelerate/level up or keep the steady pace of the Shift. Conscious actions of many awakened Lightworkers have continually leveled up the collective by proxy, raising the bar through Gatework, Gridwork, and the constant Global and personal activity of heart-based Ascension practices. The first two waves of 2016 knocked many Lightworkers off balance, and many are absorbed in their own experience of the physical. If your intention is Unity Consciousness, it is time to reunite with HUmans however you can and spread the Lovelight you have Mastered. Do this in alignment with the New Light; repeating old light habits or creations will feel like madness.

How to choose the higher accelerated timeline for all:

- **Align all of you words, deeds, actions, thoughts with Love.** Learn this Now and practice it each moment.
- **Revisit your Ascension practices** and keep the Soul-Spirit-Form trinity fully engaged with its Christed embodiment.
- **Avoid emotional entanglement** with the lower timeline activities (media, politics, financial issues, emotional triggers, etc.) Care, but don't carry.
- **Galactic Council members:** Bring this up in your meetings, renegotiate your contracts to align with the acceleration, assemble your Teams and ask for their full support of the accelerated timeline. (Take note of who resists – that can be telling.)
- **Get out on Gaia and co-create with her and your fellow Humans.** Call forth the unfoldment of the accelerated timeline. This is a Gatekeeper practice for when timeline splits present; call forth the higher reality to reveal itself to all. It already exists as a possibility, now we light-ground it into this reality with our creations.
- **Use your crystals, meditate, dance, sing, tone, create,** open your Christed portals, open your DNA, clear the land and grids, light this planet

and the HUman heart grid up daily. If called to travel, or work on a specific area before the wave, heed that call.

– **Reflect the higher experience;** what does it feel like, what do you do on the accelerated journey? Take a look and align your activities, emotions and thoughts with that reality.

– **Speak your Truth and be kind to all.** It is a highly charged passage as this wave enters. Stand in your Mastery as the sovereign, humble, blessed being you are. Keep centered and clear of the lower entanglements; no judgment, no doubt, no fear.

There is a great amount of heart activation available. Excitement is in the air. The higher realms bless us, however the collective timeline choice must be made by those with aspects in form.

Triple Eclipse Portals: Triple eclipse portals of August 18 (lunar), September 1 at 2:01am PDT (Solar), and September 16 at 11:54am PDT (lunar) assist in bringing in these collective consciousness-shifting energies. Treat them as Gateway influxes; open your portals, open yourself to receive. Gaia consciously monitors and responds to your thoughts, creations and emotions. Show her what we desire, ask her (verbally – use your voice) to release the codes and frequencies to level up the Tribe and provide the accelerated experience.

September 9th – 11th; Initial Wave Entry: The Third wave begins to trickle in September 9th – 11th. Most of you can feel it building already, it is already affecting the SUN with its powerful frequencies. Solar plasma will be greatly affected, which affects Gaia's magnetics, activating (very) ancient codes for the dimensional shift. This is a big push for the accelerated timeline of Ascension. It does not happen without our command, our intention, and our ability to take (immediate) action on creating the Shift.

September 22 Equinox: The Equinox lands on September 22 at 7:21amPDT. This is the Gateway opening for the new level of consciousness. Honor it properly, be outside on Gaia as much as possible. The SUN and Gaia will have a strong bond during this Gateway, and our intentions for balance, peace, harmony and Ascension will be greatly amplified.

September 26 -29: Our Third Wave of 2016. This is our strongest influx in decades. Be excited, let's do it right! These photonic frequencies further

accelerate the activity of Ascension and will continue to flow in for several weeks. You may have noticed the Light does not step down in between waves any longer. This is a good thing; we are able to maintain higher levels of light without integration periods as in the past. Each wave this year has raised the light level dramatically, and accelerated the Ascension. The purging, revelatory activity continues to build to compliment Source's command for order, harmony and Ascension.

By the time this wave hits, we will have collectively chosen the acceleration opportunity. I feel we are capable of experiencing an acceleration without too much duress, or at least we are prepared to assist the collective properly. A heart-based expression, embodying the Christed state of peace, has tremendous power as this unfolds. Many are experiencing the neutralizing effect of the crystalline level of Divine Love. I AM confident the Light Tribe will flow through this passage with ease and grace.

In Love, Light and Service,

Sandra

August 19 update – NOTE: *A siSTAR asked for clarification on whether the Tribe can handle an acceleration. This is the question we all must tap in to – it is not a hasty decision, and it requires integrity because you will be called into service if you have needed skills. I will write more on *Acceleration = Responsibility* next week. There is a lot to do before I depart from Mount Shasta on September 2; here is a brief response:*

*This decision is not an intention to override the collective's highest good, it is choosing maximum acceleration in the highest interests of all concerned. Many may say *I choose*, then not demonstrate that in their activities (which is making a slower timeline choice). This is an opportunity for Lightworkers to drop the complaints about the difficulties we are presented with, the old belief systems, and move forward through the heart.*

It also means clemency for many beings, which means MUCH forgiveness on our part. It requires more transparency from the Light Tribe (to create transparency for all), creative action to reveal the higher truth of Ascension (rather than waiting for an event), open sharing of spiritual disclosure (rather than hiding, veiling your own truth), and preparation to receive a

new wave of awakened ones with clarity and non-judgment (out of the cave, into action).

Each primary timeline has many secondary and tertiary outcomes – this is one of those junctures where great acceleration is possible, and I feel it is probable. The wave arrives regardless of our choice; it is the power of the impact, and our ability to call forth its strongest aspects which we decide in the next 2 weeks.

The stronger light will enter, regardless of our choice. It's what we create with it – our collective reality – which gets affected by timeline manifestation. The stronger frequencies/codes will accelerate those prepared to experience it, while the collective timeline of awakening, revelation, disclosure, etc. can be sped up in the highest interests of all concerned. Individual choice of experience can override what is available; this timeline choice is aimed at transparency and further expansion of consciousness. More rapid spiritual awakenings, more support available for conscious HUMans. We are not looking for folks to get spun out, rather they become empowered and begin to create realities in alignment with higher, peaceful, heart-based outcomes.

