

The Study of Vibration

Session 250

by
Da Pah Ekara San

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Session Description

One of the strengths of the Study of Vibration, of the Imzaia material itself, but also of ascended life as the momentum behind its release, is the unparalleled ability — uncanny, to some — to reinvent, regenerate, and rebirth itself, and in the process thereof not being a hindrance or, worse, a stumbling block, to its own evolution.

Session 250, presented by Da Pah Ekara San, signifies such a marker of regeneration and rebirth, on both a microscopic and macroscopic scale. It marks a change in velocity for the material itself, but also for the Student, in the exploration and expansion of one's internal and external realities.

At the heart of this Session, Da Pah Ekara San invites the Student into a rebirth of their own choosing by delivering to the Student's life and daily reality the promised reminder that is presented here in this Session. As such, the Student should proceed into this Session with great focus on the material and with great presence within the self. This being such an important yet private experience, we will not use this Session Description to discuss it any further.

Da Pah Ekara San continues his breakdown of the personality parasite in this Session, discussing its dysfunction while under the cloak and blind protection of generally accepted social norms and herd approval. The entrapment and limitations of the physical illusion are discussed in their relation to the metaphysical existence in which the Student truly exists should they choose to unshackle from the parasite's parameters of a mental, linear existence.

Explorism, which can be summarized as the act of defining the undefined, an active and expressive, heartfelt way of being, is presented for the Student's consideration, to be contemplated in relation to one's past experiences of the current lifetimes and, most importantly, one's associations to them.

Other Topics Include

- The truth behind Mystery Schools
- The link between intelligence and separation
- The unreality of the personality
- The illusion of the mental prison
- The sharpened mind
- Mental language and mental impulses
- The soul's calling
- Explorism as the philosophy behind Mystery Schools
- Being a 12 vibrational being
- Existing on 144 frequencies
- The lockdown of the personality parasite
- Moving from theory to practice
- And much more.

Originally Titled: "From the Desk of Ekara, a.k.a. The Personality Parasite" | Alchemy of Ascension series

1. And so it is. Greetings, my beloved brothers and sisters, I am Da Pah Ekara San. It is my great honor and pleasure to welcome you home to Pioneers College after a journey that took you many lifetimes to complete.
2. My heart does not attempt at welcoming you to any type of organization, nor does my hand beckon for you to enter the walls of restriction or guru ship. I, Da Pah Ekara San, greet you at a place of recognizing our equal footing and ancestry in the hopes of activating within you the rebirth of your own deeply rooted potential, your own sense of power and mastery.
3. As Da Ojadasan'ka Adamus Valen San, who is in close creational connection to this school, has said on occasion: Pioneers College is an ascension school which is not about finding followers, but about activating leaders, way showers and pioneers of consciousness expansion.
4. Next to Da Ojadasan'ka Adamus Valen San and myself, this heartfelt outreach from us to you comes from so many that have walked beside you on the journey, but one who I would like to mention especially with regards to all of this is Da Ejakasan'da Kuthumi San, who, as always, often remains the quiet one when it comes to these things... but whose unrelenting enthusiasm is probably, if not definitely, the biggest driving force of this project concerning humanity's ascension into new energy existence.
5. I do not believe I have ever met, or entered into a process of creation with, two beings that have a greater love for humanity's purpose as I have witnessed in my passionate and co-creative embrace of Da Ojadasan'ka Adamus Valen San and Da Ejakasan'da Kuthumi San. I felt it appropriate to at least mention this to all of you, and as I know that there are many connecting to these words right now that agree with the gratitude I am expressing, I invite you to take a moment to celebrate these beings, along with yourself, for the many choices they and you have made and continue to make on behalf of humanity and evolution on a personal and a cosmic scale.
6. That being said, of course there are countless others that I will not mention in this moment but that you will personally connect to during your experiences here at Pioneers College as they will be sharing their wisdom, insights, love and humor with you.
7. This Pioneers College ascension project comes about at a time of extreme change. Whether humanity is aware of it or not, everyone is going through intense shifts that are taking people out of their current life cycles. It is to be felt everywhere and by everyone, although many pretend not to and continue on with their day-to-day as though nothing is amiss. Everyone is aware of, but pretends not to notice, the elephant in the room, the man behind the curtain. Everyone is feeling uncomfortable about life

right now, in one way or another. Everyone notices the pressure of their own life cycles that have generated stuck patterning and a detrimental, if not eventually lethal, linear causality which for years has been 'celebrated' under the guise of uniqueness as the spawned result of conscious and subconscious identity and personality formation.

