

# The Study of Vibration

## Session 169

by  
Da Jeshua San

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There is a space. A space within. A space that is called the human heart. I invite you to enter your heart space in a way that you have not experienced before.

The heart is your sun. The heart is your source, a core field of energy, of passion, of creative force that so often remains unused. So much potential which remains unfulfilled. Yet those potentials remain present at any and all moments. Why do they remain unfulfilled? Because we live in our heads too often. So many thoughts, present all the time, seem to flood our entire being. Thoughts about yourself. Thoughts about your future. Thoughts about your past. Thoughts about the other... and their future. Thoughts about the world. So many thoughts.

And within each thought a hidden undercurrent: I am too small. I have no power. I can manifest nothing. I am only human. I can't help it. I am ugly. I am guilty. I am powerless.

## **Our Thoughts Create our World**

All these thoughts that are constantly moving through us. They, without our knowledge, are creating our lives.

But there is another way. When thoughts no longer define your stage or your world, but in their stead the power of your heart, the love in your heart, the light of your heart, then you will see a planet emerging filled with sunshine, much like the sunshine we are creating here together. That is the speed of reality creation.

Yet, we tend to forget that our thoughts are constantly creating our world. We forget that we are capable, with just a single feeling to completely transform our world. We have been made to believe that this is impossible. We have been taught that we cannot influence our world. We are supposed to hand over that power to others, the leaders of government, the politicians, the physicians, the teachers, our parents, often...

But... should we really?

What happens when you realize that you are one with all things, as discussed by Adamus during his most recent Ekaraiia?

There are two ways to live your life. The first way is to believe that you are a void, a void which must be filled, a void which only wants to attract energy to itself, much like a black hole in deep space, always needing more, always in need, always wanting deeper satisfaction, however it may come. The void that we have known for so long.

The second way to live is a simple change of perspective. Not a void, but an abundance instead, a wholeness within yourself by realizing that you are the source.

In one way, everything around you is created by another and is merely happening to you. In the other way, you are the one who, from a space of complete abundance, is the source of all things.

## **You Are That You Are**

You are the source of all things. You are the heart of all things. You are beauty itself. You are joy. You are love. You are freedom. You are that you are.

Let this be the rhythm of your heart. I am. I am. I am. I am. I am. I am.

And in the silence in between, when the heart, just for a moment, is not conscious of anything, that is where the greatest power of creation lies in waiting. Go into the silence of the heart and feel, with each heartbeat, that power.

I Am. I Am. I Am.

Observe yourself as you are seated here, in this room.

I Am.

I am here, in the town of Den Helder, in this beautiful cosmic portal that is responding so strongly to the expression of the heart.

I Am.

With each heartbeat, I invite you to expand your perspective. Witness yourself from above, and if you have a difficult time visualizing, if that is not your way, then feel yourself. Feel yourself from above. The key is how you feel.

With each heartbeat – I Am – you move further away from the physical body, while remaining connected to it, and you rise up, through the ceiling. You can see the building you are in below you.

I Am.

And you go further, much further. You reach such heights that you can see yourself seated here while also noticing the sea in the distance. You notice her dunes and her infinite, ever repeating waves. Waves that keep bringing new potentials with them. Much like you are made of waves... and vibration... and frequency... always and forever bringing to the surface new potentials.

And I Am. I Am. I Am God. I Am the Creator. I Am all things. I Am the Heart. I Am the Love. I Am the Joy. I Am the Freedom.

And we rise up higher, so high that you break through the clouds. You are no longer interested in looking down. Your heart wishes to continue rising higher. To reach for the stars... and to discover what you have created there, beloved human.

You continue to rise up, and you turn to look back... just once, out of curiosity, and suddenly, there, you see yourself, you see this tiny point of light on earth because, by this point, the earth herself is but the size of a ball, and on that ball, one small point of light. There you are, in the town of Den Helder, in this hotel.

## **Beyond the Solar System**

But now, turn ahead and rise higher. Your perspective continues to expand. Until finally, you see the shape of this solar system that we all exist in. You notice that you have risen so high now that even the earth itself is but a mere point of light within the entire solar system. And there, inside that point of light, you too exist.

