

Module 3 – 5D Lessons and Upgrades

In this module, you'll learn about and experience:

- Transcending 3D Programming: From Fear Grids to Love Grids
- The Alta Major Chakra: Delinking from the 3D Matrix
- Your 5D Shift: Lessons for the 5D Light Matrix
- Chakric Nodes for Pivotal Light Body Upgrades
- 5D Sacral Chakra: Creating Sacral-Heart Coherence
- 5D Solar Plexus: Reclaiming Soul Identity and Authentic Power
- 5D Throat Chakra: Removing the Atlantean Collar & Activating Sovereign Voice
- The Higher Throat Blueprint.

✦ Light Body Activation: The 13th Chakra & Higher Throat Blueprint ✦

What is 3D programming?

- **Vibrational keynote** – Fear is the dominant vibration within the 3D matrix. It keeps 3D consensus reality alive and underpins patriarchal control, domination, inequality.
- **Fear-based consciousness** – Dominant consciousness rooted in fear and ego-based coping strategies, e.g. fight, flight, fawn & freeze.
- **Survival mindset** – Focus on materialism and surviving physically, guided by 'survival of the fittest' philosophy i.e. power struggle & competition ensure success.
- **Scarcity thinking** – Belief that there is "not enough" for everyone, generates power struggles, greed and systemic inequality.
- **War programming** – Conflict and aggressive power struggle is seen as natural and inevitable.
- **Victim consciousness** – Belief that we are victims of external events, things 'just happen' to us and we don't have choice. In 3D, we consent to being controlled and give our power away.
- **Enslavement codes** – Mass consent to racial domination & ownership allowed an era of slavery, multiple genocides and colonialism. Consequences are still playing out ('white supremacy' narratives, racism, economic control etc).

Transcending 3D fear programming

- **Consciousness shift** – Become aware of your internalized 3D programming (thoughts, beliefs, attitudes) – and make conscious choices about your thinking and beliefs.
- **Energetic shift** – Become aware of fear energies (anxiety, shame, guilt, anger) that you might be holding. Work energetically to release fear energies from your somatic and chakric bodies. This includes cutting energy cords linking you to the energies of fear and control.
- **Shadow work** – Do your inner work to face the shadow, clear trauma and initiate healing.

✦ Dissolving inner fear grids ✦

- Where are you holding fear or trauma in your somatic body?
- Which chakras are vibrating with fear energies (variations: anxiety, shame, guilt, anger)?
 - Are there energy cords linking you to the energies of fear and control?

The Alta Major or 13th chakra

- **Position** – Base of the skull (above back of Throat chakra); Colour (frequency) – Teal
- **Function** – Chakra of Higher Communication; known as the 'Seat of Consciousness'.
- **Contraction** – Closed at the Fall of Atlantis to block higher communication during the 3D era.
- **Upgrade** – Activated nearly 40 years ago (Harmonic Convergence, 1987) – Considered a minor chakra, but now its importance has been recognised and it's becoming more accessible.
- **Energetic node** – Connects the Crown, Third Eye, High Heart and Base chakras – important pathway for kundalini energy.
- **Intuitive pathway** – Lunar (feminine) entrance to the Third Eye (Masculine entrance = Pineal gland). When the Third Eye is disconnected, intuition and higher perception are cut off.
- **Alta Major activation** – Opens disconnected energetic pathways so you can access intuition, higher communication, cosmic knowledge and spiritual gifts.

The Alta Major cord

Effects of the Alta Major cord:

