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The Effect of War & Terror On The Planetary Consciousness

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As our nation and the world ponder war and peace, it's important to consider the effect of war and terror on the planetary consciousness. We are each beings of energy. Indeed, all is energy, as the scientists point out. Physicality is just vibration at a lower rate than, say, light. Indeed, if you look at a microscope at something "solid," like a rock, you will see the individual atoms at a high state of vibration. If you look even closer, you would see that the electrons revolving around the nucleus (as our planets orbit around our sun, and the solar system orbits around the central sun of the galaxy) "wink" in and out of existence. The most elementary bits of "matter" are both particles and waves, the physicists say, and they exist in more than one dimension, which cause them to appear to "wink" in and out of existence. So, in this matrix, we see ourselves as individuals: as separate bodies of matter, male and female, human beings, given life or spirit by our thoughts and motivations, our inspirations, our conscious thoughts and unconscious influences both perceived by our five physical senses and more. We are more, much more. But we live as we are taught and believe: that is our Dream Of The World. Each of our physical bodies is only the nucleus of our energy bodies. What we "see" with our physical eyes are the physical bodies. That is the most substantive of our bodies; we have energy bodies that extend out into space, too. In one way of looking at the energy body, as taught by Drunvalo Melchizedek, our energy bodies form the shape in sacred geometry of a star tetrahedron (or two pyramids inverted atop one another; see "The Ancient Secret of the Flower of Life," Vols. 1 & 2; Light Technology; Flagstaff, Ariz.; 2000). Since all that we think is merely a construct of reality, defining and defined by how well it "works" in the 3-D world, this models suffices. It includes the chakras of ancient lore (which can be scientifically measured as vortices in the body, emitting energy at different frequencies, or colors, of "light"). This energy body -- called the Merkaba -- extends 27-feet in each direction from wherever you are standing. If for example, the hairs "tickle" on the back of your neck, and you turn to see someone standing 20 feet away, you know that your energy body perceived the energy body of this other person in this dense 3-D world. It's your energy bodies touching. Similarly, if you see someone walking 100 feet away and you stare intently and the other person turns around to see who is looking, you know that your Merkaba extended to "touch" this person with the energy of your intent. The Merkaba is mutable. It also extends into other dimensions. How so? Consider what happens when you think of someone and, coincidentally, that person calls on the phone. Or, you think of someone and, lo and behold, you perchance meet that day. Coincidence? There are no coincidences. Consciously or not, we are always at any given moment sending out energy -- vibration -- into time and space. At any moment, our chakras (a Sanskrit word meaning "wheels of light") are constantly emitting energy which, in toto, transmit the state of our health and information regarding our thoughts, feelings, being, etc., through various dimensions of time and space. We each are oscillators of energy, driven by the giant oscillator in our chests, our hearts, which like a pendulum pumps energy in and out throughout our bodies, physical and energetic. Have you not "resonated" with someone? Felt a good or bad vibration from a person, place or thing? Just as we constantly send energy out into the universe, we receive energy. That

can be conscious or unconscious. We can find ourselves unconsciously affected by our environment -- a room, a person, a crowd; we can find ourselves consciously affected, such as by meditating or using the drum, calling in guides and spirits, Ascended masters, Christ. Our conscious minds are like radio dials. We can let them spin willy nilly, and be dictated to by our environment and various stimuli, or we can consciously tune in or tune out whatever influences we feel. Consider the radio: at any given moment, there are perhaps 1,000 frequencies that can be picked up. Yet, we "tune" the radio to receive, say "Mix 93" or "Easy Listening 104." That doesn't mean the other stations, some powerful, some dim or at a distance, aren't broadcasting. We choose what we "tune in" or we are affected unconsciously by what frequencies are beamed at us. If we choose to only see with our physical eyes and ears, we are groping blindly through life, vulnerable to "unseen" influences. We miss most of what the world has to offer or what we are capable of perceiving. This is why I advocate anyone interested in energy medicine get a grounding in shamanism: to open your eyes to "non-ordinary" reality, to see the "unseen" and perceive broader spectrums of the world, and universe. You can operate just as effectively -- more so, in fact, especially with the help and guidance of a spirit guide -- in non-ordinary reality, in other worlds, other dimensions, that are always there whether you perceive them or not, just as you negotiate walking down the street in your neighborhood in 3-D reality. It's