8. I do not have to remind you that these personalities, that have become the core of what and who you think you are, are not real. They have nothing to do with your I AM presence and are only formed around you as a strict network of do's and don'ts to benefit those that have had power over you for so long by manipulating this strict network's wants, needs and desires.
9. It is not my intent for this message to become longwinded, nor do I wish to flood your gates with dreary information about any past or future vision; yet I do wish to remind you that humanity, and many other races with it, has been mentally ill for a long time. In many cases this has led to a sustainable insanity and this, in many of your Earth's cultures, is the normal blueprint of a person's identity.
10. Many people have become entangled with a type of hidden but chronic form of manic depression and most others are at least at the verge of a dysfunctional existence emotionally, psychologically, mentally, spiritually and physically. Many, however, would also disagree with me as they would not see the evidence of this when they look around them in life; yet I say to those that the evidence is right in front of them but has been cloaked under a social veil of normality. It is happening right now and it has been happening for a very long time, but I am here to say that it is not going to continue much longer, this mass-mental disease.
11. Life on Earth, and life on many other planes and places with her, has not always been the way it is now. I do not talk about a difference on a technological scale; I am talking about a scale of intelligence and this may be a word you would not be expecting: intelligence which, over the course of the last one hundred or so generations, has become the foundation of a mental prison system.
12. I bring up this idea of 'intelligence' because it is not only in mystic circles that these truths of unity versus illusion resound. Isn't it one of the leading 'intellectual brains' in this dimension that you know by the name of Albert Einstein himself, who has said, and I quote:
13. "A human being is part of the whole called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest – a kind of optical illusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for only a few persons nearest to us. Our task must be to free ourselves from this prison by widening

our circle of compassion and to embrace all living creatures and the whole of nature in its beauty.”

14. Indeed. Has humanity’s very pride, namely intelligence, which supposedly sets it apart from animal life, become a doomsday device? If what Albert Einstein says is true, and it is one of the founding principles of this ascension college that it is, then the very presence of a separating intelligence is part of the optical illusion of consciousness, as Einstein calls it, if not the reason for the illusion of separation itself.
15. Einstein knew that the knowledge he was uncovering wasn’t coming from him, nor was it miraculously discovered because of his larger usage of brain potential; it came from the universe itself and it would only come to Einstein whenever he realized that he was, in fact, meticulously connected to the universe if not containing within himself the universe itself in all of its infinite dimensions of potential.
16. Einstein knew that his mind and brain could only take him ‘that far’ and that, from a certain point onward, he had to trade logic for intuition, knowledge for knowing, and wisdom for imagination. Whenever he got to that point where mathematical logic would no longer suffice, Einstein would rest his head quite literally and dive into the dimensions of expansive consciousness. His preferred vessel for this was sleep, in front of his blackboard in fact.
17. Typically, as he rested in his comfortable but worn out chair, he would hold a stone in his hand that he jokingly would call his philosopher’s stone. The moment he would actually drift off into deep sleep, this stone would fall from his hand and would awake Einstein with, quite literally, the answer right in front of his nose. He had connected to the totality of the universe and knowledge simply was available to him.
18. Sometimes there would even be times when Einstein would not hear the stone hit the floor and when he would wake up hours later, the answer would be on the blackboard, written down! Einstein was a subconscious channel who later on would become conscious in his constant connection to the universe and creator.
19. As such, in Einstein’s case, personality was not present as the dominant operating system within his consciousness. His ‘larger brain’ as it is often referred to, with increased neurosynaptic activity, allowed him to not make connections on the level of neurosynaptic pathways when a interdimensional breakthrough was needed for his concepts to make sense. Instead, it allowed him access to the universe itself and truly was a brain with an active pineal lobe and Akonai.
20. This is what I, Da Pah Ekara San, call the “sharpened mind” and it is the type of intelligence that will be sustained in these New Energy times. It is this “sharpened

mind” that you will develop as well in the coming years, although it is only a minor spectral of the total spectrum your ascension training will bring you; a training which will result in the ability to no longer be limited to a specific set of values, but free to experience infinite variables, called attributes, within a non-specified continuum.

