

RECLAIM YOUR
SOVEREIGNTY

Shift your Reality

FOUR DAY
INTENSIVE



"WHEN YOU STAY OR WORK IN A SITUATION
THAT DEMEANS YOU PHYSICALLY, MENTALLY, EMOTIONALLY OR SPIRITUALLY
YOU SERVE A SYSTEM THAT ENSLAVES YOU."

ALTAZAR ROSSITER

THEORY

THE MATRIX

The *Matrix* is a widely used term for the *ENERGY ENVIRONMENT* we inhabit ~ the **CONSENSUS REALITY MATRIX**. It's been adopted from the Wachowski's 1999 movie of the same name. However, because the term *Matrix* essentially derives from the same root as *mother* and also applies to forms and configurations I'm going to use **COLLECTIVE CONSENSUS MATRIX [CRM]** to refer to the everyday energy environment [the field] we inhabit.

You can't touch this field. You can't see it. But it influences everything you think and do. It informs the *social order* of the culture you exist within. It tells you who you are, who you can be, and what you should do, think and feel.

The **CRM** is a shifting interconnecting field of mental/emotional energy. It's ever-present so we don't notice it until we start paying attention to our own behaviour patterns and how they conflict with what we feel inside. That's how we know it's there: by its effects.

This **CRM** field is a shared energy environment that reflects the dominant consciousness of its component parts. Its component parts are the personas, beliefs, thoughts [both conscious and unconscious], feelings and intentions [both conscious and unconscious] of everyone in the human collective. It's "democratic" in its own way, inasmuch as the consciousness that dominates is the one that's subscribed to by the majority of people in a given social arena.

Many varied social arenas exist within the overall human collective where certain beliefs dominate over others. Some beliefs are prohibited and others are mandatory granting the right of existence. That often depends on geographic location.

Our social arenas are therefore nothing less than existential paradigms that become infused into our self-identification process. The scope for division and conflict is enormous.

OPERATION

Right from the moment of conception every one of us is installed in several of these social arenas by virtue of the nationality of our parents and the beliefs that their immersion in the field has generated in them. Before we even draw breath we are planted in the **CRM** field. We grow within it and it regenerates itself through the sympathetic resonance of our energy system. This locks in as a closed symbiotic energetic loop that's very resistant to disruption, because it determines who we think we are.

The **CRM** field can be thought of as operating through energetic resonance and the natural phenomenon of entrainment.

Dutch physicist Christiaan Huygens, the inventor of the pendulum clock, introduced the concept after he noticed, in 1666, that the pendulums of two clocks mounted on a common board had synchronized, and subsequent experiments duplicated this phenomenon. He described this effect as "odd sympathy".

~ https://en.wikipedia.org/wiki/Injection_locking#Entrainment

This natural phenomenon crops up in many situations and is a recognised area of scientific study, known as *chronobiology*.

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Chronobiology is a field of biology that examines periodic (cyclic) phenomena in living organisms and their adaptation to solar- and lunar-related rhythms. These cycles are known as biological rhythms and are also called circadian rhythms.

~ [https://en.wikipedia.org/wiki/Entrainment_\(chronobiology\)](https://en.wikipedia.org/wiki/Entrainment_(chronobiology))

In the study of chronobiology, entrainment occurs when rhythmic physiological or behavioural events match their period to that of an environmental oscillation. It is ultimately the interaction between circadian rhythms and the environment

~ [https://en.wikipedia.org/wiki/Entrainment_\(chronobiology\)](https://en.wikipedia.org/wiki/Entrainment_(chronobiology))

Because everything in existence is energy in vibration, the frequencies present in the environment will naturally tend to produce an *entrainment* effect in any organism within that environment. And this will be at a quantum level that lies underneath what we perceive as physical reality.

That means the dominant frequencies present in the **CRM** field will tend to influence you and me, without our knowing. Those frequencies simply invite our cells to attune with them, and unless there's something to interfere with our automatic compliance functionality there's not much can be done to stop it.

So joining the **CRM** is involuntary. The **CRM** hijacks our energy system before we are able to be aware of it. This cannot be prevented. And it *knows* if we don't belong, which is why we can feel its hostility when we're in strange surroundings.

Because the **CRM** field operates at such a fundamental level the paradigms it supports are absorbed as existential imperatives. They form the conditions that permit us to exist. Developmental evolutions can be accommodated so long as they do not deviate significantly from the fundamental principles. However, any major challenge to the validity of those principles is then experienced as a threat to our existence and induces a reaction of deep terror that cannot be rationalised.

EGREGORE ENTITIES, THOUGHT-FORMS, TULPAS & PARASITES

The next thing to consider is what, besides you and me, inhabits the **CRM** field. And this is where we part company with mainstream rational materialism. But just because it's become the accepted fashion to ignore ideas about metaphysical entities and deride them as superstitious nonsense, that doesn't mean those kinds of entities don't exist. Neither does the fact that we have no scientifically moderated instruments for investigating the metaphysical realms mean they're not there, or that we don't interact with them. These factors actually create an ideal mental environment for such entities to thrive at our expense.