all "there," or "here," all around us, all the time. In this mix of dimensions and people, places and things, seen and unseen, we are in constant symbiosis. We give and we receive; we do so consciously or unconsciously, whether we choose to or not. (In sacred geometry, it is the "tube torus" of the energy body, which acts like a vacuum cleaner, sucking and blowing out energy, and energetic debris.) That is why, in shamanism, we are constantly taught to be "impeccable," to be careful with our energy, where it goes, where it comes from, how we use it: what we think, do and say, for all is energy and we ultimately are uniquely responsible for every single action, thought, word and deed individually, for ourselves and our world. Thoughts are things. Energy follows thought. In this mix, we are constantly bombarded by ideas and influences, some positive, some not. As the world has been dominated by thoughts of war and terrorism, we have been finding ourselves struggling to keep equilibrium. But it is important that we do so. We must focus our intent and not be mere objects manipulated by others, in this dimension or from any other. What happens when fear-based emotions are unleashed is a cascade of lower-frequency energies. Just as our bodies and minds "lock up" in fear, our DNA locks up, shuts down; we are operating not as full and infinite co-creators with God, but as mere shadows of ourselves and our potential. If you fear and lock up the physical body, "holding" the tissues and cellular structure in a constricted form, instead of "passing through" the body, the energy becomes stuck within the even denser physical form. This in turn has the potential to contribute to the creation of physical dis-ease. It's much more difficult to remove dis-ease locked in the physical body than to remove it, say, through extraction, from the energy body. If the DNA is not locked up in fear, the negative thought form will simply pass through without harm to the physical body. That is why it's important when confronted with fear, to simply "breathe through" it; let it pass. There are 4th dimensional beings that feed on fear, pain and suffering. For them, the Earth is just one big cornucopia of life-sustaining energy -- life, for them, that is. It is based on our fear, our suffering, the pain of all beings on this planet, including the planet itself. They literally are energetic blood-suckers that seek to promote, then feed on, fear

and fear-based emotions. Consider them like mosquitoes, extremely manipulative, intelligent (of sorts, rather: malevolent) mosquitoes. Only, they come in various shapes and guises, from little ones that try to go “boo,” to big ones, reptilian extraterrestrials that for ages have sought to convince some human beings that they are all powerful (though, of course, they are not). They are particularly pesky critters; but the only power they have is the power we give them, through fear. Just as we have energy bodies, so our planet has an energy body. It is called “the logos.” It is the life-sustaining energy, or life-force energy, that we all need to survive. Its primary force is Ki (Japanese) or Chi (Chinese) that animates every being on this planet. How Ki is balanced within the planet sums up the general state of health of the planet and all beings associated with this planet: its “logos,” being, or its physical, mental, emotional and spiritual state. DNA is simply an energetic formula for patterning Earth substances (the minerals and elements our bodies share with the Earthly Mother) for living (Ki) manifestation in 3-D reality. It is the code (activated and latent) for “dust to dust” with Spirit, the spark of Divinity, existing temporarily, physically in 3-dimensional time and space. The daily functioning of our DNA and its evolution toward our higher physical self in Ascension is directly related to our vibratory rate, which is regulated by consciousness. How we modify our vibratory rate affects what we “bring in” and “send out” through our energy bodies to affect others, all beings, the planet itself. When we drum, for example, we bring our bodies in tune, in resonance, with the vibration of the Earth itself. It is a particularly long wave that tells birds how to circumnavigate the globe, how polar ice caps melt, where its proper place is in the concentric rings of energy that encircle the sun. In sacred geometry, it is a wave form called The Golden Mean (or at least, that’s how it’s expressed in 3-D reality). The Earth is in resonance with the sun; the sun in resonance with the central sun; our bodies in resonance -- or not -- with the Earth and sun through our hearts beating. Our minds may or may not be in resonance with our hearts; that, in essence, is the free will of consciousness, personality, and how we regulate our vibratory rate. When we are in resonance, in love, or open-hearted, with the Earth and all beings, we are one with all, at peace. We become instruments of the Creator, in the flow of Creation. We are light beings of the Universe in physical form: or, what we were meant to be here, spiritual beings in human bodies. Our DNA is open and evolving. The children being born today, as Indigo Children, have much more of their DNA “turned on.” When we are at war with the resonance of the Earth and all beings, we are locked in mind, in fear and separation. We “are” conflict; our bodies and minds