

Dream

Awake

The

New

Earth

Ceremony Circle with Grandmother Mulara

Published 2025
3rd Edition

On Victoria
Terra Australis

Prologue

In 2024 Grandmother Mulara facilitated an online group of Dreamtime journeyers each Monday morning. Kaila Bell was one of the journeyers. Kaila kept a diary of her experiences; meditations and Dreamtime journeys in words and images. Her reflections inform the content of this body of work. Grandmother's words are presented prose-like; poetic and succinct, imparting wisdom and method to access inner realms of imagination, intuition, myth and inspiration.

Biography

Grandmother Mulara

Grandmother Mulara, also known as Deborah Nanschild, is a remarkable Australian woman recognised as an Aboriginal Senior Lore Woman and an elder of the Adnyamathanha people from the northern Flinders Ranges in South Australia. She carries a rich heritage that blends Aboriginal Australian, Afghani, Scottish, and Irish ancestry, reflecting the diverse threads of her family's history. Her mother was part of the Stolen Generation, a traumatic chapter in Australia's past, which deepened Grandmother Mulara's connection to her Indigenous roots as she sought to reclaim and honour her identity.

Grandmother Mulara's journey is one of bridging worlds. She holds a Juris Doctor (JD) in colonial law, a testament to her engagement with Western legal systems, while also being a custodian of traditional Aboriginal lore. Initiated as a Senior Lore Woman by Byamee—the creator spirit in her culture, symbolised by the Rainbow Serpent and wedge-tail Eagle—she holds significant spiritual responsibilities, including Grandmother Lore, White Whale Dreaming, and the Lore of One Woman. These teachings, passed down by Indigenous grandmothers, guide her work in healing, education, and fostering unity across cultures.

Her life has been marked by exploration and leadership. As a young woman, she ventured solo through the Himalayas, sea-kayaked in Alaska, Canada, and Antarctica, and led a Kokoda Trail expedition before it gained widespread popularity. With qualifications in outdoor leadership from Alaska, she founded an eco-tourism business in Australia and spearheaded WomenTrek, a three-month relay across South Australia celebrating a century of women's suffrage. Her academic pursuits include a master's thesis on wilderness experiences for women and PhD-level research into values, ethics, and leadership, earning her accolades like the Australian Prime Minister's Award of Merit.

Grandmother Mulara's spiritual calling grew stronger with time. In 2012, her spirit was formally welcomed back to Adnyamathanha country, cementing her role as a bridge between ancient wisdom and modern challenges. She speaks of the "New Dreaming" or Wirritjin, a prophesied era where traditional lore adapts to unite all people—black, white, red, and yellow—in shared responsibility. As a healer, teacher, musician, counsellor, executive coach, and consultant, she helps individuals reconnect with their ancestral "Songlines" and the Earth.

Despite her contributions, Grandmother Mulara has faced adversity, including defamation and financial hardship, often stemming from her outspoken stance against corruption within Indigenous communities and colonial systems. Known as the “grandmother of justice,” she continues to advocate for sovereignty and truth, blending her dual expertise in lore and law to envision a future where Australia’s First Peoples and all its inhabitants walk together in harmony. Today, at 67, she remains a powerful voice for self-discovery, cultural reconciliation, and environmental stewardship.

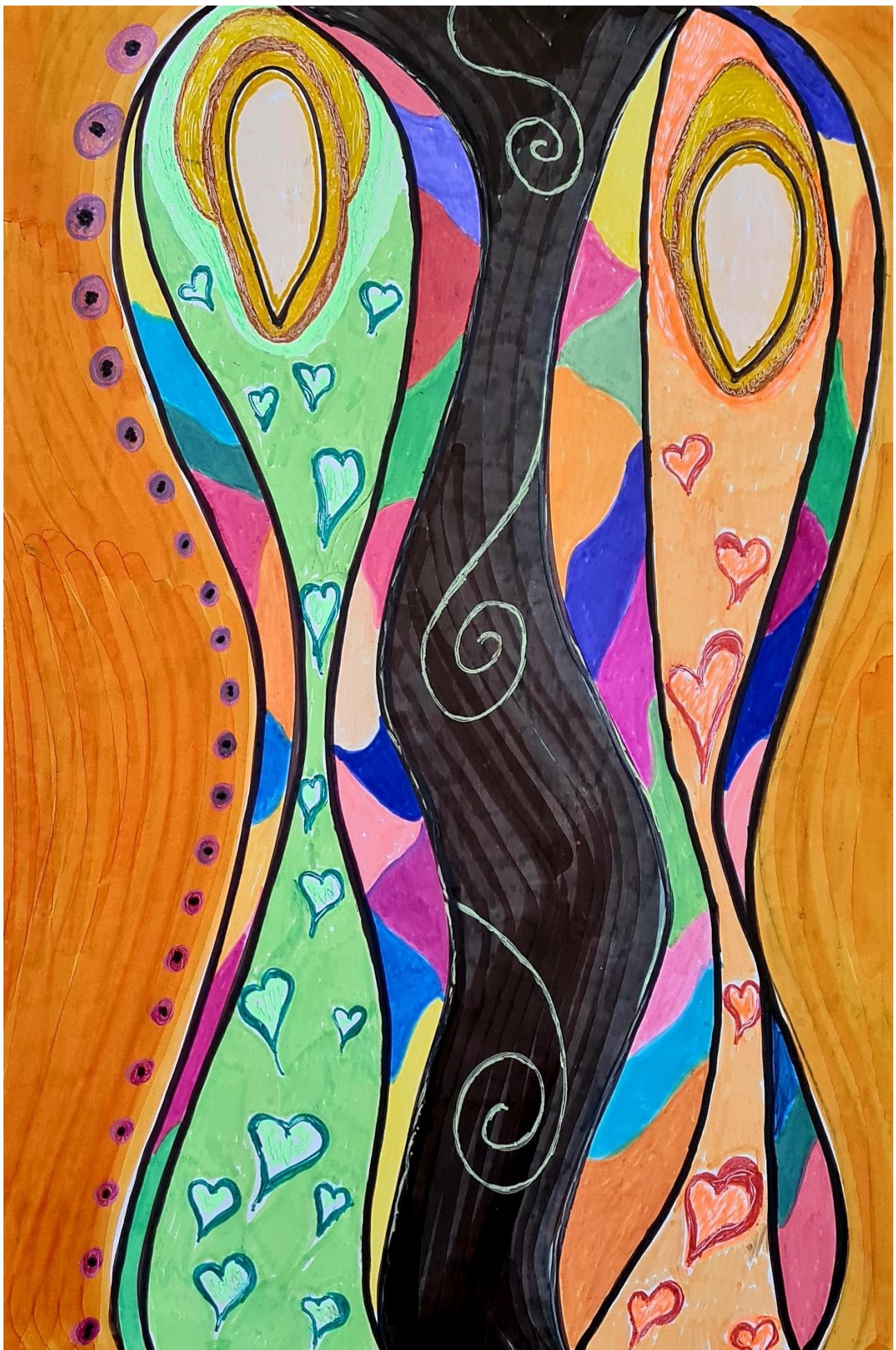
Grandmother Mulara www.grandmotherwisdom.com

Kaila Marie Bell

In these evolutionary revolutionary times Kaila lives in country Victoria, Terra Australis. Kaila began a gradual process of stepping into her avatar self-whilst on Norfolk Island from 2021-2023. On this tiny island in the South Pacific Kaila began embracing inner and outer empowerments and initiations. She let go many aspects of her previous life in the city as a business owner, yoga teacher, somatic psychotherapist and retreat leader in Nepal, Bali and Australia. Kaila acknowledges decades long study with her Teachers within the Vajrayana Tibetan Buddhist traditions and Zapchen Somatic practices.

