

LIGHT REALIZATION

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I dedicate this **VISION** and simple instructions to those whose personal Goal is to be **ONE** with the **CREATOR**, with the **LIGHT**.

I am not a writer but was guided in my 80th year to share my recent **Light Awakening**. A dear longtime friend, **Anastasia**, opened up my paragraphs to the **Full Spectrum of Light**. Thank You!

**This has been a labour of Light.**

**Namaste,**  
**Pamela**

Dear Soul,

How are you feeling?

Do you feel stuck?

Do you think you are a victim of life?

Are you *tired* of your personal dramas?

Have you found your life work?

Do you respect yourself?

Do you have a special gift?

Do you feel One with yourself?

Do you feel One with the world?

Are you *tired* of the world's dramas?

Do you feel One with ALL?

Why not be a Source of Light?

It is Time for your LIGHT REALIZATION.

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# LIGHT VOCABULARY

- ✦ INLINE - online
- ✦ LIGHT DECISION - right decision
- ✦ LIGHT FITNESS - physical, mental or emotional fitness
- ✦ LIGHT CHANGE - sea change
- ✦ LIGHTMINDED - likeminded
- ✦ LIGHTNET - Internet
- ✦ LIGHTTIME - downtime
- ✦ LIGHTWORK - lifework
- ✦ OML - OMG
- ✦ ONEDERFUL - wonderful

# THE BEGINNING

This **Vision** is a **Gift from the Light to You**.

I was Gifted at the beginning of 2024 when I experienced a **Joyous Heart Opening** sitting in a movie theatre. It was during a scene of a symphony being performed in a cathedral with full orchestra, a choir and soloists. The *conductor* became One with SOURCE. **OML!**

This spiritual experience reminded me that after decades as a professional Healer and Yoga Teacher my *personal* goal was to be ONE with the Creator, with the **Light**.

I shifted from Healer to a **Light Worker** - micro to MACRO!

Previously, I would see Visions occasionally as I am *clairvoyant*. Now, I was blessed with beautiful Visions every day. I saw lotus flowers opening all over me in complex configurations. I became the **Tree of Light** and *walked* the **Path of Oneness**. I could *hear* the **Music of the Spheres** and the **Scales of Love and Joy!**

One day I *flew* from my Heart Centre to the **City of Light**. It was filled with **Lightminded** people. Can you imagine meeting a **Lightminded** person? I had never met one.

These Visions would often be early in the morning and would be announced by little black or white specs in my mind's eye or a big shift in the weight of my body (lighter or heavier). Once I was notified, I would lie on my back and observe the stunning **Light displays**.

After a few more months, the cube, one of the Five Platonic Solids, *went* into my head and trunk. Then later I *saw* other **Sacred Geometries** *flow* into my body.

I have been fascinated by **Sacred Geometry** for years and I have read many books on this topic. It is a metaphysical science which proposes that certain geometric shapes and proportions hold inherent spiritual and symbolic meaning which illustrate the principles of **Creation** and existence.

I saw the **Flower of Light** [Fig. 1.] *flow* into my Heart Centre and later into my mind. I never knew these sacred symbols would leave the pages of books and become part of me.

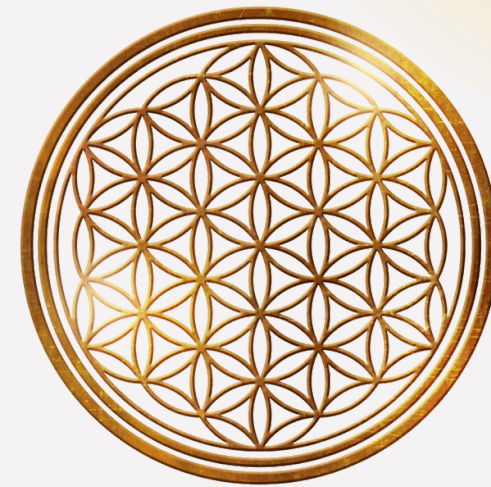


Fig. 1. Flower of Light.