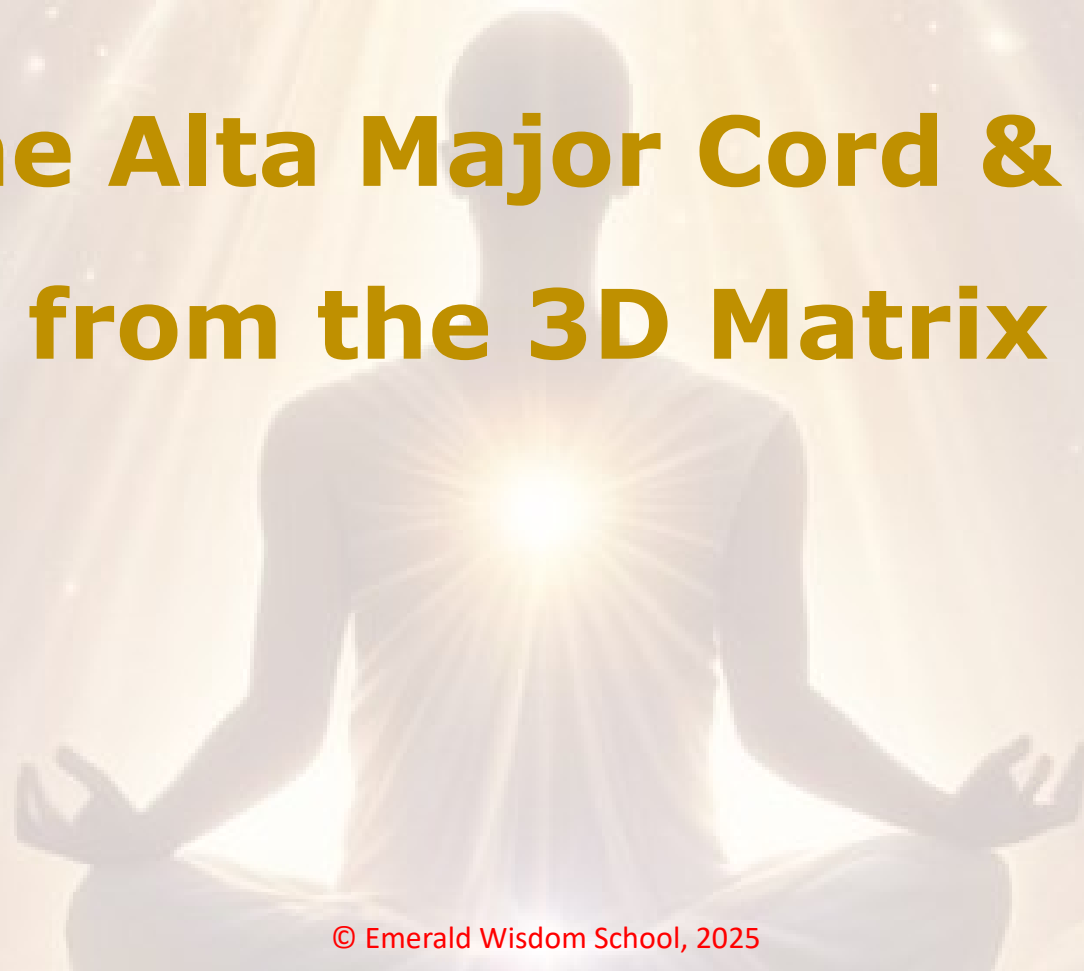
- Major link to 3D fear programming and global stress
- Keeps you in a lower vibrational state
- Interferes with your autonomy and mental mastery
- Blocks the Alta Major chakra and intuitive pathways
- Possible physical effects e.g. insomnia, headaches, dizziness (if you are sensitive).

Cutting the Alta Major cord:

- Unplug from the 3D matrix & delink from fear programming
- Initiates energetic and spiritual sovereignty
- Enables mental mastery, intuition and creative visioning.

Meditation # 1

**Cutting the Alta Major Cord & Delinking
from the 3D Matrix**



Lessons for the 5D Light Matrix

Your 5D shift includes several key growth areas. These lessons and codes for higher consciousness are contained within the 5D chakras.

- **From fear to love** – Love is the vibrational keynote of the New Earth matrix, heart energy contained within all 5D chakras.
- **From ego-based to soul identity** – New sense of self as a multi-dimensional spiritual being, enables alignment with soul purpose and sharing soul gifts.
- **From external power to sovereignty** – Soul truth & spiritual authority, soul contracts and lessons become more important than 'agreements' with consensus reality.
- **From victimhood to self-mastery** – Take responsibility for projections, experiences and reality creations. Focus on engaging with life lessons for soul growth and evolution.
- **From survival mode to creative manifestation** – Become a conscious creator, collaborate with others and the Universe, use manifestation tools to create your reality.
- **From scarcity thinking to abundance** – Core perception of how the Universe works changes, new understanding of abundance in alignment with spiritual law.