are in conflict and we transmit conflict, as our world reflects us as we reflect our world. Our evolution is stopped, we regress, our DNA shuts down to reflect mere survival. So, it is with peace, and love, with oneness. If we “are” peace, we are at peace and emit and reflect peace, and become transmitters of peace. Others can resonate with us, as the force gets stronger, encompassing and overcoming the resonance of conflict, with the Flow of Creation. We and our world evolve toward Ascension. At war, in conflict and separation, our evolution is stopped, our progress halted, and it regresses to earlier forms; we descend into darkness, unconsciousness and become more physical than spiritual. With billions of human beings on this planet, and our life form the highest evolved (except, perhaps dolphins and whales), how we process energy has a powerful impact on the planetary logos. That is the general view. How does it work out specifically? America and the world seem at a crossroads: war or peace. That is, a choice between connection to darkness, pain,

suffering, separation, hate and fear, or light, compassion, healing, helping, sharing and love. Indeed, now is a time for prayer. For everyone. The numbers of people opening their hearts to pray for peace is staggering in their number and in the sheer volume of the energy produced. We should never forget that action follows thought, that all physical manifestation is the result of unseen energy, or intent, following through with action toward goals and desires. It's entirely possible that "critical mass" may be reached to carry the globe into Ascension in a few years, if this energy and intent can be maintained. We can be helped in promoting peace by using the Christ Consciousness Grid that encircles the Earth. It was created by higher evolved beings of light to help the Earth (logos, or the consciousness of the planet itself, or Gaia) and her people, all beings in physical relation, to transcend into the next dimension. We each can tap into this energy, both giving and receiving, for guidance, love, compassion and blessings, even miracles. We can create a reality of peace on Earth by joining our prayers using the Christ Consciousness Grid. Remember: Thoughts are things. In the 4th and 5th dimensions, where the Earth and all beings on the path of enlightenment intend to be in Ascension, manifestation is instantaneous. You think it, and it is – in the blink of an eye. That's one reason we are on this Earth school, to be taught what and how to manifest what we want and/or need. Sometimes, actually, mostly, our Higher Power, has a hand in what is presented to us as "reality," since our conscious minds (what is called "monkey mind" in Buddhism) are too fickle to sustain a reality or avoid chaos. In the 3rd dimension, here, on Earth, our thoughts creating reality are much slower and "heavier," stickier even. It takes awhile to create reality here, but it will be whatever is manifested by groups and individuals. It is our "Dream of the World." So, these prayer vigils and intents for peace are important and powerful (we each literally are gods and Co-Creators with God if we keep our vibration high, our DNA open and evolving). With that in mind, it's important to make sure that when we "pray for peace" that our prayers are effective; that is, what we intend. If our thoughts, prayers and actions are "anti" war, then we are not praying, intending and acting "for" peace. It is important that we strive to "be" peace. By that, transform/transmute thoughts and actions to peace in our inner world, sacred circles of family, friends, relations and daily activities, so that our projections of "peace" through prayer "be" peace, too. Peace, love, compassion, light, healing, growth, etc., all come from the heart, which has circular energy. It's right-brained thinking; it encompasses everything, and therefore has no anchor in outcome. It simply is and, therefore, becomes. If we use our left brain, which is rational, literal, straight-line, point A to point B thinking, in our prayers we are not fully utilizing the power of prayer. The intent, being straight line, is easily broken. It can be diverted or subverted or, even, used in a different direction from intended. Both are powerful energies and tremendous tools for manifestation. Both "work" in creating reality. But you will notice that all the great spiritual teachers who have walked this Earth, and the Ascended Masters who guide the destiny of those who seek guidance from them, use non-linear energy, or love, that is energy from the heart: compassion (which itself means "womb-like") love, which is all-encompassing. Using linear thinking in spiritual matters is the province of those who wish to manipulate reality to serve an end. It is ego-based even at its highest intent, since it places the "I" above the end. As in, "I want peace," because "I have decided peace is good," rather than accepting peace as part of the universal flow of Creation. If we put ourselves in the position of being an instrument of the Creator, allowing ourselves to be

