

8-8-08: Before, During and The Aftermath

Please see the August Issue of Spirit of Maat for the actual 8-8-08 Meditation.

Thank you everyone who participated in every way, and thank you to those of you who contributed so many wonderful insights, comments, and parts of yourself. We have truly changed the world with your help!!!!

Releasing the Old: Embracing the New

5-20-08. I began receiving the meditation after posing the question, “How can we access Zero Point Energy without tools?” Slowly, pieces of it came in, provided by Melchizedek and a team of 12 angels, archangels, and ascended masters called the ‘Detail Council’.

6-3-08. Melchizedek told me the meditation needed to be performed on 8-8-08 at 8AM by the largest number of people possible in order to change the world. Not knowing exactly how many people it would take, I approach Cal, the editor of Spirit of Maat, and ask her if I can post the meditation on the magazine. She gives total support. I’m a bit amazed at the ease in which it happened. I mean, after all, this is Drunvalo’s website. He already has a fantastic meditation. Why include any others?

6-20-08. I finish writing the Zero Point article leading to the meditation and the actual meditation. I’m updating my website to include both when my computer begins acting very strangely. Slowing in response, whining, that funny little spinning wheel that means it’s thinking, thinking, thinking....keeps spinning for longer periods of time. Frantically I back up the most recent and most important files.

6-23-08. I think I’m going through an identity crisis. Well, not really, because I know who I am. I remember everything. I just have no record of it, except in my DNA....No photos or documents. No past success or failures.

Nothing.

Because my hard drive crashed.

Irretrievably.

Not enough time to back up all the files.

Just the most recent ones.

I finally had to close the lid, unplug it and take it to the clinic.

At first they were very reassuring. “Of course we can fix it. Don’t worry! We can save everything.”

After several unsuccessful hours of trying to get it started, they admitted defeat.

“You’ll need a new hard drive,” they announced. Which, of course, has nothing on it. It’s a blank slate for software or anything else.

I’m in a state of shock, experiencing the death of an old friend.

The death of me.

I try not to feel overwhelmed.

I began to realize what this means for me personally.

Trying to learn new software quickly and easily, in time for updating the website next month. Not to mention all of the other things that are different when you get a new hard drive---new bells and whistles, etc.

I try to stay in my heart center and see that the crash happened for a reason...for the greater good.

And slowly I begin to see flashes of what's happening.

It's not just about letting go of the old...,it's about totally creating the new.

Right where we are as we face 8-8-08 in alignment with the greater good of all.

We can try to hang onto the past

But that hasn't worked for us.

All we can do is create our now and our future.

The way we want it.

With grace and ease.

"Ok," I muttered to myself. "Maybe it's time for a new computer, not just a new hard drive."

I thought about what that meant...

I began to dream....What if I could get everything I wanted on it? What would it look like? What would it feel like to have it? What would I do that I'm currently unable to do? How does that feel? What else would be included in alignment with my soul's purpose?

I began to see the macro vision of this.

This is not just about backing up the old so it can be used again.

This is about CREATION. Blending the best of the old with the new. What do we want that's in alignment with our soul's purpose? What does that look and feel like?

Creating from the desire of the heart and the soul.

Just like our world right now.

AHHHHH.

6-28-08. I struggle making an mp3 for the first time. I spent seven hours trying to work with an old program. Finally I gave up and contacted the webmaster for help in uploading.

6-29-08. I'm in a panic. I have past life visions and cell memory of death due to speaking my truth. I'm struggling with the power of this meditation, the purpose of it as part of my soul work, and my bringing it forward to the world. I have to do something now to heal this or I might just quit before it ever gets out there. Fortunately I have an Integrated Energy Therapy® session lined up with a mutual master instructor friend. During it I'm able to release the trauma and fear from my cell memory, and step forward on my soul path with my head held up. Thank you angels! I can breathe again.

7-9-08. I figured out how to do a teleconference and save it as an mp3. Melchizedek is urging this as the first of many monthly free teleconferences to help heal ourselves and the planet. I just have to do one first. The rest will take care of themselves, he says.

7-13-08. I have already begun to hear from people regarding the meditation. Some are connecting it to the healing of our original 8 cells and the spaces between....How powerful is that?