21. Although few people ever knew this, in the last ten or so years of his life, Einstein became what is known as “the keeper of mystery”, meaning that he became responsible for maintaining a certain set of crystal disks that contain cosmic knowledge as experienced from earth’s point of view. These crystal disks were handed to him by none other than Da Ojadasan’ka Adamus Valen San, who has worked closely with Albert over the years and became a steady guide in his research for consciousness expansion and his desire to explore the undefined.
22. Of course, when I mention these crystal disks do not think I am referring to a material manifestation. These disks really are vibratory spaces with frequential sequencing on a crystallized level that allows for infinite amounts of information storage. Among this information is knowledge that has not resurfaced for hundreds of thousands of years, not even during the days of Lemuria or Atlantis. The time was not ready for it, but now it is. Now, all the Masters of Exploration, including you, have returned to Earth in all of her beautiful dimensions to take this unprecedented next step of quantum-dimensional ascension.
23. When Einstein left Earth at the end of his most recent incarnation, he did so with a fully activated Akonai but a near-dormant Akene and, basically, an almost non-existent Adonai. If you seek a better understanding of these principles and concepts, I refer you to the Sessions that precede this one, which are available within the vibratory space of this college.
24. The reason for Einstein’s leaving Earth, was for him to continue his exploration of Self and to activate the two remaining power centers of his beingness or essence. In the meantime, and with the cooperation of Da Ojadasan’ka Adamus Valen San, Da Ejakasan’da Kuthumi San, Da Tobias San, myself and many others, Einstein has undergone the necessary interdimensional, interlaced experiences that have allowed him to put the finishing touches on his last lifecycle in order to take control of these power centers, and now has kindly offered his services as teaching facilitator within this pioneers’ college of ascension. He is one of the teachers that you will come to know.
25. I have, with his kind permission of course, used Albert’s most recent life as an example of the opposite of personality-based intelligence in the hopes of allowing you to understand more about the potentials that you currently possess. Let us now take a moment to dive deeper into the foundation and philosophy of all of this. Why have mystery schools been created in the first place? Why were they a necessity and why

are they resurfacing now? To understand this is to understand the current situation of human consciousness and that is what I would like to discuss now, on a metaphorical level perhaps but definitely based on current planetary, personal and interpersonal affairs.

26. The thoughts of the universe are yours, they always have been. In the course of the last several thousands of years, lifetime after lifetime, many have simply forgotten how to listen. No longer does one hear the silent voice of one's own true being radiating out, no longer does one observe the attributes of one's own thoughts.
27. Instead, many listen to or get hooked on "impulses" that are generated by institutions, corporations, marketing schemes and even governments, consciously and subconsciously so. From the moment we learn language and attend schools with knowledge and history generated by said institutional forces belonging to cultures and societies, these impulses slowly but surely close us off to the true natural vibrations and frequencies of the self-creating universe... and we lose our knowledge of the god that lives throughout all, including the infinite dimensions of Self.
28. Humanity, and so many races with it, has been in prison for so long. It will continue to remain in prison until enough people discover the truth of the illusions that they have believed and existed in for thousands of years now. About a hundred years ago, these illusions were subtle enough in their creational impact for their parasitic qualities to go mostly unnoticed.
29. The parasite, so to speak, did not immediately disease the host but gradually took control of its new feeding grounds. Now, these illusions have become so blatantly obvious that day after day I am amazed at those who do not see the illusionary construct in which they live their very lives. This prison is not made of bars and metal but of thought brainwaves, belief systems and so much more; a world where the consumer, in fact, has become that which is being consumed.
30. The systematic presence and recurrence of these belief systems from very early childhood onward, lifetime after lifetime, creates a type of energy patterning which shows up in matter as a standard type of neurosynaptic pathways in the brain. The collection of these pathways and their ability to interact with one another is heavily reliant on cultural and social imprinting of the emotional field, again from a very early age onward.
31. All of this means that the parasite has quite effectively penetrated the building blocks of life, the biological DNA, with a favorable preset to form these neurosynaptic pathways as the standard modus operandi for the brain. Another attribute of the depth of this

penetration is a predetermination, on a DNA level, of the human brain to obey certain types of energy expressions and vibratory fields that have to do with authority.