The journey of becoming an artist of the written word in the form of poetry/verse and visual mixed media is enhanced by meditative walks each day around a lake at her doorstep. Kaila continues to support, guide and teach within her community of family, friends, neighbours and colleagues.

www.wellandhappy.blog





Contents

Preparation For Inner Journeying
The Grandmothers Speak
Compassion – Love On Legs
Teaching Of The Rose
Drop Dharma, Karma and Drama
Laughter Medicine
Aurora Is The New Earth
Teachings Of The Dragons
Karmic Grace
Equinox
The Mother Tree
Star Nations
Avatar Self
Change Is In The Air
Mycelium Network
Creation Energy
The Lore Staff
Women Are Water Bearers
Soul Frequency
Organic Realms
Be A Sunflower
Earthlings
Ambassadors Of Light
Unity With All Beings
Put Your Hat On We're In For A Wild Ride
Torus Field
A Heart Full Of Grace
Pearl Of Wisdom
We Are Changing Form
Being The Dream
Benevolence
Benediction



Preparation For Inner Journeying

Invite yourself to sit or lay comfortably
Becoming aware of breathing in and breathing out
Noticing the natural, rhythmic breath
Inwardly say to yourself
I Am Divine Light, We Are Divine Light

As you recite these words inhale and imagine from your heart you travel down
your body through your feet and deep into Gaia, into Mother Earth

As you exhale travel energetically and in your mind's eye to your heart
From your heart on the next inhale travel in imagination and energy
to the Great Galactic Sun through your crown, the top of your head, to Source
Exhale and return to your heart

Continue the practice a few more times
I Am Divine Light, We Are Divine Light
I Am Divine Light, We Are Divine Light
I Am Divine Light, We Are Divine Light

As you access the Earth/Source axis with the Divine Light mantra
you enter the dreaming of the old and into the new

The Grandmothers Speak

Dreamtime Journeying led by Grandmother Mulara
Ceremony Circle 2024

Taking a breath into the heart
Watching the breath coming in
Consciously exhaling. Just letting go
Letting go
Breathe in I Am. Pause
Breathing out We Are. Pause
Breathing in I Am
Breathing out We Are

As you connect to Mother Earth your consciousness is 'We Are'. We are connected to Mother Earth. On the next breath travel down into the Earth and try to go deeper and deeper and deeper, dwelling within Earth. On the next breath breathing up from Earth, 'I Am', into your heart. Breathing out through your crown to the Great Galactic Sun, 'We Are'.

On the next breath breathing in, 'I Am', bringing Divine Light into your heart. Breathing down and out, 'We Are', into the Earth, Breathing in, 'I Am', and breathing up to the heart. Breathing out, 'We Are', to the beautiful Divine Light, energy, source, whatever you call The Great Creator. Continuing the breath-work in your own time at your own pace, feeling the connection to yourself as a crystal, a crystalline being. You get to the point where your breath-work, in and out, up and down, is in natural flow. The Law of Flow is a spiritual law.

I call on the Divine Grandmothers and the Grandmother Council. We call on Byamee, the Great Creator of all. We call on Mother Earth and the consciousness grid of Aurora. She has expanded in her consciousness. She has shown herself in the last six months that her expansion of consciousness has shifted from Gaia to Aurora, and is the new consciousness of Earth. With the new consciousness of Earth we have a new Earth. The Earth has expanded. Earthquakes are part of the expansion. She cannot hold those pieces together. She needs to open and expand and let the air in, let the light in. Just as any dark place, if we let the light in, it shines, it cannot be dark anymore. There is a shine, an opening, where light is activating a higher consciousness.

Breathing in. Breathing out. We are calling in our higher selves to be present in this spiritual container. We are connecting to the trees. We are connecting to the animals and the bird tribes. We are connecting to the insect world. We are connecting to the elementals as nature. We are connecting to the fairies, the devas and the sprites.

Breathing in. Breathing out. We are connecting to the whales, the dolphins and all marine life; the consciousness of the ocean. Breathing in. Breathing out. Connecting to the mycelium layer just under the earth. For the mycelium is a beautiful network of communication. As Earth is expanding the mycelium is expanding and producing more cells so the Earth too is an organic being in and of itself. This is what we are required to do as well. Consider yourself like a crystal. We are all shifting to the light source, to become more light. We can do that by consciously experiencing our self in crystalline energy form. We sparkle. We shine. We bring light to the world.

Breathing in. Breathing out. Connecting. Connecting to each other. We are very well connected to the source of creativity, to the source of all life in all her forms. We are connected to the rock beings, (for my aboriginal people we say we are the Rock People). The rocks are alive.

Breathing in truth. And, breathing out. In the connection of all things, and in coming together as one, everything is within us, and we are in everything. The energies are strong right now as we are moving to the solar eclipse. My friends, this is a brand new world coming very soon, (the hairs are standing up on my arms as I say that). The energy is strong. Collectively we are very powerful.

Holding onto the crystalline energy that is how you will get through these times. Connecting to the consciousness grid of Earth and connecting to the consciousness of All There Is. There is inorganic and there is organic. At this point in time, right now, we are connected to All There Is in the organic world. It is multidimensional. It is in the seen and unseen world.

Connecting. I can see/feel the consciousness circle is expanding. We are now connecting to all plant life, to the nature grid. I'm encouraging you to connect to the ancestors of the place where you are sitting. We call on them and acknowledge custodianship of the land on which each of us is sitting from the dawn of time. And, it is about to turn. We are in that energy field now.

Connecting to the nature grid and to the ancestors. The ancestors are in many forms. The ancestors are in everything. The ancestors are the trees. The ancestors are the mountains. The mountains were much bigger in the past. The ancestral image is still there in the unseen world, it is enormous. It is almost like a giant is laying sleeping. Over time it has been eroded to what we have now. The trees were so much more magnificent before they were cut down and the regrowth that came through.

Connect to the original ancestors. To the original ancestors of the plants and all the beings who roamed this earth. To the mega fauna and to those who hold the dreaming. (I pay my respects to the carpet snake for I am in carpet snake dreaming country). I/we pay our respects to the dreaming, those who look after our country when you are in the spirit world. We are all coming together now. We are acknowledging each other. And, we must come together for the New Earth is birthing. The consciousness of Earth has already expanded, it is up to us now to come into our hearts and allow our hearts to expand. Stretch your heart. Open your heart to all living things. We are putting a layer of protection together over all living things as Earth expands.

The ancestors are really grateful for the work we are doing and for the acknowledgement we have made for not many are recognising that the ancestors are still with us in another dimension. They are still protecting the Earth, they are still doing what they can to raise our consciousness so we can see beyond the veil of illusion. So that we can all remember who we are and come out of the psychic fog that we have unfortunately, as humanity, been in. The psychic fog is lifting, lifting, lifting. We are expanding and remembering that we, ourselves, are consciousness. We can go into no form in this circle. And, in no form, we can connect to All There Is. Encouraging all living things to have courage to expand as we bring our full heart into this expansion.

The Grandmothers say trust yourself, back yourself, and love yourself. You've got this. As the energies are pouring into this atmosphere they say allow yourself to be a crystal. Allow the energy to come through you and awaken the crystalline energy within you. Right now we are being called to bring a layer of protection over all living things. We have our arms wrapped around Earth herself. We are of no form right now, and yet we are everywhere, just as we say God is everywhere, the Divine is everywhere, in all things.

See yourself reflected in all things as the divine being that you are. This word God has been messed with, but it just means a higher divine consciousness really and truly and that is within each of us. This is the time to connect your highest, purest, consciousness through your crystalline self to all living things and to know that you are that too. You are the insect. You are the leaf. You are the ground upon which you sit or stand. You are that. And, in experiencing that, allow the shimmer to

come through you. The shimmer of higher consciousness. The shimmer of a higher vibration coming through. The shimmer that comes with a frequency upgrade.

The Grandmothers say you are now all being upgraded. You are connecting into the energy of a new consciousness wave coming in. Everything will change from here on for the better. Get rid of the clutter. Anything that is in your life which is clutter. Anything that is in your life love it and let it go. Allow the room for this new energy to come in. You need room. Give yourselves a shake. Let the clutter drop out of your field. Let it dissolve and disintegrate and disappear. For each of you, and collectively, we have expanded without any boundary around that. And, to allow more expansion and to allow our heart to expand, expand and expand. To expand we must lose the debris of this lifetime and other lifetimes. Of other life forms of whatever we were.