As you can see, the **Flower of Light** is composed of multiple overlapping spheres. It is often seen as the **Blueprint of the Universe**, which began when the **Light** created the central sphere.

The creation of the second sphere gave Birth to the **Vesica Piscis** [Fig. 2.], at the intersection of these two spheres. This new shape symbolizes the **Union** of the **Light** and material realms, embodying the **Birth of the Universe** from the Void. This creative process repeats on and on into the complex world of today.....

One day I saw the **Vesica Piscis** in my belly. I thought this was odd as the two spheres that create it were not there.

**I know now that most of us are born with a closed Inner Vesica Piscis, our personal connection to the LIGHT.**

Mine opened up and expanded throughout my body. This was a **Onederful** surprise!

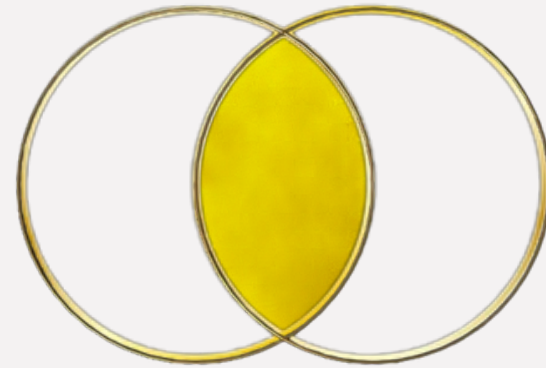


Fig. 2. Vesica Piscis.

Do you want to open your  
**Inner Vesica Piscis**  
and be One with the  
**Light?**

# PREPARATION FOR OPENING YOUR VESICA PISCIS

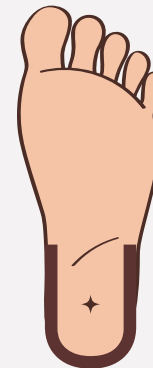
The **Light** is very **Powerful** so you need it to be **embodied**, otherwise you would just be lightheaded.

Are you involved with Yoga or some other body work? How is your Alignment? Do you breathe properly? Have you done any energy healing work? Are you grounded to the Earth?

I can't assist you with *all* of the above but the Internet and books are excellent sources to research anything you are not familiar with.



I have spent decades trying to ground and correctly align myself as I was born a Sensitive. Yoga and Healing certainly helped but I was still not grounded deeply enough and was only aligned correctly when I was lined up at the wall. Like many of us, I was always leaning forward a bit in daily life. Once I *received* the **Soul Heel Grounding Technique** below and “found” my **U Heels** (horseshoe shape) I was instantly deeply grounded and could find my perfect alignment without the wall.



**SIT** in **CHAIR MOUNTAIN POSE** and *find* the **U SHAPE** (horseshoe shape) of your heels. They are your connection to Earth so you might feel earth energy coming in right away, or awhile later.....



**STAND** in **MOUNTAIN POSE** when you feel steady, keeping your connection to your **U SHAPE** (horseshoe shape) of your heels.



ONE day, if not immediately, you will connect to the **CORE of Planet Earth**. This is a huge shift for many of us, so you might experience powerful waves of earth energy in your body and head.

# HOW TO OPEN YOUR INNER VESICA PISCIS

*Note: Only do this if you feel stable, grounded and are ready to evolve at warp-speed.....*

**Step 1:** Start in the **Light Position**:

- lying down or sitting,
- palms up,
- feet uncrossed, and
- eyes closed

**Step 2:** Ask the **Light** to open and expand your **Inner Vesica Piscis**.

**Step 3:** Tune inside to observe your request.

I have seen the **Inner Vesica Piscis** in different parts of people's bodies, sometimes where they have issues. Where was yours? Could you sense it?

**Step 4:** It's important to check it a few times to make sure your **Inner Vesica Piscis** expands to at least the size of your body and stays that way.....