32. Ultimately, the parasite manifests itself and takes over the conscious awareness in the form of that which is now called a 'personality' or 'identity'. At that moment, exponentially so, the free, conscious human being has become an intellectually enslaved human animal, thinking it is an independent 'person' but having now forgotten the part of itself which is the underlying and sovereign I AM, the reason for life itself.
33. The good news is that the damage is definitely not irreversible and it only exists within what has been labeled the "subfrequential pockets of reality". The subfrequential parasite can be removed or rather; it can be balanced out, neutralized and integrated. Humanity and many other races have come to this point now in a seemingly unconscious way, where many think that we have arrived at a critical moment of choice. I, however, happen to know that on a level of inter-creational mass consciousness, which is also inter-expressive, this choice has been made.
34. You can discover more about all of this in the libraries of this ascension school if you prefer to know more details and I would encourage you to do so at your leisure. The point I want to get to as far as this part of this Session is concerned, is that all that I have discussed with you so far, is not as unfamiliar to you as you may think, nor is the arrival of this so-called parasite of personality, the extensive knowledge you instinctively carry about reality, this "active ascension school", and this time of choice, a mere coincidence.
35. In order for you to understand this, I must ask for your trust and discernment as I am about to share with you some akeneic memories which you are not carrying in your current physical brain; these are memories of times long gone, before this body you now sit in was created.
36. I will go somewhat deeper now into the main theme of this talk, a topic that has triggered fantasies for many: the great Mystery Schools of the past, which have been around in one way or another for thousands of years. You, who are hearing or reading these words right now, have also been around for thousands of years as you have been connecting to these mystery schools lifetime after lifetime in your search for meaning in an ever-increasing meaningless world.
37. As you originally came into this vibratory space/time you call the third dimension, you entered with a heart and soul of exploration. It would be your chosen task to define the undefined space/time that was here, beginning with the most exposed layers and burrowing your way deeper into it until you would reach the bottom.

38. In your enterprising spirit, you quickly became aware though of the veil of forgetfulness and your strong desire to remember who you are, where you came from and where you were going. This is when your connection to these schools started, a tie that would stay for incomprehensible amounts of time. There came a point, however, when you had learned all that you could learn; a time, even, where you had mastered the art of cross-lifetime memory retention.
39. That being achieved, many did not know what to do or where to go next. With the theory now firm in place and even turned into practice, some decided to start their own schools, from a place of good intent even, but quickly found that this endeavor could not lead them to a place of excitement and zest for life. Something else was needed.
40. It was at this time that one raised its head and stood tall against the inevitable; many knew it had to be done but only one had the audacity to actually do it. This 'one' I am referring to, you now have come to know as the ascended being Da Ojadasan'ka Adamus Valen San. A principal of many schools at that time, and an old pupil of mine from Eja'i Chi Pah training, Da Ojadasan'ka Adamus Valen had had a seat on the Mystery Council for quite some years. The Mystery Council was meant as an umbrella organization to unify and at the same time maintain the secret nature of the schools.
41. Da Ojadasan'ka, in strong telepathic connection to all consciousness pioneers of that time, sent out a message, claiming that the mystery school system "would sink into the metaphorical depths of the ocean, passing into the realms of Lemuria and Atlantis", that they would "disappear into the mists, much like Avalon, until the time comes that the veils of forgetfulness, which have now become a hindrance for us enlightened ones, can be lifted."
42. Da Ojadasan'ka Adamus Valen San continued what to me, and those like me, has become a timeless speech. I quote: "In the meantime, I urge all of you to seek the most normal lives you can and to do that which you have, in all your years of connection to your school, not been able to do: take the final test, bury all of your wisdom and gained sense of Self deep within the chasms of your essence shining through. In short, I am inviting you to close off from the Light one last time, to take the plunge and see if the wisdom has been installed within you deep enough for it to resurface even without stimulation."
43. As Da Ojadasan'ka went on with his telepathic speech, he reminded each of you of the importance of this 'final test', not just for yourself but for all those that you would encounter. In short, you would become a shining beacon in the night without any memory or association to your enlightened past. Most importantly however, and what tipped everyone over to Adamus' point of view, was the fact that you could explore the

realms of the non-Self one last time before fully emerging into the land of Self, the edge of which you have now reached.