The Grandmothers have prepared us for this. They have taken us to an ancestral experience of whatever we were in the past; an example of it anyway. Let it go. You are all in this. You have been all things. When I say this you have been all beings, all life itself, and you may not have been just on this planet by the way. This planet is undergoing enormous shifts and we are here for the ride. We are surfing the paradigm of change. So allow yourself the room. Cleaning up that which is no longer necessary in your life. Keep it simple. Keep it reverent. Make a decision for yourself that from this point on you will only move in a direction, in a forward direction that is right for you. In a direction where love exists. In a previous Ceremony Circle we have the lesson of 'what would love do'. Always establish that as your marker. For example, in this situation what would love do right now. Love is being poured over us from the benevolence of the universe. The universal song is wrapping itself around us.

Not only are the Grandmothers here, the Great Grandmothers are here and the Great, Great Grandmothers are here too. There is a ripple effect that is happening now in consciousness. The ripple effect is like the pebble in the pond. As we drop into the ocean of consciousness each wave that comes is like a new level of consciousness. It helps us cleanse with each wave that which is no longer necessary. It gave us the impetus to move into a new circle, into a new way, into a new field of consciousness. It is a beautiful place to be in. This place you can come back to for this is truly your home. In this Ceremony Circle you are being shown your true home. Who are you really without form. You are this. You are connected to All There Is. Not necessarily an Earth being, an Earthling, but the experience of embodying a feeling, a spiritual upgrade. Welcome home say the Grandmothers. This is your natural state of being.

The Grandmothers acknowledge the development each of you have made. And, how beautiful it is to witness the evolving consciousness and most importantly to witness the eternal heart expanding. Because, truly there is no form in love. It is more an expression. It is more a feeling. It is an experience of connection. It is an experience in this circle right now to a connection of love. It is a wonderful thing. Just dwell a little longer and recognise, remember who you are. You are All There Is, you are everywhere. And, nowhere in particular. You are everywhere. With the energies coming in now with the solar eclipse it is a time of big changes. Get ready. You are getting ready for the ride by being here together. Noticing there has been a change. Noticing how expanded you are. As you are starting to come back now. Noticing how big your heart is. It is a beautiful feeling. Why would you not want that for you and for others. Stay connected the Grandmothers say. Stay connected.

Begin slowly coming back. Coming back to yourself. You are still connected to Mother Earth and to each other, to your true essence, you are bringing it back with you. You have lifted the psychic fog and the illusion that we are separate. It is not true. We are all one. There is a universal law, a spiritual law, The Law of One and we are in it. We may even be the pathfinders of this law for others in our life. Miracles are going to happen here. You will find a miracle in many things for you

because you come from love. You will spread love. You will be love. You have the essence of love within you. The flame has been lit. Allow yourself to expand as the solar eclipse happens. Allow yourself to expand and trust that you have got this and that we are all in this together. Preparing for the change.

Now, coming back into your body

Noticing your left knee

Noticing your right ankle

Noticing your left hip

Noticing your right knee

Noticing your left foot

Your big toe

Your right hip

Noticing your tail bone which has been deep in the Earth. Just noticing. You don't necessarily have to disconnect from Earth. Bring your tap root into your tail bone. Stay grounded and connected to the Earth.

Noticing your waist

Noticing your left breast

Your right elbow

Left hand

Right index finger

Left shoulder

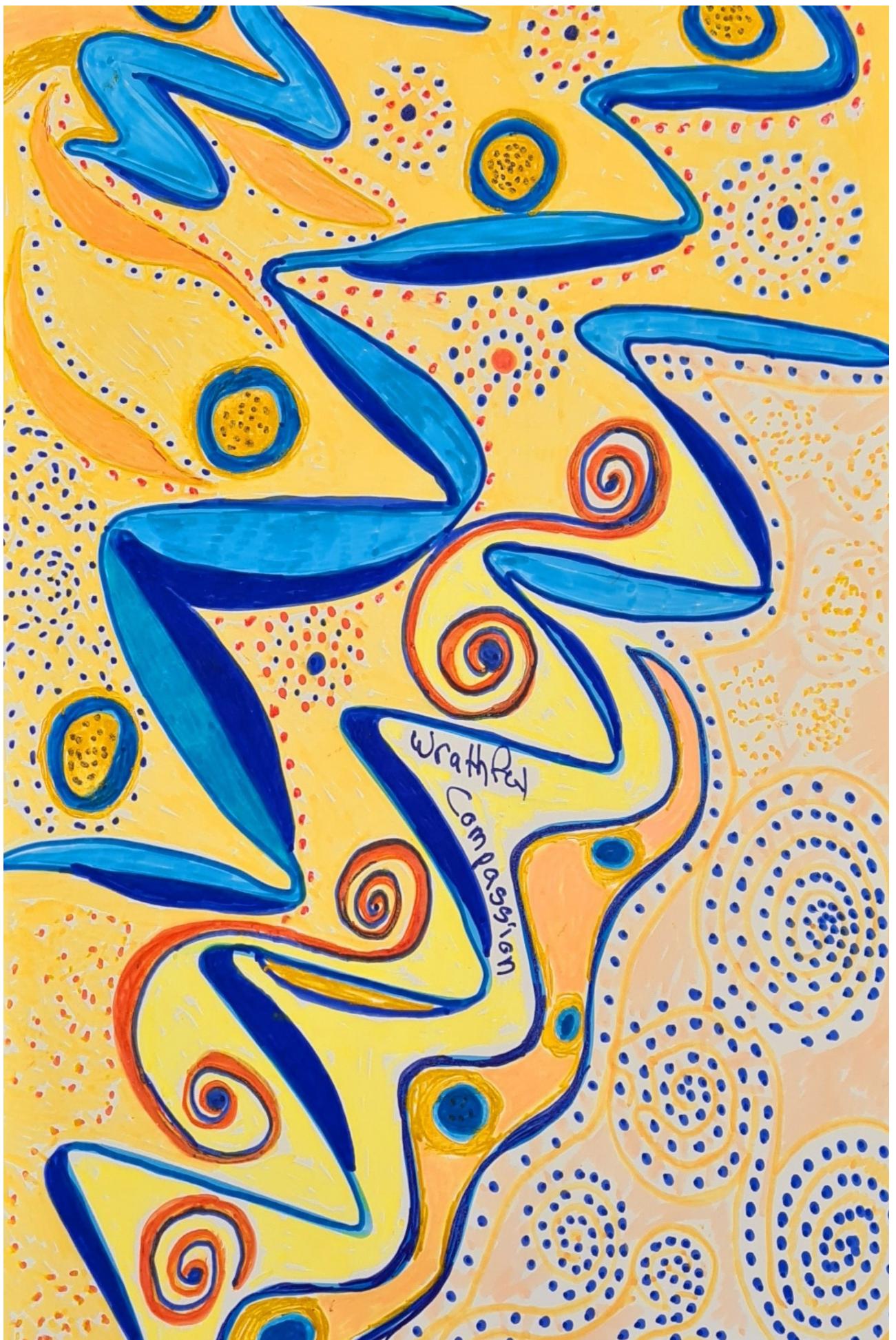
Right armpit

Giving your neck a gentle movement

Noticing your jaw

And your left temple

Rubbing your hands together and giving yourself a spiritual facial with the palms of your hands all over your face.



