

AES, Experiencing the Heart Torus as a Gateway, and for Clearing Discordant Energies

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Introduction

In the following papers of the AES sequence, expansion of consciousness includes experiences outside of the physical dimension. Developing the Antahkarana from the Universal Heart to the Earth Heart is a multi-dimensional experience. Being comfortable inside our own skin as well as outside our third dimensional physical body is necessary.

To be on point, this is not just about the ascension of an individual. Instead, it is also about the ascension of planet Earth and whomever chooses to join this journey into Oneness. In AES, the outcome is to consciously serve as a conduit of differentiated energies flowing from the Universal Heart, through our hearts, to the Earth Heart.

Writing about the heart torus is important for continuing the AES series. This information is subjective and is best verified through your own experience. Using the heart torus for entrance into higher vibrational dimensions, as well as co-creating within the quantum field, can be very effective. The information offered here is just one of many methods of facilitating experiences outside of the physical body - often it happens spontaneously, especially as a person develops spiritually.

Take a look at figure 1, the heart torus. Try visualizing your own heart torus, a magnetic field not unlike the Earth's magnetic field. Intend to be open to any possible expansion of your consciousness and see if this experience resonates with you.

During meditation, or whenever it is appropriate to generate a higher vibrational environment, visualizing the heart torus will do just that. Why not try visualizing your heart torus with the intent of increasing spiritual energy, or co-creative energy, with a higher vibration or frequency. By visualizing the heart torus with the intent to shift consciousness the outcome can be spontaneous.

Using the heart torus for an energetic shift, for many, is basic to co-creating within the quantum field. When using this spiritual tool, I often feel as if I can walk right out of my body into a higher vibrational dimension. This paper will go into these concepts more in depth and as preparation for further AES papers.

As an additional exercise, get together with a like minded friend or group and experience the merging of your heart tori. When channeling an energy treatment I wonder if this may just happen spontaneously. To me this is experiencing a form of Oneness. Try visualizing the merging of heart tori during a treatment or group meditation.

As we progress through the following treatments or experiences, it becomes more important to be consciously present outside the boundaries of the physical body. A person's consciousness can be present in the three dimensional world and at the same time be present outside of the physical body. This is called bilocating.

An example of being outside the physical body may involve experiencing the higher dimensions and learning with higher vibrational light beings or more developed aspects of ourselves. Co-creating with the quantum field (undifferentiated energy or zero point energy) can be an out of body experience or an experience where we stay in our physical body, depending on the intent.

When I first saw a picture of the heart torus I could not help but spend a couple of weeks just reading about this structure. Then, I learned to use the heart torus for interfacing with the quantum field as well as a gateway into the higher dimensions. Actually I was rather obsessed for a couple of weeks.

Visualizing the heart torus for shifting into a higher vibrational dimension, or interfacing with the quantum field for co-creating, helps facilitate either intent. All I do is visualize my heart torus with a specific intent. It took a little while for me to become somewhat consciously aware of what happens.

In this paper we would like to offer a means of spiritual development using the heart torus. As a person develops, traveling consciously into the higher vibrational realms often happens spontaneously.

There are so many terms for the quantum field such as the matrix, the field, the Mind of God, the zero point energy field, the quantum matrix, etc... For simplicity we will use the term quantum field within the AES writings.

Let's start by demystifying the quantum field. The quantum field is zero point energy, or non-differentiated energy. This energy can be used, among other things, to create morphic fields of differentiated energies such as the AES energies. A morphic field is a pool of energy which is used for a specific purpose, the energy just needs to be tapped into. Also, a morphic field is like the epigenetic ability of turtles hatching on the ocean shore and immediately heading towards the ocean; the turtles "just know" to head towards the sea quickly.

There are techniques for co-creating various energy frequencies or frequency bundles from the zero point energy of the quantum field. These energies, co-created from undifferentiated energy, can help manifest changes for spiritual or personal development. The center of the heart torus is believed by many to contain zero point energy. I believe this to be the case.

Many people believe the heart torus is a holographic representation of the universe. This simply means there is a part or connection to everything in the universe within a person's heart torus. See the beauty of it all - the Oneness of all. We are all part of the whole. That is a very simple description of the ascension process - living in Oneness. Certainly the concept is easier to understand than the process of actually experiencing this outcome. The AES can be a tool for ascension; there are many paths leading to ascension.

Co-creating with the quantum field can be a high vibrational, multi-dimensional experience. It seems to me the more developed a person is, the higher the vibrational experience of co-creating with the quantum field can be.

The way to grow is through the heart; only intellectualizing can lead to being stuck in the mind. For many of us, especially men, it is a whole different world when we begin living in a heart centered manner. This is why integrating with the Christed Halo Energy can be so beneficial. I used to be an emotionally shut down man scared of my emotions; it has been a lot of work to get to where I am now. So I can speak from experience.