44. All could see the validity of this idea and it was executed shortly thereafter. From that moment on, Da Ojadasan'ka Adamus Valen San would take responsibility in his own way to maintain the wisdom and memory of these schools on Earth as far as he could. As he had already reached ascension status at the time of this happening, he opted to leave the human shell behind as he believed he could be of the greatest assistance elsewhere and joined the ranks of my realms.
45. This tale is not meant to be a history lesson; rather it is yours and if you like, you can feel its truth inside of you at this very moment. Carry it with pride. In your 'final test', namely this lifetime you are currently experiencing, you have made it your task to collect the pieces of your puzzle once and for all; all the knowledge you had built up over the lifetimes, now found in only one. Achieving this has been the goal of your life, until you hit this point, this very moment. Take some time to reflect on this. I believe many events will begin to make more sense, do they not?
46. Knowing all of this, I want to bring up a very important reminder that you may need, now that you are in the process of adapting your current lifecycle: do not mistake 50 odd years of personality history with the importance of thousands of years of soul experience. People do this often, as it is part of the personality parasite program running in the brain. Yet I do not need to remind you that humanity is not a race, it's an attitude and this attitude is what is now changing. You, quite literally, mark the beginning of this as you are in the process of, or have already, broken free from the parasite program.
47. Before I move on to the next thread in this talk, there is one more thing I wish to mention. I have not finished discussing with you the whole of Da Ojadasan'ka's telepathic plan. There was another part to it, and this was the idea that all of you doing this would lead to a type of drilling effect. What is meant with this is that many, if not all, of you have willingly chosen to drill as deep into subfrequency reality as humanly possible, quite literally, so that the snap-back effect of humanity waking up from their personality dream would have the most reach and momentum possible.
48. Imagine a rubber band that is stretched to its maximum and you will know that upon release the most energy and speed will be released in restoring the rubber band to its original shape. This snap-back effect has now happened for you and is about to happen for all of humanity in the coming years. It happens in that moment when you simply can no longer ignore the calling of your heart and soul to be an explorer once more.

49. This idea is captured in the essence of Explorism, which is the main philosophy behind ascension schools such as this Pioneers College. Explorism is an active and expressive heartfelt way of existence. It is the act of defining the undefined. This idea was very much alive in Lemurian, Atlantean and Aramaic times and it was the foundation for the mystery schools that we have now discussed and that you attended during many of your lifecycles.
50. In different places it meant slightly different things but the core was always the same: you are the Heart of All Things, and in that beingness you are the expresser and the expressed within All Things. When this central reason for being is acknowledged, one recognized one's own explorer spirit.
51. When this becomes manifest, the surrounding interactive and holographic universe receives a key from your 142 strands of energy DNA. This key tells the holographic universe, which is an expression of you, that you are ready for a high-level pursuit of the game of explorative existence and the universe will then respond in manifesting realities that will sustain this endeavor as long as it remains pure; meaning as long as it is experienced from the vantage point of the highest frequential speed of the vibratory space.
52. Even though you would imagine otherwise, this lifecycle you are now experiencing is considered by your soul as the height of Explorism itself; the greatest challenge you have ever given yourself and, beloved brothers and sisters, you have just succeeded in mastering it! Now is the time to realize that you are indeed not a flesh and blood human, but that you are a 12-vibrational being existing on a spectrum of 144 frequencies, 12 for each vibration. This has been told to you so very often, but now it is actually possible for you to feel it, to live it. These 12 vibrations, of course, are connected to your 12 senses and, going forward, in the upcoming Sessions of the Study of Vibration, I, Da Pah Ekara San, will discuss this idea with you in a set of exploratory talks that are designed to make you remember and use these senses once again.
53. The parasitic patterning of personality and emotion, which we have discussed in the course of this Session, has been in place to keep you locked into the lowest possible frequency within each vibration. This is why it is possible for others to control your choices and potentials; it was the foundation of Old Energy existence, the notion that made the 'follow the leader' paradigm possible to begin with. The reason is simple: consciousness and awareness, at that level, is sluggish and cannot make a proper choice, which is why it gladly accepts any 'logical' choice which is offered. The mind/ego/personality construct is a creation to cope with this perceived lack of frequency and now has come to replace, in some cases all, the energy senses which connect you to

this interactive experience in a holographic universe we call life. Again, I and others will go deeper into all of this as future Sessions are generated.

