



Unity Consciousness Workshop

June 2008 Newsletter

Patron: Archangel Michael

Channel and Facilitator: Lizzie Baker

UCW Update

Greetings Dear Ones!

As well as channelling information to me, the Higher Realm Mentors, Archangel Michael and the Collective Masters of Light, give me “projects” to undertake as part of my training towards the first UCW in December 2008. The projects run for approximately a month at a time but I have recently realized that they are scheduled according to the lunar calendar. During May, the Masters of Light suggested that I work on two projects. The first being to **Raise the Metatronic Frequencies in the house** and the second being to try **Spontaneous Meditation**.

Depending on which Spiritual Path you have taken to arrive at this point on your life journey, you might describe **Raising the Metatronic Frequencies in the house** in terms of clearing the energies with Feng Shui methods such as de-cluttering; Spring Cleaning while holding the intention of purifying the energies; Sanctifying the ground the house is built on or just Focusing on raising the vibrations.

Whatever you want to call it, it works!

It has always been my habit to Spring Clean around April and May. After the lull of winter and with the arrival of lighter evenings, it is always a pure joy to fling open the doors and let the fresh air flush through the house. I always feel better after this “re-vitalisation” takes place. However, this year has been different somehow because I have been “consciously” and “intentionally” focusing on raising the Metatronic

Frequencies while I have been cleaning. I don't think I have done anything different than every other year – except hold this specific intention throughout.

What a difference it has made!

My husband and I have noticed that the plants are doing better in the garden this year and there are more birds visiting us. As a couple, we seem to have had more energy and motivation to finally manage to get a lot of jobs done at home that have been “pending” for a long time - such as decorating the kitchen and clearing out the garage.

From a personal perspective, I have experienced a great deal of “negativity release” - physically, mentally, emotionally and so on. I have also noticed that when I do get chance to do a “formal meditation” session, the energies are much stronger than before and the healing energies coming in are amplified.

Part of the UCW teachings are that we need to be creative as individuals rather than following doctrines given to us by others. So, if you want to try raising the Metatronic Frequencies of your own house, then please be imaginative and creative.

Do what you would love to do!

The “Spring Cleaning thing” was my own interpretation and my own way of working on the project of **Raising the Metatronic Frequencies in the house** but Archangel Michael encourages each of us to use our own interpretation and do our own thing whilst holding this paramount intention. You know what works best for you! Follow your own guidance!

The **Spontaneous Meditation** is interesting. Recently, it has become virtually impossible for me to find enough time to practice my full Meditation routine. So, I was delighted when the Masters of Light suggested that I try to meditate any time and any place – although obviously “not whilst driving or operating heavy machinery” as the saying goes! So, I tried meditating whilst gardening; ironing; washing up and pottering round the house doing my Spring Cleaning. Two projects in one! I suppose you could describe this as “walking meditation” – achieving an altered state of consciousness whilst still functioning consciously. If you want to get really technical, we are talking about semi-meditative states of consciousness. Importantly, this process involves using both hemispheres of the brain in complete co-operation - logical left (Masculine) and intuitive right (Feminine) in Unity. Archangel Michael encourages each of us to relax and not be too technical or “rigid” with our meditation practises. **Spontaneous Meditation** is a free-style meditation that is relaxing and has many, many benefits.

In many ways, it is easy to see how these two projects complement each other so perfectly because I en-joy-ed doing the “free flow” type of meditation. It means a lot to me that I was able to imbue ordinary, every day tasks with Spiritual meaning. It was fun and brought me much “joy” – radiating uplifting energy

everywhere! If we force ourselves to squeeze in routine meditation practices in our busy lives, we are actually bringing the energy of “forcing” into our Energy Field. This totally defeats the object. To consciously imbue daily tasks with Spiritual meaning, with grace and **joy**, is much more healing and so much more constructive than rigid practises. Once again, Michael encourages you to take this idea of **Spontaneous Meditation** and make it your own. Understand that intention is everything. Bringing the energy of fun, **joy**, relaxation, spirituality and spontaneity to every day tasks with our intention is all that matters.

