

PLEIADIAN COMMUNICATION PORTAL:
GROUP MEET UP: APRIL 17, 2015

GROUP WORK PROCESS:

1. Open up hand position: Thumbs connecting, index fingers connecting and middle fingers connecting. Bring your awareness into the hand position, take a breath and let go. This begins to align you into the dimensional setting within your hand position. It gets you ready to enter the new aspect of the Portal energy. Keep aligning yourself deeper and deeper within the dimensional doorway by bringing your awareness into the space, breathing and letting go.
2. Continue holding your hand position. Remember you can rotate and move your hand position, as long as you do not disconnect any of your connecting fingers and thumbs.
3. Now bring your awareness into the Communication Portal. The dimensional space you are aligned with through your hand position brings you into a new aspect within the Communication Portal. Expand this alignment by bringing your awareness into the Portal, breath and then letting go. Each time you do this your alignment deepens within the Portal.
4. You are now going to access the Bridge opening. Use the sound ANE, and let go as you begin to enter an aspect of the Bridge opening.
5. Use the sound, ANE AHH, and let go as you enter a deeper dimensional aspect of the Bridge opening.
6. Use the sound ANE AHH TAE, and let go as you enter a more defined dimensional aspect within the Bridge opening.
7. Breathe and align within the Communication Portal space. Remember you use your awareness, then breath, letting go until you feel complete for now within the Bridge opening.
8. TO ALIGN TO THE GROUP ENERGY:
Use the thought code INDAH, remember you place the thought. Feel the dimensional expansion created by the Group energy. You can use this three times to align and build your connection to the Group energy.

NOTE: If you feel you do not want to align to the Group energy but simply focus on your own personal alignment to the Bridge opening that is ok. Leave out Step 8.

9. Now bring your awareness from the Portal back into your hand position. Wait for integration and stabilization of energy flow within your hand position. That means that the energy is no longer building, it may be strong but not getting more.
10. Now bring your awareness into your physical body. Feel your body connected to the chair, your feet connected to the ground. Breathe and let go into your body allowing the next step of a recalibration through all of your systems.