

RAYS OF HEALING

September 27, 2021

THE TRANSFORMATION OF HUMAN CONSCIOUSNESS

Mary Jane Banks

emjaybeing@earthlink.net

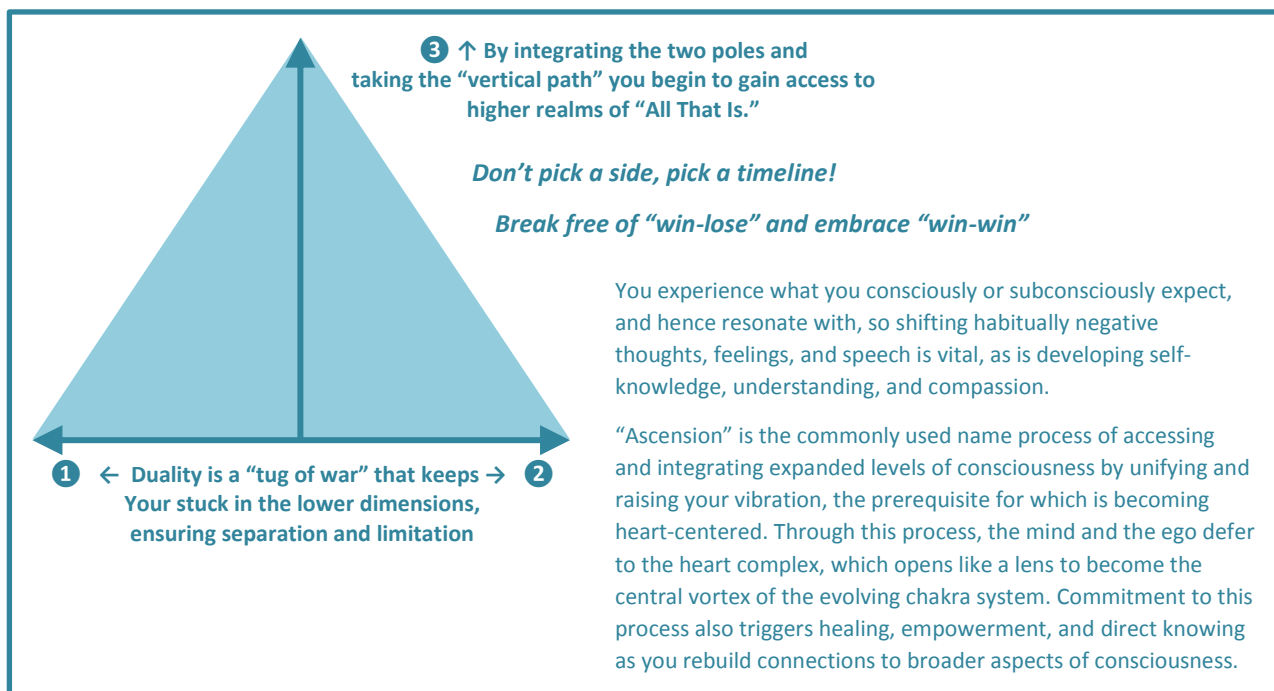
(RE)BUILDING THE RAINBOW BRIDGE

- ✓ ***Shifting from the Age of Pisces into the Age of Aquarius.*** Just as we count time in days, months, and years, ages are longer term cycles that herald inevitable cosmic shifts; this can be understood as a bigger picture version of the seasonal shift we are currently experiencing from summer to fall. If we comprehend these changes, we can be prepared for their impact, just as we prepare for the shift into summer or winter.
- ✓ ***Increasing the bandwidth of our perception and hence our experience of reality.*** As the earth and solar system come into closer alignment with the galactic center, greater influxes of light (that is, information, consciousness) are being channeled through the sun and to the planet, triggering a multitude of changes, including in us. An apt metaphor is moving a computer closer to an Internet connection, increasing its capacity to process data. We transduce light through our systems into the planet, and assist in clearing stuck energy. As we heal, clear, and raise our frequency, we also act as “acupuncture needles,” clearing planetary energies and helping to accelerate the planet’s vibration.
- ✓ ***Experiencing expanded consciousness is not a gift, but a birthright.*** Humanity is destined to return to its full, multidimensional expression. Achieving this requires us to exercise our personal free will and intention, which builds conscious and unconscious connections to the higher aspects of our consciousness and to the source of All That Is.
- ✓ ***Pioneering the path.*** Awakened lightworkers and starseed are pioneering this path, whether consciously or unconsciously. As we activate our higher knowing and innate intuition, we begin to release our attachment to the outer reality and create from our inner knowing. Many spontaneous processes occur, often beginning with some form of “dark night of the soul” or pivotal experience of nonphysical reality.
- ✓ ***Creating a living bridge to higher realms of reality.*** The awakening process is fundamentally a process of healing, “wholing,” and becoming empowered to discern truth and reclaim/reconnect with other versions of our “selves” across the dimensions. Becoming multidimensional is regaining access to the multiverse beyond the third dimension. This involves healing trauma, evolving our belief systems, and breaking free of limitation. As we do this, we strength our bodily systems, increase our capacity to channel higher levels of frequency, and access broader levels of consciousness.