We share the **CRM** field with many different entities and intelligences. It's fairly safe to assume that many of these entities prioritise their own interests over ours, much as humans tend to prioritise their interests over other species. They will seek to sustain themselves.

Some of these entities can be considered as having been in existence for longer than humanity itself, [possibly] exercising a kind of remote control over the human world since its inception. The newer ones are those that have arisen out of human consciousness itself, even though that may have been seeded with thought-forms that generate and sustain a different order of beings – *egregore* entities.

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The word **egregore** is Greek in Origin and is derived from *égrégoros*, meaning "wakeful" or "watcher".

~ Mark Stavish: *EGREGORES*, p. 2.

There is an occult concept of the "egregore", a term derived from the Greek word for "watcher". It is used for an immaterial entity that "watches" or presides over some earthly affair or collectivity. The important point is that an egregore is augmented by human belief, ritual and especially by sacrifice. If it is sufficiently nourished by such energies, the egregore can take on a life of its own and appear to be an independent, personal divinity, with a limited power on behalf of its devotees and an unlimited appetite for further devotion.

~ *Joscelyn Godwin: The Golden Thread, quoted in EGREGORES*

Egregore (also *egregor*) is an occult concept representing a "thoughtform" or "collective group mind", an autonomous psychic entity made up of, and influencing, the thoughts of a group of people.

Eliphas Lévi, in *Le Grand Arcane* ("The Great Mystery", 1868) identifies "egregors" with the tradition concerning the "Watchers", the fathers of the nephilim, describing them as "terrible beings" that "crush us without pity because they are unaware of our existence."

The concept of the egregore as a group thoughtform was developed in works of the Hermetic Order of the Golden Dawn and the Rosicrucians and has been referenced by writers such as Valentin Tomberg, notably in his anonymously-penned book *Meditations on the Tarot*.

~ <https://en.wikipedia.org/wiki/Egregore>

Although the concept of the *egregore* is well outside mainstream awareness, the notion of multi-dimensional metaphysical beings has been part of the territory of spirituality circles for ages: evil spirits, djinns, demons, angels, ghosts, etc. *Egregores* are simply a category that has been consistently overlooked, possibly deliberately as *egregores* are intrinsic to hierarchies and power structures. One direct correspondence is the Tibetan concept of a *Tulpa*.

Tulpa is a concept in mysticism and the paranormal of a being or object which is created through spiritual or mental powers. It was adapted by 20th century theosophists from Tibetan *sprul-pa* ... which means "emanation" or "manifestation". Modern practitioners use the term to refer to a type of willed imaginary friend which practitioners consider to be sentient and relatively autonomous.

~ <https://en.wikipedia.org/wiki/Tulpa>

Every life-form requires energy to maintain its form. Third density beings, physical beings require energy in physical form: food. Metaphysical beings that have a non-physical form would therefore require food of a non-physical nature: *energy*.

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The necessity to feed is an important factor. It begs the questions of where that food comes from and how it's produced. If collective thought-forms establish *egregore* entities, which are subsequently sustained by the energies of those who subscribe to the beliefs that structure the *egregores*, then the conclusion is that *egregore* entities feed off our energy.

The energy that sustains *egregore* entities is the mental/emotional energy that emanates from the people who exist within the various **CRM** fields that pervade a particular social organisation.

Whether those organisations are judged to be good or bad, doesn't matter. Wherever we give our energy to a collective of beliefs, we're feeding *egregore* entities. This is never more true than for anything that's underwritten by fear. The more fearful we are the more "food" we provide for the *egregores* and the stronger their influence in the collective. And this gives us the clue to moving out of that influence.

ARTIFICIAL LIFE-FORMS

The commonly held thought-forms that contribute to the **CRM** congregate together and morph into *egregore* entities that are actually independent of any single individual. These invisible *egregore* entities populate the **CRM** and can be regarded as artificial life-forms or intelligences. As life-forms they have a self-preservation instinct – a survival imperative - just like the mentality that they come from [yours and mine] in the first place.

The survival imperative enables them to persist even though contributing members die off to be replaced by new recruits. In this way some *egregore* entities, like those holding religious dogma, can survive for thousands of years.

In some cultures these entities are known as *Watchers* and they police the **CRM** field energetically, on the look-out for dissenters and non-compliance.

When non-compliance is detected a control mechanism is triggered that operates through the need [imperative] to belong. If you don't belong, the vibration you give off [your energy signature] creates a disturbance in the field. And if you don't belong you are definable as an enemy of all who do.

That energy signature will trigger an attack of some sort from someone who is firmly locked into the collective. The attack will surprise you and could be verbal, psychic or even physical.