*I will write about *Acceleration = Responsibility* next week. I need to be offline for a bit to work with Shasta, thank you for your support. I Love You, I Bless You, I Thank You.*

In Love, Light and Service,

Sandra

Acceleration: Making the Choice

Aug 29, 2016

Blessings Beloved Light Tribe,

Many have asked about the upcoming timeline shift, wondering if the Light Tribe can handle an acceleration since symptoms have been somewhat intense this year. Let us review a few items for clarity.

An acceleration is occurring regardless of our choice. Evolution is evolution. We are receiving a third wave of photonic light in September, the third in a series of waves intended to prepare us for the global intense shift in 2017. The first wave was in December/January, the second in April/May, and the third arrives in September. All of these waves are focused on amplifying the shift in consciousness and Ascension. This is a natural force of evolution in progress. How blessed we are to be incarnated during this fascinating passage.

Timelines offer various choices for our collective experience, and infinite possibilities for our individual experience. You are your own Universe, however when participating in a collective consciousness on a planet, the collective experience provides parameters for your creation within that collective.

The higher vibrational collective (those holding 5D – 12D codes and frequencies within their field) create a quantum dynamic which raises the rest of the collective (the unawakened, awakened to conspiracy, anyone not participating in the Ascension on a heart level – no judgment, they created balance and needed challenges for a while in this process) by the laws of quantum physics and Divine Love (the frequency upon which this Universe is built).

As the vibrational rate and light quotient of the HUMAN collective rises exponentially, opportunities for accelerated timelines present. This has been going on all throughout the Shift. Typically Lightworkers, Gatekeepers, and Gridworkers work in co-operation with the Higher realms to welcome in the highest possible experience for Humanity, Gaia, Kingdoms and Elementals. However, the incoming photonic light has taken on a new level; a more intense results-driven aspect as we approach a crucial tipping point next year.

Regardless of our collective intentions before the wave arrives in September, there will be an acceleration. That path was already pre-determined if we were to accomplish the Ascension timeline before 2012. And we did. We now have an opportunity to call forth – consciously, through our intentions and actions – a timeline which provides a heightened experience of embodiment for the high-vibe collective, Christed experiences for those who have not had them yet (mid-range vibrational level), a shift to spiritual disclosure for those obsessed with geo-political conspiracy, and more awakenings for those who have been asleep. Accelerated revelation, transparency, a quickening of financial shifts, and a global shift to health, well-being, and accelerated solutions to global peace. In brief, it releases the collective from lengthier paths to complimentary changes, transparency in leadership, and spiritual disclosure.

In linear terms, we are choosing between a major acceleration over the next year to receive the maximum effect of the 2017 shift, or a slow unfoldment over decades for the mid-to-lower vibrational collective. The High-Vibe Tribe – those focused and participating in the Ascension – will have a unique expansion into Christ consciousness regardless of the lower vibration, regardless of collective timeline choice. That is inevitable and cannot be interfered with, unless by personal choice.

Rather than view this acceleration as a worsening of physical symptoms, or Earth changes, or any other old light concern, let us shift the focus to consciousness. Obviously the body is adapting to accommodate the new light level. This is what happens when we evolve to a higher beingness in a single incarnation. Obviously Gaia responds to the incoming light. The lower reality is breaking apart. It may be inconvenient to be sleepy, vibrating, uncomfortable, tired-and-wired, spaced out, or forced to speak up or change your lifestyle to accommodate your True Self. However as volunteers in the big dimensional shift experiment, it is what it is. The Higher focus is on spiritual disclosure; the revelation of who we truly are and what this planet is being prepared to receive.

People ask when the discomfort will end. In brief, it changes when we achieve embodiment of crystalline consciousness and a consistent, unwavering connection with our Higher Selves. It will only take a small percentage of full-on embodiments to greatly affect the collective HUman heart grid and Gaia. We are nearly there and capable of

calling the peace, balance, harmony and healing of Ascension forth, in the Now, as our Divine Co-creation.

Acceleration = Responsibility

Our upcoming Solar Eclipse on Wednesday night/Thursday morning (Thursday September 1 at 2:04am PT) is our next Gateway opportunity to welcome in the accelerated timeline. Solar eclipses are one of the strongest portals for our acceleration. Let us receive this light and assist Gaia in calling forth the New accelerated timeline (if that is your heart choice). Many of you have chosen this already on mind level; be sure that this is made on a heart level, and reflected in our actions, thoughts, emotions, and core truth. If this decision is made from the heart, in the highest good of all concerned, you will receive significant personal acceleration during this eclipse. Allow your intuitive Lightworker Self to guide your activities this week; it holds powerful shifting energetics that will raise your consciousness to *click into* the higher timelines of Ascension.

Remember:

This passage is sacred; honor it, yourself, and others as the beloved HUman Ascension collective that we are. Review the Gateway dates provided in the previous article and welcome forth your true heart's choice.

Transparency and disclosure is a global unfoldment; every heart and mind will have to come clean. Revelation affects everyone, not just *the bad guys* – and you can accelerate all of it through your own transparency and disclosure. Express all that is within your heart, and the collective will reflect that. Especially if you are consciously choosing acceleration – we must be in alignment for it to unfold with ease and grace.

The amplification occurs with the third wave regardless of the higher accelerated timeline coming into play. It may feel like it is happening already; that is just the wave building and entering our consciousness. If you are choosing to participate in the accelerated choice, please do so and demonstrate that purity and divinity prior to the Solar Eclipse.

On to the Oz-Ark Crystalline Vortex

Blessings and gratitude to everyone sending messages of support for my upcoming journey, they are deeply appreciated. Traveling for a week in the midst of these energies is both challenging and perfect. I have my itinerary for some significant work in Nevada, Utah, Colorado and Oklahoma on the way. Some gorgeous remote and sacred places, some bizarre ancient energies to clear, and a few surprises. I will be offline to focus on the work, however photos and quick updates may be posted on my Facebook and Twitter to share the journey.

Kindwhile, let us all go deeply into our hearts, clear the emotional attachments to delving into the unknown, accept our acceleration choices with joy and honesty, and demonstrate the peace of a strong Source-driven internal compass. Get comfortable with the unknown, make it your new norm. Unify with the Light Tribe on Wednesday for the Christed Unity Meditations; they truly assist with the new timelines presenting. All is incredibly well, Beloveds.

