

## CALMING THE INSTINCTIVE CENTER

### Overview

We live in turbulent times. The ten-year series of Chaos Nodes has stirred up continuous changes in our lives, at a rate never seen before. Many persons react with fear, anger, and confusion, and these emotions fill the collective field of Humanity.

We are all subject to these collective disturbances, whether aware of them, or not. The more empathic one is, the more pronounced the effect. Fortunately, the Council have provided a simple technique to deal with this, using the Turquoise Ray.

The Turquoise Ray carries the energy of the Buddhaic Plane (7D). It is vast and expansive, like the clear, blue, empty sky, Mind of Enlightenment. It has the effect of expanding our capacity to handle energy in all dimensions.

### The Technique

1. Unify your Field, if you haven't already.
2. Imagine a sphere of Turquoise Light surrounding your Base Chakra. The Base Chakra contains the Instinctive Center.
3. Feel the Turquoise Light calming, pacifying, and soothing your Instinctive Center.
4. The Instinctive Center includes small antennae, which connect us to the Collective. Imagine the Turquoise Light damping the vibrations of these antennae, with gentle, insistent pressure, slowing and bringing them to rest.
5. Once established, you may easily reinforce this Turquoise Light from time to time throughout the day. Ask Spirit to help maintain this Turquoise Light.