

Twelve Solar Chakra Meditation For Ascending Humanity

People have been asking about the significance of the year **2012**, the so-called “end times” according to the Mayan Calendar and what will actually happen at that time. There is a significant astronomical event due to take place at 11:11am GMT on December 21st, 2012, which involves a close conjunction of the elliptic of our sun crossing at ninety degrees to the elliptic of the galactic centre - the centre of the Milky Way Galaxy. This event only takes place every 26,000 years and heralds the end and beginning of a new epoch. My belief is that what will happen depends on how humanity moves forward between now and then. Our destiny is in our own hands. We are fully empowered to create our own future. How much light can we bring into the world? How much can we love our fellow human beings and our sweet Earth?

I believe that we were provided with a twenty-five year window of opportunity, which began on August 17th 1987 - the so-called **Harmonic Convergence**. This event was marked by a particular planetary alignment that many thought would bring about massive change. Well, it did, but on the **inner planes** and so it wasn't obvious in the outer World. After this event, however, many people started to “wake up” and begin their own journey of spiritual exploration. The first twelve years provided the opportunity for the inner work to be done both individually and collectively. It is not a coincidence that many of the revelations of hidden individual and group abuse emerged during this time. This was a necessary step in cleansing the Earth and humanity of such activities. These situations cannot be healed until they rise to the surface to be seen, acknowledged, and then dealt with.

After the inner twelve years, we had the Millennium Year 2000, which was expected to bring with it all sorts of issues that didn't really materialize. The twelve years from 2001-2012 represent the expansion into the **outer world**. Now that the cleansing had taken place on the inner planes, it was time for Global issues to be dealt with so that we could be ready for a boost or step up in **Planetary Vibration**. During the current twelve year period there have been opportunities provided, through planetary alignments, for intermediate steps up in vibration. One such occasion was the **Harmonic Concordance**, which took place on November 8th and 9th, 2003. This particular alignment was a giant “Star of David” in the night sky. Another, more recently, took place over a 24 hour period on October 17th, 2006, where powerful cosmic rays bombarded the planet, and therefore us. This movement towards higher frequencies of light being embraced by the Planet, can only be successful if humanity itself can accommodate and maintain these vibrations within the energy fields of the people alive on the planet.

Patti Cota-Robles (www.eraofpeace.org) designed a very specific meditation, which we practice in our meditation group, to expand our energy fields to accommodate this high frequency energy. This process enables each individual

to carry a much larger energy field of higher vibration. The old **seven chakra**¹ system was put in place to serve the old three-dimensional world and seven planet system. We have now moved beyond this into fourth and fifth-dimensional existence and an expanded planetary awareness. The old chakra system had one colour, one planet and one God-quality² associated with each energy centre in the body, a very linear, sequential model for a linear, sequential world. The **expanded chakra** system involves, not only twelve chakras, but twelve solar rays and twelve solar God-qualities in EACH CHAKRA. The 12 x 12 multi-dimensional energy matrix is required for the multi-dimensional world in which we now live to fully manifest.

By invoking this energy you have created your own **Perfected Divine Blueprint**. The reality of Heaven on Earth can be found if you can maintain the purist vibrational frequency at all times. This is the challenge. When deep in meditation, it is easy, but when we return to the outer world's daily dramas our own energy gets pulled down - our energy fields get battered and bruised. Maintaining our energy in these pure refined states is the key to our movement along our sacred journey in this lifetime. Each one of us acts as a surrogate on behalf of humanity. As each of us is lifted up into higher vibration so humanity moves with us. The entire planet can then move into these higher vibrational states so that discord and disease just fall away, unable to withstand these wonderful loving energies. This creates Heaven on Earth.

Once in the meditative state, we call in our personal Silent Watcher, a magnificent being of light, who looks over us and carries our Divine Blueprint. We invite the Silent Watcher to present the blueprint to be embedded into our energy matrix with the assistance of the Solar Elohim - the angelic beings responsible for manifesting etheric thought-forms into energetic reality. And then we are ready to begin our work with the expanded 12 solar ray chakra system.