“hollow reeds” of Divine light, love and compassion through prayer for peace in the World, then our full power as Co-Creators is used. There is no diversion, no weakening of intent, no way in which the power can be “broken,” because it is all-encompassing, womb-like love, that includes all – all who are, have been, and will be. It transcends our individual powers to comprehend, but “adds to” that unlimited power by focusing its strength in this plane. If we resonate the Creator’s power of love in this plane, we create harmony from chaos, positive love and light from even directed and intense negativity. Straight-line energy manipulation is no match for an all-encompassing circle of love, or compassion. We, hence, are not in opposition to others – even those who wish to manifest war, pain, suffering and hate – but encompass them, harnessing those energies for healing. We are praying “for” -- and, ultimately, “with” even those we “oppose” – peace for “all.” That is the power of the Christ Consciousness Grid, indeed, the power of Christ, as manifested by His life on Earth. We have an archetype, a pattern, to follow. We can sacrifice our “I” for the whole world in our prayers to achieve what Christ sought: to teach us and help us bring into our daily lives healing, compassion, forgiveness for all. We can do this – raise our vibratory level and keep the planetary logos evolving -- through our prayers of peace, in practicing compassion. By doing so, we are actively working at Healing The Earth/Ourselves. For Ascension, for the planetary logos and all beings: We share the pain that all feel and reject the hate in ourselves and others by committing to ease the suffering and heal the pain of all involved, to bring oneness, kindness and understanding to the loving hearts we share. Applying the separation and division of hate does not bring wholeness and healing, wisdom and understanding to anyone. We forgive the hate and polarity in ourselves that drives hate and polarity in the world. We see those who hate us as reflections of ourselves, our own actions turned against us. We realize that by giving away our pain and our anger, our want for retribution and revenge, that we are healing ourselves. We are giving away (for-giving) the cause of suffering on our part, our want to hurt others, which only hurts ourselves. We pray effectively. By that we do not ask that something to go away. We ask what may be and ask Divine assistance in making a positive outcome BECOME. We surrender to the greatest potential good for “Mitakuye Oyasin -- All My Relations” -- for the flow of Creation. Remember, there is no past or future, only ideas we cling to; reality is only the present, the stillpoint from which all reality arises. We should use every opportunity to use this power of prayer, for ourselves, others, our world. In our daily life. In set times for world prayers for peace. In any single moment in which we find ourselves at odds (at “war”) with the self, our world or those around us. It should be noted that just as there is a Christ Consciousness Grid, there is also a Satanic Grid that encompasses the globe, as well. There are those who feed this energy with their desires for ego-based realities, and it is fueled by suffering, pain, blood shed, and the like. It also directs those toward activities that fuel and feed mostly lower-4th dimensional entities that subsist on chaos, hate, war, etc. Some consciously support this grid and use it for their own purposes. Some are directed by it, usually drawn in by being unconscious or being motivated by the need for power or what they see as (ego-based) empowerment. Some people are simply used as tools to support this grid and those who connect with it for their own individual and group purposes. Remember, as “receivers” of energy, we are influenced both by seen and unseen energy, and those who would seek to manipulate us toward fear-based activities (hate, war, jealousy, cruelty, pain) will use both 3-D and

beyond energies to achieve their goals. We live in a world of polarity. There is black and white, short and tall, good and bad, though not always in the way we see them. By adopting judgment, it locks one into a position of action which could be self defeating. Remove the judgment, the words and actions that speak to this “right or wrong,” and we no longer have reason to live within this polarity. We strive for empowering action, not limiting action. Those who would manipulate us toward fear-based thoughts and activities will seek to terrorize us into reacting for ill, rather than acting for good. And “terror” can come in many guises, not the least of which is goading us toward war, through fear, by creating a society in which we are fearful and are fueling the idea that we have an “enemy.” Even though that “enemy” may be no more than a reflection of our shadow selves – what we project onto others that we wish to disown in ourselves. We must make sure that our motives and activities do not unwittingly support this negative grid or those who fuel it or are guided by it. Even if we feel “justification” for separation, fear, hate, anger and retaliation, we are only fighting what we project, what is within ourselves; we are “at war,” not “at peace” with anyone. As stated, there are entities in the lower 4th dimension that feed on fear, hate, suffering, separation and seek to promote it, as a feeding ground for energy. That is the “dark” side of polarity, of light. If war comes to this planet, with massive suffering, untold privation and agony, it could unleash incredible energies of hate and killing, creating a rift, or portal, into 3-D reality to let these horrendous energies come streaming in. The