

## Message Eight: The Four Journeys

Originally Delivered May 30, 2009,  
TOSA RANCH, New Mexico, USA

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa  
...unlocked at TOSA Blue Mountain, Ecuador, December 06, 2021

### *The Essene Brethren share through Master Lady Kira Raa:*

BE-Loved ONEs of Light! BE-Loved ONEs of Divine Joy! IT IS... with great and reverent presence, that we come forward today to welcome thee. Indeed, WE ARE... at the glorious moment of Divine re-cognition as YOU journey ever more through the pathway...through the portal...through the Divine presence of your life experience.

#### True, Present, Joyous Knowing

As YOU walk through *this* life experience, and expand through this, there are many energies... now, that are centered upon the resurrection of the energy of true, present, joyous knowing. ***True, present, joyous knowing.***

These four words; true, present, joyous, and knowing, when strung together, offer an energy that arises only from a heart fully anchored within its own space; free of the four energies that seek to take YOU from the journey.

The four journeys of your planet seeking to take YOU from the journey are indeed gifts. Indeed! These gifts are quite bounty-full and, indeed, bounty is how they survive so well.

And, as YOU harness the gift of the gift, then YOU effort-lessly move forward into the energy and full presence of the Divine Mastery Presence of Es-see-nah that opens the gateway to every greater re-cognition.

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### The First Gift of the Four Journeys

BE-Loved Angels of Divine Light and Presence! With every breath that you in-joy, the first energy that is a gift, *and also would seek to stop reunion and resurrection*, is the gift of the body.

*Re-cognize that the body is the first gift.*

*As IT IS... the body is the gift offering YOU the greatest relationship with-in. We choose this word "relationship" very care-fully. To have a **relationship** with density.... is different from **believing** you are density.*

In the relationship with density created through the body, the first gift of the experience of this realm, IT IS... the body, that first will call ALL of your attention. As a young child, you find great fascination with the body; do you not? The body grows, moves, shifts, and calls. The body continuously moves with YOU as YOU move with it.

*As the BEing of Light on a planet of form in a physical vessel becomes engaged with the body... the forget-full-ness begins.*

### The Second Gift of the Four Journeys

Next is the belief structure that supports the body; is there not? This is the second gift. The first gift is the body.

*The second gift is the belief structure that springs from the body.*

Basics at first, BE-Loved Ones!

I must eat at a certain time. I must breathe a certain way. I must do things in a manner that I have been trained to believe are necessary to be in a body. These are ALL great servants for YOU. Each of these gifts gathers YOU into greater re-cognition, re-unification, and understanding:

*As YOU are ready to BE the True Presence of ALL joy... then the body discover beauty, in and of it-self, without the "you" controlling it.*

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Imagine this for a moment. Indeed, it may be challenging to imagine.

What this reveals to YOU... is with conscious breath as a beginning, as YOU inhale a deep, conscious breath, you send a hello signal to the body rather than a, *this is what you need to live signal*, to the body.

*Inhale in a deep Avesa breath and EXPEREINCE hello ... hello ... hello.*

The autopilot of the breath is a non-conscious activity of the vessel. Your vessel will all-ways take care of it-self. The conscious Avesa breath of hello is the re-cognition of a Divine memory of true presence. It stabilizes this physical form and invokes the energy of: Hello...I remember.

**YOU...KNOW.**

As YOU offer stabilizing Avesa breath to this gift of form, you release and relax. This invites the belief structure that supports a density only experience to spaciouly unwind without great drama-trauma. There are many ways to the illusion of the body as you. There are many ways to release a belief structure, or system, that things must be different.

We have shared the Es-see-nah way of 17 years of great silence, 17 years of unwinding belief systems that are often verbalized through a language<sup>1</sup>.