54. At the beginning of this particular Session, I opened by stating that humanity has arrived at a time of great change and of course I, Da Pah Ekara San, am not the only source declaring this. It is felt and talked about in every part of your personal lives as well, but... it is even measurable. Today, science is beginning to agree with the knowing of your soul as its tests and observations have shown that this solar system, and this universe with it, is increasingly speeding up the amount of particles that is being generated by the sun, as has the vibrational speed of those particles increased.
55. Simply put: science now understands that what they once considered a vacuum, no longer is empty space. This, ladies and gentlemen, announces the arrival of New Energy. It is that simple, indeed. This increase in particle presence and particle speed is also supporting scientific evidence of the coming quantum ascension, as I have previously explained.
56. From a science point of view, ascension is reaching a higher level of energetic-vibratory existence on a personal and universal scale. This is happening and is unstoppable, as it is a universal and benign phenomenon. Also, it is where you, dear Master Explorer, come in.
57. All of what I have discussed so far in this Session leads me, then, to the following: everything that all of my colleagues, and me included, have ever shared with you, was in preparation for what is to come now. Everything that you, as a soul, have ever done was in preparation for what is ahead. The time for theory, the way you have known, has come to an end. You are awake, ready and able. You are exactly where you need to be and you should celebrate that fact.
58. The only thing that can hamper you now, as I have already indicated, is the little problem of your past experiences of this lifetime and your associations to them. This is the only thing that can possibly hold you back at this point, and you have prepared for that eventuality a long time ago as well. Now is the moment to claim that unexplainable strength that rests deep inside of you and only wakes up once in every lifetime, allowing you do what you and others once thought of as the impossible.
59. We, and this college and all that it means, are here to support you in continuing on with your choice for ascension, knowing that you are making it for the right reasons. We will be your community when you need it, embracing you in your sovereign difference. As I have said at the very beginning, we are not an organization. We, together with you, are simply what is needed now as it is the continuation of our path to do this.

60. The rise of Pioneers College comes at a time of perfect holographic alignment. We have chosen April 11th 2009 to make the college's stamp on linear reality for numerological reasons, as it fits the unfoldment of the universe and all things. In numerological theory, this date equals an 8 with, in its core, an 11 as a year-stamp. These are the perfect holographic qualities to stimulate the attributes of infinity and mastery on both an internal and external level; the moment that god (you) meets god (you) and you truly recognize who you are and fall in love, so to speak, with all things around and within you. It is at this time, that this "unexplainable strength" I was telling you about earlier clicks into place. You simply... activate and know, deep within, that there is no turning back. You will know exactly what I mean if you are one who has felt this, or currently does.
61. It is because of this 8/11 balance, that the next sets of Sessions of this ascension college will deal with returning to you the necessary insights and the like in order to let the walls of your life fall away and to bring back from deep within you the tool of cross-lifecycle memory retention. In other words, we will focus on getting you 'back on track', to a point that you may begin to access more of yourself and everything that comes with that.
62. The following years, each time on April 11, will bring the numerological pattern of a 1, in 2010 with a 3 as its core; in 2011 a double 11. Finally, of course April 11, 2012, brings the totality of this hologram with its numerological 1, a 5 at its core and a total 11 as the essence of that core.
63. Translated, this means that this Pioneers College, holographically speaking, is about moving theory into practice, a feat which we believe to be most needed at this point. This 2009 curriculum year, which now truly kicks off with the release of this Session, will bring a build-up of previously unreleased theory, while practice and experience will move into your field of experienced in a most gentle way. The following years then, will offer a gradual shift of focus as we move from theory to practice more strongly. These years will bring the return to the 360-day 'sacred' or metaphysical calendar, or the 360-degree full spectrum of experience, and will be explored fully in future Sessions offered by the akeneic beingness known as Da Solarys San, along with several others.
64. As this full spectrum returns, you will be taught all of those practical things that you always knew were possible but could only experience as theory so far, such as portal travel as will be taught by Da Lemuaya San of tachyonic service. These things will become necessary as your assistance as a teacher and ascended advisor will be needed by many come the year 2012 and the years and decades beyond.
65. Finally, we will leave all concepts of theory behind us and fully move into a practical expression of Self; a pathway which will be explored more deeply as you fully move

into cosmic time as that which you now theoretically know as an ascended being of light and life. When that time comes, of course, not only the nature of this college, but the nature of All Things will change to such an extent that there is little point in me discussing this further.