And we continue.

We rise beyond the solar system. And while we continue to remove ourselves from the planets that are attracted by our solar star, we take a look around us, and we notice many different solar systems. Other planets. Entirely different realities, as it were. Other suns. Other sources of light and love.

And we continue.

We expand our perspective even more so. It is no longer possible to do so using the human mind. It can only be done with the heart because the mind cannot comprehend this space.

And the space continues to expand.

You observe the spiral shape of the galaxy and her spiraling arms. And on that galaxy, on one of its arms, near the edge, you see yet another point of light. That point of light is the solar system. It contains the point of light that is the earth, which contains, in itself, the point of light that is you.

And we rise even further.

We leave the galaxy behind us, and as we look around us, we see millions of other galaxies. Millions of spiral shaped energy beings, containing billions and billions of stars.

You are not used to this perspective. It might even be difficult to properly imagine it. But continue nonetheless. Use the sensations of the heart to continue.

And then you reach the edge of the universe. One more time, you observe all those different galaxies, full of life and full of consciousness, and then... then you breach the membrane of the universe itself, through the area where science often believes exists the very end of all things.

## **The border between linearity and circularity**

All of a sudden, just like that, you are beyond it. A reality opens up for you, in which you discover that there seems to be an infinity of universes. Time and space no longer seem to be what they are here, in this town of Den Helder. Time and space seem to blend together, and universes are born, die, and are born again in moments that are infinite. Timeless. Eternal. Creative.

When you look back, you see that one universe, alongside those millions of other ones, and within that universe our galaxy, our solar system, our planet, and your body, here and now.

And yet, you are invited to go even further. In the end, you reach the border. The border of all borders. Surrounded by infinite universes you discover the reason why, in linearity, separation exists. The border, made of tachyons and photons, that which is often referred to as dragon energy. The border between linearity and circularity.

As you approach this border, you realize that the border is, in fact, a ball. A sphere in which you, and all universes, and you, and all that is... exist in a defined way. Energy defined, in matter. Even the light that we know in this reality is actually a form of matter, did you know? Even this light.

Pure geometric light is, in fact, entirely different, as you will soon discover for yourself when you will step through the border. And what awaits you there? A meeting. A meeting with that which we, here on this earth, tend to refer to as eternity... spirit... or god. A meeting with god, beyond the border of all that is, within the absolute oneness, in which I Am.

I Am. I Am simply means that I Am that I Am. I Am all that is, all of it. I Am god.

## Meeting a Supreme Being

And as you stand there in that no-thing-ness of light, and geometry, and purity, you see that a meeting is waiting for you. You have reached that point to do what many have done before you at the moment of their death, as people tend to call this journey, in that moment, when they connect with the source, when they connect with god. And maybe, here, inside your body, you feel a little nervous because you don't meet a supreme being on a daily basis.

And there, in the distance, a veil seems to part. And god steps through. And what do you see? You see... you. Your body, your body in all her perfection, in all his perfection, is standing there. You don't quite understand what is happening, and you say, "I was about to meet god, so why am I seeing myself?"

"Well, well," you say to yourself, "It is me. I Am that I Am... and I have always been. I am god."

And then, in that very moment, I will now leave you for a bit, for a few minutes only, for a conversation. A first, but definitely not final, conversation with the heart of all things, which is you.

And so it is.

*(Enjoy this beloved moment with the creator self)*

## Love, Joy, Freedom

Come home to yourself. While you are still here, standing opposite yourself, you find the love of the dolphin within yourself. And the power of the whale, and the energy of the sea turtle, who have carried the consciousness on this earth for us all, for so very long, while knowing that we, eventually, as a unified being, a creative being, not a human being but a

being who has mastered, to finally step back into our power, a being who would inscend on this planet as a complete and whole consciousness. Let this love reach you right now. See how you, there, in that wholeness start to transform.