From an analytical perspective, what's interesting about this is the location of the power base. That now resides in the artificial inorganic life-form of the **CRM** *egregore*, which uses an organic life-form to effect its bidding, i.e. attack dissenters and coerce them into compliance.

The imperative to belong is one of the strongest mechanisms of social control, and it operates inside you. It thrives on the process of comparing yourself with others through idealised programmed concepts of what it means to be a good person. This is about approval, and it drives a process of self-judgement through guilt and shame that will keep you disempowered for as long as you choose to accept it in place of accepting yourself.

Also, knowing that you don't belong will serve to keep you silent about your non-compliance simply for your own safety. You're then in a situation of self-suppression.

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So, even though you don't support it, the **CRM** is enabled through your silence. That sets up all kinds of inner conflict. It undermines self-esteem and fosters self-resentment, all of which constitutes a practice of psychic self-destruction.

Human history is littered with the corpses of those who attempted to change the system by fighting it. Changing the **CRM** is therefore a matter of transforming it from within, beginning with yourself. Because as you shift your consciousness into integrity with your inner truth – the wisdom of your heart – you contribute a different vibration to the field. That then becomes available for others to resonate with, and that will change everything. This cannot be done overnight.

AUTHORITY STRUCTURES AND ARCHONS

It follows that *egregore* entities exist at all levels of social interaction. The most significant are those that inhabit the systems of social control: religion, politics, financial systems, ideologies and institutions. These systems all operate in a similar way: they offer a benefit or solution in the face of some problem or anxiety. They trade on fear. Because of this the *egregore* entities that inhabit a system support each other, whether they intend to or not.

How that works is simply through a compounding of disempowered consciousness. Anyone giving their power away to one system is energetically weakened and therefore more likely to be seduced by another. So as the various systems seem to complement each other, attracting similar supporting interest, the more difficult it is for supporters to reclaim their autonomy.

All of this is pretty much an inherent characteristic of the way humanity functions in response to an established energetic environment. It all starts to take effect as soon as we enter the human realm – i.e. at conception – before we have any cognitive ability or discernment to understand the mechanics of it. And unless we start to question the external incongruities and the internal inconsistencies created within ourselves the **CRM** will continue to be dominated by entities that exist on the power we unconsciously give away.

But there are other levels of control functioning through the energy environment besides those created by homo sapiens. Because humanity has been functioning at a level of consciousness that hasn't understood its own power, humanity has been vulnerable to manipulation by any beings that do understand that power.

Knowledge of the existence of those beings is obscured by conventional interpretations of history and currently accepted concepts of reality. These beings are mentioned in various surviving ancient texts, although those texts do seem to have been ignored by the editors of the history books where they're inconsistent with empowerment of the general population.

Access to these texts has also been made prevented in many cases where they have been sequestered by institutional authorities and made available only by application for "serious scholarship". In some cases documents have simply been impounded with no access granted at all. Many ancient records have simply been lost, or deliberately destroyed. What's left is difficult to piece together coherently, as modern knowledge of the ancient languages involved is the subject of specialist study, and there are inconsistencies in translation that depend on the filters applied by the translators.

So, the notes here are NOT presented as absolute truth, but as food for thought.

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One of the best sources of information is the Nag Hammadi Codices. These constitute a large library of scrolls discovered in caves near the Egyptian town of Nag Hammadi in 1945. They are essentially a collection of Gnostic and early Christian texts that destabilise much of what has been taught through the various offices of the church over the last two millennia. Here is a flavour:-

The Real Nature of the Authorities [Archons]

Concerning the reality of the authorities, the great apostle [Paul] ... referred to the authorities of darkness and told us "our struggle is not against flesh and blood but against the authorities of the world and the spirits of wickedness.

~ NHC II,4 (86,20 – 27)

The Blind Demiurge

The leader of the authorities is blind. Because of his power, ignorance and arrogance, he said, ... "I am God; there is no other but me."

~ NHC II,4 (86,27 – 87,23)

Footnote: ... the authorities are the same as the rulers or archons.

The "authorities" [Archons] are invisible interdimensional beings that have ruled our world for an age from behind the people who are themselves behind the ruling elites. That's to say that even though a minority controlling group of people can be discerned by uncovering the money trails to where they ultimately lead, there's something else behind that elite group. There may be many layers to this and trying to understand them all, defeat them or destroy them are all distractions that tie us into a dynamic relationship with them that keeps them in place ... and in power.

The Archons

The rulers wanted to fool people, since they saw that people have kinship with what is truly good. They took the names of the good and assigned them to what is not good, to fool people with names and link the names to what is not good. ... For they wished to take free people and enslave them forever.

~ [NHC II.3, *The Gospel of Philip* 54.18 – 55.5].

Where we seem to be, at this point in our history, is entering a time when the power of the Archons to rule us is disintegrating on its own. It's imploding.