*If you can't sense it, or if it doesn't open, be patient. It means you are not quite ready or maybe you are already open. We are all at different stages in our personal evolution.*

**Opening your Vesica Piscis will, to lightly misquote Shakespeare (The Tempest, Act I, Scene ii), have you suffer a light change into someone NEW and ONEDERFUL.**

# LIGHT FITNESS

You need to rest and leave lots of **Lighttime** to **tune inside to observe your process** - go INWARD to go UPWARD.

I remember in the 1970s people would ask God to heal them and then run around all day. This is not productive.

I have tuned inside my body daily for decades to feel what is going on inside. My original goal was for healing as healing is a surrender of the energies of the Past.

Our bodies and minds hold all our unexpressed traumas and emotions from this life and our past lives which can cause many physical and mental health issues.

The past can release physically as

- heat,
- cold,
- tingling,
- flashes of pain,
- pulsating,
- jerking,
- twitching, and many other symptoms.

Old injuries could pop up for complete resolution. Old dysfunctional behaviours, anxieties, fears, regrets and guilts might resurface, **just let them be.....**

Your **Inner Vesica Piscis** will heal any of these unresolved issues over time and you might feel some of the above energies and feelings, and even more powerful **Light** ones. You will also most likely experience **Tears of Joy and Gratitude.**

# LIGHT DEVELOPMENT PROGRAM

Now, if you are interested in evolving more, it's time for you to *sign up* for the **Light Development Program**. It's a *free Inline* course, so just ask the **Light** to make it so.....

It's important to **tune Inline** as often as you feel comfortable and have the time and space to receive your private lessons and Guidance.

I remember being tested. Did I ever feel self-pity, negative, depressed, ungrateful, sad, lonely, desperate, lost, confused, angry in the Past? I confessed YES and I graduated with **A Diploma of Light**. Soon after, I experienced the Glorious **Full Spectrum of Light**.

Your rainbow **Chakras** will open, release and bloom and the **Kundalini** will rise. Your whole body will become a **Temple of Light** and you will put on a **Transparent Garment of Light**.



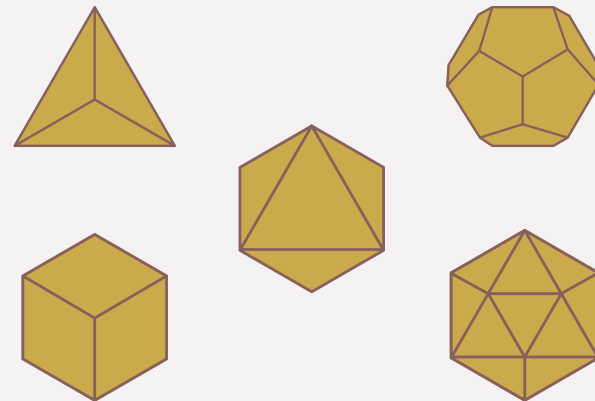
You do need to maintain your **Light Fitness**.  
This is a self-directed course so **Pace yourself Wisely.....**

Over time your Karma will **Lighten** as you experience a **Light Funeral** of your Past. As your Heart continues to open you will realize your **CHILD OF LIGHT**.

## **What to do if you feel Lightwhelmed:**

stop  
slow down  
breathe  
do some yoga  
go for a walk  
bee in nature  
do some housework  
pay some bills

### **The Five Platonic Solids**



Male

Child

Female

# ONEDERLAND

ONE day my Heart Centre cracked open deeply after two slightly disturbing and confusing personal encounters. I think I was finally fed up with being stuck in my egocentric childish adult self so I left my old safe cave and ventured outside to the **Light**.

Many years ago I had a dream of being in a cave. I was terrified of going to the **Light** at its mouth since I couldn't see anything as it was so blinding, so I just sat down in the opening. I shared this powerful dream with a stranger on a bus later that day and she said "ohhh, that's Plato's Cave". I never forgot this experience and realized we are sometimes given luminous visions of our future.

A few weeks after I left my cave a **Child of Light** appeared to me from a forest. What a Surprise!

