

Satjanas

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An: office@satjanas.com
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From Tom Kenyon

The following message was given by the Hathors on April 15, 2007.

The "extreme wave activity" they speak about began on April 12, 2007. We are getting this message to the world as quickly as we can, under their direction, and to do this, we ask your help. If you feel the validity of it, please distribute this to your friends through whatever means you have available.

We have put all the data together, for your ease in copying and forwarding this email. Everything is contained in this one email document—the recent message, the information relative to the Holon of Balance, and the message about Ecstasy and the Heart.

If you prefer, you may also read the information online:
<http://tomkenyon.com/hathors.php>

Wishing you the best,
Tom Kenyon and Judi Sion
May all beings be happy. May all beings be free.

The Planetary Creatrix

From the Hathors through Tom Kenyon, April 15, 2007

You are on the brink of an escalation of intergalactic energies coming to you from deep space. As we have indicated in previous communications, this wave activity, related to the expansion of consciousness, is on the rise. Specifically, the expansion of consciousness has to do with a greater awareness of the subtleties and complexities of your life as terrestrial beings, but also as intergalactic and interdimensional beings.

One of the effects of these waveforms of energy from deep space is an increase in volatility—emotional volatility. As these waveforms increase in both number and intensity, they will increase irritability, sleep disturbances, irrational thoughts and behaviors. These will most likely be acted out between individuals, but also collectively.

These waveforms of energy from deep space are both a negative and a positive. They are negative from the standpoint of your status quo, of your habitual ways of being and operating, for these waveforms will break these structures down at the most minute subatomic and quantum levels. And they will create changes in your physicality and psyches. These challenges to your psyches are a result of your holding on to old ways of perceiving and being. The collective effect of this can be quite devastating to the old ways of living in this world.

The positive of these waveforms of energy from deep space is that they create an opportunity, a choice point in each moment as the waves pass through your solar system. The choice points occur as the waveforms strike the very energetic structures of your body, your mind, and your interpersonal relationships. The choice points are a collapsing of your old habitual patterns and an opportunity to rapidly and radically move in new directions.

In very real ways these waveforms of energy from deep space are like messengers that unlock and throw open the doors of your personal prisons. For a moment there is the opportunity for escape, escape from your own self-made prisons, whether they are personal, interpersonal, collective or global. The challenge, when the prison door is thrown open, is to recognize the opportunity for freedom. When the old ways of being collapse—when the charades that you have been living are revealed to you—don't shrink from the experience. The old ways of hiding will not work, for a new energy is being released into the cosmos.

Your freedom lies in abandoning old ways that do not serve you.

Again, this is true at the very subatomic structures of your being, through your "psychologies," and through your relationships.

As the waveforms become stronger—which they will—and as the period between the waves becomes shorter, it will feel like the pressure waves of consciousness are relentless, and in the face of such a pounding, it can feel like insanity or madness. Feelings of desperation will be on the increase.

But we wish you to clearly understand that your desperation is self-created and self-generated, as it is a resistance to the pressure waves of evolution, specifically spiritual evolution. If you seize the opportunities, the choice points, when your prison doors fling open, you will find a new freedom, a new way of living with yourself and with the world.

Those of you who are most sensitive to energy will feel this first.

Those who are mired in the material experience of life and in their animal nature will seemingly, at first, be less affected.

But as the pressure waves increase, so will their sense of desperation. And nothing feeds desperation quite as clearly as perceived threats to one's survival.

In previous communications we gave directions for how to use the Holon of Balance. We strongly suggest you master the ability to create them at will. Your experience of life, in so many ways, is changing at an unprecedented pace. How you move through the narrow gate of chaos is determined not by the outer events of your life, but by how well your internal compass operates, your inner intuitive sense of direction.

In previous communications we have given suggestions for how to create ecstasy or bliss. Our reason for imparting this information is that ecstasy and bliss are vibrational fields that allow you to escape the lower vibrational field perpetuated on your planet.

Residing in ecstasy and bliss, or at the very least, joy or happiness, independent of external factors, allows you to slip through the doors of your own prison.

From our perspective, which is from other dimensions beyond your third dimension, your Earth is engaged in an acute struggle between the forces that would imprison you and those that would liberate you.