The biblical god is an impostor and "his" servants are a gang of miscreants [onverlaten] sustained by, and controlling us through, the negative energy environment of the **CRM** via *egregore* entities that we're complicit in maintaining.

If we can stop contributing to this maintenance we are free. But in order to do that we have to expand our consciousness to embrace the duality of our physical existence AND recognise the polarities we absorb into the identities we adopt. Those polarities are offered to us as a choice – and that's what needs to be seen. It's the polarities we choose that enable us to be manipulated via our emotional and mental reactions.

HUMAN ORIGINS

The origins of humanity – homo sapiens – are a mystery. But just like the mystery of the beings that control humanity is implied in ancient texts, so there are pointers in those ancient texts that indicate the possibility of a different story to the accepted Darwinian theory. The creation myths that have survived in indigenous cultures also offer insight about human origins that clashes with the scientific conventions currently being taught. These are also obscured and ridiculed as myth and superstition, by modern interpretations of our existence.

Biblical references are vague and inconsistent and they indicate the presence of another race – the *Nephilim* [sometimes referred to as “giants”] – but not where they came from. It also seems that there were “divine beings” wandering around mixing their genetic material [interbreeding] with humans.

- 1 - Now after the population of human beings had increased throughout the earth, and daughters had been born to them,
- 2 - ... some divine beings noticed how attractive human women were, so they took wives for themselves from a selection that pleased them.
- 3 - So the LORD said, “My Spirit won’t remain with human beings forever, because they’re truly mortal. Their lifespan will be 120 years.”
- 4 - The Nephilim were on the earth at that time (and also immediately afterward), when those divine beings were having sexual relations with those human women, who gave birth to children for them. These children became the heroes and legendary figures of ancient times.

~ Genesis 6:1-4, ISV

Researchers working from the Mesopotamian stone tablets have made interpretations that indicate a super race called the *Anunnaki* created [engineered] human beings as slaves [beasts of burden]. The term “ADAM” can be translated as beast.

The Nag Hammadi Codices provide some corroboration as follows:

... the chief creator [archon] said, “... let’s create a human being out of earth in the image of our body ... so that ... he will no longer ruin our work, and we shall make the children of the light our slaves for this entire age”.

~ NHC II,5 (112,25-114,4)

However, the same text provides more information that indicates a conflict amongst the super race ...

The authorities received knowledge that they needed to create humanity. ... Sophia ... laughed at their decision, because they are blind and they created humanity in ignorance against their own interests.

She anticipated them. She created her own human being first so that he might tell the modelled bodies of the authorities [archons] how to despise them and how to escape them.

... Later the authorities [archons] called the child the beast so that it might lead their modelled bodies astray.

~ NHC II,5 (112,25-114,4)

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None of this is very clear and it's included here as an indication of the obscurity of human origins and the difficulty in pinning down an accurate picture. There are, unquestionably, anomalies in the generally accepted world viewpoint that we somehow evolved from more primitive primates.

There are lots of pseudo-scholarly books published, and a glut of stuff on the internet, about this human mystery. Most of these use the same reference source for their foundation, the work of Zecharia Sitchin, and augment it with biblical references [like here] and the other earth mysteries that exist around the planet.

PERSONAL RESEARCH

You are encouraged to research all of this for yourself. If you choose to do this, it might be useful to check out the Nag Hammadi Codices which are available in translation and *The Electronic Corpus of Sumerian Literature*. There are clear hallmarks of genetic engineering in human biology and the work of physicist and researcher Dan Winter supports this. The works of Gerry Zeitlin and Anton Parks are both enlightening. What's particularly interesting is the fact that Anton Parks' books are only available in French, the authors native language. English translations were available for a short while, but they have now completely disappeared from all English speaking sources. That disappearance was suspiciously spontaneous in that it happened simultaneously overnight. This suggests that, perhaps, there's some true insight into the human mystery expounded in Parks' books that certain authorities want to keep out of public awareness. A very simplified summary of the essence of the story is as follows:-

Long ago the Earth was visited by a race of super advanced beings. These beings had a command of technology that even now cannot be imagined. That mastery enabled them to appear as gods to less advanced beings. Parks calls these beings Anunna [Anunnaki].

These Anunna had multi-dimensional awareness. They could travel hyper-dimensionally. They were master geneticists, able to create life-forms to suit their purposes. It's worth quoting the Sumerian tablets here:

... the senior gods oversaw the work, while the minor gods were bearing the toil. The [minor] gods were digging the canals and piling up the silt ... The gods, crushing the clay, began complaining about this life ... the primeval mother who gave birth to the senior gods, took the tears of the gods to ... her son [Enki]: "... My son, wake up from your bed! Please apply the skill deriving from your wisdom and create a substitute for the gods so that they can be freed from their toil!"

