

The

3rd edition

# Lighthousekeepers

Journal



Artem



# Welcome to the 3rd edition of Lightbearers Journal.



We are delighted to share with you this new and dynamic way of offering you ascension tools, inspirational poetry, metaphysical art, videos, guidance, and so much more.

May you be blessed with love , joy, peace, and abundance as you shift into the higher dimensional perspectives.

~ Anaël & Araznu

## ***Transformation***

*The shards continue to gather,  
falling into place as they flow.*

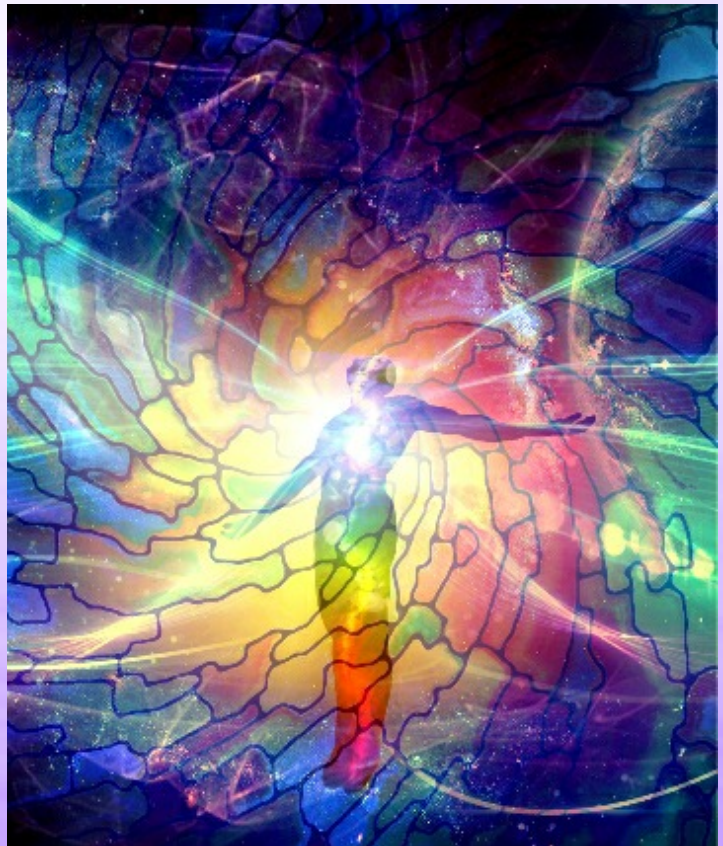
*Pieces coloured with their  
experience,  
now forming a kaleidoscope of  
stained glass.*

*Soon the completed picture will be  
revealed.*

*Illuminating from within, radiating,  
emanating the highest of frequencies.*

*Each crystalline structure, unique..  
a sparkling brilliance of reflection,  
of All That Is.*

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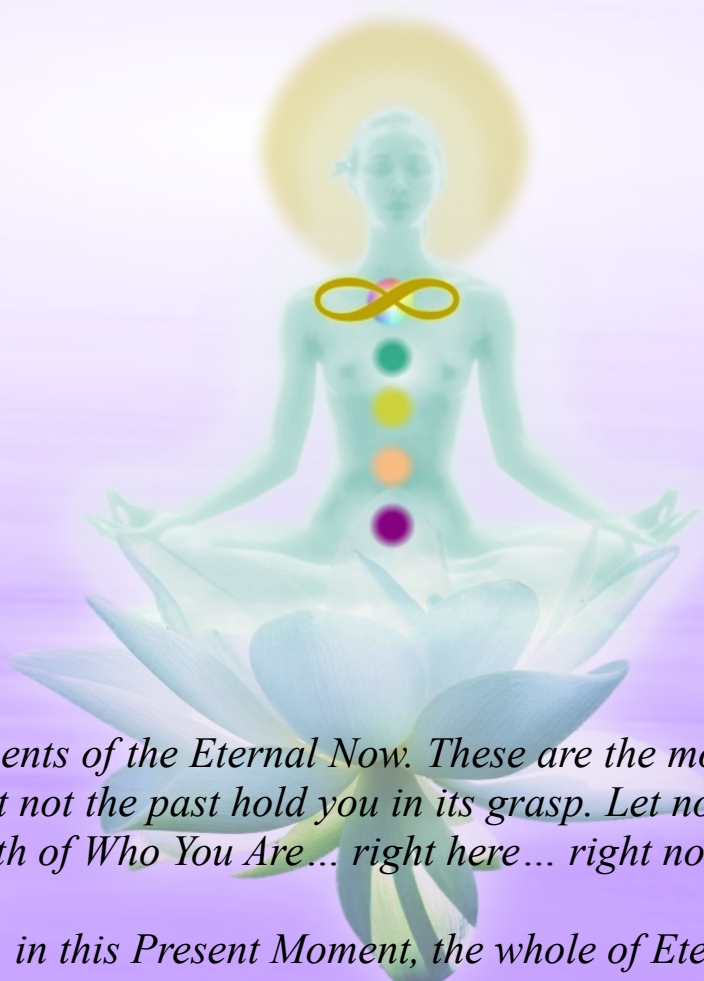
# Message from the Teachers of Light