In Love, Light and Service,

Sandra

Mid-September Wave: Comfort in the Unknown

Sep 13, 2016

Blessings Beloved Light Tribe,

Gratitude to all who participated in the 999 – 9/11 Grid amplifications. Gatekeepers managed to anchor new Grid points last week and the new Grid levels have already begun to activate. After a week of driving and anchor point activations, I arrived at the crystalline vortex in Arkansas prior to the 999. This is my third mission in the Southern US since 2001, and it will most likely be the shortest. Energetic layers over this vortex are lifting quickly, just as they did in Nevada, Utah, Colorado and Oklahoma during the journey here. Small quakes are popping up along the new line. Gaia is responding, releasing the new timeline codes. A visit from Melchizedek revealed the deconstruction of many old realities, and the collective design of new ones. Much has occurred, however it is best for me to stay present rather than recount details of the past week.

Let us stay focused on the accelerated timeline. It is available. Many of you have already anchored there and are experiencing the effects of this unknown territory. There is comfort in the unknown experience of embodiment; as always, surrendering to your own Divinity and the peace of Source is your strength. Keep your reality flexible; the linear may feel (even more) surreal. Breathe through it, use your Ascension techniques for stabilization. Treat the body well; remember that tired and wired is the norm during these waves. There is great strength in the Christed Heart center; trust its flow and divinity.

The Ascension Tribe is receiving a heightened experience of zero point. The past dissolves (travel, activities, activations, fatigue, memories) quite rapidly, and the future is created through highest choices in the Now moment. As your DNA is reconnected, you heal faster, drop judgments and negative emotions easily, and wipe the linear slate clean more rapidly. Concerns dissipate as you learn to be present with yourself in order to transform. Don't avoid the experience; we are here to feel every step of this process on behalf of many beings, including our Higher Selves. Weep, laugh, dance, ponder, wander, meditate, lay in the grass ... whatever it takes to experience the return of Divine Love to this realm.

To maintain the purity of our Creator State within the Now, we continually let go of the lower level entanglements throughout this process. As our

accelerated timeline and new gridwork unfolds, you may notice its affect in your own lifestream, even if you are not actively participating in the Ascension process. Wayshowers are holding a huge space for the collective. It is a very intense passage of Mastery, let us focus on the task at hand. Open your hearts to welcome a wave of new consciousness, and the embodiment of Christ consciousness. Choose your Timelines wisely.

Reminders for the September Wave Unfoldment

Triple Eclipse finale: September 16 at 11:54am PDT (Full Moon/Lunar eclipse). The power of threes. Assist Gaia with stability; Gateways will be open wide for transformation. Keep your heart and thoughts clear and focused on Ascension.

September 22 Equinox: The Equinox lands on September 22 at 7:21amPDT. This is the Gateway opening for the new level of consciousness. Honor it properly, be outside on Gaia as much as possible. The SUN and Gaia will have a strong bond during this Gateway, and our intentions for balance, peace, harmony and Ascension will be greatly amplified.

September 26 -29: Our Third Wave of 2016. This is our strongest influx in decades. Be excited, let's do it right! These photonic frequencies further accelerate the activity of Ascension and will continue to flow in for several weeks. You may have noticed the Light does not step down in between waves any longer. This is a good thing; we are able to maintain higher levels of light without integration periods as in the past. Each wave this year has raised the light level dramatically, and accelerated the Ascension. The purging, revelatory activity continues to build to compliment Source's command for order, harmony and Ascension.

September 30 New Moon: Completion of Gatework for this wave. Aho! Infinite Grace and Blessings upon Humanity, the Kingdoms, Elementals and Beloved Gaia during this powerful and challenging phase of our Ascension. We are completing an incredible service to this place and beyond.

In Love, Light and Service,

Sandra

Divine Focus: Welcoming the Third Wave

Sep 20, 2016

Blessings Beloved Light Tribe,

Our third wave of 2016 is beginning to crest, with its initial frequencies heralding the New. Gatekeepers and Gridworkers have been busy for weeks, Gaia and the new grids are responding already, and we are prepared for the new arrival next week.

This is an influx of highly charged pure light which takes us to a brand new level. As always, vibrational match is key to your experience of it, however these frequencies are aimed at assisting an accelerated timeline. For the Ascension Tribe, the veils are thinning again and our realities feel more surreal than grounded. As we have learned from the two earlier waves, that is typical for these wave influxes this year. This one involves a timeline shift, so our focus is needed more than ever.

Gaia is, and will be, continually releasing codes through the new grid systems which are of a Solar-crystalline nature. It is triggered by the incoming light level, and Gaia responds to it just as our bodies and DNA are triggered to activate dormant codes during Ascension. This is preparation to receive much higher levels of Solar light. The September wave is a big jump in that process, and we are receiving an accelerated timeline to compliment that process, simply because we are capable and consciously requesting it.

It is the task of Gatekeepers, Gridworkers, Wayshowers and any Lightworker in Service to welcome this new light with humility, integrity and the Divine Love which it deserves. This level of light is a Divine gift to HUmanity. The groundwork has been laid and the Gateways have been opened for a brand-new experience; a leveling up of the Ascension process. It may not be apparent to the collective; the external realities are a terrible compass for what is actually happening, Beloveds. This passage was always meant to have many distractions and triggers; realize that can be as merciful as it is manipulative. Some vessels are not wired for change, some are meant to loop in a reality until its extinction. Take note that is not the responsibility of the Light Tribe to monitor, watch or participate in the dissolution of old realities. Focus on the divinity, purity and new experiences available to you in this now moment, and the acceleration will greatly assist your progress.

Experiencing the Accelerated Timeline

This passage of Revelation allows your unique skills to step forth. This is a moment to be creative and free your heart as the old energies which restrained creative endeavors, creative thought, and unique expression drop away. It is also important to honor each other's intuitive guidance with the changes happening within you. Some of you are veil-lifters and have the ability to assist others in seeing this new reality clearly. Some of you are natural gridworkers and have not explored that aspect. Some of you desire to create new ceremony or gatherings and have not done this. As uncomplimentary timelines collapse, the old light constraints about spiritual expression no longer apply.