~ ETCSL, t.1.1.2

The "substitute" for the minor gods doing the work was a genetically engineered slave [beast of burden / Adam]. The Sumerian tablets continue to tell how there were many failed attempts to create the ideal slave being, until one that worked was found. This was a HYBRID of Anunna genetic material and the indigenous life-forms.

These slaves had their DNA encoded multi-dimensionally for the various functions they were intended to perform. They were encoded ...

*... to respond to hierarchical governance, to be subordinate and accept orders,
... to operate through a polarised masculine paradigm,
... to be loyal to their controllers, masters, creators [gods],
... to feel shame and guilt for some undisclosed major failing,
... to ignore their inherent spirituality - which [strangely] was not engineered out of their system,*

... to reject any information that challenges their beliefs about their purpose and who they were [who we are],

... AND to resist clearing the influence of any implanted code that limits the process of

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self-empowerment.

Humanity [homo sapiens] is the final version of these slaves.

The “minor gods” of the Sumerian tablets can be related to the Nephilim beings that are mentioned in the book of Genesis. One other biblical quote here corroborates elements of this story:

We also saw the Nephilim, the descendants of Anak. Compared to the Nephilim, as we see things, we're like grasshoppers, and that's their opinion of us!"

~ Numbers 13:33, ISV. (Anak = giant)

INSIGHTS and CONCLUSIONS

Ancient texts had no vocabulary available for what we understand now as cloning, genetic engineering, quantum science, multi-dimensionality and all of the technological concepts that form part of our modern world. Likewise, modern linguistics has no direct correspondence with the language of ancient texts, which were created using the concepts and vocabulary of the time.

This forms a kind of mist over the information that the ancient records contain, because no matter how much anyone tries, the absolute intention behind the creation of those texts cannot be accessed. The interpretations given here therefore also suffer from the inherent limitations of exploration through translations and personal editorial filters. However, working energetically with the principles extrapolated produces results that tend to confirm their relevance.

1. The programming inherent in the multi-dimensional coding of human DNA is the programming that keeps humanity locked in conflict with itself, and controllable by any multi-dimensional intelligence that seeks to exploit the inherent power of humans that they are unaware of in themselves.
2. Human beings are HYBRIDS. *We are not an indigenous species.* Therefore, we are not protected by the Universal Law of Non-Interference. That means we can be exploited and experimented on by any intelligence, any being, whether from here or anywhere else in the Universe. There have been many interventions, some are still playing out.
3. The human realm is largely under the control of multi-dimensional beings [Archons]. The Archons set themselves up to humanity as gods in place of the Original Source, as the creators of the world. They utilise the predisposition of human beings to self-determine permissible existential paradigms through the phenomenon of the **CRM** field – the *Matrix*.
4. The voluntary surrender of power – **worship based on fear** – that human beings provide is the energy that sustains the archons.
5. Most, if not all, of the existential paradigms that humanity adheres to are false. These are supported through the major cultural institutions of national identity and religion [victim / saviour paradigm], which are *sustained and policed by egregore entities*.
6. The **CRM** is populated by many different invisible beings - parasites and artificial life-forms [*egregore* entities]. These feed off the low vibrational energies rooted in fear that humanity generates out of its disempowered condition. Wherever there's war and conflict these being are thriving on the polarised emotional energies released.
7. The **CRM** is an ever-changing multi-dimensional environment. It's a kind of ever-present artificial intelligence comprising all the control systems and egregore entities of the human condition. It continually self-generates, expanding and morphing to incorporate evolving human practices, without any particular conscious driver or intent. By its nature it has to embrace everything. This includes the technology of electromagnetic radiation. [*added March 2020. A.R.*]
8. The control-based programming implanted in the DNA coding of homo sapiens is intrinsically structured with a fear of the free expression of feelings. This is because feelings access the deeper truth of our nature and that would threaten the balance of the relationship between the slaves and their creators – the

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[Anunnaki / Archons]. *That means that humans are actually carrying the fear of their "creators".*

9. Because the inherent spirituality of life has not been engineered out of human beings they have the potential within themselves to free themselves from all levels of their disempowered state. General awareness of this is growing, but much of humanity remains unaware.
10. It's the job of many *egregore* entities, invisible interdimensional parasites, to maintain humanity in a state of unconsciousness and fear – disempowered and unaware of their ability to shift out of this condition. This supports the status quo and the Archon hierarchy. ... But the cosmic environment is such that this *status quo* can no longer be maintained and the Archon hierarchic control systems are collapsing.
11. The **CRM** is itself influenced by the quantum environment of the Universe that the planet Earth is passing through. The vibrational frequencies of that energy environment superimpose themselves on the lower frequencies that have been prevalent on the Earth, and this destabilises the old mechanisms of control. [added March 2020. A.R.]
12. Because everything is energy the quantum energetic aspects of human biology and energy systems cannot avoid being influenced by the multi-dimensional quantum field that permeates the **CRM**. That influence and its outcomes are also continually evolving, but it is within the capability of human beings to affect those outcomes from an aligned and self-empowered consciousness. The vibrational frequency we each operate contributes to the quantum environment of the **CRM**, and modifies it. [added March 2020. A.R.]
13. This is a perfect environment for *Lighbearers* and *Lightworkers* to develop and expand into their mastery, as they find ways to inhabit their own power and support others to do the same.
14. Where we are at in the game now is at the ceiling of a particular level of consciousness, which we have to break through in order to play at the next level.