We say this to you with greatest clarity—you are in the midst of a battle for your very souls, your very spiritual essence. For this is the greatest treasure that exists upon your Earth, not the gold or silver or diamonds, but the very ephemeral spiritual spark that each of you possess. Whether you are aware of your spiritual spark or not is immaterial; it is still of immense value. The forces that have imprisoned this planet for thousands of years are threatened by these waves of energy from deep space. They can be expected to do everything in their power to continue their domination of the human spirit. And yet, in the great dance of the cosmos, there are others who wish to free you, for in your freedom a great renaissance of consciousness can take place that will be a great benefit to the entire universe; and so it is that many beings from many realms—who hold human life as sacred—are here to assist you. We are just some of them.

Because you are at the brink of this massive increase of evolutionary pressure, this moment is a critical opportunity to increase the strength of light, spiritual light, upon this Earth.

And so it is that we present to you our plan for the immediate future, and if you feel called and aligned with our vision, we invite you to join us.

We call this the Planetary Creatrix. It is based upon an interdimensional physics by which we can, with your assistance, send highly coherent and benevolent forms of energy into the energetic matrix of your planet. This work is made possible by something that occurred this last Easter when Magdalen called the seven great Archangels, and they, through this invitation and the co-creation of many people across the globe, descended from the realms of light into matter imparting their highly elevated vibratory fields of energy into those who participated and into the Earth itself. Within the Earth they planted innumerable seeds of light. They are scattered throughout the world. Some of them are time-coded and will increase their amplification of spiritual light over time. Some of them will be activated when specific waveforms of energy from deep space pass through your world. They are designed, intended to create choice points, opportunities for increased illumination and spiritual awareness. They are a direct counterpoint to the forces that would control, manipulate and imprison all life.

For three days, beginning July 6 through July 8, 2007, we are calling a gathering in Seattle, Washington we call The Creatrix.

At this event we will impart fundamental understandings and techniques involving interdimensional physics and the ability to manifest into the third dimensional world. On Sunday, July 8, from

2-4 pm Pacific Standard Time, using the techniques we have imparted, all who are gathered will activate the Planetary Creatrix. We shall be assisted in this by the two earth healing sites we have established and by those individuals throughout the world who feel aligned with our vision. During this time, Sunday, July 8, 2-4PM, Pacific Standard Time, we shall activate many of the light seeds that were planted by the Archangels this last Easter.

Preparation

For those who wish to participate with us in the Planetary Creatrix, but are unable to attend the event physically, some preparation is needed. Essentially, what will occur during this time period of Sunday, July 8, 2-4 PM, is that you will use the central column of your subtle energy body to serve as a conduit for higher dimensional light and energies to pass through you and into the area of the Earth where you are located. This will provide the entry point into the planetary matrix, for you are standing wave patterns of Earth energies; and because your body is of the Earth elements, you possess, by your nature, the right and the inherent ability to impart energies to the Earth.

The more individuals who participate in this, the stronger the imparting of these highly beneficial energies will be. During this time period we ask that you set aside outer activities and for this two-hour stretch of time, focus upon the central axis, the central column of your subtle body and allow the higher dimensional energies to enter through your crown and proceed through your body into the earth. It is important, during this two-hour period, that you create an alignment of your own energies with the higher dimensional energies. This is done most efficiently by placing yourself in the Holon of Balance and by generating feelings of bliss and ecstasy using the methods we have given previously. For your ease, we will place the information on how to create the Holon of Balance and how to create ecstasy through the heart at the end of this communication.

If you feel called to participate with us from wherever you live upon this Earth, we ask that you begin to train yourself in mastering the Holon of Balance and ecstatic states, so that during this two-hour period in July, you shall reside in a state of balance and joy or bliss as much as your current evolutionary state allows you. For those of you who feel called to join us in the Planetary Creatrix, we bow to you. We bow to the many spiritual lineages that you represent and to the many intergalactic beings that you are, and we challenge you to step up to the higher vision of planetary service that this requires.

Practice and master the Holon of Balance. Master the ability to create gratitude, joy and bliss instantaneously, without the need for any outer condition. With these two dynamic fields of energy— balance through the Holon and ecstasy through the path of gratitude—you will be able to assist the imparting of these higher dimensional energies to your Earth for the benefit of humanity, and you will have a most interesting and compelling experience during these two hours.

This is a great experiment, a bold action involving the coordination of many realms of being. Nine days prior to the Creatrix, on June 29, 2007, we will give further and more detailed instructions for how to operate during this two-hour period of the actual Planetary Creatrix.