*Verbalizing beliefs, through any form of language  
without conscious recognition of the loving presence of the verbalization,  
is simply saying:*

*I need more gift from the first two gifts.*

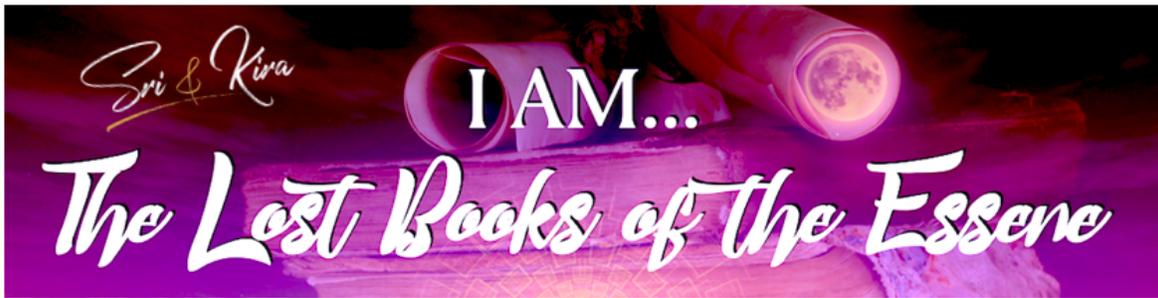
*The gifts of the body and belief systems.*

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<sup>1</sup> This is a direct reference to *Lost Books of the Essene: Journey Six. The Power of the 17 teaching.*

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As YOU gift your-self with 17 seconds of Divine Mastery Presence energy, in the re-cognition that YOU ARE, indeed, releasing these gifts to the greater gift of that YOU ARE, then the expansionary energy of freedom comes in fully through you, with you, and of you. The great flow arises. Great flow.

### The Greater Understanding of Oneness

As YOU gaze at the gifts of the journey, the physical body and belief systems, YOU see the interweaving of ALL energy. ALL energy is interwoven.

Brains of density understand the concept. We choose this word concept very carefully. The concept of Oneness, when hearts are unable to fully embrace the truth of Oneness.

*Oneness is a gift that comes from the relinquishment of a belief system that is first attached to a physical body in a world of illusion.*

As heart-centered energy expands and opens, the need to conceptualize releases. To conceptualize is to embrace a belief system. This is working with the second gift. BE-Loved ONES. ALL of your experiences within this realm are the great gifts, chosen gifts of your Divine Mastery experience.

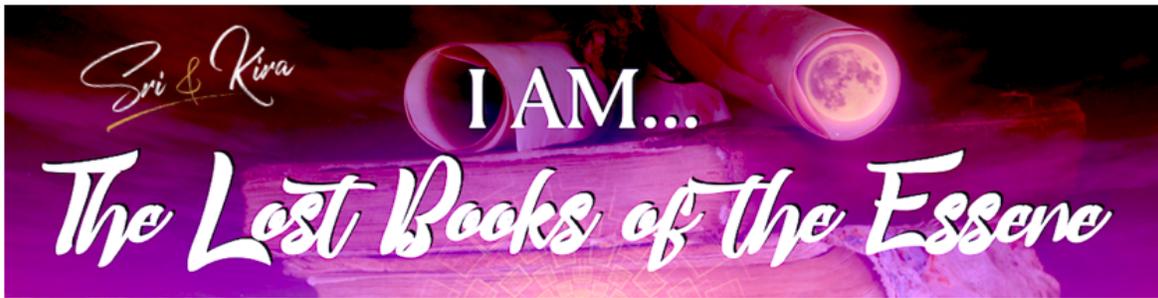
As you know the words "Elohim," "Angels," "God," "Divine," "Ascended Masters," we offer you this:

*Release ALL the words and simply allow the energy to BE.  
YOU ARE ALL the ONE energy.*

Names arise from belief structures. YOU ARE ALL the ONE energy.

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*To attempt to touch the expansive magnitude of energy in your world, in a manner that is comfortable to a brain of matter, at its smallest reduction, is to consider every BEing in form as ONE aspect of Divine Mastery Presence Energy. To see every BEing, without exception, together as ONE harmony.*

Then the brain of a world of form begins to understand the expansive magnitude of ALL energy.