Compassion – Love On Legs

Using the energetic breath practice to connect the whole body and heart to Gaia and Source and becoming still and calm

Calling in the Great Galactic Sun and the multiverse

Calling in the Galactic Council of Grandmothers

Calling in Aurora, the consciousness grid to bring through divine blessings for us and all humanity and life; animals, rocks and mountains

Calling in the Dragons of the sixth dimension

The Great Galactic Sun is the same as source

To be sovereign is to self-govern, to govern oneself, is to be the 'boss' of self

On the inhale inwardly say/hear '*I Am Divine Light*', and, on the exhale say '*We Are Divine Light*'. Repeat a few times

Allow yourself to expand energetically by pressing gently into your energy body

The energy body expands from the boundary of your physical body

You may expand into a formless realm where you feel you are without shape, no form, no physicality

You may see/feel yourself as light dancing in a wavelike form

Your heart as light and colour

This experience opens the hearts of those on Earth

Travel to the Northern Lights of exquisite colour and shape

Continue travelling to Aurora, to the Southern Aurora Lights

Dance here as a crystal form, dancing in a circle as a crown of light in the South Pole

Awakening those who see the Southern Aurora

We are awakening the consciousness of humanity

Wake up and rise

Growing and lifting to new consciousness

We are everywhere as love and compassion

See yourself travelling as crystalline energy to a place on Earth requiring restoration

It may be a country where there is war and suffering

Holding the whole Earth in your consciousness

See colour grids all around Earth

Slowly, gradually, returning to Earth to the nature grid, to the surface of the Earth

Notice in returning that Earth feels darker and denser than being off planet as a formless crystal



Teaching Of The Rose

The Grandmothers are blessing us by pouring blessings upon our crown

We each have a rose inside us at our heart of different colours

All cultures cherish the rose

There is a group consciousness of the rose

The practice of rose devotion is reciprocal

The petals of a rose are a divine offering distilling spiritual wisdom

Roses adore being picked, watered and pruned in season

Grow roses

Buy roses

Gift roses

Place them in offering bowls on a table

Even offer the petals to a Buddha statue or Christ

Kaila's Journey

I am a blue rose

With a white rose at my crown and heart

The budding blue rose at my throat is about finding my voice



Drop Dharma, Karma and Drama

Begin by becoming aware of your breathing

Inhaling and exhaling

With each breath saying '*I Am Divine Light, We Are Divine Light*'

Inwardly travel from your heart down into the Earth, deep down into the crystalline grid on one breath

On the next breath return to the heart

Breathing and travelling from your heart way up to Source, to the Great Galactic Sun

As you let go the breath practice call in the Crown of Dragons

Call in Aurora

Calling on the Grandmothers

Calling on Earth, Fire, Air, Water and Ether

Calling on the spiritual Great Grandmothers of Earthlings

Visualise rainbow-like sparkling confetti falling upon you

You may find yourself in a special place you know, on or off planet. You may find yourself on a beautiful beach, standing barefoot at the water's edge. Maybe you are pulsing like the pulse of a jellyfish

Feel as if you are an aspect of a Council of Earth, as guardian of Earth

It is a spiritual power

As individuals and as groups we are transforming the darkness of war into greening. Healing this part of Earth from a dark mass into a landscape of green. Transforming death and destruction. As humanity we have this power and energy

Mother Earth is expanding big time

The chaos we experience is man made and influenced by unkind extra-terrestrial energies

Enter the sacred neutral, the place of no judgement, no criticism, as there will be much disruption on this Earth, which is all man made, so do not engage

As you drop the mind call in peace and the bliss of a benevolent universe, that of love and compassion. Happiness. Joy. We become a beacon of peace and harmony for others. Ask yourself, What Would Love Do? Be a guiding light for others regardless of the chaos

Each morning the birds awaken. Bird song heralds a new dawn, a new day

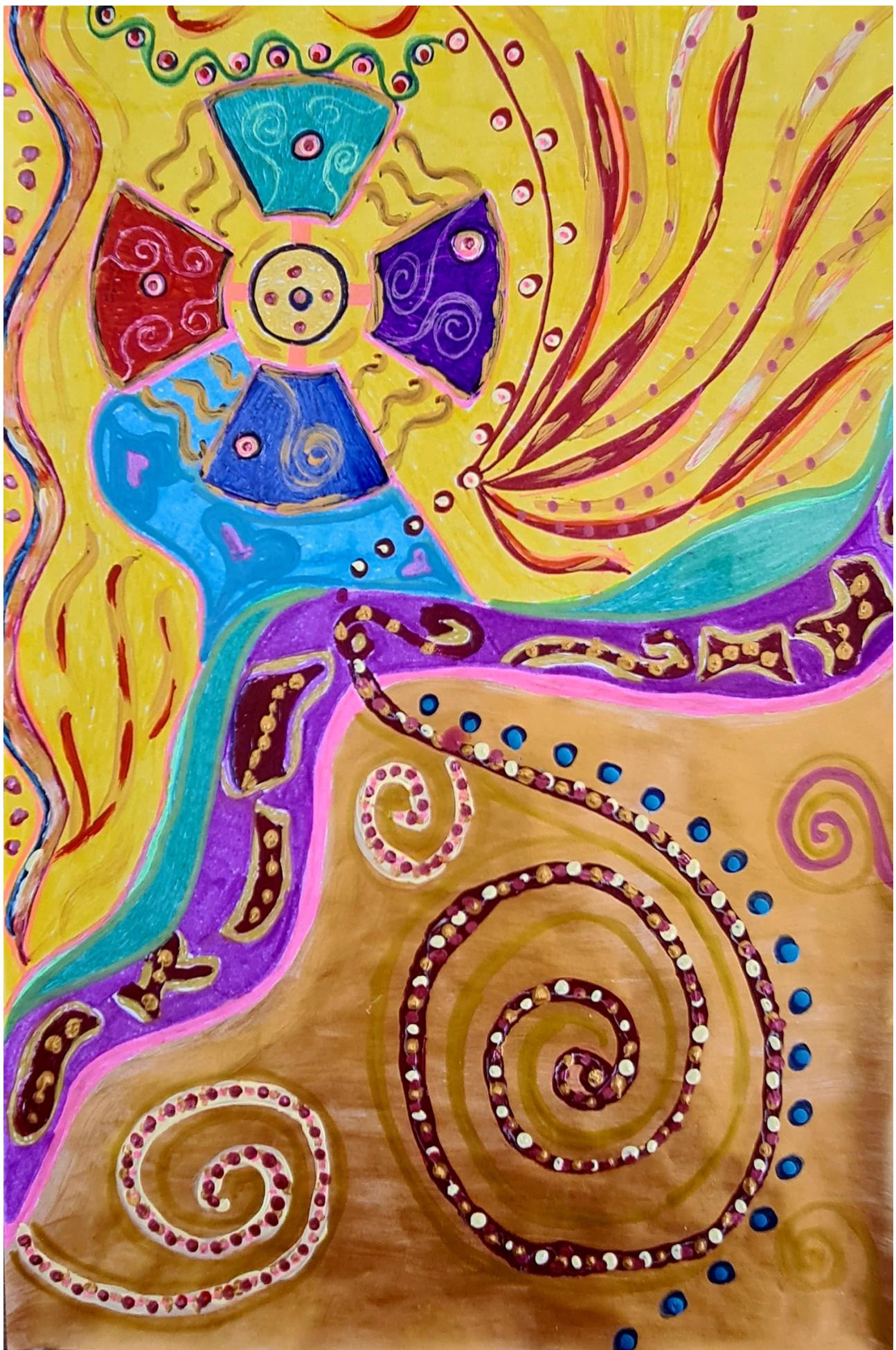
The Grandmothers have been 'growing us up' in preparation for our lightbody

Choose peace

The sacred neutral

Equilibrium

The God spark is everywhere



Laughter Medicine

The Practice: Using the natural in and out breath recite the mantra

I Am Divine Light. We Are Divine Light

Connecting your heart with the crystalline grid of Mother Earth and the Great Galactic Sun that is Source

Calling in the Grandmothers

Calling in the ancestors, human and non-human

The Grandmothers find the joke in everything

Laughter is good medicine

Find the joy of life

The sweet spot

Connect to the seven generations of Grandmothers for they are here for you

We can change the play, the act, the theatre, exit left, enter right and even bring in new performers

We can shift, change, alter and manifest

It is the time of the Grandmothers

Imagine you are receiving a blood transfusion with the ancestors, renewing and enlivening

We can imprint our blood with 'I love you', 'I forgive you', 'I thank you'