The Hathors April 15, 2007

Thoughts From Tom on this Planetary Message

I thought I would share some information with you that is not in this Hathor message, but which they (my group of Hathor guides) gave Judi and me upon further questioning.

For one, as they say in the Message, the consciousness-inducing- waves coming to us from deep space are now increasing in both frequency and strength (amplitude). The current wave that prompted them to give this message began to arrive in our solar system late in the evening of April 12th. This wave will last for approximately nine days (until April 21st). They told us to watch the news during this period, as there would be increases in irrational behavior, destructiveness and anomalies in our weather, and indeed there have been. Shortly afterward, a new series of waves will pass through our solar system and our Earth. According to them, each successive wave (with a few exceptions) will be stronger than the previous ones. In other words, we are not off the hook on April 21st. There will be wave after wave of consciousness-stimulating-energy that will pass through our world for years to come—that's years to come, not months.

There are many ways to look at the effects of these messengers from deep space. On one hand, they are evolutionary catalysts that can free up immense personal and collective energy. The Hathors use the metaphor of opening the doors to our personal prisons— prisons being defined as our ways of living in relationship with our selves, with each other and with the Earth. If we are going to survive as a species, we must change how we are living. Period.

End of sentence.

This is a great potential being unleashed, but it is also extremely disorienting. Perhaps you have experienced some of these side effects for yourself—sleep disturbances, an increase of irrational thoughts, unusual feelings of despair and/or desperation, extreme sudden and unexplainable fatigue, as well as emotional volatility. Important Side Bar: Some of these symptoms can also be indicative of clinical depression, which might need professional help. If these states of mind and body are not a constant, seem to come and go quickly, then they are probably not related to clinical depression, but may be due to the energetic effects the Hathors are talking about. If, however, these symptoms seem to have settled in, so to speak, do not come and go quickly, you might indeed be suffering from clinical depression, in which case you would do well to consult a mental health practitioner.

The Hathors don't mention it specifically in this message but there are also feelings of physical disorientation occurring for many. These include feeling like the world is spinning (which it is of course, but in this case, the world spins or tilts at unusual angles). In addition, one's usual sense of dimensionality (our perception of physical space and interdimensional space) seems to be changing or morphing somehow. If you don't know what I mean by this, don't give it a second thought.

While it is probably good to know about these waves from deep space and their challenging effects, that is not the main reason for this message from the Hathors.

They are putting out a Clarion Call to the world spiritual community. They are calling together in spirit, thousands, perhaps tens of thousands, around the world to join together in what they (the Hathors) are calling the Planetary Creatrix.

For those who join us in Seattle, Washington for the actual gathering (July 6-8, 2007), the Hathors will prepare us for two and a half-days with specific sound meditations and instruction in the use of multi-dimensional awareness as a key to manifestation.

This knowledge of how to manifest will, I believe, be of immense value to all of us, but on Sunday, the focus shifts from the personal to planetary service during the actual times of the Planetary Creatrix, which will occur on Sunday, July 8th from 2-4PM Pacific Standard Time.

My Thoughts On Preparation

For those who cannot attend the event in Seattle, the Hathors ask that you train yourself so that you can create the Holon of Balance at will (see instructions below). They also ask that you begin to train yourself in creating states of bliss or ecstasy. If you are unable to generate feelings of bliss or ecstasy at will, then the Hathors have given a method for creating ecstasy through gratitude and focusing at the heart (see instructions below). This union of gratitude and focused awareness on the physical heart creates a shift in awareness that eventually leads to ecstasy (if you stay with it along enough).

Now here's the rub. For some people, due to unresolved emotional conflicts held in the heart, focusing on the heart with gratitude will often first bring feelings of sadness, anger, etc., to the surface of awareness. If this occurs, I suggest continuing to work with the method until the feelings are resolved or transformed.

Repetition is a key to mastery. Eventually, this method will bring you to ecstasy, but you may have to work through some unpleasant personal material first. This situation reminds me of the story about a boy who was given a donkey for Xmas. He entered the barn where the donkey was, but all he could see was a big pile of manure. He said, "I can't see it, but I know there's a donkey around here somewhere." So in other words, if you get a bunch of shit coming up for you when you focus at your heart, know that ecstasy or bliss is around there somewhere.

