

Wholeness Makes You Irresistible

Anchoring Divinity: The Infinite Expansion into Christ through the Heart

You are divinity expressed in a human form. You are not the human form. You *have* a body but YOU are not the body. We identify so strongly with our bodies that we say things like, “When I die” instead of “When my body dies” or “The dog bit me” instead of “The dog bit my body or my hand” or “I’m fat” instead of “My body is fat.”

The human form is an amazing tool, a Divine gift that we can cherish and optimize. It is a highly advanced space suit that we wear to navigate this world. We get to experience amazing things in this life that wouldn’t be possible to experience without a physical body. Isn’t it worth it to optimize the human experience to the highest possibility, to feel and experience as much as we can with our bodies? In the grand scheme of things, we are only embodied in human form for a moment, so let’s make the most of our human moment.

I have discussed ascending your frequency, through using the various techniques and also through storytelling. The story is an attunement embedded with Activation Codes. Scriptures are written as attunements, and sharing stories as a verbal tradition of handing down the history of lineage, as most cultures used to do before we began writing them down, is a way of passing down the lineage codes from generation to generation. I have always been a storyteller, and I have always felt the activation codes embedded in stories. You can see the faces of your listeners light up when listening to a good story. Our voices are encoded with frequency, and a storyteller’s voice can completely change the receiving experience of the codes. Think of Morgan Freeman and James Earl Jones with their deep resonant bass voices that carry the frequency of sound right into the listener’s cells. For this reason, it is important to be mindful of the stories we listen to. Stories hold the power to bring us up or take us down. The news is overflowing with negative storytelling. Those negative stories can enter your psyche and your body where they can create chaos.

I turned the news off 23 years ago and I haven’t missed it. People tell me what I need to know, and the rest doesn’t penetrate my life and bring my frequency down. That is one way that I buffer myself from absorbing the negativity of our news culture. When I watch “programming” on a screen, I choose informational or uplifting content. I do not watch horror and very rarely dark comedy. Because even if you enjoy the thrill of it, it is penetrating you on multiple levels and then you bear the frequency of fear. The frequency of fear becomes embodied through watching negative programs, through stressful work conditions, listening to certain types of music, through familial and societal storytelling, as well as through the food you consume and often you aren’t aware of it. Then you wonder why you get sick, or why you have anxiety, or why you’re

short tempered. Thoughtforms are frequencies too and being around people who think negatively will inevitably have an effect on you. The good news is that you can buffer yourself from all of this negativity, and you can choose not to participate in it. If you want your frequency to be higher, start eliminating the negative frequencies from your daily life.

If you want to upgrade your nervous system to be able to hold higher frequencies, you must reduce negativity and surround yourself with more positive influences. Choose positive people and groups to be with, instead of watching the news you can watch informative videos or positive shows, or better yet go to live theater or art museums. Practice a hobby you enjoy, exercise, or learn something new. Eat high vibe food. There are endless ways to enhance your daily life without indulging in negativity. Protect your frequency.

I have talked a lot about the experience of bliss, spiritual ecstasy, and rapture. These experiences are now a part of my daily meditation ritual. You only need to experience bliss or an ecstatic state one time to know the frequency of it. If you have ever had a climactic peak bliss experience then you have already had an attunement to a high-frequency experience and you can use that in your practice. If you haven't had a peak bliss experience yet, focus on a memory of a time when you felt your absolute most blissful. Whatever reminds you of the highest sensation of bliss or ecstasy that you can remember is what you need.

Remember the experience of your peak bliss moment. What did you feel in your body? Your mind was probably shut down. In very high-frequency experiences the mind shuts off and stops thinking. You are fully in the present state of now, and the experience is all there is. Recall in every possible detail the feeling you were experiencing. Recall the vibration of sound, light, color, emotion, physical touch, and any other detail from the experience you can fill in. Now make an energetic memory imprint of the frequency. The frequency holds all of the information of that divine moment in an energetic vibration that you can memorize and *tune in to*, like a radio frequency. Make a mental and physical imprint of the frequency and store it in your body and mind so that you can return to it often.

If you have had multiple experiences of ecstatic states, you can do this for each one, or put them together in one big frequency container, a radio station that plays all of your bliss moments, and you can tune in to it in your morning and evening bliss ritual. The next step is to begin your practice. You may want to create a bliss setting for your ritual. I practice mine for thirty minutes before I go to sleep at night when I am already lying in bed. I play either high-frequency music or listen to a spiritual book on Audible or YouTube. You may dim or turn off the lights, make sure you are comfortable, and tune in to your Bliss station. This is a time you are setting aside only to feel and bask in high-frequency feeling states. Make sure you set yourself up not to be distracted. Turn off your phone and computer, close the door or put up a "do not disturb" sign. Use this time to expand yourself.

Tune in to your beautiful diamond heart center and practice feeling. That is all you have to do. Just practice feeling good. It doesn't need to stay in your heart center, let your *entire body* receive the feeling experience. Ask the Ascension frequencies to work with you and help you

feel more. If you notice yourself feeling afraid or shutting off to feeling more, practice surrender, and ask your body what it needs. Use the tools from the previous chapters to release your blocks. Do whatever you need to do to help your body feel bliss states. If a memory or an upsetting emotion comes up, great! Celebrate it; you just discovered a block. Whether it is a limiting belief, emotion, stored trauma, shadow program, or something else, work with it and go into contemplation, listen to it, ask it what it needs. Become the reporter and take a non-biased view and ask questions until you get to the core of it. Then release it. Feel it and release it. You have the tools to do this.

Here is the thing... the more you begin to feel, and the higher the bliss states you are able to experience, the more your old traumas and shadow programs will bubble up to the surface, because they can't stay buried in these high-frequency states. The higher you vibrate, the more they bubble to the surface as if you are boiling water and those old programs are bubbles- they must rise. And your job is to let them and release them. When you are in a high emotional state, it is much easier to forgive and release old patterns. Use this time to practice, and do not judge yourself if something dark shows up, accept it as part of the experience, celebrate it, and let it go, then go back to bliss. Practice this every day, and you will ascend your frequency very fast. Do the release work and you will be soaring through the cosmos of your expanded heart. You will upgrade your body and mind to receive and hold higher frequencies and higher consciousness. This work will lead to your spiritual gifts opening up, you will feel lighter, happier, more open and aware. This doesn't mean that you will never feel pain, regret, or negativity, but you will have the tools to recover much more quickly when those emotions come up. Whenever you get "pulled out" of your bliss state, tune back into your heart center and begin again.

You are anchoring Divinity within your body. Your body will upgrade; your mind will purify. You will release old ways of being and you will feel more alive, more yourself. You will begin to care less about what other people think and honor your own ideas more. Your creativity will skyrocket. Your relationships will improve, especially your relationship with yourself. And as you raise your vibration through these practices, *you will inevitably become magnetically attractive to your energetic match*. In love, in life, and throughout the Universe, all that is a match to your frequency will be irresistibly drawn to you. That's how it works. In anchoring divinity, you realize that you are divine.

Enjoy this expansion. Master your bliss. You are infinitely Divine!