

The Perfect Storm
July 31, 2014 - Phoenix, AZ
Sasha through Lyssa Royal Holt
(Excerpted from Session #262)

Sasha: Good evening everyone. We are going to start by giving you a title tonight of *The Perfect Storm*. What do we mean by this?

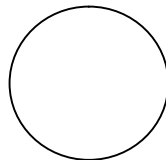
Well as you well know, we often bring through information about the human transformation and what is happening on your world. We've presented many models about this. For now, here is a simplistic model to discuss tonight.

Simply, every civilization on a physical planet goes through an evolutionary cycle. This is quite normal and natural. Your civilization has been going through this cycle for quite some time. What does this cycle contain? From what to what do you transform? What does it look like? What will you experience?

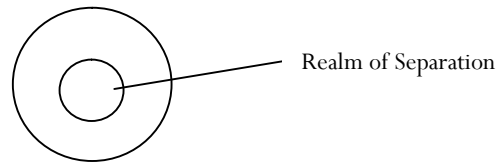
To simplify, when consciousness begins incarnating in a physical body on a planet (like on Earth in the old days), it comes in from a point of separation. This means that the *purpose* for the experience in a physical body is to experience the most separation possible from the Source in order to learn about that experience of separation. You become as separated as possible and then, you move back into integration and back into the Source. This is the dual nature of universal consciousness - moving from duality to integration, back and forth. If you look at the idea of a battery cell like the one running the tape recorder, you see that there is a positive and negative end of the battery. It doesn't mean a "bad" or "good" end, it just means that there is a negative and positive charge. Both of the charges together create the fuel needed for this movement back and forth into separation and unification.

Here is the paradox. Even though you are listening to our words about this idea of separation and you are living the illusion of separation, at the exact same time you are still always one. We are going to make a drawing on the board. We've used this before. It is very simplistic but it always gets the point across.

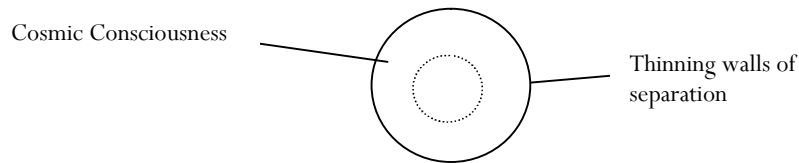
Let's say that this sphere represents all consciousness in its unified state:



Now of course all consciousness in its unified state doesn't have a boundary, but for the sake the metaphor, we have to use it. In its unified state, it is at rest. There is no duality or energy source to create waves in the field. Let us say then that this one consciousness chooses to create a section inside of itself to be a realm of separation.



In that realm, duality can happen. Polarity begins. Separation is experienced. Physical incarnation happens. Then, as the consciousness "trapped" in physical bodies starts thinking of itself as alone and singular, that state represents the farthest away from the memory of you really are. Then, evolution begins and you start remembering ... remembering ... remembering. As you begin to remember, the boundary that separate the two aspects of you begins to thin. It becomes like mesh.



You then begin to go in and out between two states of reality - experiencing your "cosmic consciousness" or your universality, and your singular identity on the Earth plane simultaneously. This is your nature. Most people put a wall up between themselves and their universality. That is a whole other story that we won't go into right now. For now, regarding your evolution, you are now coming out of a cycle where you've lived the deepest separation and you are moving now into the reunification or reintegration with your universality - the one consciousness that you are.

If you look at the world around you, you might say, "There is no evidence of this happening." For some, it seems as if polarity is deepening rather than integration happening. Here again is a paradox. When you perceive a paradox, it usually means you are closest to the truth.

You look at your world, and you see what appears to be deep polarity - whether it is political, religious, in relationships, or in society. How can this mean that you are getting more integrated? In order to answer that question we have to then talk about metaphysical principles of energy. We are going to give you a very simplistic metaphor. You know those things you call a "lettuce spinner?" (You put your wet lettuce in there and you spin it to remove the water). The motion of the spin separates the water from the lettuce. If you are a little bug on the lettuce, watching this process of separation from that point of view, you are seeing deep polarity as water and lettuce become dramatically separated. But, if you if you can take yourself above the lettuce spinner, you can see that the force/energy of the spinning is creating a cleansing process so that conditions that do not hold the frequency of integration have a very hard time staying intact.