One of the main themes in the AES is to interact with high vibrational beings such as Metatron, the AES Guides, the Ascended Masters and our own personal spiritual families which exist at a higher vibration level than the third dimension. AES is also about learning to interact with the higher aspects of ourselves such as the Soul (also called the Oversoul) and Monad (Higher Self and I AM Presence). Within the AES we co-create with light beings such as the AES Guides or with higher aspects of ourselves. AES is about co-creating ascension, the expansion into Oneness.

For so many of us, we have been working in the higher dimensions as well as with the quantum field for years, interacting with light beings during energy treatments, meditating and traveling to other worlds or higher dimensions for teachings or initiations. While these understandings or concepts may be a paradigm shifter, haven't we been having these experiences for a while? If you are reading this I suspect so.

Experiencing the Heart Torus as a Gateway to Higher Vibrational Dimensions

By starting with a prayer, asking to be watched over by the AES Guides or higher aspects of myself, I feel empowered and safe. Perhaps you have member of your spiritual family to call on, it is your choice. Verbalizing a prayer of protection and a request for guidance can make a big difference in the results of a spiritual experience.

It seems to be rather important to use the lungs fully. What I suggest is using diaphragmatic breathing, also called lateral breathing, as used in Pranayama yoga. Visualizing the lower part of both halves of my lungs expanding out sideways has been the key for me. Learning to breathe more effectively has been very beneficial physically as well as spiritually.

Inside the heart torus is zero point energy - undifferentiated energy, the quantum field. This can also be a gateway into the higher spiritual dimensions. Working with light beings such as the AES Guides can be extremely rewarding. Working with the higher aspects of ourselves such as the Soul and Monad (Higher Self and I AM Presence) can be equally rewarding.

Entering a higher vibrational dimension can be easy; the process involves a loving heart. Just visualize the heart torus. Establish the intent of consciously entering a higher vibrational dimension for a specific purpose. Let go and let it happen. Going with a guide, such as an AES Guide, can make a huge difference in the outcome. With the following papers it is important to be able to thrive in the higher dimensions. As a person develops, this out of the body traveling may begin to happen spontaneously.

At the same time, when Mary and I get together there is an automatic vibrational shift to a higher dimension. When people get together with an established spiritual intent to expand, this transition happens automatically.

Without the development of the heart, the shift to a higher vibration doesn't work so easily. That is why this paper follows the Christed Halo paper. Christed Halo Energy helps to develop the heart and brain to facilitate their merger.

Using the above heart torus process can also establish interfacing with the quantum field for co-creating. So much of the result depends on intent. At the same time, I try my best to be open to ways of developing spiritually (expanding) as I am guided by something greater than my consciousness.

Why not spend some time studying the heart torus. Why not communicate directly with the AES energies.

Just visualizing the heart torus can generate a lot of high vibrational energy. What I do is visualize with an intent to co-create loving energy.

If you have been going through the AES exercises you have been spending time in higher dimensions as well as interfacing with the quantum field. You have been co-creating spiritual development with various AES Energies and the AES Guides, etc...

Experiencing the Heart Torus for Clearing Discordant Energies

This information came to Mary when the Christed Halo information was coming through. Please refer to Figure 2.

Christed Halo Energy may clear discordant energy from a person's energetic field. The discordant energies are circulated into the heart torus and returned to the heart as unconditional love.

This is one of the functions of Christed Halo Energy. It acts as a releasing energy to remove the pain and grief that we keep locked up in our heart and energetic field.

Try visualizing the Christed Halo Symbol around the heart, however it appears to you. Now overlay the Christed Halo Symbol by visualizing your heart torus. Intend for whatever energies are ready to be cleared to circulate into the heart torus. Intend for these discordant energies to be transmuted into unconditional love and flowing into your heart.

Christed Halo may clear discordant beliefs or programs from the mind as well. The energy is circulated into the heart torus and returned to the mind as wisdom. This is the same principle that is used with the heart.

Clearing old beliefs, patterns, etc..., using the heart torus helps with the merger of the heart and mind.

This paragraph conveys a friend's experience using the heart torus: *First I visualized Christed Halo around my heart, then 'saw' it become a vertical cylinder of light which lined up with the vertical centre of the Heart Torus. I 'saw' my Heart Torus as a circulating field, moving from heart upward, then out and down into the earth, then back up from feet into heart again, in a continuous cycle. I felt that old energies & beliefs to be cleared were being lifted up by the upward momentum of the heart torus energy, then out and downward into the earth for re-qualification as love and wisdom, then back up into my heart and mind again. I will need to practice this more to get better at it, but am feeling more and more comfortable believing, perceiving, and allowing what I imagine I'm seeing as I do it.*

Personally, I experience this process as being very effective at releasing non-beneficial programs in the subconscious. Most of what flows out of my bodies and into the heart torus I don't recognize. What comes back into my bodies are high vibrational energies I see as colors such as gold, violet, and multicolored deep and clear colors. For me, it is all about intent and being open to merging into Oneness.