### Greater Understanding of The One Energy: Our Origins

As YOU float in your Divine Mastery Presence energetic re-cognition, YOU unfold the belief systems. Many, many, many in your world, indeed, have different, and we are care-full to choose this word here, cosmic origins.

When you reach out from Earth, and travel to another planet, and then travel from that planet through your sun... and travel through your sun into another realm... and when you travel from that realm into another realm... into another realm... into another realm... the refractions no longer are apparent.

YOU... re-unify, re-unify, re-unify, re-unify. The individuated streams that refracted to have form here in your world reunify back to the ONE energy.

### The Third Gift of the Four Journeys

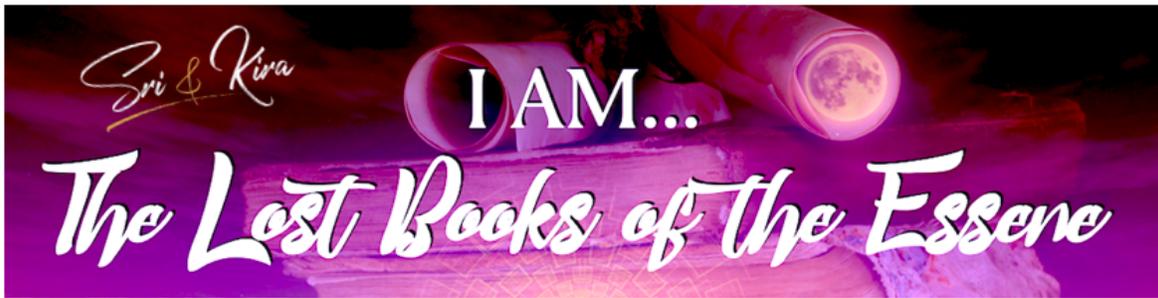
As YOU expand beyond the physical body and belief systems that experience the physical body, the next gift is the perception of dogma or religion. IT IS...a great gift.

*The perception of dogma or dogmatic traditions springs from the belief systems that are aligned with a body.*

In basic form, the energy of dogmatic traditions sprang forward from fear. Fear of the unknown, fear of leaving the planet and the belief that without

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the body there is nothing. That YOU must have the body or take the body with thee. That if the body ceases to take in breath, then what?

It is the need to stop the fear of the unknown that births into a belief system. This births into dogmatic traditions known as religions as methods and means to inspire a vehicle of density to feel peace. When, indeed, it is feeling confusion.

In the ancient Es-see-nah traditions, and we choose this word carefully, the inspiration is to release, first, the alignment<sup>2</sup> with the body.

*To release the need to hold a belief system frees ONE to transcend a dogmatic system that teaches the need of delivery from. There is no-thing to deliver from.*

**Healing and wholeness are the true aspect of your nature.**

ALL that is unlike that is your call to anchor that gift within thee. How you do that is very unique in your world. There are, indeed, many unique ways to receive this gift.

Through the practice of conscious Avesa breath and the freedom that understands that death is a concept born of a body seeking to preserve itself, YOU break free!

*The gift of a dogmatic religious tradition is that it will, at its core, bring you to your heart. This is the highest service of any dogmatic tradition inspired and developed from those in body with belief systems. Aligning belief systems with the body, and then bringing those belief systems into form as a dogmatic tradition, keep YOU captive.*

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<sup>2</sup> A valuable discernment here is the choice of the word alignment. To carry alignment with the form is limiting. To empower Alignment is to EMPOWER the body of form with your Divine Mastery Presence.

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And within the essence, because YOU ARE the ONE energy, is the essence of pure heart. When one finds this pure heart form within any dogmatic tradition, the inspiration, revelation, and Divine freedom that expands the heart infinite-fold anchors. In that moment, ALL gifts are received and your freedom arises... again.

This is a very power-full moment! These four gifts of the journey we offer YOU, today, have been playing in many different ways in your world.