You have two options, depending upon where you are in your training when the actual Planetary Creatrix arrives. If you have discovered the pathway to bliss or ecstasy, then you would be resting in these highly pleasurable states of body and mind for the two-hour period. Most likely, if you are like me, you would create it for a few minutes and then your mind would wander off, and you would be out of it. Then you would just recreate it and do so as often as required during the two hours.

If you have not discovered how to create ecstasy or bliss at will, that is not a problem—so long as you have, at the very least, learned how to create gratitude. Then during the Planetary Creatrix, you would hold these feelings of appreciation or gratitude as much as possible during the two hours.

Essentially what you will be doing during the Planetary Creatrix is to allow higher spiritual energies to ground into the Earth through a central energy channel that runs through your body, from the crown at the top of your head down into the Earth. In other words, you act like a tuning fork, anchoring these highly beneficial energies into the region of the Earth where you live.

(As the Hathors mentioned, we will be assisted in this process through the two Hathor sound temples, one in New Mexico and one in Costa Rica). In order for this to work, you have to be in a balanced and coherent state of energy. The Holon of Balance imparts a sense of balance, and coherency is created by feelings of ecstasy created through gratitude. If, when the time comes, you can't create ecstasy through gratitude, then you can go into gratitude. If you are unable to generate feelings of appreciation and gratitude at will (see the instructions), then all that will happen is that the descent of spiritual energy will not be able to anchor into the Earth through you. Good intentions are not enough here. A basic level of mastery is required for those who desire to participate with us in spirit. And so...if you feel called to join us, I ask you to begin practicing the methods below. I certainly am.

This invitation is being extended by the Hathors to all persons who share a common vision as to the sacredness of life, regardless of personal belief, religion, philosophy or life-style. If you feel the truth of this undertaking, and feel called to participate, we invite you to join us. As they said in their message, final instructions for participation during the Planetary Creatrix will be given at this website on June 29th.

The Holon of Balance

From the Hathor Message of February 3, 2007

"We suggest you experiment with this; play with this, and master this very simple geometry. Carry it with you in your conscious awareness at all times so that you may create it at will, as needed, both for yourself and those you are connected to.

"It is called a Holon, and the specific one we refer to is the Octahedron, or the Holon of Balance. Imagine yourself surrounded by a pyramid of light that extends above you and a matching pyramid below you. These are square-based pyramids, one pointing up, and one pointing down. You are in the center of this. If you are lying down, you are on the square, where the two halves of pyramids touch, and the pyramid above you matches the pyramid below you. You make this as large or as small as you wish, so long as you are completely enclosed within it.

"If you are standing or sitting, the axis of the octahedron extends through the center of your body, so that if you were to draw a line through the apex of the pyramid through the center down to the apex of the opposite pyramid, this line would pass through the center of your body. This octahedron balances energy. It is the balancing of the male and female aspect of consciousness. Do not let its simplicity fool you. It is a powerful tool for balancing subtle energies."

The Hathors

Some Observations from Tom

The octahedron is one of five three-dimensional geometric shapes known collectively as the Platonic Solids. The octahedron has a total of eight sides, thus the root octa, meaning eight. The top pyramid has four sides and the bottom pyramid has four sides, and the bases of both pyramids meet to form a square. The Platonic Solids can be found occurring naturally in nature, especially in the form of crystalline structures, as well as atomic and molecular configurations. Esoterically speaking, each of the Platonic Solids has specific energetic effects. Some people have emailed us and asked if the octahedron is the same as the star tetrahedron, and no, it is not. The star tetrahedron consists of two triangular based pyramids, and they are not joined at the base. They merge into each other. The star tetrahedron also has different energetic effects from the octahedron.

When I first received information about the Holon of Balance from the Hathors, I thought it was pretty simplistic. But sometimes the simple things are the best. There is no doubt in my mind that this Holon imparts a feeling of balance and protection when it is engaged.

Further Elucidation on the Holon of Balance

We have received several emails asking us to clarify the Holon of Balance. First of all, this information is for those who have said they need a more basic understanding of this particular Holon (the octahedron). It is not intended for the advanced student of sacred geometry. I have purposefully kept this simple. And the reasons are two-fold. For one, you do not need to have a complex understanding of the Holon of Balance in order to use it. And two, many people are turned off by complex geometries. Since this Holon is highly effective and simple to use, I have chosen not to complicate matters. In other words, I choose not to go into detail about the subtleties between the various Platonic solids or the intricacies of working with them esoterically.