Most of you are aware of, or familiar with, the placement of the seven chakras running up the spine at regular intervals between the base of the spine and the crown on top of your head. Working with the 12 chakra system the original seven remain in place and the additional five can be experienced spaced between the original seven or stacked up at regular intervals above the head. Both are acceptable representations- "as above so below" - the internal reflection inside the body or the external expansion outside the body

In our meditation, we set the intention for the twelve solar rays or God-qualities to descend through the Great Central Sun from the Galactic Centre into each of the twelve solar chakras along the solar spine. The twelve solar rays being embedded in each of the chakras creates an expanded multi-dimensional energy matrix. The twelve solar rays are brought in order as follows:

¹ The original seven chakra system: base /red, pubic/orange, solar plexus /yellow, heart /green, throat/blue, third-eye/indigo and crown/violet etc.

² God-quality: virtues and attributes of Divine intelligence

#	Ray Colour	God-quality	Ascended / Archangelic Being
1	Royal Blue**	Power / Faith	Michael / El Morya
2	Sunshine Yellow**	Wisdom / Illumination	Jophiel / Lanto
3	Pink**	Unconditional Love	Chamuel / Paul-the-Venetian
4	White	Hope / Purity / Ascension	Gabriel / Serapis Bey
5	Emerald Green	Truth / Healing	Raphael / Hilarion
6	Ruby Red	Grace / Devotional Worship	Uriel / Nada
7	Violet	Transmutation / Merciful Forgiveness	Zadkiel / St. Germain
8	Aquamarine	Clarity / Discernment	*
9	Magenta	Harmony / Balance	*
10	Gold	Peace / Abundance	*
11	Peach	Enthusiasm/ Joy/ Purpose	*
12	Opal	Transformation / Completion	*

* The additional five rays do not as yet have assigned Archangelic or Ascended Beings of light associated with them.

** The first three rays represent the three-fold flame anchored into the heart centre.

Once you are aware of the multi-dimensional expanded chakra system it is possible for YOU to carry a larger, higher frequency energy. Try it now - imagine a multi-dimensional hologram involving untapped Divine potential flowing through the twelve chakras, each imbued with the twelve solar ray God-qualities.

Once the twelve solar rays carrying the God-qualities have been embedded in all twelve solar chakras, a silence follows, to give your body's energy field time to adjust to its new expanded form. The **five elements** (earth, water, fire, air and ether) are then introduced into the energy matrix so that you can now interact and co-create with the nature kingdom that is all around you. The **earth** element is introduced below the feet and the twelve solar rays flow through your body until you are fully connected with the ground. The same process continues through the **water** element around your waist. This is followed by the focus on the **fire** element around and through the heart, the **air** element through the mouth and nose. Lastly, your intention brings the twelve solar rays above the head to connect with the **ether** element. A variety of visualizations can be used for this part of the process. For example, to include the ether element above the head, you can visualize a twelve-pointed crown with gleaming gem stones at each of the points representing each of the colours of the solar rays positioned at the

twelve positions of the clock.

You have now completed your expanded multi-dimensional energy matrix, which can now accommodate a great body of energy as well as welcome in a much higher frequency of light. You will, slowly but surely, discover in your life greater reserves of energy to be used in your daily living as well as an increased capacity to relate to other people and support them on their journeys.

As you start to become aligned with your expanded energy matrix you can begin helping others with your light. By focusing on any one ray/colour/God-quality, or even more powerfully, a combination of rays, you can assist people in their own healing! So long as your intentions to help are pure, you can only do good. If someone is depressed, for instance, you can focus your attention on the white ray and simply shower that person with radiant white energy bringing HOPE into their helplessness and hopelessness. The opportunities to help people are endless. Always remember that real compassion is holding sacred space and a powerful energy field for someone who cannot hold it for themselves. It is very important that you do not allow your own energy field to weaken and lower in vibration during these times. It is all too easy to get sucked into the melodramas of daily life. If you choose to use this expanded energy field to help other people, make sure that you look after yourself through healthy nutrition, exercise, being in nature, quality sleep and regular meditation.

If you can maintain a healthy lifestyle for yourself, while working with your expanded energy matrix, you can do extraordinary good in the World, supporting other members of our human family, while bringing a higher vibration of peace to our beautiful planet.

References:

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Harmonic Concordance - www.harmonicconcordance.com

Archangels and Masters associated with the 12 solar Rays-Law of Life-ADK Luk

Twelve Solar Rays - www.eraofpeace.org

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