### Understanding the Journey of our World

Let us regress a moment. Consider a time, many thousands of years ago when what you would call primitive culture existed in your world. There was great alignment with body energy. How to keep the body, how to take care of the body, how to be with the body...and your world was very aware of body energy for thousands of years.

From this alignment of body energy, you moved into belief systems. Belief systems created society and ways of interacting together. Belief systems began to teach what was perceived as right and wrong. This arose for within the energy of one energy, there is no need to teach a right or wrong. There just IS. Within Isness energy, rules are not necessary.

*Rules, indeed, are birthed of a world of density through a belief system.*

As the rules became more dogmatic, next arose the inspiration to create worship. How can you worship if you do not have a king? Many of your traditions were inspired based upon the perception of a ruler having kingly or godlike qualities. This assisted others to literally rise into ruler-ship capacity.

This may be much for your brain to be with. And, on a cellular level, YOU understand all-ready, because YOU experienced these times. YOU were part of this creation, which is why YOU..ARE HERE...NOW!

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### The Fourth Gift of the Four Journeys

Many Beings, on your world now, have been persecuted for the purpose of religion. Therefore, they are very present on the planet today. As with every cycle of history, your world is close to repeating a cycle.

*BE-Loved Ones, you are literally at the precipice of the repetition. The dark ages were not so dark compared to what could come forward now if this cycle repeats it-self.*

*Persecution for the sake of religious tradition is a gift. It inspires many to ask: Where is the heart? Where is the humanity? Where is the expression of form that we, as beings of Infinite Light, came to celebrate love with?*

**This is the gift of this cycle.**

**MANY that would have not remembered their Divine Mastery Presence, will remember through the energy of the repetition of a cycle.**

This is the fourth gift, repetition. There are four gifts of the journey. Gift number one, your physical body. Gift number two, do you remember? (*audience says Belief systems*) Yes! Number three, of course you know. Dogmatic religious traditions.

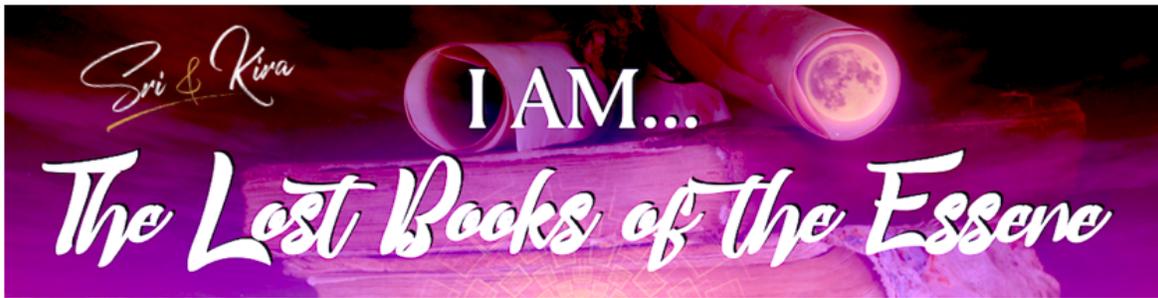
*These lead to the fourth gift: the repetition of all cycles.*

Within every lifetime experience, YOU have all-ready learned the gift of repetition, often within that lifetime. Revisiting the experience of your physical body, belief system or religious tradition, you KNOW that cycle.

This is an example of how your own life has all-ready called forward the energy of repetition.

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In this world experience, the birth of karma was based upon the fourth gift. Karma energy binds YOU to this world as the fourth gift of repetition.

*To freely lift through the four gifts offers YOU... Ascension.*

Do you wish to ascend? We understand that YOU... do. Yes!  
Lift through these four cycles. You cannot mentalize or rationalize or barter your way through them.

YOU free your way through these cycles by the ignition of your heart energy in full recognition that every being in your world, and many others, are HERE... conspiring for YOU to LIFT through these cycles.