An octahedron is basically two square-based pyramids joined at the base. The Holon of Balance is created by forming an octahedron of light around you through the power of your imagination.

It doesn't matter what color you make it. The color may change spontaneously, depending upon your state of mind. Personally, I make mine clear white light, but that is a personal preference, not dogma. In fact there is very little dogma around this, thank God, thank Goddess.

The main thing is to make sure that you are completely enclosed in the space of the octahedron. If, for instance, you are lying down, the base of both pyramids (where they meet at the middle of the octahedron) will most likely be right underneath you. But you could put yourself anywhere inside the geometry. You could hover up at the top, or sink down to the bottom, or slide over into a corner. It doesn't matter. And you don't have to orient yourself to any direction in particular, like north, south, east, west, etc. There are also no prayers, incantations or special breaths required. The whole affair is quite simple. And this may be one of its many saving graces, besides the fact that it works.

If you are standing or sitting, the axis of the octahedron (i.e. the imaginary line that runs through the top of both pyramids to meet at the center), would, most likely, pass through the central axis of your body (running through the crown at the top of the head, through the perineum). But you could imagine yourself up near the apex of the top pyramid or down at the apex of the lower pyramid. In other words, the central plane of the octahedron—the place where the two pyramids meet to form a square—could be aligned anywhere on your body. Perhaps you will have it aligned with your heart, or maybe your head, or perhaps your feet. It does not matter—at least as far as its balancing effects are concerned.

In actual fact, some alignments of the center square with your body (i.e. where the square passes through you) may affect you stronger than others. So I say—experiment! Find out what works best for you. Although I am being redundant, let me say it again.

It doesn't matter where you put yourself in the octahedron, where you orient it, or what color you make it. The main thing is to make sure you are completely inside it.

One final point about the geometry, since some people have emailed us with this question—is the octahedron the same as the star tetrahedron? No it is not. They are distinctly different geometries. Since I am purposefully not going into the details of the differences, if you are interested in further information I suggest using your Internet search engine to explore the fascinating worlds of geometry and its complement—sacred geometry.

There's a whole world of information out there just waiting to be discovered. And it's all at your fingertips with just a click of your mouse!

In the message of Jan. 18, 2007, the Hathors gave some information about sending the Holon of Balance to places or persons in distress—in order to impart a balancing energy. In this instance, creating the Holon of Balance (octahedron) is very similar except for the fact that you are obviously not inside the Holon—the person, persons or area of the world you are sending the Holon to, is inside the Holon. In other words, if I send a Holon of Balance to an area of the Earth, I imagine this area inside the Holon.

You can send these Holons of Balance anywhere on the Earth you wish—or anywhere in the universe for that matter (if your belief system takes you there). Sending Holons of Balance is a kind of benevolent act, but there is a caveat—don't mess with other people's reality. In other words, everyone has a right to his or her own suffering. Just because you or I would like someone to be in a more resourceful state, doesn't mean that they want to be. We all have a right to be sad, angry, confused or whatever, for as long as we want. Sometimes it gets a bit fuzzy. Maybe we have a friend or a family member in distress, and we want to make things better. But to project our intentions on others when it is not what they desire, is, I think, a misuse of subtle energy. And so my suggestion is to send the Holon of Balance not as an imperative or an imposition, but as an invitation, a breath of fresh air so to speak. If we send a Holon as an energetic offering of balance to those who choose to accept it, without attachment that they do anything, then we are, I think, sending Holons into the world in the right manner.

My suggestion is to make learning how to create the Holon of Balance a game. Play with it. Spin it maybe. Make it different colors. Find where it feels best to you to place yourself inside the geometry. Practice it at odd times in the day. Create the Holon of Balance in all types of places. No one will know what you are doing. Do it when you are shopping, taking out the trash, feeding your pet, taking a walk, or during those damned commercials when you're watching TV. The list of where and when you can take a Holon break is virtually endless. The thing is to practice it enough so that when you feel off-centered—emotionally or energetically off-keel—you can, without thought, create the Holon of Balance. Then it becomes a great ally. It will be one of your best friends, and unlike a dog, you don't have to feed it, or take it for a walk, and it won't chew up your newspaper.