Most notable will be a tremendous expansion within the heart center. As the crystalline structures activate within your body, their vibration can begin to match the incoming photonic frequencies. This prepares the physical vessel to transform itself into a conduit for the Christed Self. This is why many of you have been guided to let go of anything unnecessary. The Christ (Crystalline consciousness, Unity consciousness) has very different preoccupations than the lower Self. It functions as Oneness. During these transformational phases, it needs your attention.

Revelation, Revelation, Revelation

There are so many beautiful surprises and revelations available to you, Beloveds. Watch your response to the unfoldments as they present. Welcome every change, every shift, every revelation, every disclosure with your higher wisdom. Our collective and individual realities are very complex metaphors, and highly creative. Appreciate what Source has created with this particular brand of Ascension experience. See all of this from the cosmic perspective; the timeless immortal perspective of what is occurring on this planet. Entanglement with the lower realities, judgment, or attachments to beliefs of the old Self cause pronounced mental, emotional and physical issues as the light increases. Embrace responsible creation through higher choices. Fill your hearts with joy and gratitude that these new realities have been designed on your behalf and are now readily available for you to experience. Many Gateways are being opened as others close; keep moving forward.

Personal Note from Sandra

I AM filled with humble gratitude to experience this beautiful leveling up and final Gatework as these waves of light enter our consciousness. Solar and Gaia Gateways will be opened on Equinox and the crest of the wave arrives September 26, extending through the 30th. This is a purer crystalline-based frequency which is aimed at consciousness shifts. Remember this even as your physical realities begin to feel somewhat surreal, and the body adjusts to keep up. Our visions and councils are reflecting this influx already; everything is aligning in Divine perfection. Keep your focus on this intention. We Love You, We Bless You, We Thank You.

I will be focused on Gatekeeping through September 30. Join us for the [Wednesday Unity Meditations](#) to assist Christ consciousness activations through the HUman heart grid. Thank you in advance for co-creating this acceleration of our Ascension. Have a blessed Equinox and may all hearts open to this sacred and profound wave of Divine Light!

In Love, Light and Service,

Sandra

Frequency Shift: Acceleration of Divinity

Oct 8, 2016

Blessings Beloved Light Tribe,

Yet another higher frequency entered yesterday, open your hearts to its transformational light. Feel into its calming effects, it's like a light spa; let it wash away the turbulence of last month's timeline shift. We learn to be responsible creators of our future trajectory right here, right now, in our moment by moment choices. Let this light comfort and rejuvenate you, Beloveds. Your realities are becoming much more multidimensional, and with that come anomalies, phenomena and sensations of expansion that are brand new to our collective – and personal – experience. Do you see how unified we are with this unfoldment, beloved Ascension Tribe? I do hope you can appreciate the experience of becoming one with all that is.

The Last Seal is Gone

Gatekeeper and Gridworkers involved in the removal of the last seals completed that task prior to the third wave. The entire operation was brilliant and intense, Beloveds. In brief, this affects political structures, the Divine role the US has in Ascension, the Melchizedek order, the collapse of old timelines, clemency scenarios, the removal of negative Atlantean tech tied to DNA lineages, and activation of brand new crystalline levels. Much has been on the bargaining table since August, as this wave's effects were anticipated to be the most powerful to date. That's all I can reveal at the moment about this splendid multifaceted operation.

Thank you to every Pacific Rim Gridworker who found themselves called to the East coast and Europe in September. The grand clearing through the old Atlantean vortexes after the wave entered allowed the accelerated timeline to fully anchor. It also involved the removal of blockages to the global Ascension process, so expect to feel a more refined level of light. This wave, like the previous two, continues for months. Technically it is a Galactic stargate, and many of you are having Cosmic visions of going through the Gate. As always, these are evolutionary changes to our consciousness, and we stay present with the energies as our embodiment accelerates.

Purity, Take Over this Journey

Personally, my state of consciousness is expanding into a state of purity that makes it difficult to write all of this down. As I merge with Higher levels of light, the experience of oneness is taking over. Ironically, it provides consistent visions, intel, council meetings and a wider range of races (lots of new faces to learn); all of those beautiful encounters and experiences we love to share in this Tribe. I AM experiencing a new level of liaisonship as the veils drop between us. Mount Shasta was a great training ground for interdimensional communications, and this journey to the crystalline Ark has been profound. There is so much more to all of us than we realize.

Kindwhile, I will be in Boulder, Colorado next weekend. Saturday, October 15 is our Full Moon Gateway (one of our dates from the 2016 download list, hearts up). Lauren Galey is creating a gathering, please help her out if you have space and Tribe in the area. Everyone is exhausted, however laughter, hugs and collective sharing are good medicine.

In Love, Light and Service,

Sandra

New Moon Weekend: Let the Inner Light Prevail

Oct 29, 2016

Blessings Beloved Light Tribe,

I had a visit from a huge White Horse and white foal in dreamstate last week. The Mare circled me, wild and free and joyous. Then she allowed me to pick up and protect the foal as trucks and people came closer with busy-ness. The three of us went through several doorways, then I held the foal in my lap as it slept peacefully (it was very small, a newborn). The experience was so lucid, so beautiful, and contained strong medicine symbols for Ascension, Trinity, Christ consciousness, removal of the old, arrival of the New.

Hearts up for the weekend Gates: October 29-31 is on the radar. Create responsibly, please. Polarities reach extremes during this passage; parent your attachment/engagement with them. Finding our voice and true power presents in stronger ways. Be wise about what lessons are presenting for you individually, and for the collective empowerment. Use your skills to assist rather than divide.

New Moon SUNday holds emergence frequencies; a great shifting opportunity for those on the Path to find the authentic Self and the Next New unfoldment of your personal journey.

I will be in Zion National Park opening Gates during this passage (how perfect). More work in Nevada after a brief visit to the North Rim of the Grand Canyon. What a powerful phase this is for all of us, I wish you all the love and divinity this passage has to offer.