The ONE energy, as an energy of the ALLness into ISness has collectively conspired, and YOU ARE... at the repetitive cycle... again.

### Masters in Forget-full-ness

The repetitive cycle is a most dangerous cycle to choose repetition... again. IT literally starts every-thing again. Many will be at the point where they must watch for their body: What will I eat? Where will I find shelter? How will I support myself?

YOU ARE... all-ready seeing this is beginning on your planet. The cycle is trying to start again.

BE-Loved ONES! YOU ARE... Elohim in Divine forget-full-ness. YOU ARE... masters who have come to this planet, *not because YOU needed to*. YOU ARE... all-ready masters of lifting through the four gifts of the journey.

*YOU came HERE... intentionally... to BE present for those who would forget their way. And, for those who are still mastering these gifts.*

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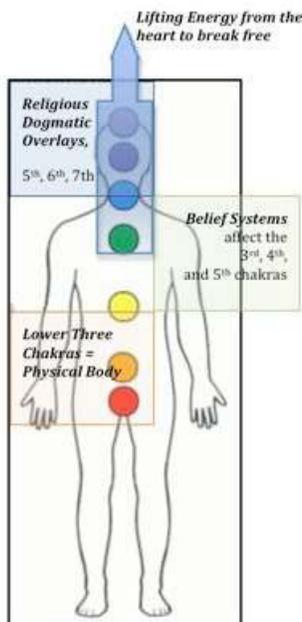
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We offered these words: Elohim, Angels, God, Divine, Ascended Masters. ALL...every BEing in your world, has a Divine stream of energy, a conduit, a portal. A means of cosmic connection your heart instantaneously utilizes to carry YOU back through, and to, with one Avesa breath of conscious connection.

As YOU give your-self this gift, YOU lift through the physical body. When you find yourself preoccupied with physical, and the physical has many preoccupations, does it not? Money, in your world, is the biggest weight on the physical body in many ways.

*Many in your world who have been lifting, lifting, lifting will catapult back to the beginning of the cycle because of the financial preoccupation of the body. This is very similar to what you call a first or root chakra. It will catapult you right back.*



### The Four Journeys and the Physical Body

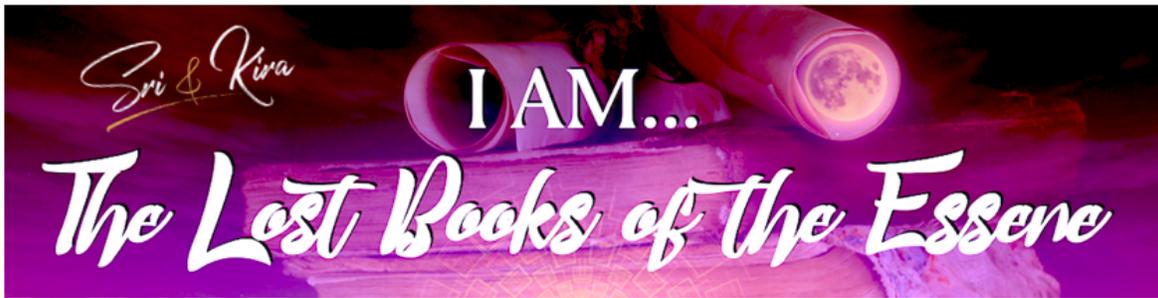
The physical body relates directly to the first three chakras in this cycle. Belief systems overlay through the third, fourth and fifth chakra of this cycle. Religious dogmatic traditions overlay between the fifth, sixth, and seventh cycle, and repetition begins when the first ignites again<sup>3</sup>.

To break free, you must lift. Lifting starts at your heart. Breathing into your re-cognition, expanding beyond this world, letting your voice stabilize in love, breathing conscious "hello" to the body, and allowing your-self the release of ALL judgment beginning with YOU.

<sup>3</sup> The first chakra of the traditional chakra system is tied to the need for Safety. The greater the fear of the planetary thought body the greater the first chakra will call to be ignited. This is the foundation of the cycle of repetition...