balance of light and darkness could be tilted toward the dark. And darkness – pain, suffering, retaliation – breeds darkness, more pain and suffering in a cycle of despair, lack, want, revenge, retribution and more The entire vibrational level, the logos, the balance of Ki, of the planet could be affected. The more negative energy produced, the more beings that feed on negativity will be drawn in and will try to promote even more negativity through fear. We do not need to feed these entities, or make Ascension for us and all beings on the planet, the planet itself, more difficult and further removed. War won't necessarily prevent Ascension, but it can be a definite deterrent creating obstacles to personal and planetary evolution. It is essential that however 3-D reality plays out (arising from collective consciousness) that each individual on the spiritual path not "shut down" but work to remain open and at personal peace. It should be noted that shutting down actually intensifies the triggers and markers (lessons, control dramas, conflicts, emergence of personal issues, healing crises, etc.) of personal growth or life lessons. In other words, what resists persists. Your unhealed areas, personal, family and relationship issues, physical, mental and emotional dis-eases, etc., will worsen if you do not accept this challenge of personal growth by rejecting fear and fear-based activity and further embracing openness and light. This crossroads of War & Peace, Love & Terror, while not the definitive challenge of humankind is a major Ascension Test for us each individually and collectively. Just as 9/11 woke us up and challenged our ability to forgive and see all humanity as one, the choice between the Chalice of Peace and the Crucible of War is a test of faith and impeccability for all beings. Don't shut down or sidestep your responsibility for personal healing, growth and development, regardless of what the 3-D world throws your way. As spiritual beings in human bodies, merely being here is a test -- and an illusion. The "world" can change in the blink of an eye, but the wisdom and lessons of our souls are eternal and inescapable. If all seems madness, remember, we can hold center for the unconscious and provide a constant beacon of light, if not selflessly for others than for our own

illumination. Ultimately, it is the same. Our world is holographic and one candle is all candles. The balance of light and darkness is equal, even if we stand only in shadow. And, where there is no polarity, in the mind of God, there is no light and darkness, only balance. The Creator gave us darkness as a means to see our own light. Even the anchor of darkness, Lucifer, means "bringer of light," loving us so much that this highest of the angels chose to epitomize hate so that we could perceive love. The forces of darkness and fear-based thought and action would have us only see darkness and succumb to it. As beings of light, it is our responsibility to walk in balance and uphold the light, even and perhaps especially if the darkness intensifies. Only by embracing and practicing forgiveness, compassion and prayer, by exercising all our modalities, and reaching beyond to encompass the dark and thereby dispel it can we progress. This is our challenge, our Ascension Test, for each of us, collectively and our world in planetary consciousness. The Chalice of Peace is female energy -- compassion, forgiveness, womb-like love -- that embraces and encompasses, offering us sustenance, nurturing and growth. The Crucible of War is a hard male energy of crushing forces that will break down all but the hardest resistance, offering the ephemeral polarities of victory and defeat, ultimately the same. We must be impeccable in our thoughts and prayers. The way to determine where you are "coming from" and where your energies are going is to "check in" with your higher power, your inherent wisdom. If what you are doing supports healing, growth and development, is guided by compassion and love, and helps others, you are on the right path. The key to your action must be "centered in my heart, for the highest good of all," with sincere prayers for guidance, and you will be directed. The Universe will support you. In prayers for peace, within ourselves, within our world, carefully monitoring what energy we project, in thought and action, we can transmute this energy for good. If we pray for manifestation of the will of Creation, for a reality that meshes with the positive good of all, that is heart-based, non-linear, compassionate and all-encompassing, we can achieve peace. We are not praying "against" anything, but praying "for" peace within ourselves and in our world, and for all. We can create peace as a reality. So, the choice ultimately is: Are we at war with the planetary logos or at peace with the planetary logos? Are we at war or peace, in love or in terror with ourselves? Are we aspiring for Ascension, the next higher level in Creation, for ourselves and all beings? It's our unique, individual choice whether to go to war and promote terror or be Healing The Earth/Ourselves, projecting and reflecting the Divine spark within each one of us. I pray that we are one.

Namaste! (Sanskrit for: "the divinity within me greets the divinity within you") Mitakuye Oyasin! (Lakota Sioux for "All (are) my relations") Shalom! (Hebrew: "Peace")
Lena, Miss. March 9, 2003