The **CRM** [the Matrix] is a complex intertwined entanglement of energy inviting us to play. The game is full of distractions that will drain our energies and prevent us progressing. We progress by expanding our consciousness so that we spot and understand the distractions in order to avoid being caught in them. This requires us to be in total integrity with the flow of our Divine Brilliance as it emanates from Original Source – what is known in Gnostic terminology as the **PLEROMA**.

ESCAPING FROM THE MATRIX

In some ways the *Matrix* is like the Eagles' song *Hotel California*: "You can check out any time you like, but you can never leave". That's because our energies are an intrinsic part of the **CRM**.

The *Matrix* **ENTRAINS** itself to us, to you and me and the vibrations we radiate. So, one of the key things to do is shift our vibration so that what we contribute to the **CRM** is congruent with the core truth of who we are ... love.

At the simplest level all you need to do is stay focused in love, in what you love and in being love. This is simple, but for most of us it's not easy

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The first step in this process is **the decision** to do it, to change the way you operate in the world. This is not as simple as it might seem. That decision is a choice, which straight away is a clear indication that you are already empowered. It tells you that **you live a disempowered reality by choice**. Once you understand this, the knowledge will nag at you because you will know that any misery you endure is a choice.

The decision is also a commitment to yourself to do whatever it takes to get free. That means you have to discover who you are under all the layers of programming, beliefs and conditioning you're carrying. In order to do this you have to go inside yourself and embrace everything that you find where love has been absent, where you operated out of alignment with your true self.

As you don't yet know who or what your true self is, this is a step into your own darkness and you may be very scared of what you will find there. But whatever you find has to be accepted, allowed and loved. This has to be done so that you achieve a level of consciousness that's without judgment. Ultimately this takes your consciousness beyond the polarity of right and wrong - good and bad.

As you do this you radiate a completely different energy into the *Matrix* which itself starts to transform it from the inside out.

SETTING YOUR INTENT

The following affirmation of intent will help you to stay on track, if you say it aloud daily.

I <insert your everyday name> incarnated as <insert your full birth name> commit to All That I Am to be All that I Am.

I choose to be present fully self-empowered in the flow of the Divine Brilliance I Am holding the Light I Am at the Centre I Am ... whatever resistance arises within me, around me ... even though there may be hidden agendas operating through me ...

And I invite the Divine Intelligence I Am to support and facilitate this choice at every level of my being: quantum, physical, mental, psychological, emotional and spiritual.

Thank you ... and so it is / So mote it be*.

***NOTE:** "So mote it be" is an arcane [esoterisch] English expression used in Hermetic magick to indicate confirmed intent.

The rest is focus, because it's *game on*. As the agent of the *Matrix* your mind will start to throw up every scrap of resistance it can find. That's because your mind has created an identity for you that enables you to fit into the **CRM** and survive. That identity is an artificial you. It's a mental fabrication. It sits in place of you inside you and is the equivalent of a personal controlling *egregore* entity – a parasite. [And it may not be the only one, as any engineering of our genetic structure will have introduced others.]

Every time you attempt to stray from what convention allows, that entity will throw a tantrum. Those tantrums can be very intense. The false identity your mind has created depends for its survival on your compliance with the collective. And that is what tells you of its parasitic nature.

It has you convinced that it is you. It twists its way into your thoughts with fear, sitting inside you creating emotional reactions that you own because you *feel* them. So when the survival of this false identity is threatened it *feels* as if you are under personally threat and your primal survival instincts are triggered. Every negative self-critical

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programme you carry will be activated to stop your vibration rising beyond the control of the collective. You will want to abandon the inner journey process and run.

However, the *Matrix* is not your enemy unless you set yourself against it. It's actually challenging you to find your own way, to reconfigure your identity in totally new ways that support the general awakening in human consciousness. This can only be done from a place of balance, appreciation and love.

The practical section of these notes includes some specific protocols for partnering with your Divine Intelligence [your I Am presence] that can help in this restructuring of yourself.

THE MERKABA ~ Lightbody

Wearing the Light ...

The powers cannot see those who have put on the perfect light, and they cannot seize them. One puts on the light in the mystery of union.