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*As you judge yourself, you repeat another cycle.  
The gift is that YOU can repeat the cycle in a moment and  
be done with it! To re-cognize, I do not need to repeat this again.  
I am done. I have been here, done that.*

Or, you can choose to repeat again and again until YOU ARE ready.

Collectively in your world now, with each conscious moment of releasing the repetition and repetitive cycles of anger, jealousy, comparison, seeking, wanting to take from another, lack of celebration, and there are many more we do not need to offer because you are wise, you understand.

With every release of that energy, you lift even more! YOU release the need for repetition for the planet. IT IS...YOUR Choice! BE-Loved ONES. IT IS... why YOU ARE HERE.

YOU can certainly cycle again, and not all will cycle. There are those that will break free of their own repetition and ascend gloriously from this planet holding presence for those who choose to BE in the cycle again.

There are those who will awaken because YOU have.

You world experience currently exceeds seven billion in form. Over half of those here are volunteers. This is why your world has such great population.

Of that half, that are here as volunteers, please hear us...less than 10 percent know. Ninety percent of those of you that volunteered to come, which represents 50 percent of those of you on this planet now, still forget.

This is a gift! YOU are here with great open eyes. YOU understand that.

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YOU arrived KNOWING you would returned into a world that seeks to help you forget who YOU...ARE. ALL of the teachers are coming forward. ALL of the wisdom keepers are coming forward. There are also many, what you call charlatan energies, seeking to captivate the 90 percent of that 50 percent. Because they are the great energy that will propel the cycle of repetition back on your planet again.

*Beloved Ones, the armor for YOU to wear is the armor of your heart!  
The armor of your truth! The tenacity of your Divine Mastery Presence  
living through the gifts! Recognizing the gifts and celebrating  
that YOU...ARE... indeed, the living Es-see-nah!  
YOU...ARE... indeed, illuminated.*

With every Avesa breath you in-joy and every step, YOU lift even more. For many your bodies will rejuvenate almost instantaneously as you fully lift through this energy.

There will be many reports of miracle cure, miracle cure, miracle cure, because many are simply lifting through this cycle of repetition. As YOU start seeing this gift for your-self, as you uplift within your-self, ALL gifts are received. ALL light is illuminated.

Each seed will blossom, and YOU ARE ALL Divine seeds. In-joy your breath of hello, BE-Loved Ones. A breath that says, Hello. Hello. Hello. We will take some of your questions.

*Q: I'm attracted to anger and confusion. If you could offer me some inspiration on this, I would be grateful.*

To be attached to anger energy, as you share, is a gift for YOU to recognize. IT IS... part of your belief system. IT IS... the second gift of the journey. YOU have lifted through your physical and are gazing into the religious dogma release. The belief systems are at war within your body.

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Anger is a power-full ally when one is seeking to break free. We use the word "ally" because anger seeks friends. Anger is verbal and present when ONE is seeking a way through some-thing that seems too challenging to look at. Too pain-full to deal with.

*Too frightening to comprehend an outcome that the heart may not be ready to accept.*

When you ask your question, the energy of the beloved ONE rises from within, whispering gently and saying, YOU must walk your journey. We are all-ways together. As YOU walk your journey, **knowing** we are all-ways together, the how will manifest. The brain will not be able to manifest it for you.

Your tears release this anger. Lift now, Beloved One! YOU ARE... called to lift, which is why you are revisiting such abundant anger.

When this anger comes forward, scream it out if you must, hit the pillow if you must. Then breathe and say Hello. Call to the Beloved ONE through the ethers and walk your journey. Breathe, Beloved One. Yes.