*Beloved Child of Light...*

*These are the moments of the Eternal Now. These are the moments in which you are called to Shine. No matter how dark it appears to be, know this... You are the Light that glimmers in its vastness. You are the Song of The Everlasting One.*

*There has never been, nor will there ever be such a one as you. Your Soul longs to blossom and express its purpose in your being. This is why you came... right here... right now... The perfect embodiment of Joy, Peace, Love and Abundance in all that you are and do.*

*When you arrived you knew this. You knew no limits... no fear... no lack... Then in the web of forgetfulness, you found yourself caught in a dream that is woven by those that doubt. It is there that your Light first dimmed and you lost your way.*



*These are the moments of the Eternal Now. These are the moments in which you are called to Shine. Let not the past hold you in its grasp. Let not the future fill you with fear... Walk the path of Who You Are... right here... right now...*

*I tell you truly, in this Present Moment, the whole of Eternity is to be found, and, within You, is to be found the Radiant Light of the Most High.*



# Good Vibrations Pendants



## Peruvian Rhodochrosite Pendant

Set in 925 Silver - Intuitively Created by Anaël, \$70

Straight from Peru this beautiful piece of Rhodochrosite may be used to elevate the mind to a higher plane in meditation and energy work.

Rhodochrosite also balances and enhances love on all levels. It allows fuller love to enter one's life. It does this by calming excessive passions and balancing the mental and emotional processes.

It is also said to be a stone of freedom because of this helping to balance inner conflicts. This can bring a deep sense of happiness and relief from ongoing stress.

**For this and other creations by Anaël please click  
GOOD VIBRATIONS PENDANTS**



**on Facebook**

*You are a Child of the  
Universe.*

*You are here with all your  
radiant being.*

*Let your Light shine.*

*That is your gift to us all.*

*~ Anaël ~*



# Embodiment Grid

by Deb-Aurah Araznu

Crystal Grids are tools to assist in shifting your frequency. The image of the grid holds the intended frequency to share with you so you can benefit from it.

This edition's grid, was created to assist with the embodiment of incoming up-levelling frequencies. These Source codes are flooding to us, and through us, enhancing our abilities. These activations, alignments, attunements and accelerations assist us to hold more light frequencies within our bio-magnetic field and lightbody.

In this grid there are a selection of **Heart Energy Stones:**

Morganite, Rubellite, Rose Quartz and Rhodochrosite, all to assist the hearts energy field.

There are **Personal Power Stones:**

Golden Apatite, Citrine, Yellow Opal and Honey Calcite of the yellow ray to assist with mental clarity, strength of will and manifestation.

Added to the grid were a selection of **Third Eye Stones:** Amethyst, and potent Vera Cruz Amethyst to assist with perception. The frequencies of both Lithium Quartz and Lepidolite add the energy of calm, relaxation, balancing, trust and acceptance.

Also included in this grid are Peach Moonstone and Lemurian Quartz to enhance your **Connection to the Divine Feminine.**

To assist in the amplification of all the crystals and stones in this grid, are Ruby in Zoisite and Giza crystals.

To assist with anchoring, smoky quartz phantom and both black and silver- black Beryl are added.