At what level of consciousness are you perceiving, creating, and interacting with reality?

- ✓ **The concept of “volunteers.”** Those of us on a path of awakening volunteered to incarnate on earth to assist in the transition back into the broader cosmic community of consciousness that we have never really been separate from. We generally resonate with past life experiences of trauma and suffering as we attempted to incrementally raise the planetary vibration in preparation for the current times. It is important to release our attachment to these old traumas and recognize that our role has shifted from one primarily of sacrifice – as symbolized by the Age of Pisces, with the two fish struggling in opposition to each other – to one of empowerment – whereby the human being becomes the carrier of the new consciousness. This can also be thought of as a shift from childhood to maturity.
- ✓ **The return of the Goddess.** Integral to this process is the return of archetypal feminine energy to its proper place alongside the masculine energy. This isn’t about whether you’re embodied as a woman or a man, but a return to balance of yin and yang energies, both within and beyond us. We all have – and need – a balance of both, whether in terms the capacity to give and receive, to speak and to listen, to act and be still, to think and to feel, to be courageous and to be vulnerable, and so on. These concepts are also reflected in the differing functions of our left and right brains, the left and right/front and back of our bodies, our physical versus nonphysical bodies, our conscious and unconscious expression, and so on.
- ✓ **Integrating polarity/duality.** The third dimension is founded on the contrast of duality, which has promoted an adversarial system in which humanity has succumbed to divide and conquer tactics that only keep us locked in limitation. The drama of 3D draws us in and diverts our attention and energy into lower frequencies, ultimately creating and perpetuating the very realities we don’t want. The test – or, if you like, failsafe – for entry into the higher realms is your capacity to integrate your own energies by shifting from a dualistic perspective of yes/no, right/wrong, us/them, black/white, into a heart-centered understanding that we are all connected, and that what we resist persists. When you realize that everything is based on energy and consciousness, you become more judicious in how you expend that vital currency. You also become more conscious of your energy being syphoned by people, ideas, beliefs, and situations that don’t serve you.



- ✓ **Empowering yourself with the capacity to manage your energy and raise your vibration.** True power has nothing to do with force or coercion. Expanded consciousness requires a certain level of personal power in terms of having discernment, holding healthy boundaries, managing your own energy, and maintaining your level of frequency. Our frequency determines what we resonate with and attract, so it is key to manifesting our reality and raising our vibration. Transmuting the consciousness limitation, and destructive creative potential of fear is a key aspect of this process.
- ✓ **Acting as “a Finger of God.”** When you begin to consciously connect with and channel source energy, you act as “a finger of god,” not only raising your own vibration but acting like an Internet hotspot for source energy in the world, helping to raise our collective vibration. For those seeking a divine purpose, know that by embodying higher levels of consciousness you are assisting the planet, and the human collective, in breaking free of lower timelines.
- ✓ **Being in the Now.** The now is where your energy and consciousness have the greatest power to create and express. Living in the past or the future dissipates your energy and encourages the repetition of old patterns. You can learn from the past and intend for the future, but your true power is in the present. The new energies of the Age of Aquarius support us in cleaning the slate of ingrained past beliefs and expectations to support us in breaking free of the old, and seeding the new. This is where we can use the power of our imagination, feelings, energy, and consciousness – our true “currency” – to transcend the old world, and dream the new one into being.
- ✓ **Envisioning what you really want.** In order to manifest the reality we want – including love, peace, harmony, creativity, healing, and community – we must focus our energies toward being loving and peaceful, exploring our creative and healing potentials, and envisioning the kinds of communities we want. That isn’t about striving for some unrealistic human perfection, but surrendering to the idea that change is possible over time, but only if we actively choose it.
- ✓ **Recognizing that many experiences are archetypal not necessarily personal.** It is important not to hold on to or get stuck in memories of other realities – whether your own traumas, which affect your body, or collective traumas, which affect the planetary body. The important factor is to feel the feelings associated with the memory or vision, then release them. Trauma has the effect of freezing aspects of consciousness in the time and place where the trauma occurred. Often we are triggered by present-day events to tap into past traumas, whether personal or collective, in order to clear those energies. The mistake occurs when we identify with these traumas and hence hold onto them instead of releasing them.