Many of us have done years of inner child healing but just as we didn't know about the Vesica Piscis in our bodies when doing our energy healing we didn't know about the **Child of Light**. Both of them had been waiting for us to realize them. **The Child of Light is free of ALL your previous conditioning, personal and cultural.**

Later in my **ONEDERLAND** Journey I connected to my Soul who was also sitting in a cave in deep meditation with Source. My **Child of Light** guided my Soul out of its cave into the world of **Light**. It was Time to live a **Light Life** Here and Now.....

Now, as always, when you realize your **Child of Light** it's important to embody it. The same applies to your Soul. This process of Transformation will be different for everyone.

You are on the **Path of Light** now and your life will never be the same.

If you want to continue on it you need to maintain your **Light Fitness** by taking the **Light Position** and **going Inline**.

Your personal **Light Life** is not to be found online as it is **unique to you**.

As the months pass by you might experience being **lightwhelmed** for short periods of time before you **Learn to Ride the Waves of Light and Creation**.

**TRUST and allow the Light to Heal and carry you Forward.**

**You will be Light Restored.**

◆ I AM ONE ◆ I AM JOY ◆ I AM LIGHT ◆

◆ I AM HOME ◆

# ONENESS

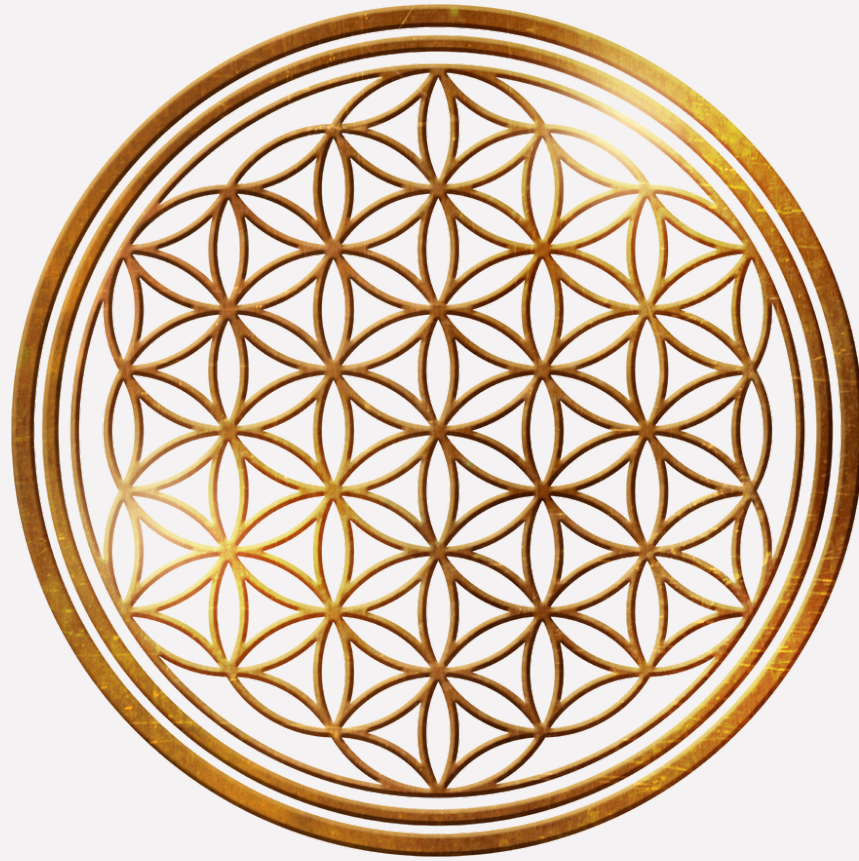
There have always been **Great Souls** who were born with their **Inner Vesica Piscis** open, expanded and connected to Source. These Giants have uplifted and inspired us throughout our lives. Now, we can consciously open our **Inner Vesica Piscis** and be connected to the **Creator** and **creativity** ourselves.

**In Time, the Gates of Light will open for ALL, a Time of Completion and New Beginnings.**

**ALL Sacred Light Bodies will be activated.**

**One day ALL will be ONE.**

# NAMASTE



LIGHT RESTORATION