

SANANDA'S HEART MEDITATION IS THE ASCENDED MASTERS' ANSWER TO THE CURRENT WORLD CRISIS. TOPICS INCLUDE THE 911 TRAGEDY AND THE USE OF MEDITATION AND VIOLET FLAME DECREES IN THE STARS OF GOLDEN CITIES. ALSO ASCENDED MASTER INFORMATION ON THE UNIFIED FIELD, THE TIME OF TESTING AND CRITICAL POINT ANALYSIS.



# iamamerica e-lesson

The events of September 11, 2001 are now forever etched in our minds. As citizens of the world, we will never forget this shocking, inhumane tragedy. Voices join around the globe, repeating a solemn, mourning statement likened to innocence lost, "The world will never be the same again." And, the truth is that it never will.

E-mails have poured out to our address from all over the globe. There are so many different perspectives, opinions, good ideas and sincere thoughts upon this time in history. One provocative question was asked, "Are we at the beginning of a new era – an era that returns to the balance of the feminine, lest we perish?" A prayer sent today from our friends in Switzerland, mirrors similar thoughts and translates from German:

"We beseech that in all the suffering a truth begin to dawn.

We beseech for the beginning of a huge, worldwide awakening.

We pray for an inner, global spirit of reconciliation and insight, a spirit to wipe away all our old patterns."

Yes, an old era has ended and a new time has begun.

What this "New Time" will be is totally up to us. It's our choice.



## Peace Is A Choice To Build

Do we accept a world filled with terrorism and the intentional psychic horror it inflicts upon millions of people? Clarissa Pinkola Estes, Ph.D. writes, “This infection that terrorists hope to circulate is that of innocent persons becoming afraid of life, afraid of the future; of causing people to put off the living of life, to move in ways that are far less than their previous free selves.” In any choice or co-creation process, the Ascended Masters often remind us of the higher intelligence contained in Universal Laws and their potential to transform lower frequencies of hatred, violence and fear into balance, love and eternal peace. A good friend e-mailed the insightful words of Saint Germain through channel Donna Simelunas, “For every act of darkness and destruction there is an opening for an equal constructive act of Love and Light.” Clearly, violence is a choice to destroy. Peace is a choice to build.

On Sunday, September 16, 2001 Saint Germain and Lord Sananda gave us a perspective on building inner peace through meditation, “Lighting The Heart Of Peace, Tape One.”

These times have many spiritual students wondering, “How could such events serve the Divine Plan and Divine Will?” Saint Germain answers through a statement of Hermetic Law, “All comes forward seeking a balance – all extremes finding their other compliment.” He then offers a healing decree, “Mighty Violet Flame come forth! Stream forth into my will, align my will to The Divine Plan and bring balance to this situation.”



## The Time Of Testing

The Ascended Masters remind us that the “Time Of Transition” is now complete and we have entered the “Time Of Testing.” “A test is given dear ones, dear hearts, so one can reevaluate their choices.”



“This infection that terrorists hope to circulate is that of innocent persons becoming afraid of life, afraid of the future; of causing people to put off the living of life, to move in ways that are far less than their previous free selves.”

~Clarissa  
Pinkola Estes



This test brings about a search for inner peace. Let us find the center of balance, the calm, the inner knowing, and The Divine Will that flows in a harmony and a rhythm. Events of global change and turmoil are only a backdrop for you to search and understand the need for inner peace, the eternal ONE - The Christ Consciousness the Ascended Masters call UNANA.



## **The Consciousness Of Unana**

UNANA is another name for the Unified Field of human consciousness. Major General Kulwant Singh of India explains, "This field of consciousness – termed the unified field in the language of quantum physics – is millions of times more fundamental and powerful than nuclear force."

"If you are feeling fear, if you are feeling vengeance, if you are feeling anger toward your brother, it is important to keep the flame of love within your heart. It is important to keep the Light of the Christ Consciousness burning within your rational mind." Open your heart to compassion for the suffering in this plane of duality. Apply this higher law to transmute the situation to a higher understanding.

Today in India more than 25,000 meditating experts are being assembled according to Major Singh, a 35-year career army veteran who explains, "This will produce an indomitable influence of peace and coherence in the country. No nation will ever be moved to attack India, as it becomes a lighthouse of peace and coherence to its neighbors and the world."