Gridwork is the common name for the process of tapping into and clearing planetary energies, or in some cases activating energies or locations, such as vortexes, sacred sites, crystal beds, and so on. Just as we have energy meridians running through our bodies – which can become stagnant or blocked leading to disease – the Earth has a network of leylines and vortexes, through which energy is channeled. These too can be blocked, especially due to stored memories of traumatic events or aspects of consciousness “frozen” at the time the trauma occurred. As you become more sensitive – or perhaps even innately – you can feel these energies, bear witness to them, and clear them, thereby contributing to raising the planet’s vibration.

EXAMPLES OF TYPICAL EXPERIENCES AS WE SHIFT

- ✓ Disconnecting from third-dimensional interests/ambitions.
- ✓ Needing to spend time alone or with people of like mind.
- ✓ Experiencing what are commonly known as “ascension symptoms.”
- ✓ Having a greater sense of connection to the planet, nature, and to animals, plants, and minerals.
- ✓ Having inner and outer experiences of the other realms, including elemental, devic, angelic, galactic, cosmic, and intra-/extra-terrestrial realities.
- ✓ Having vivid dreams and visions.
- ✓ Developing extrasensory perception/communication, including clairvoyance, clairaudience, clairsentience, mediumship, precognizance, telepathy, healing and other energy-related abilities.
- ✓ Having spontaneous flashes/memories of other lives/times, especially those of relevance to this life. May involve healing/resolution of issues in this life that stem from one or more other lives.
- ✓ Experiencing the evolution of the chakra system as you move through different levels of consciousness and the barriers of separation begin to dissolve.
- ✓ Experiencing an overall expanded sense of reality, directed internally, accompanied by an increasing sense of the illusory nature of the outer reality.

STRATEGIES FOR NAVIGATING THE CHANGES

- ✓ ***Cultivating radical self-love.*** It is impossible to raise your vibration without the capacity for self-love. This has nothing do with ego. It’s about believing in, trusting, and supporting yourself in your journey. If you seek validation from outside yourself, you will remain vulnerable to others’ perceptions and opinions of you. If you aren’t capable of loving yourself, can you love anyone else or receive love in return? So many of the common human challenges relate to lack of self-esteem, lack of attention, and lack of sufficient energy to direct one’s will and believe in oneself. Practice treating yourself with the gentle kindness you would a small child or pet. Lovingly reparenting yourself is another excellent strategy.
- ✓ ***Consciously building your intuitive connection.*** Many of us already experience intuitive insights that we may not pay attention to or appreciate. Noticing and appreciating any assistance or guidance will build the connection and your confidence in it. Don’t dismiss your intuition. As you build the connection and then come to expect assistance, you’ll get it. But you need to actively forge this relationship with yourself, set necessary boundaries, and use discernment.
- ✓ ***Taking action to remain grounded.*** The easiest way to ground yourself is to spend time in nature, whether by simply walking, gardening, spending time near water or around a fire, enjoying a beloved pet, or playing an outdoor sport. You can have a shower, soak your feet, or simply breathe. You can also develop your intuitive capacity by sensing your aura and chakras, or practicing telepathic communication with your body, animals, plants, trees, crystals, and so on. Learning by doing is always effective, and intention is always key.
- ✓ ***Working with your imagination.*** Our imagination is a powerful aspect of our creative capacity. As children we naturally spend much of our time lost in our imagination. As adults we can benefit from taking time to let our minds run free, to consciously imagine possibilities, and to practice shifting our energy through the power of our imagination. Too often we fall into the trap of affirming exactly

what we don't want used powerfully negative declarative statements, such as "nothing will ever change," not realizing that the force of such statements is what perpetuates their sentiment.