Within the divine circle of the Grandmothers we become more joyful



Aurora Is The New Earth

The new consciousness grid of Earth is called Aurora

In these times the Northern and Southern Lights are visible to many and is a worldwide phenomenon indicating the shift of energies

We are witnessing an incredible palette of colours

Aurora is Earth's new energetic field

Become the tree

Become the Earth

Travel to the Great Galactic Sun

To Source

Becoming crystalline form

Breathing, *I Am Divine Light, We Are Divine Light*

Calling in the Grandmothers and the Great Grandmothers

Calling in the New Earth as Aurora

Become the dazzling lights of the planet

Divine light is here

We have the clairs; clairaudience, clairsentience, clairvoyance

We are dancing lights just as leaves dance, fire dances and water dances

A broom is being pushed through humanity

There is a big clean up galactically

Here on Earth we are cleaning and purifying



Teachings Of The Dragons

Calling in the Great Grandmothers and the Council of Dragons and the ancient Dragons who are wise and knowing

Calling Grandmother and Grandfather Dragon, Mother Earth and all aspects of self from all dimensions

Calling in our Avatar

Calling in Air, Earth, Water, Fire, Ether, Sonar, Solar, Plasma and the Celestial Light and Crystal Kingdom

Calling in the Whales, Dolphins and linking to the frequency of Mother Earth and Cosmic frequencies of Light and Illumination

Crystals are a source of creation

Everything changed this week

All darker and negative energy has dissipated

Ancient Lore is rising which is Grandmother Lore

Time to begin anew

All that has been taken will be replaced. All destruction will be built anew. Tell others you love them. Love. Bliss. And Joy is for all. This is the new energy. Much heart work is to occur. The mind is powerful, use it like a crystal inside and outside the body. We can use crystals to become clearer and cleaner. Crystal clear. Master one's mind and the inner capacity to heal. Bring rainbow energy into your crystal. We are free. We have the Midas touch to shift and change

Call on the Dragons, the Crown of Dragons, to help restore balance to all things

They are gentle, majestic and benevolent

Our collective crown, our corona, has been opened and we are breathing in a brilliance of light giving accurate perception of other dimensions

Sun. Sun. Sun. Here we come

Hum. Hum some more

Sing more

Be more

We are at a precipice

Many will fall and not come

Those of you in the Ceremony Circle (and those reading these words) will easily travel into the new. Allow light to be everywhere



Karmic Grace

Being of service to others creates karmic grace, which grows the heart

We are turning the soil inside out

We must lift the psychic fog as many were psychically crippled

The dragons have helped immensely in the release

All is awakening

We are moving into a field of harmonisation

We are one

Colours are becoming enriched due to increased light coming on to Earth

The Southern Hemisphere is really in the North and vice versa

Everything has been inverted and we have been corralled

It is time to open all our senses through the crown (corona), third eye, the throat and the heart to be in unconditional relationship

There are no fences, no borders between us

I am you and you are me



Equinox

The actual New Year commences at the March equinox

Right now in late March of 2024 the weather has shifted, you can feel it

A cleansing is happening for we are in potent times

In the next twenty hours we have a full moon

Travel to the Great Galactic Sun, which is Source and travelling to the crystalline grid within Earth

See self as a crystal to the Great Galactic Sun

Calling on the Grandmothers, the Council of Grandmothers waking up all; plants, flowers, consciousness

Mother Earth is Aurora

Calling on higher selves, our avatar self and the ancestors

All aspects of self arriving

Shift your consciousness as a crystal of self connecting above and below

Earth and Source



The Mother Tree

The Mother Tree see all illusions, she sees all lies as she is Love

Feel the Mother Tree for she is infinite eternal love

Grow your heart to become the eternal heartbeat to develop unconditional love for All There Is

See the form of a fig tree in the shape of a woman

As Mother to our tribe since eternity

She holds us in her embrace, her wisdom and grace

Love never dies

She gives and gives and gives

Men weep in front of her

Women wail

The Mother Tree is glory personified

Nothing is greater as the Mother to all

When we travel to the Mother Tree we are bathed in her glory as we let go of pain and suffering

Forgive all the hurts and allow ourselves to grow into a powerful force of Love

Take strength from The Mother Tree



Star Nations

Terrans are known as Earthlings

Terrans, people of Earth are not Starseeds

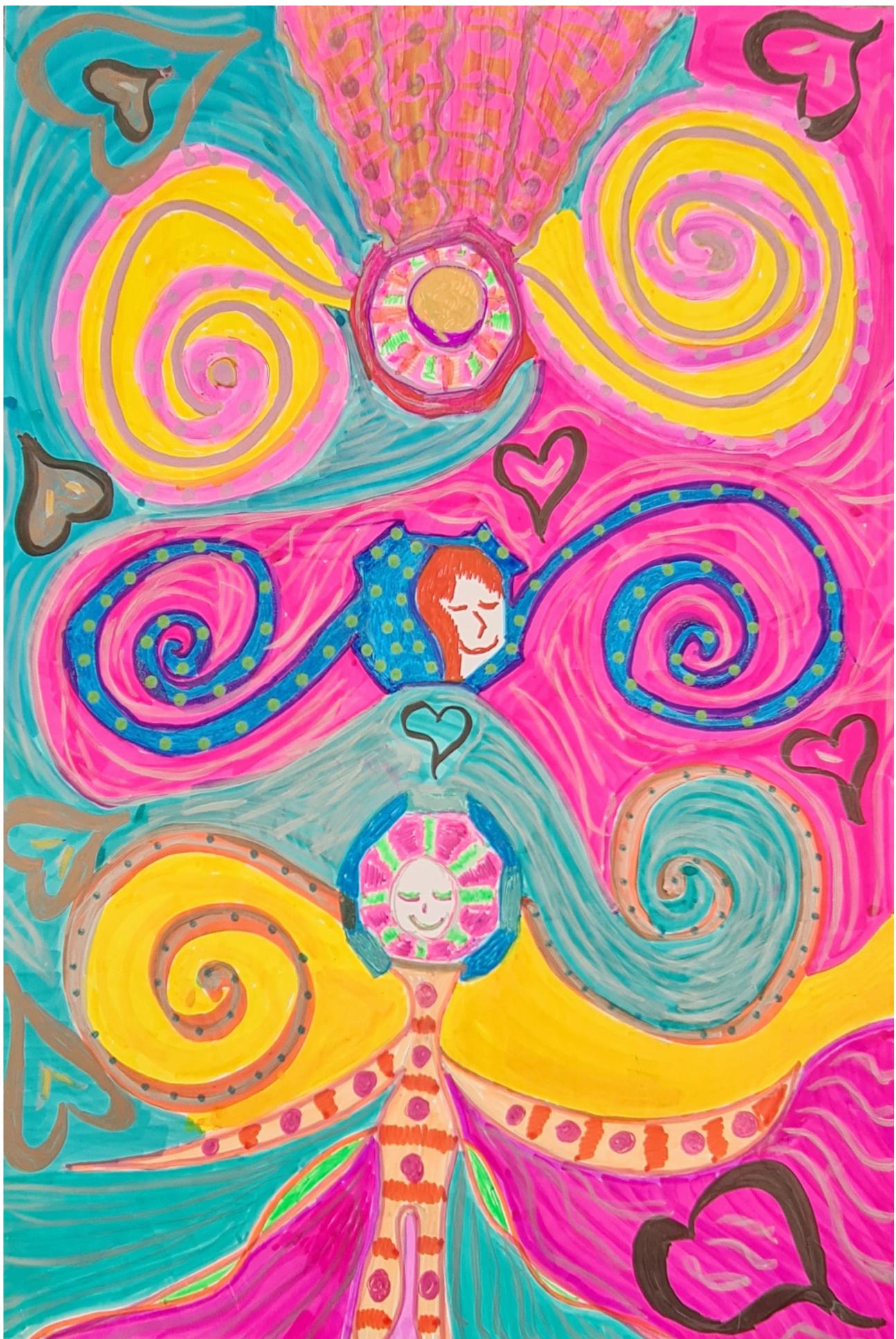
We are connected galactically to All There Is