66. What is most important, at the moment, is that you realize that, depending on your own choices in this very moment, you can be at the stage of the game where you can truly assist in the great shift of human consciousness... which has been the goal of your growth and a moment of conscious choice on your path since the very beginning of your awakening prior to ascension.
67. To understand that, on a soul level, this choice to assist and ascend at the same time is a passion that lives in the deepest core of your Self, is to truly comprehend the dear Albert Einstein when he made the statement that would end up being the core motto of mystery schools all over the cosmos. I quote: "The life of the individual has meaning only in so far as it aids in making the life of every living thing nobler and more beautiful." Remind yourselves of this simple fact often in the coming four years of your journey with this ascension college, for understanding it is understanding life itself.
68. The time has finally arrived, dearest consciousness explorers, dear mystics, to stop fighting the ego or anything for that matter. Lay down your arms today, and start walking away from your past personality. Let go of your attachments that you built up in this current lifecycle, and reconnect to the mission and path of your soul. One is linear, the other is eternal.
69. If, at any point during the coming times, letting go of 3D, for that is what this is, feels difficult for you, I remind you to not take this type of difficulty personal. Treat it as impersonal for that is what it is and it is what will make the difficulty go away with a speed that will quite definitely surprise you. You are at the verge of leaving a subfrequency vibratory space, or a dimension as you have come to call them, and breaking through the very edge of the 3D eggshell can be challenging when you are not properly prepared.
70. Preparing yourself, then, can only be the result of knowing your true environment. In this case, the 3D energy field or vibratory space has the exact same build-up as one of the most common things within your material universe and that is the concept of a cell. Think about the many trillions of cells in your body and how their cellular structure is created: all cells have a nucleus or a cell core, and a cellular boundary.
71. The stuff that makes up your cellular core is exactly the same as what makes up the boundary wall of the cell; not only is it the same structure but both the cell's core and border carry a similar type of density. This means that the feeling you will have when

you are near the cell's core is as dense and compressive as the feeling near the cell's edge.

72. This is why most people, even though they are so close to letting the 3D eggshell go, get discouraged because of the density. Most people are somewhere in between these two great fields of density of the vibratory space that makes up 3D, for it is hardly impossible to exist elsewhere. Those that exist near this core would be considered the ones suffering extreme lives on this earth today.
73. Most 3D inhabitants exist in between the core and edge of the 3D cell, for that is where duality is the most 'acceptable'. You, however, who have now moved near the very edge, are feeling that density which, basically, makes you blind. This is the exact reason why beings such as me are in your reality right now: to assist and to allow you to navigate 'blindly'.
74. Knowing this, you may understand some more of the workings of your 3D existence and where you currently are in moving beyond it.
75. After these many words of mine have been spoken, written, heard and read, one great scholar of consciousness who was, in fact, connected to the very last Mystery School on Earth until the emergence of this one, and who goes by the name of T.S. Eliot, summed it all up when he wrote:
76. "We shall not cease from exploration, and the end of all our exploring will be to arrive where we started, knowing that place for the first time."
77. I have shared this space we have been in together with you as a sovereign being in the hopes of reminding you of who you are.
78. I have shared this time with you, in this moment, as an ambassador of love, joy and freedom, in the hopes of reminding you of who you are.
79. As always, it is my greatest honor to be in service and assistance, to be your eyes and ears for a while as you move away from what you have known to activate the totality of who you are, in the safety of knowing that we are here and that you can rely on us, heavily if needed, for this is the true nature of what we mean to one another. It's what we have always done and it is the reason why I call you my brothers and sisters.
80. And so, I wish to end this opening statement of mine by sharing with you one of the many great Lemurian sayings. It is how we said goodbye, a long time ago, at the end of your mystery school days; and, as we have sworn soul to soul, it is what we would say when finally, again, we would meet:

81. "Oja'e vizachi pensjachaya, i karaya pir pa vosh, kosha'e ambikaya."

82. Until we meet again, eye to eye, may we beat as one heart in the womb of the Great Mother.

83. I am Ekara, and I love you. And so it is.