- ✓ ***Meditating in any way that works for you.*** Meditating can occur while we connect with nature, engage in a physical activity, let our imagination run free, listen to music, or spend time reflecting. In whatever form, meditation can allow us to tap into inner guidance, experience a different reality, and reset our consciousness. (If you find meditating challenging, try some of the nature sounds and solfeggio frequencies from the list of recommended resources below.)
- ✓ ***Taking care to exercise your free will and set clear boundaries.*** Any time you embark on explorations of consciousness, be sure to exercise free will, especially when directed by a guide. Discerning what resonates with you will always be your first step. You can request that your inner guidance act as gatekeeper in helping you determine what is in your best interests, or even in determining the timing and pace of any healing or activations. Setting boundaries can be challenging, especially for women. Like many things, it is skill that must be practiced. Learning to say "no, thank you" without the need of explanation is a good place to start.
- ✓ ***Paying attention to how you express yourself.*** As touched on above, many people have the habit of making declarative statements in contradiction to what they really want, such as how bad they feel, how things will never change, and so on. This is extremely destructive both personally, and on a collective level. Cultivate the habit of affirming the positive. One method of manifestation advises to speak of things you wish to occur as though they have already happened.

RESOURCES TO ASSIST YOU IN STAYING BALANCED

- ✓ Nature Therapy Youtube channel and Pure Relaxing Vibes Youtube channel
Long play natural sounds for relaxation, meditation, and sleep (ocean, thunder storms, and so on)
- ✓ Brian Scott Youtube channel
Guided meditation/affirmation videos and interesting excerpts from and discussions of metaphysical books
- ✓ Kryon Official Youtube Channel
Inspirational information and messages
- ✓ Abraham-Hicks videos on Youtube, for example, Andrea Roman Abraham-Hicks playlist (not her other videos, only the animated Abraham-Hicks ones)
- ✓ Power Thoughts Meditation Club Youtube Channel
meditation music and affirmations, including healing solfeggio frequencies
- ✓ Higher Self Youtube Channel;
inspirational and informative messages
- ✓ Eric Berg Youtube Channel
Natural health information
- ✓ Living Springs Retreat Youtube Channel
Natural health information by Barbara O'Neill
- ✓ Free natal chart service at www.astro.com
(under "extended chart selection")
- ✓ The books "Bringers of the Dawn" and "Family of Light" by Barbara Marciniak
- ✓ Books by Ken Carey, such as "The Starseed Transmissions" and "The Third Millennium"

FURTHER OFFERINGS

- ✓ Intuitive astrology readings focusing on current life strengths, vulnerabilities, and opportunities; relationship and career issues; and overarching soul intentions. Includes intuitive guidance, mediumship, tarot, and healing energies, as guided/appropriate. 90-minute reading, plus 30-minute preparation. \$195.00 (*mention Rays of Healing to receive a 15% discount*). Email emjaybeing@earthlink.net for more information or to book an appointment.
- ✓ Intuitive sessions (or follow-on sessions). 60 minutes. \$125.00.
- ✓ The Transformation of Human Consciousness. Six-week course via zoom exploring this subject matter in detail. \$195.00. Email emjaybeing@earthlink.net for more information.
- ✓ Monthly Q&A via zoom. Second Wednesday of the month, 7:30–9:30pm. \$11.00. Email emjaybeing@earthlink.net for more information.
- ✓ Introductory and advanced tarot classes. Email emjaybeing@earthlink.net for more information.