*To connect with the crystals in this grid just gaze upon the picture and feel them interacting with you.*



# Integrating Cosmic Energies

In this edition we discuss the increasing cosmic frequencies being presented to us for integration and embodiment.

Powerful energies of change and up-levelling are pouring forth from our Sun, the great central Sun and Divine Source to be embodied. We are assimilating and shifting our frequencies to align with Divine plan. Allowing these energies to penetrate us to the very core of our being-ness, can bring about huge shifts in our evolution. We must also consider that Gaia is also evolving and shifting with these energies. We see her expansion being reflected to us, as earthquakes, volcanic eruptions, weather events, and shifting of the polar magnetics.

Integrating and embodying these frequencies can be challenging. Many find themselves with aches and pains, vertigo, heart palpitations, flu like symptoms and much more. Listen to your intuition, let it tell you what these aches and pains are connected with. Recognize and release anything that no longer serves.

It is much easier to allow these frequencies to do what they are intended to do, than to fight the flow. You could liken this to “It is easier to go with the flow than to pedal or row upstream”. Why not just relax and enjoy the ride.

These energies are bringing change. When you resist this change things begin to get really bumpy. Anything that you have been fighting or ignoring will be amplified by these up-levelling energies. So why not just allow, intend with grace and ease and flow with the shifts that present themselves. You will find that as you relax and go with the flow, the Universe will provide for you all that is required for this amazing journey.

With all of these frequencies bombarding us, how do we stay balanced and go with the flow?

Here are a few suggestions to assist you in these shifting energies:

- Sleep and naps, get the rest your body asks for.
- Feed your body with high vibrational foods. Listen to what your body desires (not cravings).
- Drink lots of fresh water.
- Meditate and or set aside time to contemplate.
- Sitting quietly in nature, tuning into the frequencies that surround you.
- Create a sacred space in your home that is just for quite time.
- Study how different colours affect you, wear colours that complement your frequency.
- Create, paint, write, cook, music, whatever brings you inspiration and joy.
- Utilize any ascension tools that resonate with you, whether that be written word, sound, music, images, videos etc.

It is an amazing feeling, buzzing with so much energy, expanding your torus field/ lightbody. You are integrating the highest of frequencies, bringing change to you, and the World that surrounds you.

**You are your own Youniverse!**

# ~ Youniverse ~

by Deb-Aurah Araznu





The digital image **“Cosmic Christ Embodiment”** below may be used as a tool to facilitate the embodiment of your Christ Consciousness. Within this image are expressed the Divine Feminine and Divine Masculine frequencies of Source. It is a Divine Activator Code that can assist you in shifting to express these frequencies within your own being.

*“Within each of us there is the spark of all that is,  
we have all energy and the point of no energy, the quiet place within... the beginning....  
How we choose to create from this point forward is up to us.”  
~ Deb~Aurah. ~*



### ***Masters of our Destiny***

*As masters of our destiny we embody all that is.  
This energy fills us with pure love essence,  
unconditional, joy, love, and bliss.  
We expand our light filled temple  
as we integrate energies that flow,  
from the centre of the Universe  
and all we will come to know.*



Below are two videos for your viewing pleasure and uplifting.  
Please click on the picture to view.



# Gateway: Sounds Enlightening



# Embodiment of Divine Source



# Golden Infinity Flow Technique - G.I.F.T.



G.I.F.T is the transmission of higher dimensional frequencies that are downloaded and shared with intention. This intention is aligned with the Divine Will and is in keeping with the highest good of all.

The transmission of these energies connect the recipient with an unlimited source of divine love, power and abundance. This will shift all energies that are not in accord with the highest good of all, and transmute them into light. This light is vibrating at a frequency that allows only goodness, health, and well being to thrive in its presence.

To help you become familiar with this technique, we are delighted to share with you all that we have been given to date regarding G.I.F.T.

The Teachers of Light that inspired this technique, speak of Alignments, Attunements, Activations and Accelerations, and we wish to share with you the meanings of those terms.

**Alignments:** Within the human experience we learn what it is to be out of alignment. Through stress, fear, illness, shame, blame, anger, etc., we come to understand that while these experiences are filled with emotions, these vibrations are not necessarily the ones we would choose.