One moment, you see a glimpse of the dolphin in your eye. The next moment, you see the wisdom of the turtle. The timelessness and the immense scope of the whale. Then, you see the simplicity, and the love, and the joy, and the freedom that is you. Formless. Timeless. Spaceless. Without separation. With no beginning and with no end. Beyond birth and beyond death. That is who you are.

You are an ambassador on this earth. Someone who no longer comes here to keep repeating the same experiences, but instead, someone who comes here to show others, who are part of you, the way out. The way beyond illusion, the way beyond pain and the way beyond fear. You carry this gift within you. It is in your heart. It is in each of your cells, in the core of your very being, and that core being knows that it has no name, unlike the names we use to define ourselves with, here, over and over again, each time. While it has no age. It knows it has no gender. It has no hair color. It has no need for possessions. It only knows itself as a pure and creative force. The power to create reality. A power to create that was given shape from within the highest passion.

“Can you feel it? Can you feel it,” says the god self. “Can you feel that you are ready to reach this highest passion? Can you feel that you are ready to be a guide? You, who walked the path for so long. You, who made yourself too small, too often. Go, and be as big as you want to be. No longer be a child of god but be a twin. An identical twin. An equal.

Human being, be the master. Be the master! Look me in the eyes,” you say to yourself, “and observe who is looking back. See, in my eyes, which are your eyes, see, right there, infinite universes reflected in the light. See, there, all those galaxies. The eyes are the window into the soul, so look into my soul and witness the cosmos. See the joy, the love, and the freedom, and behind it, woven into a carpet of energy, a magical carpet that we call matter, there you can find the solar system and the sun. And behold, the earth. And see yourself, here, now, seated in this infinite moment.

Are you ready? Are you ready to jump back into yourself? Are you ready to return to earth and become that source? That source, which is forever creating – always creating – with no consideration of lack whatsoever, no consideration of fear, nor pain, and which is ready to simply... provide, because it knows that it contains the whole of space at any given moment in time.”

It is the message of your beingness. It is the message that, sometimes, reflects your pain back to you, to show you that you are not expressing your true power, and this ends right now.

## Get Ready and Jump

So, get ready and jump. Jump back into yourself and bring with you the infinite and timeless energy, everything you experienced just now: the earth... the sun... the planets... the cosmos... everything... all of it... the universe... it is all you, it is all you... everything: each flower that grows... each dolphin that coos like a child... each sun that shines... each person you meet... each star in the universe... it is you. It is all inside of you.

Now, take all of this energy, all of it, and let it swirl all around you, just let it swirl, and witness the dance of the cosmos, the dance of the stars. Observe how the cosmos is merely a simple candle and how you are the flame that burns bright, the dance of the cosmos, like the dance of the flame, renewed each moment in the absence of predetermination, never knowing its next move, but always certain it is the right one. That is the energy that is currently swirling around you. Just let it swirl.

And then, in a moment, breathe in this energy and bring it in. Focus on your thymus gland, the point in the center of your chest, between your breasts, and breathe in the energy that is swirling around you now.

And again. Breathe in that energy. Each and every star, each and every day that you ever experienced, just breathe it all in.

Your breath is wholly. You are wholly. You are the cosmos. You are the universe. How could it be any different? Because you are perfect just as you are. In your heart, you are all things.

So breathe in even deeper. All of this energy, focused into one singular point: the thymus gland.

Now, let this energy rise up to a point at the back of your head, right at the lowest point of the mammalian brain, right here at the end of your spine where it connects to your skull. Now, imagine a line, made of golden light, which connects your thymus gland to that point at the back of your head.

It does not require any effort. All you need to do is just breathe, and while you are breathing, your point of focus naturally shifts from your thymus gland to the back of your

head. Even if you can't quite feel what is happening, you can trust... you can trust that part of yourself that is bigger than any limiting thoughts that could hold you back.

The connection that you have made just now awakens, within you, the heart of all things.

So let us continue onward.