Additional Information

There is a reoccurring theme which plays out as Mary and I experience the AES together. We continually need to take time to clear, emotionally, spiritually, mentally, and physically. We go through feelings / thoughts of needing to step back and clear / process before moving to the next step. We both accept that spiritual growth without personal growth and development is a shortcut we are not willing to take.

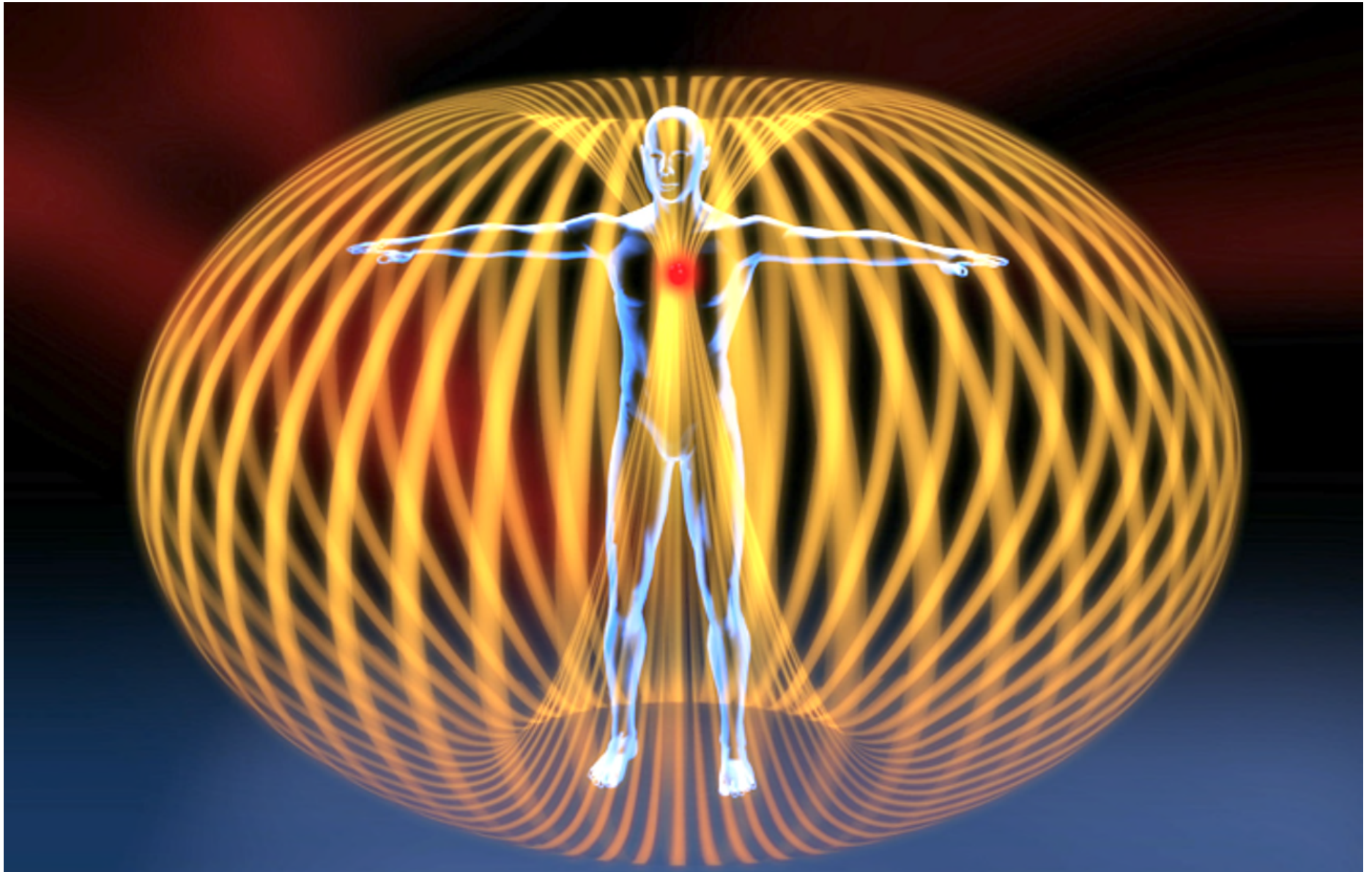
These next three paragraphs are my own musings; I suspect others also consider these concepts. There are various ways of looking at high vibrational light beings such as the AES Guides or Metatron. Some people feel these types of beings are just projections of themselves. I personally believe that these light beings are real. Right now I feel and sense the presence of many AES Guides as well as Metatron here guiding me. I also feel the presence of higher aspects of myself.