This is a wonderful metaphor for what is happening on the planet now. As evolution happens on any planet, the energy of your consciousness accelerates on the quantum level. As the energy accelerates, the things that were of separation have a very hard time "clinging" to your increasing energetic center.

We've been talking a lot lately about what you as individuals have been experiencing on your world these days - strange emotions, unusual events, things happening that can't be controlled, strange health manifestations that were never present before. Why? It is all a product of this acceleration. It is all a product of the fast spinning energy whereby that which is not aligned with the process of integration has to become separated. Sometimes humans find it hard to let go of things that are comfortable but yet that might still be painful.

Thus, when we say a "perfect storm," we are talking specifically about the body. In this moment we are trying to download you with a workshop full of information in a very short time! If, as we speak, you are feeling spacey or sleepy, know it is part of the download process.

This evolutionary process is moving you from one state to another state. Let us talk for a moment more specifically, especially those of you who are not familiar with the terminology that we use. Third density has to do with the amount of light that you carry. Your species has been moving from this 3rd density state (which is very dense on the physical, with not as much light activated on the quantum) to a state of 4th density (which is less dense on the physical, and possessing more light on the quantum). When the quantum light gets brighter, the release process happens. When the release process happens, people start feeling very strange.

Typically, species on a planet will take thousands of years to fully transition from one state to another. It is not like a TV show where in one moment, the world changes. It is a gradual process, but a process that is really now starting to accelerate. If you look closely at yourselves and the world around you, you can see it. Tonight, we want to talk about the body because we are finding that many people are experiencing a lot of body changes, and people are confused about them.

Imagine for a moment that your species has been in a state of 3rd density (which is very dense on the physical level). Physical bodies on this level need very specific things to fuel them - primarily food, sleep, water, air, etc. Food is primarily the gasoline, so to speak, for the body. Then imagine that consciousness begins moving to a more rarified energetic state. The body, then, has to "tag along" like a hitchhiker.

The body and consciousness are now moving to a more rarified state that is less focused on the physical and more focused on the quantum. What does that mean for the ways that you fuel your bodies? This is starting to change. For a moment, I will digress.

My Pleiadian civilization can be categorized as one of those fourth density species, where we are much more focused on the quantum and less on the physical. This means that definitions of reality, consciousness, and even how to care for the body are starting to change. In order to facilitate these changes, you have to start paying more attention to the quantum aspect of you in addition to the physical aspect of you. Let us then bring the focus to the subject of diet for a moment - what you use as fuel in your physical bodies.

How many of you have found that fairly recently (such as in the last few years) that your bodies are changing in regard to the kind of fuel it can use? [The group says yes.] We are hearing this from nearly everyone. This is where the title "perfect storm" comes in.

On your planet right now you have a lot of toxicity - including pesticides, chemicals, substances in the air and water, you have soil depletion. You have ozone content change. The list goes on. On *that* level there is a "storm." On the surface it looks like a crisis. What once nourished the body is no longer doing the same job. You have the introduction of GMOs [genetically-modified organisms], which change the pranic content of food. It seems that everything happening on your world is leading you to create massive change.

Looking at the Pleiadian bodies in my civilization, what is our primary source of nourishment? The number one source is not food. It is prana. It is the ability to absorb the universal energy - the free energy of the universe. We use it as a fuel source through the breath and through the skin. Our secondary source of nourishment is liquid - water, a form of fruit juice, and our "yummy" Pleiadian algae. Algae is one of our primary sustenance forms because of its high level of prana. You can see then, that if you look at a human and look at a Pleiadian in comparison (even though there are many evolutionary steps between them), Pleiadian bodies had to evolve to get to the point where we are now. Right now on your world, your bodies are beginning this evolutionary process too. The "perfect storm" of events that seem like negative manifestations of an unconscious civilization are really nudging you to move in a direction that, in the end, will be for your benefit.

If you could hang around at the beach all day or tend your garden with no stress, run through fields of flowers in the sunshine all day, evolution would take less time and be less stressful on the body. But you live lives with emotional stress, the stress from the environment and toxins. All of this is starting to create a perfect storm. The perfect storm we are referring to is that bodies are rejecting certain fuel sources that they were once nourished by. What are these fuel sources? Some of the fuel sources are the obvious ones - for some it is meat, sugar or processed foods. For some, their source of fuel was often the energy of other people! You are finding that there is a sense of "starvation" happening. The bodies are reacting to this. We don't mean to scare you! The "starvation" that we are talking about has to do with how your consciousness is moving more toward a rarified state and thus you are craving more pure energy. If you now try to feed it "low grade energy," it can't process it. Thus, strange physical symptoms are happening.