## **Sananda's Peace Meditation**

Humanity's greatest ally and friend, Sananda directs us to focus on peace in the Golden Cities to intensify the result. "It is important at this time for those who seek the Christ Within, to find it through inner meditation. First, it is important to silence the mind. This may be done with several decrees. Sit in contemplation - gently close the eyes. Focus all energy upon the heart. In that moment of the focus of energy on the heart, feel within the connection to all of life. Feel this heart is connected to all of life - the radiating pulse that is in all living creatures and all living consciousness." All spiritual work, primarily prayer and meditation are extremely effective in any Star area of a Golden City Vortex for World Peace. The Ascended Masters' instruction focuses on Lord Sananda's Heart Meditation and recommends that a group of 7 (seven) focused on this meditation can effect

personal change for global peace. When used on a regular basis the decrees (mantras) will help in the transmutation of the group and the meditation will create the focus for the fulfillment of peace.



“This field of consciousness – termed the unified field in the language of quantum physics – is millions of times more fundamental and powerful than nuclear force.”

~Major  
General  
Kulwant  
Singh



## The Golden City Stars - Critical Points

Stars of Golden City Vortices function with unique similarity to a technique developed by David Hawkins while mapping states of human consciousness in his attractor research, known as critical point analysis. In his book “Power Versus Force” he writes of this process, “Critical point analysis is a technique derived from the fact that in any highly complex system there is a specific critical point at which the smallest input will result in the greatest change. The great gears of a windmill can be halted by lightly touching the right escape mechanism; it is possible to paralyze a giant locomotive if you know exactly where to put your finger.”

In essence, the critical point of each Golden City Vortex is The Star, (a forty mile radius) where the least amount of force exerts the greatest effect. *Towns and Cities located in United States Golden City Stars are:*

### GOBEAN

Pinetop, AZ

Lakeside, AZ

Springerville, AZ

Eagar, AZ

### MALTON

Mattoon, IL

Charleston, IL

Shelbyville, IL

Sullivan, IL  
Humbolt, IL

**WAHANEE**

Augusta, GA  
Grovetown, GA  
Appling, GA  
Harlem, GA  
Gracewood, GA  
Thompson, GA  
Modeo, GA  
North Augusta, SC  
Trenton, SC  
Eureka, SC  
Parksville, SC  
Kitchings Mill, SC  
Williston, SC

**SHALAHAAH**

Lolo Pass, MT  
Lolo, MT  
Missoula, MT  
Stevensville, MT

**KLEHMA**

Cope, CO



“Mighty  
Violet  
Flame  
blaze  
forth from  
the Heart  
of the  
Central  
Sun - leap  
into my  
heart and  
light the  
flame of  
compassion  
within  
me!”

~Sananda  
from his  
discourse,  
"Lighting  
The Heart  
Of Peace"



*Decrees that can be used before the meditation:*

“Mighty Violet Flame blaze forth from the Heart of the Central Sun - leap into my heart and light the flame of compassion within me!”

“Mighty Violet Flame, in the name of God that I AM, embrace this entire planet, and flood it with the Light Supreme of the Violet Ray. May the Violet Flame enfold all leadership of this world and align the Harmony Of The Spheres through the great Law, I AM. So be it!”

**SANANDA'S HEART MEDITATION**

“It is important at this time for those who seek the Christ Within, to find it through inner meditation. First, it is important to silence the mind. This may be done with several decrees. Sit in contemplation - gently close the eyes. Focus all energy upon the heart. In that moment of the focus of energy on the heart, feel within the connection to all of life. Feel this heart is connected to all of life - the radiating pulse that is in all living creatures and all living consciousness.”

“This consciousness that permeates all living things, is the consciousness of the One - UNANA. Meditate upon this pulse, work to hear this pulse within the inner ear. In this inner hearing comes a radiation. This radiation is the growth of a new energy body. This energy source is carried with you throughout the day. Bless all that you come in contact with through the day. Carry the radiance of this loving Christ throughout your day. This I encourage all to do. Focus in the mind upon the colors of white and gold. This will bring about a calming and a healing effect upon the consciousness - it also brings about unification of the self. So be it.”

© Lori Toye, 2001, Payson, AZ, USA, ALL RIGHTS RESERVED.



**I AM America**  
P.O. Box 2511  
Payson, AZ 85547  
Tel: 928.474.1341  
Fax: 928.474.8799  
email@iamlen@cybertrails.com  
www.iamamerica.com