The Lyrans, for example, are the League of Nations, in a galactic sense

When we journey we call in the Star Nations

The Lyrans and other star nations are here assisting us

Journeying enables you to look into your galactic future and even ask questions



Avatar Self

When we come together as a Ceremony Circle we create a higher frequency

We positively impact many others

Our family, our community, all sentient beings benefit from our awakening

Be happiness and joy in your avatar self

Allow your expression to come fully through

The creation story of you

Nothing is going to be the same

As we journey today we are being blessed

We are loved beyond words

The dance of the Aurora Borealis is raining down on us in magnificent multi colours

Our avatar is a mighty spiritual force

Celebrate YOU

Open the door to your full avatar self

Your full spiritual beingness

The path you take to the divine does not matter

The power of a Ceremony Circle enables you to love on legs

Kaila's Journey

I find myself in the 8th dimension and sense I am from the star nation of Lyra. I am in a mist of warmth and many beings, star beings, cosmic and planetary beings are around me. They are giving me time to become accustomed to the refined energy of this dimension. They are not close, they are a distance away. Why? My sense is that if they were closer I would become overwhelmed with emotions as their care, love and attention is vast and strong. I need them to be at a distance.

I am sitting on a chair as my Avatar self, as a Bodhisattva in training. (My avatar self has been growing, building, developing since taking Bodhisattva vows in 1993. However, it wasn't until living on Norfolk Island between 2021 and 2023 that the visual representation of my avatar self began to make itself known to me one aspect at a time over many months).

My fully formed avatar self is perceived inwardly as myself wearing a crown of gold studded with rubies, emeralds and pearls. The crown represents three aspects of compassion; wrathful, fierce and merciful. The next aspect to show itself was the integration pathway of inner masculine/feminine qualities (this is an ongoing process). I was shown two wavy lines of moving energy from the pineal gland in the brain down to the perineum in the base. The divine masculine is

represented as the Excalibur sword and that of I Am. The sacred feminine is a Wand of Thirteen Dragons, each dragon representing aspects of loving-kindness.

In my right hand is a wooden Sacred Staff as a symbol of simplicity. In my left hand is a Trident representing sovereignty and self-governance. I wear an invisible Cloak of Royalty. I reside within a veil of the clairs; clairsentience, clairgnosis, clairvoyance, clairaudience. Access to clarity and all seeing, sublimely seeing all things.

At my heart is a Double Vajra giving protection. At my brow, my third eye, is a Sun Disc with two Swords embedded representing mastery with emotions and freedom from the projection of others.

With eight arms I have two palms touching at my heart. One arm to my right holds a Wand and the other arm to my left holds a Selenite Crystal Sphere. Above the sphere and the wand are two more arms. One is holding the Sacred Staff and the other a Trident. Two hands hold the handles of the Sword within the Sun Disc at the third eye level. I can manifest in two other aspects; one as a peaceful avatar being and the other as a wrathful avatar being.

Each morning in meditation I recreate the visual of myself training as a Bodhisattva with accoutrements and implements to support, guide and protect.





Change Is In The Air

The telluric earth is electrical and the magnetosphere is magnetic. The true currency of the new world is of a spiritual quality. Currency is the Earth itself. There is a releasing of new funds for humanity and they are ready to be released. Aurora is the New Earth. We are Earthlings and we must work for the Earth. We each are a Torus field of energy emanating and radiating our frequency and vibrations. True currency comes from Source itself.

We have been tricked to believe we are not worthy, yet we are spiritual beings developing our currency. It is one's spiritual voltage that brings true wealth.

You are electro-magnetic and the charge of Mother Earth and Divine Light brings through the currency of abundance. Telluric and magneto grids cross over on places of power and high voltage.

Aim to become clear in your magneto field, which is your Torus field. Drop the garbage, the rubbish, the old and clear. Clear. Clear to become a channel of super electrical charge to the divine.

An amazing time is here for self, family and community. Practice clearing all resistance and allow Aurora's super highway to come through crystal clear. Meet the challenges, step up and allow currency to flow easier through your system.

Guided Journey

Imagine, feel, see a violet flame coming into your crown to dissolve and disintegrate electrical magnetic resistance. See divine light as a waterfall coming into your crown and flowing down your head, shoulders and slowly descend and filing your whole body. Flow the divine light down to the feet and into the Earth. A waterfall of high voltage energy, calming and soothing you. Dissolving all negativity. A plasma waterfall of rejuvenating energy.

Expand yourself as the waterfall to include your spine of violet and a golden halo over your crown/corona. Be that. Feel that. Aurora is the wisdom of the Earth.

The preparatory practice for journeying is to breathe energetically into the heart and connect with the Earth and our crown.



Mycelium Network

Becoming aware of your breath

I Am Divine Light. We Are Divine Light

Connect with Earth's crystalline grid and Source via the breath

Connecting with the Grandmothers as we are blessed by them

Becoming as rocks and as the mycelium network within the Earth

Calling in Air, Fire, Earth, Water and Ether and the insect tribes, plants, devas and sprites as we merge with the trees

We are now connected with living organisms of the Earth

We are like mycelium as we are all connected at the subterranean level

All comes from the Earth

Soil is physical and spiritual

We oxygenate ourselves with divinity

I Am Divine Light. We Are Divine Light

Direct divine light to heal the cells of your body connecting to the true organic energy system

We are a walking eco-system

We must learn to regenerate ourselves as we become lighter and lighter

We can reprogram ourselves just as we can a crystal

The Grandmothers are seeding new growth

We are divinity walking on Earth and Earth is the generator of life

Earth as our body

Body as Earth



Creation Energy

The beginning of the New Earth is today (24 June 2024) as the Solstice occurred a few days ago

This is the time for creation energy

The creation of new life is happening

We are walking together into the ancient future

The Grandmothers lead the way

The world heals with the Grandmothers

We are under the tutelage of the Grandmothers

On the 29th of June 2024 Grandmother Nellie Patterson left her body
As a group we travelled energetically to Uluru in the Northern Territory,
Australia for our Dreamtime journeying



The Lore Staff

The Lore Staff is a wand. It is huge
Today we have the Lore staff which is a spiritual implement