In Love, Light and Service,

Sandra

Embracing the Acceleration: Potent Conversations for Focus

Nov 11, 2016

Blessings Beloved Light Tribe,

A blessed 11.11 Gateway to all. Today is a perfect opportunity for creating individual and collective unity, peace, and opening to a Divine activation of multidimensional aspects of your prepared DNA. Be sure to get out on Gaia, crystals to connect to the New Grids, meditate and amplify the New Light. Remember the High-Vibe collective has tremendous creative power in these dynamics. Direct your energy properly, Beloveds.

I AM sending everyone love and strength – and very direct messages – during this unfoldment. Below is a video version of the conversation with John Burgos from Tuesday. It contains potent advice and self-examination for Ascension preparedness. Hopefully more will listen to the consistent direction of LOVE, vibrational match, and responsible co-creation.

Remember the October message from Lord Melchizedek when he showed the capitol building murals being painted over in white; this wave is purifying political systems, and that is not an easy task. Make it easier on everyone by denying worry/fear/doubt any access to your consciousness. Let the light do its work, and support the acceleration in its mission by staying on track and focused on Ascension.

A Special 11.11 Broadcast

Lauren Galey interviewed a few Wayshowers (including myself) to give the higher perspective on what is unfolding. I was surprised to hear that so many are troubled by the election, so my input is very direct. Remember the old light has no power with these waves of higher frequency; all it can do is coerce Creator Beings (HUmans) to create negative realities. The 3D illusion has been recreated by HUmans for years. It is the collective unawakened and the easily swayed who keep the old realities running at this point. As we have stated, and continue to remind the collective, pull back and see the overarching higher plan rather than watch the old realities die off. You know how consciousness works by now, yes? Any participation in negativity makes it last longer.

The solution to disempowerment and manipulation is, and always has been, Ascension. Consciously choosing Love, Higher Light

dynamics, Divine Empowerment, Unity and New Now possibilities expands us beyond the influence of lesser agendas. So many are experiencing the bliss and ecstasy of Self-realization; our vibrations level up faster than ever. Spiritual maturity and the higher vibration dominate the collective reality now, and everyone must embrace responsible creation. It is possible to raise the collective by quantum proxy. Be the solution. Now.

Link to the Friday broadcast [HERE](#) at 3pm PT

Video of *Beyond the Ordinary* show, a potent light-encoded conversation with the key questions of Ascension preparedness and the Now energies is [HERE](#).

All is incredibly well, Beloveds. Breathe, have patience and direct your intentions well.

In Love, Light and Service,

Sandra

Ascension Preparedness: Questions for the Path

Nov 18, 2016

Blessings Beloved Light Tribe,

We are in a purposeful and profound passage for our Ascension. The consistent reminder has been to forge ahead with the creation of the New, rather than watch the old realities burn. Remember this, as entanglement in the illusions playing out become challenging for the unawakened (and for some on the path as well).

Many are attaining the goals of their Ascension process, which co-creates new realities to be available to the collective. This is an act of Wayshowership; blazing the paths which others may follow by choice. Our experiences are Divine, and often bizarre, as we expand the parameters for our realities. We continue to expand into new experiences, consistently releasing the grip of the old illusion. The past is disappearing. Time becomes very fluid as the emotional attachment to the past or the future dissolves. All becomes the Now, in order for us to become pure conduits in the Now of absolute Presence.

Be the Gatekeeper of your own Heart

To prepare for a new experience in the higher realms of consciousness, we apply core Ascension principles in pursuit of Divine Neutrality and Pure Service. This keeps us open and aligned with the New as it presents. Every Soul has an agenda for their Ascension, which often depends on how awakened the lower Self becomes along the journey. Once the Lower Self consciously chooses to participate in an Ascension process, the journey accelerates to accommodate higher and higher levels of consciousness. Willingness and active participation keep us available to the New as the Shift progresses.

The key to every Christic Ascension process is Love; the frequency of pure Light and its application across the multidimensional realms of experience. We are consistently challenged to raise our vibration, the level of photonic light within our cells, fields and Heart center throughout the process. So how do we know if we are accomplishing what our Soul set out to do here?

Questions for Ascension Preparedness

The following Mastery questions serve as a guide or gauge for where we are in our process. These are questions which every initiate asks themselves as they level up and prepare themselves for Ascension. The answers are a deeply personal experience; take care to meditate on them, feel them, and adjust your path where necessary.

Do you love and honor Source/Creator/God completely, realizing that Self-Love and Source-Love are One in the same, and express this in every thought, word, deed, and interaction?

Acknowledgment of the Creator, and yourself as a fractal of that, ends separation. Experiencing reunification is a profound, glorious sensation; this is not a mental exercise. Your heart opens completely to serving and honoring that which joyously creates all that is.

Do you honor all of creation as reflections of Source? This includes the kingdoms, elementals, Gaia, Humanity, other beings, races, timelines, positive or negative experiences ... all of it.

Do you see the big perspective and respect all experiences and creations, regardless of how they appear to the lower Self? This heals all that has occurred here, both individual and collective journeys.

Do you love your neighbor as yourself? (The lesson of Unconditional Love)

This classic question challenges us to love one another as a primary function of Divinity, and a key to the Gateway of Higher existence. However it also demonstrates a full comprehension of discernment rather than judgment. Judgment is the dualistic habit of deciding what is right/wrong, good/bad, yes/no. Discernment utilizes wisdom to choose what serves the highest interests of all concerned, including your own Ascension experience. The lesson of Unconditional Love demonstrates whatever is within shall be reflected in your external reality. The Universe of Ascended SourceSelf you are creating revolves around the pure vibration of Unconditional Love.

Have you surrendered all old operating systems of duality; the lower dimensional negativity, fears, doubts, belief systems, repetition, personal akashic and collective past?

*This is a question for dimensional-shifting preparedness. Many are addicted to the old reality, old beliefs, old fears and use it as their default experience. When you disconnect from old programs, your reality becomes a completely different experience. There is a profound sense of freedom, and a tremendous clearing of cellular structures, which opens us for DNA transmutation. This is the *Walking in this world but not of it* state. Review your remaining entanglements and agreements. Your lifestream is energy – monitor where that energy flows; Do your thoughts, activities, purchases, conversations, relationships flow to the New structures rather than the old?*

Have you unified with the mission of your Higher Self, choosing Ascension as your primary goal, exercising your higher wisdom and Divine Love in every situation, every challenge?