Chakric Nodes for Pivotal Upgrades

The Troublemaker Trilogy

Node 1 – Sacral Chakra

5D Shift: Creating Sacral-Heart Coherence

Node 2 – Solar Plexus Chakra

5D Shift: Reclaiming Soul Identity and Authentic Power

Node 3 – Throat Chakra

5D Shift: Removing the Atlantean Collar & Activating Sovereign Voice

Sacral Chakra Upgrade

Collective Upgrade – Heart Energy in the Sacral Chakra Activated

- **Heart-sacral coherence** – Activating heart energy within the Sacral chakra initiates a major shift in three key areas: relationships, sexuality and finance.
- **Empowerment** – Shift from fear-based dependency needs in relationships to mutual empowerment and support.
- **Love-based sexuality** – Clearance of 3D patterns & programming around sexuality (e.g. guilt, shame, obsession) towards heart-based sexuality; choose romantic partners wisely.
- **Creative flow** – Let go and let flow; access the gifts of the inner child.
- **Abundance** – When your sacral energy flows more strongly, and at a higher frequency, there is greater abundance in all areas of your life, including money.

Solar Plexus Upgrade

Collective Upgrade – Spiritual Sense of Self – June 2024

- **Solstice light codes** – Initiated a new sense of self as multidimensional spiritual beings and this supported a shift in personal power.
- **Collective SP upgrade** – Allows us to dissolve old identity programming and connect with who we really are as souls.
- **Personal power shift** – Authentic power derived from soul identity, higher awareness and oneness consciousness rather than ego.
- **Codes of responsibility** – These codes have been activated, initiating a shift towards sovereignty, greater oneness, and a sense of justice for all.

The background of the image features a person in a meditative pose, seen from behind. A bright, glowing light emanates from the solar plexus area, creating a starburst effect. From the top of the person's head, a powerful beam of light extends upwards, branching out into numerous rays that fill the upper half of the frame. The overall color palette is warm, with shades of yellow, orange, and soft white, giving it a spiritual and ethereal feel. The person is seated in a lotus position, with hands resting on their knees in a mudra.

Meditation # 2

Upgrading the Solar Plexus & Sacral Chakras

Throat Chakra Upgrade

Collective Upgrade – Atlantean Collar Restriction Lifted – September 2023

- **Atlantean collar** – Collective restriction at Fall of Atlantis to restrict voice and truth; restriction was lifted in September 2023 – we can now remove the Atlantean collar.
- **Light body evolution** – Removal of the collar is a significant upgrade; now we can access Throat chakras without restrictions and the collective frequency of truth will rise.
- **Truth & co-creation** – Required to use unrestricted voice responsibly (for co-creation rather than control) & take responsibility for words & expressions (speak from the heart).
- **Spiritual authority** – Upgraded Throat chakra allows you to set clear boundaries aligned with soul truth. For example: Say 'no' with clarity rather than outrage.
- **Light language** – Channel light language (higher consciousness & cosmic light codes) through the upgraded Throat chakra to raise consciousness and frequency on the planet.

The Higher Throat Blueprint

- **Higher Throat** – Combination of the Alta Major and 5D Throat chakras. Active in the time of Atlantis, blocked by the Alta Major cord and Atlantean collar (during the 3D era).
- **Light body evolution** – We can now restore the Higher Throat blueprint by activating the 5D Throat and Alta Major chakras and merging them into one expanded chakra.
- **Function** – The Higher Throat complex facilitates higher communication aligned with higher consciousness, soul truth and sovereign voice.
- **Contains 33 chambers** – Throat chakra (22 chambers) + Alta Major (11 chambers) = 33 chambers and lessons to connect with truth and higher communication.
- **Cosmic connection point** – Connects with angelic and cosmic realms and energies (instead of the 3D matrix) – that's why it was blocked during the 3D era!

Light Body Activation

**The 13th Chakra & Higher Throat Blueprint
(and clearing the Atlantean Collar)**

Module 3 Integration

✦ Energy practice ✦

Repeat these two meditations at least once before you do the Light Body Activation:

- Cutting the Alta Major Cord & Delinking from the 3D Matrix
- Upgrading the Solar Plexus and Sacral Chakras

✦ Light Body Activation ✦

The 13th Chakra and Higher Throat Blueprint

A separate MP3 will be posted in the student portal within 30 hours of the live class