Ecstasy and the Heart
Hathor Channeling
4/18/05

We wish to speak with you in this section concerning the generation of ecstasy through focusing on the heart. We do not speak of the heart chakra in this instance, but rather we refer to the physical heart, the heart muscle itself.

This technique involves your focus, or attention, joined with the emotion of gratitude, or appreciation—which ever you prefer to use.

As soon as you focus your attention on the heart, you may notice a flow of subtle energy.

From our perspective, your focus of attention operates much like the central point of an energy vortex. This is especially true within your physical body and the field surrounding your body—your energy field—what the ancients called the aura.

Your ability to create a focus of attention is not just a cerebral, or brain, activity. It is an activity on many levels of consciousness. Wherever you place your attention within your body, or within the energy field of your body, there is an immediate flow of subtle energy to that point, or area, which has an enlivening effect upon the cells of your body, and/or the luminous light fibers that comprise your energy body.

Your focus, indeed, creates a warping effect at the subatomic levels, what you might call quantum field effects. These field-effects create distinct flows of energy, geometry and harmonics within you.

To alter the quantum field through the power of your focus is an important ability we urge you to master. Its applications are numerous, the cultivation of ecstasy being just one of them.

In this method, you use this ability to hold focus or attention, joined with the emotion of appreciation or gratitude. These two emotions have a coherent effect upon your energy field and upon the rhythmic magnetic emanations of your physical heart. This combination of focus and coherent emotion can be used to generate high states of ecstasy.

As we have said previously, the generation of ecstatic states of consciousness is an important evolutionary catalyst. We strongly suggest that you learn to create states of ecstasy throughout your day.

We realize that, for many of you, your daily life may not be conducive to the cultivation of such states, but we urge you to find times throughout your day where you can practice attaining these states for at least a few minutes at a time. A little bit of time spent in ecstasy is better than no time at all.

This practice will set up a harmonic or a relationship with the Earth, as a conscious living being, and with the harmonic waves of catalytic evolution that are flowing through your galaxy.

In this technique you focus your attention on the physical heart. As you focus your attention on this area, you generate the feeling of appreciation or gratitude. It is not the thought of appreciation or gratitude—but rather the emotion. In this method, thought will not activate the subtle energies needed to generate ecstasy—only feeling is capable of activating the energy vortices within you.

As you focus on the physical heart and generate the feeling of appreciation, or gratitude, a waveform of energy begins to flow throughout the body—carried by the magnetic fields of the heart, which emanate outward from the physical heart to encompass your entire body. As the flow of energy begins throughout the body, there is a spontaneous arising of ecstasy—cellular ecstasy.

Experiment with this technique. Sense what happens in your body as you focus upon your heart and generate these feelings of appreciation and gratitude. Physically feel what seems to be happening at the cellular level as the one trillion (or so) cells of your body receive this coherent energy of gratitude or appreciation.

Once you have established the ability to create ecstasy as described above, and once you are able to generate ecstasy whenever you desire it—at will—begin to experiment with your energy field—what some call the subtle energy body.

In working with this method your attention is, again, on the heart, generating feelings of appreciation and gratitude. And as you sense ecstasy beginning to arise in your body, you shift your attention to the field around your body. This field of energy looks very much like a luminous egg when viewed clairvoyantly. The wide part of this luminous egg shape is up around the shoulders and the more narrow part is around the feet. There is a central line or axis that runs through the center of this field, and it happens to also run through the center of your physical body—through the top of the head and down through the perineum. This line is the central axis of the magnetic field that comprises the subtle energy body. This body, or field, extends above the head and below the feet a few inches, to a several feet, or even yards.

In certain highly charged energy states, the axis and subtle energy body can expand much farther than that.

By shifting your attention to this central axis and to the field surrounding your body, you allow the ecstasy to move out from the physical body into the field. This is very positive and creates powerful harmonic patterns that bring you into resonance with the waveforms of accelerated evolution that are flowing through your galaxy.

Do not underestimate the power of this technique. Though it is very simple, it is profound and effective. It will bring you into a higher state of resonance and vibration. And this is, from our perspective, crucial in order to pass through the energetic portals and transformational energies that your Earth is now experiencing and will continue to experience.

There are things we would like to say to you about your nature and your destiny, but they would, most likely, not be understood by you unless you are, at the very least, in a state of ecstasy.

