

the children as an educator or an advocate for their needs. You might choose to share the wisdom from other worlds about modalities of healing. You see, there are many aspects of wisdom from the other realms to be channeled.

I wish you and your spiritual circle well in your exploration of the wisdom you have to bring through for all!

How You Treat Earth Is How You Treat Yourself

In closing, let me remind you that this is a transformative time for Mother Earth as well, and she has her challenges too! In this planetary shift, Mother Earth is moving, as you are, into a new dimensional light.

Send her love and light, and realize your journeys are intertwined. What you feel, she also feels. How you

treat Mother Earth and her weaves of life — the plant weave, the animal weave, the mineral weave, and the human weave — is how you treat yourselves.

Feel the focus of your love for self, Mother Earth, and all who live upon her. Fill every being and every unfolding event in your life with love, and you will feel a transformation — a shift in your total awareness of what love means to you. And so it is, humbly in love, Mother Ulura.

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Strengthen Your 4D Consciousness Connection

Relevar through Tuesday May Thomas

Hello, bringers of light and all those who are currently creating the correct conditions in themselves to hold space for fourth-dimensional consciousness to be awakened. I am Relevar, a luminous Christos entity of the fourth dimension. I have come to you in your meditations and dreams for many years.

This message only exists in the realms where fourth-dimensional consciousness resides. This means if you can see and read these words, your third eye and heart chakra have awakened to absolute trust in the power of love, which makes this scroll visible to you.

This transmission would not be possible if it were not for your work to heal your body temples of past emotional traumas and keeping your physical vehicles balanced and clean of toxins. A clean self can help ease the downloading of light messages from the heavenly realms. Your clean bodies can ground the expansive, and sometimes explosive, kundalini awakening within you now.

You would not feel these shifts to the degree that you are if your channels were not clear. In fact, this would be challenging, to say the least. Keeping your lightbody containers cleared of emotional and physical toxins makes it easier to be in the world rather than of it, which is what you have been learning to embody.

Hold the Light for Others

My call is to those who have been aligning with heaven on Earth frequencies. You know who you are. You

are ready now to hold space as heaven-on-Earth ambassadors. This means holding the light for others to see. Your containers of light are now activated to their tipping points, whereby the inhabitants and creatures of this world experience profound healing in your presence. Others will feel this healing in the physical, emotional, or mental strata of their beings.

You might be a healer, teacher, or counselor, but you do not have to be any of these things to hold space in this way. You can be an ordinary person with an ordinary job or lifestyle. The role you play in the 3D continuum is not important. All that is needed is you being in tune with your call to embody heaven on Earth frequencies.

As heaven on Earth ambassadors, you radiate a grid of sovereign clarity that serves to amplify the realization of love and, what you call, namaste consciousness on the planet. So energize, nourish, and fortify the 4D realms of consciousness. Fourth-dimensional consciousness is what supports you as you heal all illusions and memories of pain, ultimately freeing yourselves by releasing cellular memories linked to them. This release works for you individually (including past lives) and collectively — what happened to you as a whole, reflected as the stories in your history books. Thus, the 3D grid of collective consciousness is cleared for others seeking freedom to live the same path of light and of love.

As this energy is freed, a pathway is made through



the matrix by which the destination of heaven and 4D consciousness can be accessed. Then all who are so guided will be aligned with their personal blueprints of sovereignty, residing in the now moment while rooted from a space of pure love. As this happens, the way is made for 4D consciousness — heaven on Earth — to become a real, live, living place and space that you take with you wherever you go. Like a bubble of light that travels with you, you reside in a timeline that holds space for others to see themselves in the light of love.

As heaven on Earth ambassadors, you begin to leave behind the 3D world of mass consciousness and bridge the 4D Earth realms of consciousness. When this happens, you shift timelines, releasing the world as you've known it and generating a New Earth from your heart.

The Heart Is the Pathway

You know your DNA has been awakened. Do not confuse the word “awakened” with “disturbed.” We realize this awakening sometimes might seem to ask much of you; however, it is always in flow with your life path. There will always be time to honor your spiritual growth. Messages from your higher selves, when honored, will keep you in a perfect place where all your needs (and

the needs of others you care for) will be honored in the highest ways in divine time.

If you seek a peaceful passage, take heed of the guidance from your higher selves, which will always tell you where to go and what to do in alignment with your heart and truth. Continue to strengthen your communication in that realm, for your higher selves and DNA are part of a greater constellation that is birthing the new grid of 4D consciousness and heaven on Earth realization for all who will accept this experience of truth now.

Take a moment to rearrange the letters of the word “Earth,” and you will find the word “heart.” The heart — your heart — is the pathway to heaven on Earth, and from it, a stairway to heaven grows. The heart is home to love. Love is home to all who accept it to be so. And so it is. In Christos luminous light, this is Relevar.

Tuesday May Thomas is an author, speaker, and master facilitator. Tuesday specializes in Reiki, spiritual growth, and applied metaphysics. Her books and media empower the individual to live heaven on Earth through the practice of self-mastery. Follow Tuesday on Instagram @ tuesdaymaythomas. Subscribe to her website and Youtube channel for Weekly Metaphysical Tarot, 4D TRINITY weekly live streams, and more. Her books include: The Reiki Apprentice, How to Manifest with the Law of Vibration, The Higher Self, and The Nowosphere. You can learn more about Tuesday at TuesdayMayThomas.com.

Methods to Release Pain from Your Energy Body

The Galactic Council of Lightbeings through gia combs-ramirez

Greetings! We are the Galactic Council of Lightbeings. We will be working with you as you open to new levels of soul mastery, or higher potential. Take a moment to decide what that might look like for you. What areas of your life have been stagnant and have not transformed, or where can you feel that mastery but are unable to access it? It is important to observe that which shifts and changes in you so that your consciousness acts from mastery, not the normal level of consciousness that you currently identify with.

If you are used to perceiving yourself in a certain way — as the person who always blunders in a group, for example — then you'll revert to that identity unless you remind yourself that that identity no longer exists except as a shadow memory. Take time to explore this and ask yourself, “What new level of mastery is in my life?”

Within your core essence you are already a master. The human container that includes the personality matrix creates blocks from expressing the level of mastery that you can sense within. The personality matrix is created from

many things. It's ancestral, planetary, and elemental — what the soul has chosen to create its experiences on the planet with. It is not meant to be a cage but a translation element between the power of your soul and the third-dimensional world around you.

This year will see a most unusual occurrence in the human-soul dance. As the body is developing a crystalline energy system, the soul is now ready to become crystalline by nature and re-fuse in the crystalline body. This has never happened on the planet before. It is a significant upgrade. It not only affects you in your current life but all your lives after this one. We will explore this together this year and ensure that the transition is smooth. Mastery is about the ease in transformation as well as other expressions.

Although the timing for this event is different for everyone, it will occur sometime in the second trimester of 2019. This gives us time to prepare you, help you move