*Ascension is a choice. Are you actively challenging yourself to connecting with your True Self, being the Presence of Source, willing to speak your truth, feeling and expressing the divinity emerging through all expressions of Self? This is a feeling – it does not matter if you cannot *see* your Higher Self. Knowing oneself and exploring the True Self's desires and path is a sensation; an intuitive, feeling state of beingness.*

Are you completely dedicated to Service to others and the mission of Divine Love?

Divine service activates the Creator Self, pure Love, and releases the old dogma of martyrdom or savior dynamics. This is dedication on a cosmic scale; you experience freedom from the waiting game, engaging with Divine patience, neutrality, highest interests of the collective and Gaia, and an active participation in the creation of new realities. At some point in your journey, Service to others and Source will be the only thing that makes Sense.

Maintaining Focus on Stability and Expansion

The questions are intended to give perspective on what is being accomplished here on Gaia. They are basic to the Ascension process.

With the distractions of the current frequency influx and timeline shifts, it is good to realign with the higher intentions often. We focus on stability to balance the collective angst, we send forth more LoveLight and Unity to raise the collective into the New realities available.

Our next influx – still part of the Third Wave structure – is from November 25 – 29 and operates like a cosmic trigger. Triggers are opportunities for unified action – let us focus as One to assist the collective and Gaia. Lightworkers, Gridworkers, Gatekeepers; we will be receiving DNA-shifting frequencies and anchoring higher levels of these accelerated timelines which will flow through the end of this year. Meditate often, balance the holiday distractions with Divine Focus and pure intent. Apply the questions to your lifestream and adjust quickly, there is much occurring behind the veil to assist those in alignment with Ascension.

In Love, Light and Service,

Sandra

Cosmic Trigger: Assisting the Acceleration

Nov 24, 2016

Blessings Beloved Light Tribe,

A **Cosmic Trigger** passage is upon us, with the energies beginning today (Thanksgiving here in the US), and peaking on November 27 (SUNday). This provides additional support for the accelerated timelines. Alignment in thought, word and deed with the higher experience of Divinity, Purity, LoveLight and Ascension is key. There are deep shifts occurring in our consciousness and lifestreams; be sure to honor the new direction as it presents.

Currently I AM in Mount Shasta after three months of travels and gridwork. It feels surreal to be back here, like visiting the past. Obviously I have gone through several transformations in my travels, and it feels like the travel has not ended yet. I AM still being very present with myself and my journey; simplicity is key as these passages unfold.

Cosmic Trigger: Collective Activation

All **Gatekeepers, Gridworkers and Lightworkers in Service**; we will be getting out on Gaia to receive the incoming Solar codes and DNA-shifting photonic light. We focus on peace, stability, and the highest good for HUmanity. As conduits of pure light, we watch the effects of our unification; the purification and revelation energies are intensifying. The principles of this photonic light – order, harmony, evolution – penetrate everything. Let it purge your lifestream of disharmony, especially as we experience a great disconnect from the lower realities. Our choices are powerful now; be sure to use this trigger to call in pure LoveLight to yourself as well as Gaia, kingdoms and elementals.

The **two etheric bands of light** around Gaia may present in your visions and meditations; these are part of the acceleration, and preparation for the Solar transformation. Let them be, let them do their work.

Breathe, Release, Breathe

As anxieties rise and fall in the collective during this powerful passage, I wish everyone alignment with their Truest Highest aspects. The inner world and outer world seem very different; it can feel like Creator

observing the creation. Remember that things are not as they appear to most; keep the cosmic perspective on the unfoldments. Source has created and un-created many worlds, many realities, many beings, planets and Stars. Our Ascension is a beautiful process which appreciates all aspects of Source, even as some creations dissolve. Non-judgment is Mastery; let love and compassion command your consciousness.

Your focus is greatly amplified during this passage; let us call forth the beauty, love and creativity of the Ascension with ease and grace.

In Love, Light and Service,

Sandra

A Sacred Passage for Transformation

Dec 6, 2016

Blessings Beloved Light Tribe,

Our December – January passage of renewal and rebirth is upon us, and the acceleration presents opportunities for profound experiences in our Ascension process.

Perhaps you have felt this since September's wave: *Something else is going on*. The background energy for our experience is changing, creating a platform for a new experience. New creations are emerging as the old collapse, and it is a sacred passage of patience and unity. Let the New be revealed, rather than attempting to steer it in a direction which may not serve. We are engaging with higher trajectories which favor peaceful, neutral Creator beings willing to serve as conduits of this Divine Light influx, in order to let the Christed mission unfold.

The accelerated timelines continue to overwrite and dissolve lower timelines and lesser trajectories. The fascinating (and lucid) experience of the emerging new trajectories for Ascension is brilliant. The more open we are to expand into these new realities and have this experience on behalf of the collective, the easier this deeply transitional phase will be for all concerned. Let us hold the LoveLight high as many become distracted by the holiday busy-ness. The December – January influxes are a deeply sacred passage. We are co-creating the highest possibilities of this acceleration with our Higher Levels.

Effects of the Accelerated Timelines

The highest possible outcomes are of a much higher vibration than our old reality. Accelerated timelines release, dissolve or overwrite lower vibrational timelines by quantum effect; the higher vibration always raises or eliminates the lower. When the HUMAN collective chose to engage with the accelerated (higher vibrational) timeline experiences – and there are many, hence the timeline fluctuation right now – it allowed for many individuals to release their lower Self templates, and take on higher trajectories (possible outcomes) for their Ascension. The collective trajectory shifted, individual trajectories are shifting, and now we have a Divine opportunity presenting as the lower timelines burn themselves out.

Sacred Geometric Templates of Source-in-Form

In order to merge Higher and Lower Self during the Ascension, the old template of Self will be surrendered. The old is not a vibrational match for the new experience. Some leave form, some are able to transition while in form. Old template drop-off occurs when you complete that part of your journey; you learned the lessons, cleared the fears, and the old reality no longer applies. You exhausted the applicability of the old Self. New templates enter immediately, however with the density it may take the consciousness a while to grasp what has occurred. It will feel both Divine and disorienting until your inner compass aligns with the higher trajectory. This new template level began in 2015, however many had a dramatic shift with the September wave, because your Soul level chose to jump onto the new trajectory of the new timelines available.