Personally, as a human being, I suspect I have a rather limited understanding of the ascension process, etc... So it is important for me to seek guidance from the more evolved aspects of myself, my guides, the spiritual hierarchy, the Source of Love and Light (whatever that may be), etc...

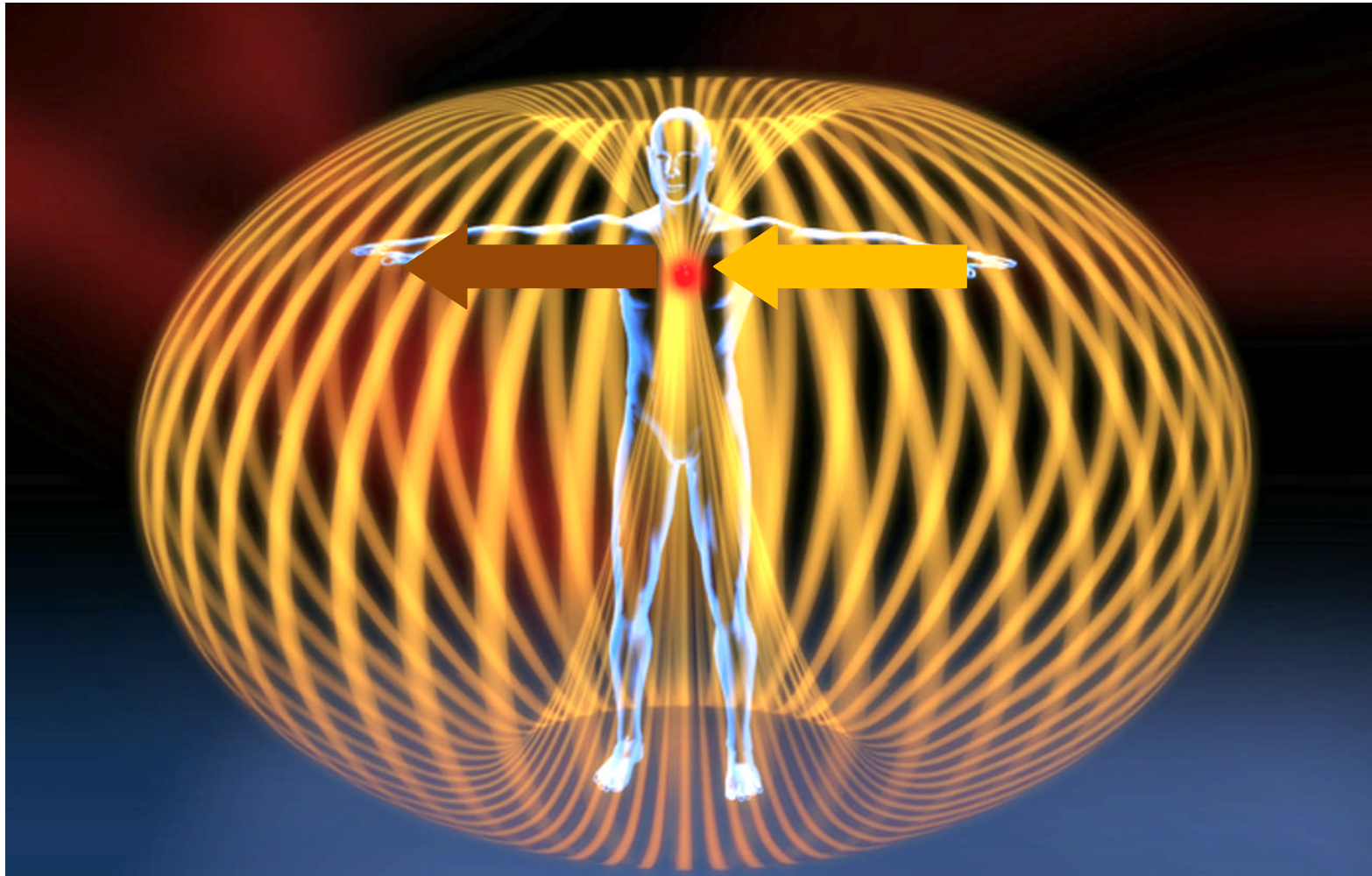
Are my experiences and concepts in the higher dimensions just projections of my belief system, or are they real? I do know this: Mary and I often come to the same conclusions about what we are experiencing or co-creating. I know what I feel in my heart - AES is a heart centered pathway. I also know the process of my ascension goes through my heart.

With Love and Light,
Lyn and Mary

Heart Torus



Clearing of the Energy Field Using the Heart Torus



Discordant Energies

Unconditional Love