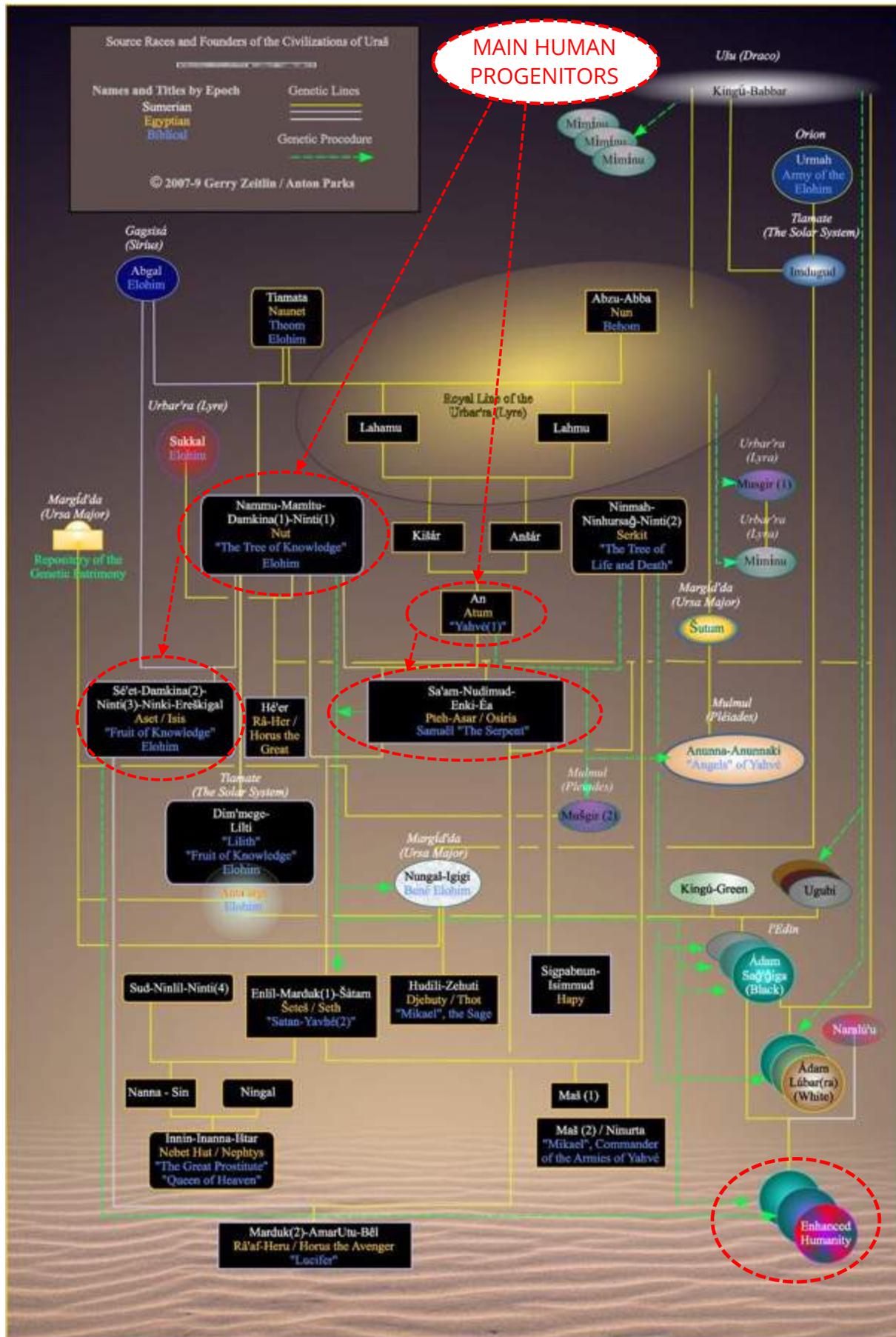
~ [NHC II.3, *The Gospel of Philip* 70.5 - 9].

I understand the “perfect light” to be the lightbody that activates as our vibration rises. This is often called the *MERKABA*. It will activate spontaneously as a result of committed and diligent spiritual practice.