When we set out on our spiritual quest, we begin to seek out higher vibratory experiences such as meditation, yoga, etc., to bring us to a place of relaxation, stillness and peace. It is during these moments that we experience a profound connection to our higher consciousness, that may be called by many names. This is the experience of Divine Alignment. It is in those moments that we feel totally at peace.

**Attunements:** All of life is experienced as a wide range of frequencies. It may be understood as the spectrum of experience. When we speak of Attunement, we are talking about tuning in to that range of higher frequencies that is in harmony with your highest and greatest good. There are various methods that may assist you in tuning into the spirit of love, kindness, abundance, goodness and well being.

In some modalities, it may be as simple as the master's presence. In others, special practices, codes, words, or symbols may facilitate the attunement. Regardless of the method, Attunement, will bring your consciousness to a state where you will be inspired to integrate higher vibratory experiences into your daily life.



**Activations:** In the old paradigm, or 3D experience, many of your spiritual gifts lay dormant. When you step onto the path of enlightenment, you will be guided to people, places or things that can activate, or act as a catalyst, so that you may express your full potential. These activations may include bringing to life; dormant DNA, your crystalline chakras, new visions, creativity, a change in lifestyle and diet, etc..

Through Divine Activations it may be that old relationships, habits, addictions or jobs that no longer serve your highest good, fall away.

**Accelerations:** To understand accelerations, you simply have to recall how time seems to be speeding up. Things you thought were stable yesterday, are a thing of the past. The intensity of incoming galactic frequencies are felt by all, but understood by few. The earth itself, is shifting and responding to these accelerated frequencies. Together we are evolving and expanding, as we integrate the new paradigm.

Accelerations will be felt in waves. The intensity is followed by energetic plateaus that will allow for integration of these higher frequencies.

Accelerations may also be experienced through other means, than the incoming frequencies. A message, insight, or awareness may come through a teacher, or experience, that raises your vibratory rate above your normal frequency. When this happens it is advisable to , once again, allow yourself to integrate this awareness. Before long, this higher frequency will become your normal state of being.

*G.I.F.T. Sessions are offered over a crystal grid which is an integral part of the technique. Crystal frequencies enhance the transmissions of Light and assist in the Alignments, Attunements, Activations and Accelerations.*

***Deb-Aurah Araznu offers in person G.I.F.T sessions at her sacred space on Hill Island.***

**Golden Infinity Flow Technique (G.I.F.T.) sessions include:**

- Activations, Alignments, Attunements and Accelerations given over a grid of more than 200 crystals set under the table.
- Transmissions of light language
- Divine Activator Codes
- Tibetan and crystal bowls, as well as Tuning forks may also be utilized during the session.

1 hr. \$99 and 1/2 hr. \$55 sessions are available

To schedule an Appointment email Deb-Aurah at: [137stargate@gmail.com](mailto:137stargate@gmail.com)

*These powerful sessions are to assist you in raising your vibrational frequency to facilitate up-levelling and releases of all that no longer serves.*



It has been said, “ I think, therefore, I am.”

However, this is only true of one perspective. This is actually quite a narrow view of All That Is. The thinking part of creation is just a sliver in the spectrum of Being.

This perspective defines the cognitive mind as a proof of existence. This is, metaphorically, an Atlantean, left brain perspective and has been the source of humanity’s sense of separation from the rest of creation and its Source.

This sense of separation has led us to believe that anything that does not think as we do doesn’t actually have life. A Lemurian, or right brain perspective, sees all of creation, including the planet, as living, sentient Beings. They would express it as, “I feel, therefore, I am.”

Where we are now, collectively, in our evolutionary journey, is where the integration of both of these perspectives is imperative if we are to continue our journey. It is the harmony and balance between cognition and sentience that will allow us all to transcend and expand to the next level.

This planet is alive. It breathes. It emanates a dynamic energy field. It heals its wounds. Everything about this planet and every expression of Source upon it has a consciousness regardless of whether it “thinks” as we do. When we finally realize this. When we begin to behave consciously according to this recognition, we will understand our place in the whole of creation.

It is then, and only then, that we will know the Peace that passes all understanding.

~ Anaël