It will be clear to you that the old template is gone. Attachment to the past, who you were, the future/where you were going, identity, egoic structures, all drop away. Memories may remain, however the entanglement or emotional vibration is gone when you revisit the past. The same occurs for future concerns or predictions; we are becoming very Now in order to become conduits of Presence.

This step of the old template dropping off and the new one stepping forth are felt deep within the psyche, emotional body and physicality. You won't be able to re-create the past as the Higher Self takes command of the journey through this new template. While it is a challenging or confusing experience for some, the High-Vibe Tribe is creating a stabilization effect which will assist many on the path.

I AM not the same person. This is not the same reality.

You may remember my Equinox experience of *I AM forever changed*; a sensation which happens often in the Ascension process as we level up. A new creation emerges as we unify with our Higher selves, thinning the veils between the larger Cosmic awareness and our in-between-worlds holographic placeholder Self. Respect this phase of the process and be here, Now, in the absolute present where all of our power resides.

Our new templates contain sacred geometries which affect these realities as they receive the higher light during this sacred passage. It may feel quite bizarre, blissful and transcendent. Understand that the

consciousness shifts underway can confuse the body and its senses, because it feels like it is leaving. That is a DNA-driven sensation; the sensation of home within the heart and cellular structure. We must be open to experiencing life as our Higher Self, which is very different from the old Lower Self existence. There is so much more available to us right here, right now. Limitations fade away, freedom coaxes us to stretch our wings. Willingness is key to Wayshowership; we create pathways to allow others to experience these phases with more ease and grace.

Crystalline DNA in the Now

A potent influx of Divine Light arrived with the cosmic trigger/solar flares last week which assist us in Ascension preparedness. Light frequencies are now available – and will continue to penetrate the collective – to assist our DNA as it attempts to shift our form to a state of higher consciousness. DNA is key to shifting the form to a new experience. Currently our DNA is receiving a much higher level of photonic stimulation, which triggers codes of Ascension and embodiment of pure Source light (Christ/Unity consciousness). This is why so many are experiencing the *phasing out* of this reality, as well as the revelation of new realities.

As you command your DNA to activate and rebundle, the new physical template begins to resonate with the higher accelerated timelines, and new experiences can be anchored in your consciousness, and makes them available for the collective. Kindwhile, your DNA is flipping between dimensions, providing a new experience for the body and mind. The blinking in and out of different states of consciousness is a widespread sensation. It can feel disorienting, frightening or fascinating depending on your perspective.

Light Servers, Indeed.

Keep yourself aligned and in a state of peaceful reception, because the Solar and Gaia code delivery will be frequent but unpredictable. Influx dates are below, however they cover most of the second half of December. Connect with the SUN, Gaia and your Teams and call in the next level of our Ascension, Now. Many will be receiving higher levels of the photonic codes, which are already available, as the Galactics and Masters experiment with weaving this light gently, steadily into the collective consciousness via pure conduits. It overrides the programs stepping down the light, so expect it to feel very new, very different (and

very brilliant!) To you, dear Wayshowers, we send our love and strength as you inhabit new realms of consciousness on behalf of the collective.

Assist the DNA and New Realities to Step Forth. Some guidance for the December – January shifts:

- Meditate or be in the stillness twice a day, receiving pure light without the interference of thought patterns. This will greatly assist the DNA and repatterning of your consciousness into its new template. Align with the stillness of Source.
- Align and transmit LoveLight to your cells, DNA, energy fields and all of creation. It aligns you with the incoming light.
- Open, expand and light up your energy fields, body and Ascension column often. Stay open.
- Exercise your Meridian flows: Daily Yoga, Tai Chi, Qigong, movement, dance, circuit balancing, or walking at minimum. Consciously assist the body with integration.
- Get SUN light, preferably while barefoot on Gaia whenever possible to anchor the Solar aspect into the grids. Remember that HUman hearts are part of the new grid systems.
- Hydrate; Activate your water and program it to assist you
- Cleanses and fasts assist with receiving maximum light.
- Visit your bodyworkers; our bodies need to catch up with the acceleration.
- Be present and patient with the unfoldments: Be here, Now, to experience Christ light activation
- Actively participate in Unified Intentions for Peace and acceleration
- Participate in gridwork with the New Grid Systems; our focus is activating the Solar aspects of Gaia's energy lines, the new grids and crystalline grid as Gatekeepers open pathways through Solaris.
- Share your expanded new experiences with your Tribes or etherically to the HUman Heart Grid.
- Bind anything attempting to negatively control or manipulate Ascension away from this planet and back to Source (do not dump anything on the grids or crystalline grids – go direct.)
- Maintain focus on aligning with the incoming (much) higher frequencies of Divinity, Purity and a much stronger level of pure Photonic light. Breathe it into the Heart center.
- New Guides, Old Friends: Expect shifts in your guidance teams. Some ancient friends and guides are stepping forward, as those who have completed their contracts with you may now move on.

Plasma Visions and the Bands of Light

Last week during Gatework I had a vision of standing on a beach, clothed in a seamless garment of white, sending huge sheets of 6D pastel rainbow plasma through my hands into the sky, like a protective barrier. I was told this is preparation work for the Solar influx, and the Pacific has been presenting strongly. Also, I AM still seeing the two giant sparkling etheric bands of light around Gaia, beyond the crystalline grid, which I mentioned before. They move position often and eventually will assist with the Solar transmissions and Gaia's transformation.

Gatekeeping and Gridwork

Gatekeepers and Gridworkers: If you are guided to participate in the escalation of Solar transmissions, focus on the Solar aspect of the new Grids. Golden, crystalline, diamond, platinum rays flow through us and light up these new areas. Older vortexes that feel stagnant or dense are still in clearing phase.

Connect with the SUN often, request the highest levels of light to be delivered to us, through us, now, in the highest interests of all concerned. Crystals in the ground, and surge the light through the crystalline grid, New Earth grid systems, HUman heart grid, Solar grid vortexes, and every crystal placed by a Lightworker.