From this second point, at the back of your head, to a third point, right on the top of your head, at the crown. That is where you find the Third Brain, the heart of the human brain. It is there that each thought, each memory, everything you have ever heard, seen, experienced, felt, and tasted in this life, is stored, neatly lined up, in the brain. We use this point so often during our daily lives, we return to it all the time, as we encounter different situations in life, and as we say to ourselves, "Oh, dear... I don't dare to do this... I simply cannot because, once upon a time, years ago, or a week ago, I experienced pain when I took this step."

Well, that is but a memory. But imagine that you can use this space and all these memories directly in the here and now. Imagine that your memories are only important in the moment when a reality is manifesting for you. Imagine never making a decision based on fear, but based instead on that aspect inside of you, the heart of all things. Imagine decisions that you make from love only. Just pure love, through and through. Those are the only memories that matter.

From the point at the crown of your head, now go all the way down again, all the way back to the thymus gland, and the triangle of golden light is complete.

## **You Are Whole**

You are whole. You are one. And you are ready to create your universe.

As you continue to allow the triangle of golden light to exist, I will invite you to focus on your forehead, the neo cortex, and the third eye, whatever you would like to call it. It is that area of the brain, where all your fantasies, all of your notions and ideas spring into existence – not based on time and not based on space. All of your dreams for a better world and a whole and complete kind of love.

This is the space that you visit when you smile, or when you hug or kiss, or when you experience another being, the space that you visit when you hug or kiss yourself. Did you ever kiss yourself? Did you ever, from the inside out, truly embrace yourself? Let's do so right now.

Now take this point on your forehead, this third eye area, and move it into the center of the golden triangle of light that you created. The official name of that central point is the pineal gland. But the name is not important. Simply connect the point on your forehead to the center of the golden triangle of light.

Now imagine how, with both hands, you reach for that central point, the pineal gland, and how, on both sides, left and right, you pull this point outward. As you do, you will see, how two pyramids, seem to take shape, one on each side of your head. This shape is an expression of your akene. It is your energy brain... Your network.

From this space, that you have just now made manifest, simply using your intuition, anything becomes possible. It is here, in this space, that you once again come face to face with the creator within... the source within. This is the space where the oneness beyond any separation continues to exist within you, the source of all creation. It is who and what you truly are.

This divine expression of yourself, which exists beyond any of your lifetimes... says to you, "It is complete. It is finished now. You are done making excuses. You are done procrastinating. You are done with fear. You are done with illusions. You are giving yourself a new opportunity to witness yourself, to take all those images and ideas you have about yourself, and to finally see them for what they are, once and for all. Let the truth of who you are emerge and forever break the rut you have been on, right now. Leave the rut that your vessel has been on for far too long. This is why you are here."

From within the energy of this activated akene we will continue onward. But know that from this moment onward, you will never be alone again. Because deep within you, the creator self exists: the fully ascended part of your being. A wholeness realized, here to remind you that you have always been whole, that you are consciousness itself.

I Am. I Am. I Am. I Am.

I Am Home on this earth. I Am the creator of my reality. I am the one who decides right now that my next experiences will be beyond all illusion. I will truly be me.

I Am that I Am.

And so it is. Namaste.

**Da Akeyasan Ambika San**: Stay with this beautiful experience. Breathe it in deeply and realize this will always be a part of you.

Now gently get ready to return to this moment. Become aware of your surroundings once again. Become aware of the object you are resting on. Take some deep breaths. Stretch your arms and legs if you like. And when you feel ready, then open your eyes and know that you are new being in a new world.

Welcome home, New Energy Human.

**Da Jeshua San**: And so, a new journey begins, a journey beyond the stars, a journey beyond the cosmos within, to arrive at the whole.

I, and all the others with me that I have the pleasure of working with and being with, those that are embodied and those that are not, we promise you that the days ahead will bring with them many changes, in such a way that you have never before experienced within. Not because of what we bring to you, but simply because of what you will no longer hold on to: the layers, the boundaries, and the limitations that have fallen away. But because we know this is a journey you undertake alone, from within, we realize it is hard to make the journey by yourself in the external world. As such, let us move your chairs out of the way... and let's connect!