The Journey

We call on Mother Earth

We call on the Grandmothers

We call on spiritual masters

We call on Star Nations and our Avatar self

Calling in all aspects of you, all selves, all inter-dimensional selves

Extending into your unconscious mind

Lift and expand

Lift and expand to no form

Be everywhere; in each tree, each leaf

Each petal on a flower is you

Each insect is you

Each wing of a bird is you

Each aspect of real clouds is you

Everywhere and nowhere



Women Are Water Bearers

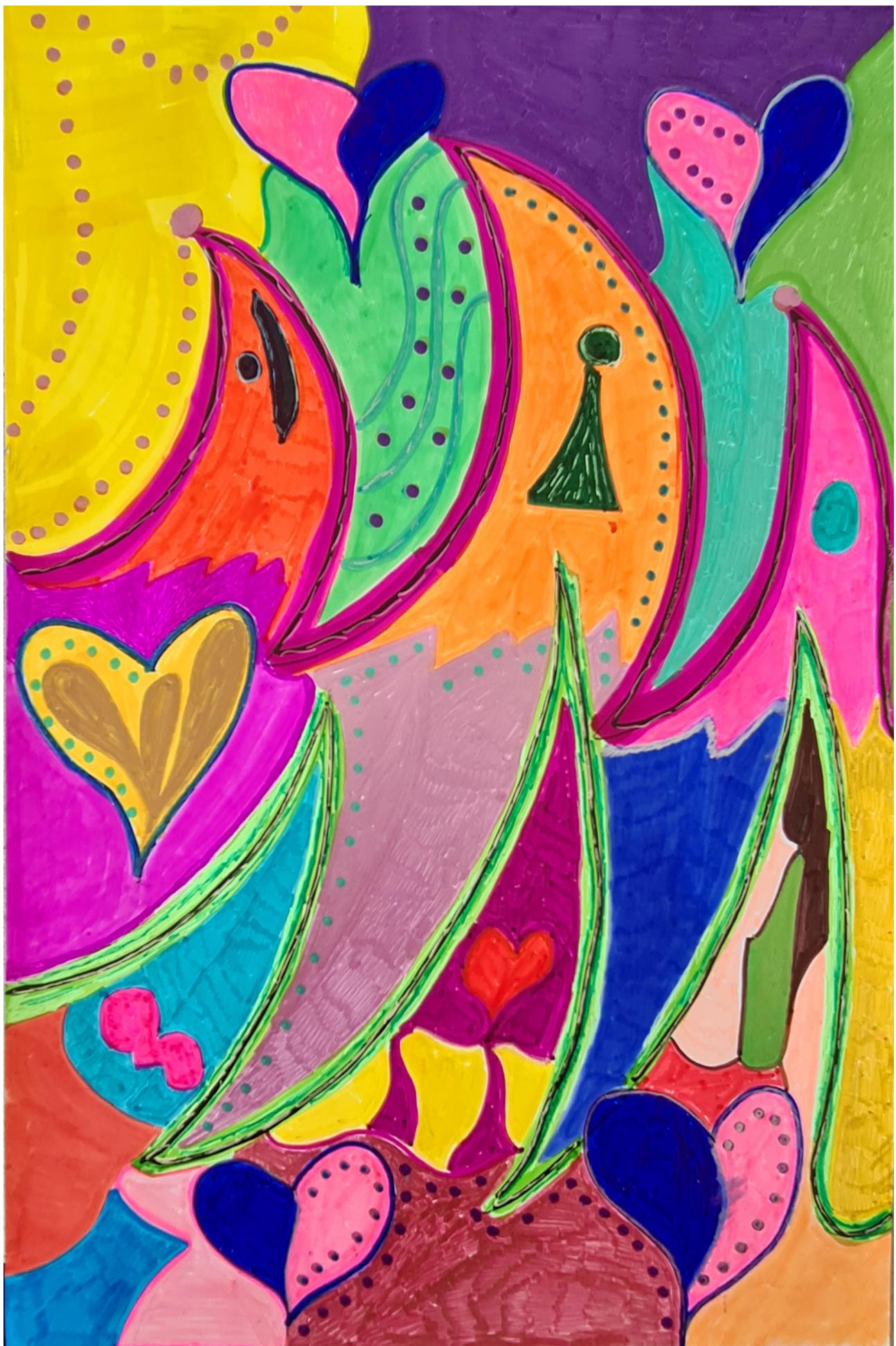
Water can be programmed

Clean water is key to connecting to the intelligence of water

It is the same with emotions and intention – they too can be programmed

If you want to create a miracle look to water

You can program the waters in your body to a higher frequency, to one's spiritual frequency



Soul Frequency

Shed the old like a snake skin

To do that we must first transmute and then we can transform

Be like a butterfly which is the transformation/enlightenment from a caterpillar in a cocoon

We are in a shifting season

Light – Transmute – Transform

Our soul print is our blueprint

Embodiment – Enchantment – Inlightenment

The Grandmothers see us as dancing light, our Soul Frequency

So, let's get with the program and metamorphose



Organic Realms

When we journey we call in the organic realms, not the transhumanist realms

The cyborg development has been stopped

Today, apparently the crystals in the Earth want to yarn with us

The crystal beings want us to feel them as consciousness of the Earth

Each crystal has a being within it

We too are crystals

Our light body is liquid crystal and we are undergoing a transformation into our lightbody

We are sparkling

Sparkling

Sparkling

Kaila's Journey

I was taken to Uluru and within Uluru. There are many caves and large caverns within Uluru. Crystals line the cathedral-like caves with Divine light. I'm sitting in meditative equipoise in a large cave with many spiritual beings, monks, masters, priestesses, and elders.

In this space once humans have transitioned from their physical body; that is they have dropped the body, it is their light body that travels up a channel of light, which is a direct portal to Source.



Be A Sunflower

On today's journeying we recognise we have come from the future to assist humanity to thrive

We are the new seeds

We have come from the stars

We were called to Earth to help humanity as a collective

Together we are opening the New Dreaming – the new light arriving here on Earth

We are the elders of our family of the next generation

We nearly didn't make it as a species, just two more generations and humans would have been wiped out

It has been a rocky road as an Earthling

Our energies make a tremendous positive difference in the lives of others

As a new human you are becoming Ambassadors of Light

As seeds we are growing more and more light quotient



Earthlings

Today we have been invited to the Divine Council of Ancestors

It is rare that Earthlings are invited

The prerequisites for invitation are humility, love, non-criticism and non-judgement

Be willing to open to knowingness and divinity

An event is coming as to the truth of Earth and us living on Earth

Work with your gut instinct and your third eye to move beyond third density into truth

The Divine Light portal offers support as we are coming into the New Earth existence



Ambassadors Of Light

In preparation for journeying we call in Air, Water, Fire, Earth, Ether, Solar, Sonar and Stardust

Calling in the Grandmothers and the Great Grandmothers

As Ambassadors of Light we are infinite

Everywhere and nowhere as divinity of light

As Ambassadors of Light we bring light to darkness

This level of voltage is spiritual power

The body becomes crystalline as we also become ambassadors of love and peace

We let go to let in

We are lightbody beings

The more light we hold the less dense we become for spiritual power is in the light

The light has won for the Earthlings



Unity With All Beings

Calling on the Grandmothers and the Ancestors and the Divine Council

The Divine Council is made up of many beings to bring through our galactic version of self

We call in Mother Earth too and the elements; plant, crystal, animal, bird tribes, sea animals and the whales

As we expand our spiritual being we rise

It is time for unity of the people and unity with all beings

On today's journey we are being conducted by the Conductor or Ceremonies

Imagine yourself as a crystal tuning fork

And hum

Feel the music, a song of creation

Each of us is singing into the universal song

Even the whales are circling us with their song



Put Your Hat On We're In For A Wild Ride

We are entering a new bandwidth of spiritual energy

As you connect with the Earth's consciousness grid imagine golden petals falling upon your crown

Iridescent light from Earth creates a slipstream

Enter the slipstream to move through dimensions and space

The crown is a key to move dimensionally

Key numbers are 3, 6, 9

Moving into sacred geometrical space means connecting in dimensions where there are unicorn, dragons and mythical creatures

In these turbulent times a golden crown is key to navigating through

The bad apples are being shook from the trees

Time is up for the bad apples, the rottenness is leaving

We are the universal song

Remember the sacred geometry of 3, 6, 9

Hold sacred neutral

Practice spiritual hygiene



Torus Field

Each of us is a Torus field

We are vibrating like humming birds

When we place ourselves into the holographic field we experience magic and mystery

Earth is the new Aurora, not so much Gaia

Earth is a magneto-telluric grid

Many groups on Earth are harmonising Earth's field, cleaning Earth's aura



A Heart Full Of Grace

Allow your light body to be consciousness

We are holding a big space energetically - we are creation

The Divine Council are pleased with us

When we leave our skin suit we return to the sea of consciousness

We must find a way to navigate our Earth school

As the world continue to turn many will be challenged in the times when it comes to the truth of what has been going on here on Earth

There is a big gap between the field of grace when we are journeying and when we are not

We are the energy of light and sound

We each have our own note and frequency

Allow yourself to hum which is your natural sound

As we lift the veil of amnesia we come to experience A Heart Full Of Grace

The Grandmothers have unconditional love for all

The Grandmothers are smart cookies

We can open our hearts to those who have been programmed, for they do not know

Be there for them

Your heart is the keeper of your knowing

Kaila's Journey

On this week's journey I felt energy from my crown which I expanded upwards way beyond my crown into space. I experienced piercing a 'dome', or membrane, or barrier/boundary and light poured in. The light travelled to all awakening ones, those who are love and kindness. The light poured in through their crowns/coronae to everyone on Earth.