This is because the reference point for consciousness is established not only by belief, but also by one's emotional harmonics. And without you being in a state of ecstasy, it would be like trying to describe a sunrise to a blind person who does not have the ability to directly perceive what you are talking about. To such a person it would be a make-believe world you are describing. But if suddenly this person could see, he or she could sense the sun directly and verify that your description of the world was accurate. And what was once deemed to be in the realm of myth will now be seen as real.

And so we leave you in this moment with what may seem like a myth, but which we hold as self-evident. You are creator beings in the midst of creating your future and the future of generations yet to come. You hold within your heart a key to the Mystery of Mysteries.

And the threshold, the opening into this mystery is through your capacity to enter ecstasy. Be bold and find your path, your way of living upward into this elevated state of being. Do know, however, the ecstasy is not the end of the way. It

is simply the beginning.

Try the method we have laid out for you here. Experiment with the methods we have given earlier and that we will give in the near future. Enter ecstasy whenever you can. Know that when do so, you enter into communion with all the elevated beings and masters who have served and who are serving humanity. Know that when you do so, you enter into communion with your Self.

In joy and laughter, The Hathors

A Few Thoughts From Tom For Those Learning To Create Gratitude

Some people can immediately go to the feeling of appreciation or gratitude, just by recalling these feelings. However, some individuals are unable to experience these feelings without an outward "reason." Nevertheless, almost anyone can self-generate these feelings, at will, with a little training. If you know how to re-create the feelings of appreciation and/or gratitude, experiment with creating them at various times throughout the day so that you can use the method the Hathors have given for producing ecstasy.

If you don't know how to create the feeling of appreciation or gratitude at will, here are a few pointers. First of all, gratitude is just a stronger feeling of appreciation. We are also looking for the feeling here, not the thought about appreciation or gratitude. Thinking about it will not create the required energetics, only emotion will. Some people prefer one term over the other due to their personal history. Go with the one that feels more comfortable to you.

The first method of creating appreciation/gratitude involves your memory. Recall something, someone, or a situation from your past that made you feel appreciative. It doesn't have to be something big. Anything that made you feel appreciative will work. As you recall the memory in detail, the feeling of appreciation or gratitude will arise. Then let the memory drop away and you will be left with the feeling. Focus on the emotion and sense how it feels to you. Repeat the process many different times so that you get the hang of it. Eventually, you will be able to recall the feeling of appreciation/gratitude without having to resort to a memory.

For a few individuals, there is nothing in their past that they feel appreciation or gratitude for. Believe it or not, this is not a problem. Simply create a fantasy of something that makes you feel appreciative. The odd thing is that your nervous system will respond to both imaginary and real events in similar ways. And the goal here is not to have something in your life that makes you feel appreciation, but rather to be able to just create the feeling (without having to have a reason). If you have chosen the right fantasy, you will find that feelings of appreciation/gratitude arise spontaneously. Then, just as with the memory method, you let the fantasy drop away, and then focus on the emotion. Practice this many times throughout the day, and eventually you will be able to recall the feelings without the need of the fantasy.

There is one more pointer in regards to the fantasy method.

Sometimes, a fantasy of having something to feel appreciative about will bring up not just appreciation, but also feelings such as sadness or anger at not actually having anything in your life to feel good about. If this happens to you, then you must engage a degree of mastery and allow the "negative" feelings to be there, while allowing the feelings of appreciation to arise. In other words, allow whatever comes up to be there, while focusing your attention on the feelings of appreciation.

For most people, one of these methods will eventually allow them to create feelings of appreciation/gratitude at will. Practice the method that works for you as often as you can. The attainment of an appreciative or grateful state of mind and heart is the minimum that is required to join us energetically in the Planetary Creatrix.

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A Final Note About Workshops

The Hathor Creatrix, July 6-8 and The Sound Healing Training, August 20- September 3, are the only two major workshops left in 2007. Right after The Sound Healing Training, we leave to teach in Europe and plan to be out of the country for the rest of the year, and well into the next. Tom will not be teaching the Sound Healing Training in 2008.

In addition, we acquiesced to a strong request from Mary Magdalen to take the work to the East Coast before we leave the country. We will join several presenters at a Magdalen event in Norwalk, Connecticut, July 27-29. Please note that we are not the organizers for this gathering. Direct all inquiries concerning this event to the contact person listed in the Calendar section of our website.

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