These strange physical symptoms are happening to a great many people. For example: a sudden intolerance to wheat, or increased sensitivity to caffeine. Strange allergies may arise that you did not have before. This is because of this rapid shift. So then you may ask, "What do we do?"

We recommend that each of you create your own "cocktail" so to speak. It contains the kinds of true nourishment that works for you. We will give you some hints. Obviously, in terms of physical food, the purer the better - kind of like using high grade gasoline in your car. The more prana in the food and water, the better.

Now for emotion. The more you engage in toxic emotional patterns, the more difficult it becomes to make this shift. When we refer to "toxic emotional patterns," we are referring to *your* toxic emotional patterns (everyone has them, there is nothing to be ashamed about), and/or putting yourself in an environment in which there are toxic energy patterns from others.

Because there is so much happening with the accelerated energy on the planet (like we discussed with the lettuce spinner), emotions are flying off everyone as they are releasing! This may make you feel as if the whole environment is toxic, yes?

In the end, it comes down to going within your own center. This is very hard for many, because you are really not trained to do it. In 3rd density, you are trained to navigate your reality based on outside cues. As you move into 4th, you navigate your reality solely based on internal cues. So if you are trying to operate a fourth-density car with a third-density stick shift, you will feel as if you are incapable of navigating well or that you have lost your center.

This is why practices that bring you back to your center are going to be one of the ways for you to start hooking into adequate fuel sources that can then fuel the new 4th density vehicle. What do we mean by these types of practices? There are many of them on your world that you know of such as yoga, meditation, pranayama and tai chi. The common theme of these types of practices is to move your awareness from external stimulation to internal navigation. It means quiet time with no distraction, and learning to navigate your internal landscape -- especially viewing, without judgment, that which you haven't wanted to see. In addition to this, work with your own energy. The breath is the perfect entry point to begin working with your own energy, because everyone has breath, as well as the ability to sit and focus on it. *It is that simple.*

The mind does not like this. The mind wants to navigate by external distraction. But the 4th density self that is emerging *needs* to navigate from that internal sense of GPS. ["Galactic Positioning System.] It doesn't matter what practice you are doing; what matters is that you are giving yourself the time for internal navigation.

So for instance, if you are a Reiki healer, yes, you are connected to energy. But when you are doing your energy work, you are doing it for other people. In one sense, even though you are connected to energy, you are not at your "center pole" so to speak. You are moving energy toward another person. Even if you are a very good energy healer, it is time now to bring your attention toward yourself. Become familiar with your own navigational pole, which is like an axis within you. No matter where you travel in consciousness, you can never be lost from that axis. Ever. This is how 4th density beings can navigate through time and space.

We've said this many time before, but right now if humans tried to travel to a distant star, they would not get very far. The reason is because of the method of navigation, which is by external cues run by the mind. When you leave the confines of a planetary gravitational field (and even more so, the confines of the gravitational field of a solar system), you are in deep space. You can no longer use external cues for navigation and the dominance of the mind becomes useless. You *must* use internal cues. This idea then, of learning to find your internal navigation axis, so to speak, is an important step in your evolution as a species -- not only for your personal awakening and evolution, but also for the awakening of the species as a whole. Only then can you become a space-faring species capable of making the journey between the stars, without just sliding on the surface of space. Instead you will move *through* the fabric of space in an instant.

We have said quite a lot. The point we would like to make, summarized, is this: There is a perfect storm in terms of many of challenges happening in your reality on the physical level - in your

environment, in your bodies, in your food, etc. There is also a similar perfect storm happening on an emotional level within and between human beings. While some of you are releasing stuff, you are also very hyper-sensitive to the releasing of other people. All of this is creating an environment of heightened sensitivity where many of you just want to go hide under your beds! This experience is not permanent, but for your peace of mind, your health, and your transformation, *we highly recommend* working on developing your connection to the center axis point of internal navigation within you. You can do this through meditation, through breathwork, through quiet time in nature, or whatever way that works for you that is *not* based on external distraction. This is going to help you *immensely* in your transformation. This is the point of our transmission for tonight.



A question and answer session follows this material and it can be found on audio #262 in the product section of our web site at www.lyssaroyal.net.

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