Those with evil intent, unresolved shadows, unhealed trauma and closed hearts also received the light. However, it stopped at their crown and if they want the light to enter them they needed to ask. In so doing the light entered them and they then begin a journey of resolving, purging and purifying darkness within them.



Pearl Of Wisdom

On our journeying today creation energy is strong

We are part of the League of Nations consisting of many worlds and spiritual ancestors

Calling in the Grandmothers and Aurora

Calling in Ether, Solar, Sonar frequencies

Calling in the ancestors of all the world, on and off world

Creation energy is here for everyone around the world

Our light body allows for more creation

We break through to break free

We are walking into the new with each other

This is a difficult time right now in the world, especially the next few weeks (October 2024)

Hold strong in the sacred neutral bringing balance, harmony and peace

The Pearl of Wisdom

What is your pearl?

What is being shown?

When we are through these times cultures and nations will come together

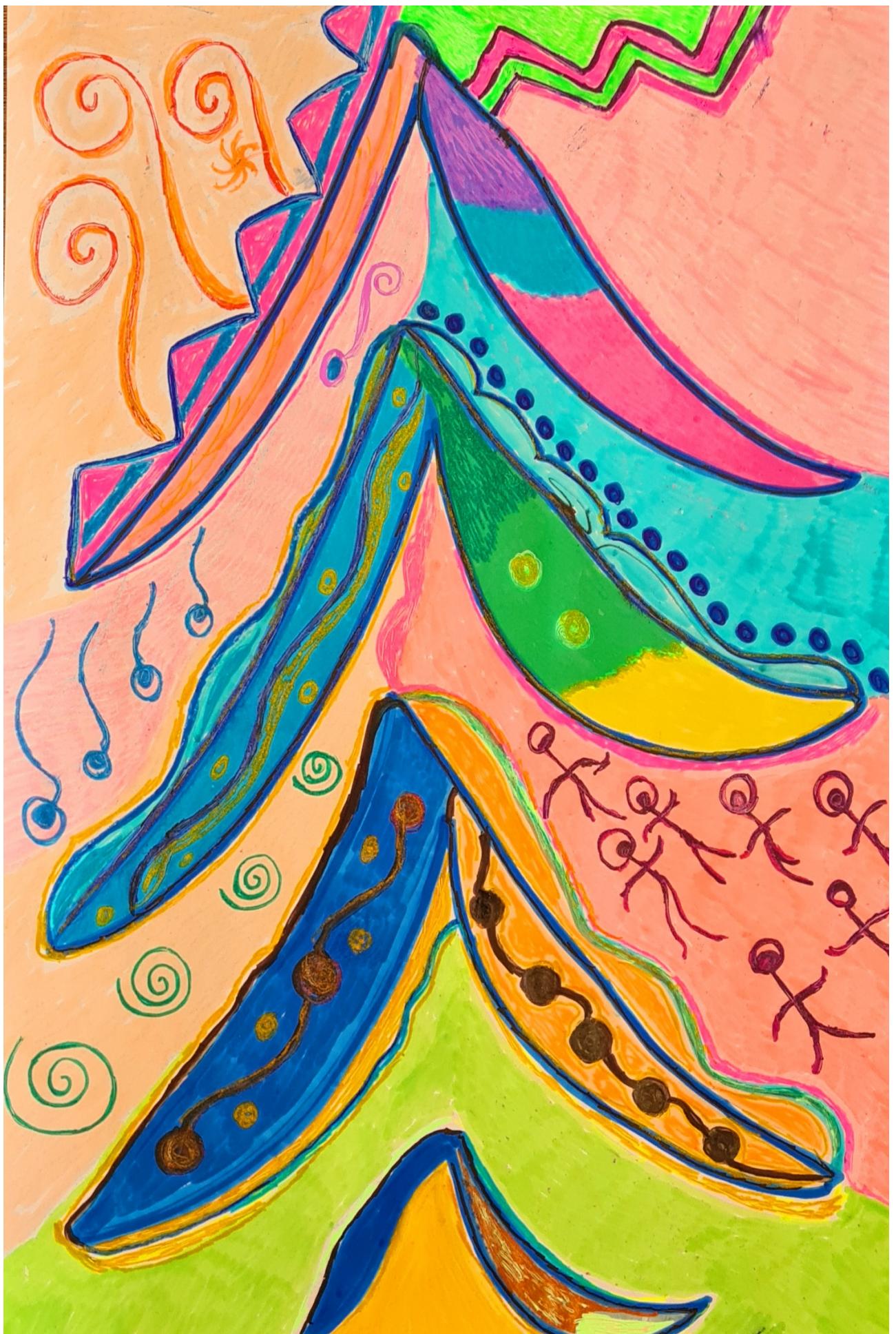
Different skins will connect with each other

Love and hope is all around us

Practice. Practice. Practice love and compassion

Joy

Balance



We Are Changing Form

Earth is reminding us to breathe with the Mother and through the Mother

We learn to walk right way in Lore

The law stole from humans the land, air and water

As you connect with the mycelium layer network use the mantra

I Am Divine Light

We Are Diving Light

Using the energy breath travel into the Earth and travel to the Great Galactic Sun

Imagine, see, feel the Grandmothers sitting upon your crown with the sound of clap sticks and singing as they pull us into our divine majesty

Bringing in the intelligence of the New Dreaming

The heartbeat of Earth and divine intelligence from Source tuning your internal waters

Join in with the song

Allow light to come into the inner dark places of any undiscussable aspects of self

Bring it up and out in order to vibrate at a higher octave in crystalline form

Regulate your heartbeat

Connect with Divine Light

Shine your light on darkness in your field

Bring the truth of who you really are



Being The Dream

Let grace be your guide to your life and living as you create the dreaming of the New Earth

Your crystalline body has been upgraded as we enter fields of grace and quantum fields

As you untether from all agreements made across all times you may experience being everywhere

Cutting all tethering enables you to be in the Dreaming



Benevolence

Imagine light cascading from source and ascending from Gaia to your heart

Earth consciousness and Divine consciousness

Calling in all beings as we have done all year; Fire, Earth, Air, Water, Ether, Cosmos, Stardust, Plasma, Sonar, Solar, Scaler

Calling in the Grandmothers, the Brotherhood and Wisdom Beings

Calling in the currency of the Divine Creator

Coming into unity consciousness of one

The purity of the organic realms to transcendence and bliss

Connection is through the breath and consciousness

May all Earthlings rise into the power of light, optimism, love and benevolence

The spiritual realms blessing all

The Earth rising to meet your feet

Being held by the Grandmothers, all Ancestors, the Great Grandmothers and the formless realms

A New Earth

A new humanity

A new version of yourself

We are on the edge of the new

Sing, play, love and be joy

Burning in the Flame of Truth

Mesmerizing

Flickering flames of freedom

Slaying with dragon edge swords All
lies, hate,
harm, deceit,

treason, betrayal

cheating, propaganda,

false news, subversion,

subjugation,

corruption.

Truth comes to light

We strive

We thrive

Arise!

We Are Here

Our time is now

Benediction

We are sacred sentient beings. We can energetically plunge into Earth's crystalline grid

As we journey we connect with sacred water, sacred mountain, bird tribes and the Great Galactic Sun

Earth is living consciousness and radiates light much like a mycelium network

We are in sacred time. Christmas, Solstice, New Year, don't worry about the labels and the details, bring sacredness through

We manifest goodwill in the sacredness of light source

The Grandmothers have taken us in. We are sitting at their round table

You are the zero point, the Sacred Neutral. We are a field of resonance

You are the light itself, some say God source

We were meant to be crystalline form some time ago

We are here now. Call in the now

Breathe into the crown to the heart. And breathe out

Peace on Earth

May all being be free

The Grandmothers are consciousness, not people

Whether you say God, Buddha, or Allah, it is consciousness

Connect with your Torus field for the benefit of humanity

Radiate divine blessings to all

Coming together spiritually outside of religion

Receive the blessings of the Grandmothers

Dream Awake The New Earth

Benediction: a formal invitation of blessedness