AWAKENING

Move through these times
With superior grace
Notice the unmistakably

Permanent trace
Of change, of awakening
Of love, of reform
Never again will the
Norm be the norm

Create a space
For a world anew
Where a higher wish
For all can come true
For what is truth?
Please question this. Do!
Then allow the answers
To open you

And with each answer
Will come a new question
Opening you further
To the cosmic protection
Of autonomy, knowledge
And again that word “grace”
This reality will change
The human race

Do you sit there and wonder
“Is this science fiction?”
Well please resist
Your particular addiction
Whatever that may be
When you try to escape
No longer can you hide behind
That mind-numbing cape

Perhaps you exhibit
No addictive behavior
We suggest you rethink
Have you no external savior?
No particular activity
Person or habit?
No religion, no rule
No security blanket?

We do not admonish you
For being human
But challenge your assumptions
Because only you can
Create this renaissance
Inside yourself
To bring about
Unimaginable universal wealth

A wealth that comes through frequency
The frequency of knowing
Just a few sparks
Will set it glowing
And if you’ve ever feared
The spread of epidemic illness
Wait for this fiery
Cleansing in the stillness

It will catch in your hearts
The source of your very being
And your true loving essence
It will set about freeing
So the knowledge of who you are
Can finally be unfurled
And with it you can heal
Your increasingly crazy world

For all to return to balance
The natural order
Not the fake one manipulated by
The—now neutered—new world order
Those that would keep you
Slaves to illusion
Don’t fall prey
To complacent collusion

If we confuse you
Just be patient and breathe
And trust that in timeliness
All knowledge you’ll retrieve
For processing and assimilation
In your unique way
Never doubt you’ll stand witness
To Earth’s finest day

© Mary Jane Banks 2003.

ODE TO THE STARBORN

Who are you?
What do you do?
If you truly knew
Such a skillful crew!

You're systems busters
Heart trusters
Cobweb dusters
And boundary trespassers

You're information musterers
Network clusterers
Winds-of-change gusters
And even ghost busters

You're light-saber wielders
Higher knowing yielders
Volunteer 3D languishers
And darkness vanquishers

You're wellness wishers
Experience dishers
Swizzling energy sickers
And cosmic ass kickers

You're puzzle piecers
Reality unleashers
Vibration increasers
And wisdom teachers

You're artful speakers
Courageous seekers
Visionary dreamers
And "The emperor's got no clothes!" screamers

You're powerful healers
Fearless feelers
Truth revealers
And joyful free-wheelers

You're pain assuagers
Galactic engagers
Compelling persuaders
And ancient (not new) agers

You're new mode modelers
Deliberate mind bogglers
Innovative creators
And ET translators

You're limitation freers
Emotional blockage clearers
New template layers
And negativity defrayers

You're inspiring motivators
DNA upgrade activators
Fear paradigm abaters
And probability calculators

You're frequency transducers
Energy transmuters
Bullshit disputers
And cosmic commuters

You're zero-point holders
Dimensional enfolders
New reality molders
And "Take-a-stance!" emboldeners

You're the crystal makers
The movers and shakers
The end-times forsakers
And beyond time claim-stakers

You're alchemical transformers
Jacob's ladder re-formers
Light body emergers
And hundredth monkey surgeons

You're infinite knowers
Lighted wayshowers
Intentional seed sowers
The New Earth growers

That's who you are
Born of the stars
Held in high regard
The multi-D vanguard

© Mary Jane Banks 2015.

THE TIME HAS COME

Vision boards on inner walls
Our calls to action
For gaining traction

To help us trigger
A new reaction
In the group awareness
In need of caresses
To decompress us
Out of our stresses
And into an energy
Built on synergy—
All that imagery
Can set us in motion
Exploring new notions
That lead to new paths
And new starts
And big dreams
(As it might seem)
Because the time has come
For a new reality
Weaving a tapestry
Of times past
And futures possible
A world that's crossable
In time and space
Not a linear race
Nor a blood-thirsty chase
But a journey
Of learning and growing
And going with the flowing
Of intuitive knowing
Our first and best guide
On being alive
In this game of two's
With all its hues
Its pleasures, its pains
And confusing refrains
Of repetition
Repetition and escapism
And growth through the mists
Leaving us speechless
Weak and defenseless
But not—
In truth it's just time
To reconnect the dots
And pick up the pieces
To unleash the leashes
And unlock the doors

For all the knowledge
Can now be ours
To use, to explore
To share and make more
To complete the circle
And unwrap the present
To step into the future
The heavens sent
No more getting lost
In the maze of the matrix
With all its tricks
Finally, the jig's up
So sit up and notice
Or maybe give notice
To the old tenants:
There'll be no more rents
On the lives of the living
No more giving
To the energy suckers
No more blood to be spilled in vain
The energy drain
Is a thing of the past
The die is cast
You can't outlast
(Nor outwit nor outplay)
Your ways are outdated
And we're elated
At what's now slated
To come to pass
At last, at last
At long last
Love lies sleeping . . .
But not for long

© Mary Jane Banks 2012.