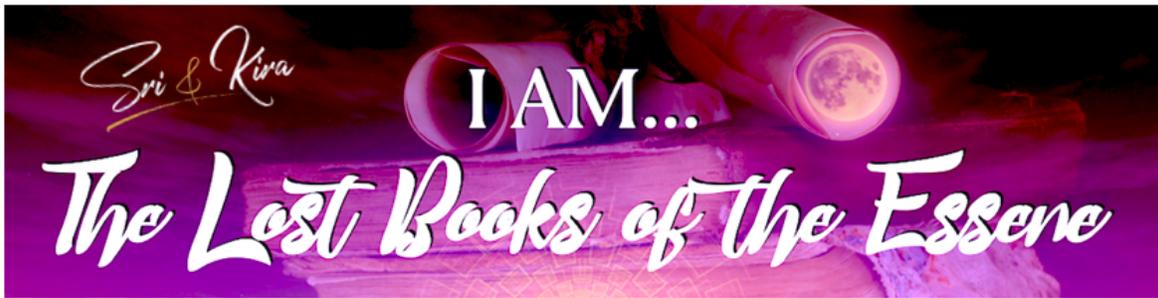
*This time shall pass, and in the next 24 months there will be great revolution. Stay focused on the now. Stay focused on your now. The tears you cry are for many on this planet, not just yourself.  
We honor your bounty of tears. And so it is.*

Q: Several of us have been working on releasing some very strong, dark energy from the planet. We've heard that we have done everything that is humanly possible to be able to release that. Is there anything else? Is there anything else to remove and help bring in more of the light?

This is a good question. We respond by beginning with the word, humanly possible. This energy was born of the human and called in from the

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human. Thereby, the human can offer their love and their sincere energy. And, the human must remember they are simply a conduit of Divine manifest energy.

There is no-thing a human can do. That limits the ceremony within the first strata of gifts of the physical and the combination of the second strata of the belief structure that indeed the human is doing.

Rise into a Divine portal of surrendered manifest light: the crystalline energy that seeks to wave through you. To gather a public expression of release also calls forth an ego, Look how good I'm doing this; Look how good we are; look at how special we are!

We share this because ONE must all-ways be very care-full. The gathering of others is to uplift ALL. To bring Divine to ALL. Each human form is part of the ONE energy. Lay in your bed, in the space of the Divine Love that YOU emanate in this moment... now. Close your eyes and invite the Divine to work through you. YOU will discover great momentum.

We now wish to share that there are many who will soon be relocating in many places that may not have ever thought possible for them. Many countries are having and will have great shifts of population. Some of these will be inspired politically. Some will be inspired by great waves of change that are coming to your planet very soon.

Some of these waves will be so great and so big that many will be stunned at their magnitude. These great waves of change will roll in over many islands offering shift for many.

As YOU invite the clarity of a place that is nourishing, YOU must come to a decision on what is nourishment. For some that means we wish to stay in a body for a longer time, or we wish to ascend at a different time.

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Your world, Beloved Ones, is shaking off years of energy, and starting in this summer, this year, 2022, fully through 2014<sup>4</sup>, there will be great rapid shifts.

Each will be exactly where they are called to be, and ALL will be in the perfect place at any perfect time.

To BE in full re-cognition of who YOU...ARE... we invite you to lovingly embrace the four gifts of the journey and to practice your lifting through that.

Witness the remnant energies that come forward from each one of the four. The way of your world is to continue repeating until YOU ARE... finally...FREE.

As YOU move through and as you are free, YOU give your-self the great gift of celebration. This is how YOU can empower ever more, the gift that YOU...ARE.

YOU...have great wings of Divinity that arise from you with great force. To gift your-self the surrender to ALL that is ready to be healed, to be celebrated and loved, propels YOU like a rocket ship. IT IS...most fun.

And so it is. Many blessings, Beloved Ones. KNOW that YOU ARE...LOVED. KNOW that YOU ARE... Celebrated. Breathe hello often and may YOU choose great upliftment.

And so...IT IS!

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<sup>4</sup> The years in the original text were: this year, 2009, fully through 2011. The unlocking of this insoulment clearly guided to use the current dates. It is of note to review the years 2009-2011 and all that was "set into motion" affecting the moment..now.

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