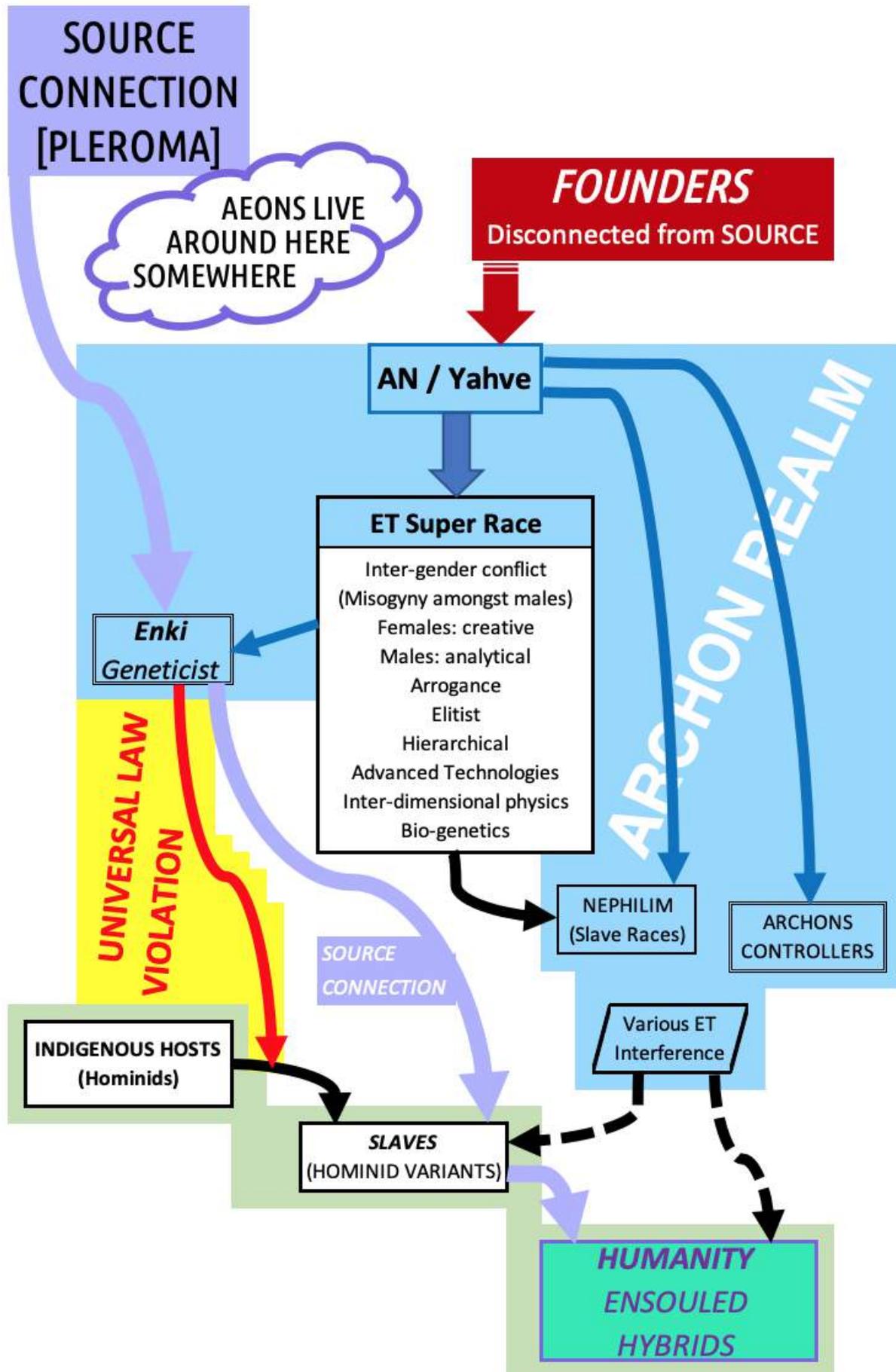
It can also be engaged with as a practice in its own right, which like most things of this nature works in both directions. If you practice activating your *MERKABA* it will raise your vibration, and take you into any healing process necessary to clear anything in the way.

MERKABA activation practice is occasionally offered in a separate workshop [facilitated by Altazar Rossiter] as part of the Bridgeman Lightworkers Academy.

RECLAIM YOUR SOVEREIGNTY ~ SHIFT YOUR REALITY
 EXTRA-TERRESTRIAL HUMAN HERITAGE
 adapted from Anton Parks / Gerry Zeitlin



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SIMPLIFIED DIAGRAM OF HUMAN ORIGINS



REFERENCE AND FURTHER RESEARCH

- * Biblical references are taken from the International Standard Version [ISV], published in 2011, accessed via <https://biblehub.com>. This translation incorporates material from the Dead Sea Scrolls.
- * The Nag Hammadi Codex references are from *The Nag Hammadi Scriptures* [NHC], edited by Paul Meyer, published by Harper One, 2008.
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- * Parks, Anton: *The Secret of the Dark Stars*, published by Pahana Books, 2013. Now available only in French.
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A lot of the work of Anton Parks has been translated by Gerry Zeitlin. It's disappearing fast from the internet but some can be found here ... <http://www.fractalfield.com/zeitlin/> here ... <http://www.fractalfield.com/zeitlin/EndEnchantment/Secrets.html> and here ...

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- * Lash, John Lamb: *Not in His Image*, published by Charles Green Publishing, 2006.
- * Jankel, Nick: *The Spiritual Atheist*, published by Switch On Books, 2018.
- * Dan Winter has masses of material to explore and download on the physics of energy, sacred geometry and all the stuff you won't find in regular text books. You can start here: **<http://www.fractalfield.com>**

DUTCH

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