Crop Circle Synchronicity in 2008

If Crop Circles fascinate you as much as they do me, then check out the following link to the Crop Circle Connector Website. I have written an article for their website called, “Synchronicity in 2008”. The article describes how certain Crop Circles have appeared at significant times relevant to landmarks in the development of the UCW. Indeed, the article was added to the website at the end of May and, on 1st June, a new Crop Circle appeared. This 1st June Crop Circle has suggestions of multiple dimensions, spirals, Cosmic Alignments and Inter-Dimensional Communication. All this is relevant to the UCW teachings and synchronous with my own “communication” in the form of the article being posted on the world-wide web. Here is the link ...

<http://www.cropcircleconnector.com/2008/wadenhill/Synchronicityin2008%20.html>

Website News

We have a domain name for the website which is www.unity-consciousness.co.uk. I'm assured by the website designer that the “launch” is manifesting sooner rather than later. I'm delighted that we have a “co.uk” address because one of the primary objectives of the UCW is re-activating the Metatronic-Shekinah Grids in the British Isles. That is why the UCW has manifested here - although the beneficial healing consequences are world-wide and beyond!

Please send the website your blessings. It already exists in the Etheric Realm. Giving it our love and encouraging energy will help it to manifest in the Physical Realm. I thank you for sending your love in advance!

Message from Archangel Michael

Invalidate the Losses

As with most Spirit guidance, a few words carry so much meaning. The UCW teachings suggest that we don't get tied down by words alone. We are encouraged to "sense the energy" of the words we read, speak and hear to connect us to their true meaning. We can learn to let the energy contained in the words enter our Energy Selves. If the energy resonates within our individual systems, then we know that we have found a Truth for our self in the message. Truth "strikes a chord" within us. If the energy doesn't resonate within us, then we can pretty much ignore it.

My interpretation of this message is as follows but you are very much encouraged to sense your own interpretation.

As 3D Physical Human Beings, we experience losses all the time. Some losses are deeply wounding like the loss of a loved one through bereavement or divorce. Some losses are little defeats like the loss of faith when things don't seem to be going well for us. Some losses are physical like the loss of our youth. Some losses are emotional like the loss of dignity when we are punished by our own or other's egos. So many losses – the list is endless. As Souls, we never experience any losses at all. From the point of view of the Soul, every moment is an experience, an opportunity, a challenge, a growth and a creation. The Soul learns from every experience and doesn't judge (label) one experience or another as either bad or good – loss or gain. The Soul has no concept of Duality. Everything just Is.

Rather than seeing things from the limited point of view of 3D Physical Human Beings (Homo Sapiens), we can learn to see things from the infinite point of view of 5D Spiritual Humane Beings (referred to as Homo Magna in the UCW teachings). When we do this, we learn to be more like our True Self (Soul). For me, this guidance is reminiscent of Eliminate the Negative; Accentuate the Positive; Count your Blessings; Validate the Gains. Balance the duality by focusing on every experience as a b-lesson.

Further along the Spiral

In June, the Collective Masters of Light have me in training to use the Metatronic-Shekinah Grids. I travelled up to Rosslyn Chapel and the neighbouring Glen, near Edinburgh, this week to work with a Synergy Light Group there. I was blessed to meet Holly Peterson who has been running Synergy Light Groups in Washington State, USA for several years now. Archangel Michael has already taught me much about using the Grids and having the opportunity to actually work with an experienced operator was a precious gift! While I was in Rosslyn, I clairvoyantly saw a huge Etheric Pyramid built in the Glen. There is a corresponding downward pointing pyramid under this upper one. Together, they form an Octahedron. Many Sacred Sites, including Stonehenge, are known to incorporate the Octahedron geometry in their architecture. I'm attending an

Octahedron Workshop next week. The UCW at the Winter Solstice is taking place on the Astará Axis which connects Rosslyn and Stonehenge - two Etheric Octahedrons.

Can you see a pattern forming here?

Or perhaps I might ask...can you see a Geometric Pattern forming here? Ha! ☺

Finally, I hope you are all journeying smoothly along your own Spiritual Paths. Spiralling Beauty-fully..... with Grace and Ease! This is my first ever UCW Newsletter. I hope you have en-joy-ed reading it as much as I have en-joy-ed sharing it with you! Please contact me if you need any clarification on anything I have written and any constructive criticism is always very helpful! Blessings!

In Highest Service,

Lizzie **xxx**