The Sun is beginning to deliver very high frequency light codes to Gaia and HUmanity. Our unified activities always assist, when we act as the One beingness we truly are. Many are still honoring the 12-12 and 12-21 dates for unified intentions of Peace and Light, so they continue to be excellent gathering times.

Our opportunities for receiving/anchoring energetic influxes are December 15-16, 25-29, 31 and January 1-3. Gridwork, Gatework, Meditations and creative ceremony are optimized during these passages when Galactic Gateways are open. These are excellent passages for receiving the DNA-shifting frequencies as well.

Unity Meditations are now on SUNDays

We were guided to move the Unity Meditations last SUNDAY, a potent switch as the Standing Rock protest reached resolution. Every time we unify, the accelerated timelines stabilize and the lower experience will be affected. We ask that anyone dedicated to Global Peace and Ascension participate on SUNDays.

Infinite blessings to all of us as we embrace the acceleration with open hearts. May we learn to utilize the Divinity of our New Self with ease and grace.

In Love, Light and Service,

Sandra

Gateways of Transformation: New Realities Step Forth

Dec 23, 2016

Blessings Beloved Light Tribe,

This is a powerful consciousness-shifting passage, and the next two weeks will be quite potent. Many are already receiving higher levels of the photonic codes, as the Galactics and our Higher levels weave this light gently, steadily into the collective consciousness via pure conduits.

Gatekeepers and the Galactics have called forth the influx of dimensional-shifting, consciousness-shifting frequencies which will affect those choosing Crystalline/Christ/Unity consciousness embodiment. This is why so many experienced a powerful clearing during the last Gate (December 15-16). While the light hit the physical structure hard (most likely your right side, as a physical representation of the release of the old patriarchal structures), it prepared us for the massive influx we are aligning with for the final Gateways of 2016. We continue to open these Ascension gateways and the Solar aspects of the grids and Gaia. Feel free to call this forth and add your permission/intention to this acceleration.

Acceleration of Embodiment

I had a strong vision and download of how DNA creates the shifting of personal and collective timelines and realities. This included a splitting effect as well as simultaneous dimensional experiences. Solar Cosmic Christ embodiment includes an awareness of all dimensional aspects of Self, as well as a reunion with Source consciousness. DNA creates the bridge between Higher and lower Self via the vibration of unconditional LoveLight. It is also capable of creating a pure conduit of the I AM Presence and Pure Source Consciousness in form, which is the goal of this particular Ascension experiment on Gaia. Radiate love from your Christed Heart center to your DNA and all of creation – often.

The consistent reminder of creating the New, focusing on the New and what we desire for New Earth and HUmanity is reaching fruition. The higher realities which we co-created are revealing themselves, and the coinciding levels of new consciousness are presenting. If you are willing to surrender to this level of love, light and service, let it transform you.

The Light level influx depends upon available conduits for crystalline embodiment (the ability to allow the much higher vibration of the Higher Self and Solar aspects within form, with complete integrity, HUmility and grace), as well as our collective ability to receive and comprehend what is unfolding. This is a Divine activity, and the chaotic affect on the lower realities is a side-effect. Feel the emotion of it as it presents for you, release and clear as needed, and know that alternatives are manifesting quickly as the intention, magnetics, and incoming light merge to create Ascension.

As the embodiment phase accelerates, it triggers codes in the collective consciousness for a rapid quantum activation of crystalline consciousness. It feeds the light through the HUman heart grid, Gaia's emerging Solar Self, triggers ancient Solar sites and the Solar aspects of the new Grid systems. In brief, it unveils the New Earth. Our focus now is to be willing participants in the reception and creation of these new realities, new states of consciousness, and make them available for all who choose this path.

Keep yourself aligned and in a state of peaceful reception, because the Solar and Gaia code delivery will be frequent but unpredictable.

Connect with the SUN and Gaia's new grid systems often. So much work was completed on this in 2016, and now we know why. We are not only poised and ready, we are co-creating brilliance with the Higher realms. Command, decree, request, pray that the highest levels of light to be delivered to us, through us, now, in the highest interests of all concerned. Place your quartz in the ground, and surge the light through the crystalline grid, New Earth grid systems, HUman heart grid, Solar grid vortexes, and every crystal placed by a Lightworker. Every day through this influx.

Again, this is a Sacred passage of transformation, from December 25 through January 4. Our last Gate date from the list provided last year is December 31. Expect unique energies, consciousness shifts, and co-creations with the Higher realms, especially the Divine Cosmic Mother aspect, as this unfolds. Invite them in, utilize your spiritual maturity and step into this new phase of empowerment – Now. I AM honoring this passage by staying offline as much as possible, and focused on Gatework. Mount Shasta has provided visions of a huge light surge, and I AM staying very present in order to embody the Presence.

Leveling Up: Unity Meditations on Christmas and New Year's Day

The Divine Realms are strongly assisting us through this phase. You may have noticed the brilliant light streaming in at the end of the meditations; that is here to assist the acceleration. ***Donate 30 minutes of precious focus to calling forth the New.*** Powerful activations are available to us as we unify on SUNDAY, December 25 and SUNDAY, January 1. We ask that anyone dedicated to Global Peace and Ascension participate and anchor/experience these Solar and Cosmic Mother frequencies. Details and free mp3 [HERE](#).

Reminders for Optimizing the Influx:

- Meditate or be in the stillness twice a day to assist the DNA and repatterning into your new template.
- Send LoveLight through your activated heart to your cells, DNA, energy fields and all of creation.
- Open, expand and light up your energy fields, body and Ascension column often. Stay open.
- Consciously assist the body with integration. Calm, centered, rested, flexible.
- Get SUN light on your fields, even if sitting in a car or window in the SUN.
- Hydrate, use cleanses and fasts to assist with receiving maximum light.
- Visit your bodyworkers; our bodies need to catch up with the acceleration.
- Assist the New Grid Systems in activating the Solar aspects of Gaia's energy lines, the new grids and crystalline grid as Gatekeepers open pathways through Solaris (the SUN).
- Join the Unity meditations on SUNDAYS.

Infinite blessings to all of us as we embrace this Gateway and the brilliant unknown with open hearts. May we recognize the Divinity of all of creation during this potent holiday passage. Have a blessed Christmas and brilliant NOW Year to all!

In Love, Light and Service,

Sandra