DECLARATION OF FULL SOVEREIGNTY OF MY I AM PRESENCE IN THIS EMBODIMENT

I call on my Higher Self to merge with me, guide me, and assist me in declaring, embodying, and enacting 100 percent sovereignty of my being in this and every now moment, in alignment with my I Am Presence and in accordance with my chosen purpose, goals, and intentions for this lifetime.

I call upon the elemental, angelic, ascended, cosmic, and ancestral realms to witness my declaration, to assist in upholding the integrity of its intention, and to cocreate with me in manifesting my highest potentials personally, in unity with the one, and in service to the Earth as we graduate to the next level of our evolution.

In declaring my full sovereignty and with the guidance of my Higher Self and I Am Presence, I assert autonomy over my physical and nonphysical embodiment, my energetic vibration, and all resulting emanations. I disallow any interference to distort or delay the fulfillment of my purpose in this lifetime—whether that interference be well-meaning, misguided, self-interested, or malevolent. This includes any and all overt and covert intentions, attempts, and actions to limit, separate, distract, manipulate, disempower, traumatize, dominate, control, or harvest any aspect or increment of my energy and consciousness.

I reject and eject any such interference, demanding that it cease and desist immediately and retroactively, including any trickery designed to countermand, usurp, or sidestep the intention of this declaration.

In making this declaration, I acknowledge and accept full responsibility for my being and actions. I continue to fervently request overt guidance and assistance from my Higher Self and I Am Presence, which I in no way consider to be interference. I commit to both hearing and enacting that guidance, and in turn to listening to and guiding the elemental consciousness that contributes to my personal collective consciousness this lifetime.

To the extent that I may be unable or unwilling to hear and enact the guidance of my Higher Self or I Am Presence, I request that the guidance continue to be given in various ways such that I can understand and act on it, and until I am able to understand and act on it.

In full sovereignty, I also request and accept additional energetic assistance of my guides; my soul, star, human, and ancestral families; the elemental, angelic, ascended, and cosmic realms; and any other sources, provided that it accords with this declaration and is in my highest good; in the highest good of Earth; and in accordance with my purpose, goals, and intentions for this lifetime.

I choose to heal all fear, trauma, and limitation standing in the way of my fulfilling my highest potential and purpose in this lifetime. I ask that my Higher Self and I Am Presence, in cocreation with the elemental, angelic, ascended, cosmic, and ancestral realms, assist me in healing, transmuting, and transcending all fear, limitation, separation, and amnesia preventing me from embodying my full, integrated sacred masculine and sacred feminine power, love, and wisdom.

I ask that my Higher Self and I Am Presence direct my healing such that I embody and offer the optimal vibration in any circumstance; that I manifest optimal health and wholeness in and through my physical, emotional, mental, and etheric bodies; that I fluidly evolve according to my path and purpose; that I awaken to and regain all the memories and gifts held in my causal body; that I function with energy, clarity, balance, effectiveness, and efficiency in the changing energetics of Earth; that I integrate the healing, its lessons, and its energy in the most beneficial way possible; and that all this unfolds at the most conducive, yet expeditious, pace possible.

I intend that in healing myself in this now moment, I heal other aspects of myself across time and space, as well as splintered aspects of other consciousness trapped in time who—through the domino effect—will gain the freedom to return to where they belong, to heal, and to contribute to the unity we seek to cocreate in order to graduate from this plane and take our next evolutionary steps.

I offer healing, compassion, and forgiveness wherever it is needed or wanted to free all aspects of consciousness, including my own, to allow all to return to its natural order in wholeness and unity.

And so it is.

Written by Mary Jane Banks as inspired by the work of Andrew Bartzis.

For sharing with all in resonance and cocreation.