7-22-08. At 10PM, I suddenly KNEW we'd have enough people for the 8-8-08 meditation to change the world. I don't know how many people that is, exactly, but it doesn't matter. Every cell, every space between my cells just knew it. I'm so excited I can hardly breathe. I don't know exactly what this means, but it is HUGE. Thank you Angels! Thank you Melchizedek and the Detail Council! You really pulled this one off!!!

7-23-08. We had four times the usual number of hits on our website. Suddenly, our website is linked to websites I've never heard of. People are referencing the meditation, and copying it to their sites. It is translated into 3 different languages that I know of. (Thank you Mayte, Joyce and Asherah!)

8-1-08. The Solar Eclipse. When Melchizedek first talked to me about the importance of doing this meditation on 8-8-08, I assumed it was the master number sequence that made this so important. 8 being the number of manifestation of abundance. However, I learned afterward about the solar eclipse today, and the lunar eclipse on 8-16-08, plus the two new moons this month. The second being called the Black Moon. The Black Moon won't be viewed until 2011. Wow! And then there's the Olympics.....A most auspicious time, indeed!

Going with the Flow. Staying in the Heart.

8-8-08. It's finally here. I'm nervous and trying to stay in my heart center. To my knowledge, there are 75 people calling in to be part of the live meditation teleconference. We're also opening our center early to have twelve hours of guided hourly meditations, beginning with the 8-8-08 meditation. So we'll have a live audience and a phone audience. This is the first time I've done this, and I'm nervous. I practiced the day before with different phones, different places in the center to get the best reception, different tones of voice....I think I'm finally ready.

People begin calling in at 7:50AM. There are more like 125 people calling in, but that shouldn't matter. The system can handle 150. Others are arriving in person and seating themselves in sacred silence in the center.

We do some introductions, and then I give the opening prayer.

Immediately after the opening prayer, I begin recording the meditation.

Instantly all 125 people are disconnected.

I stare in disbelief at the computer screen as I see that happen. This isn't a slow disconnect of people, one by one as would happen if their particular phones got dropped for whatever reason.

This is an instant knife slicing disconnect.

Trying not to panic, I'm pushing buttons like crazy, but it's too late.
They'll have to call back in.

I had my assistant call to make sure it worked again.

She couldn't get back on. "I'm locked out!" she said.

What? What does that mean? "Keep trying!" I said.

Same thing. Same response.

Until 8:18, when suddenly she was able to get back on the teleconference.
(Interesting number sequence!).

At 8:28, we had about one third of the people back on, and we began the meditation. The live audience had been sending love and light to the old telephone system that apparently couldn't handle so much love, joy and gratitude all at one time.

This time the meditation is effortless and smooth. Everyone is in a state of bliss, at least for awhile.

Afterward we compared notes with the live audience. One observer told me she'd seen an energetic red X over my body at 8AM when we were scheduled to begin the meditation. The X was not there at 8:18 when we were able to resume the teleconference. She thought that meant the original timing was wrong for the meditation. Another observer said she felt that some of the audience was supposed to do this meditation on their own, and not with the others on the teleconference. That's why so many didn't get back on later. * A photographer took my picture upon completion of the meditation and captured the horizontal rainbow coming from my third eye. And a green light emanated from my hand where I was still touching my thumb and index finger. (Thank you Ana! You'll read about her in the future!)

We realized these key concepts:

- 1. It's about going with the divine flow, even if we don't know what that is!**
- 2. Being in a state of love, joy and gratitude creates change.**

So what happens when we fill our cells and our spaces between cells with love, joy and gratitude and some of these places have never felt these feelings—in this lifetime, or maybe others?

Here are some of the responses I received:

"I don't know what it is. I can't stop crying....And I also feel like I want to kill someone. How can I go from love to killing so quickly?" MD, Flagstaff, AZ

"I've been irritated even before the meditation started. In fact, I felt it was my irritation that caused the phone to disconnect from the meditation. I'm still irritated two days later and can't figure it out." NJE, WA.

“I just wanted to thank you for the zero point energy meditation and for coordinating the 08-08-08 event. I did participate that morning, and had to wear hematite to work until mid-week as it took me several days to get grounded.”

PJ, Omaha, NE

*“I was able to trigger also a number people in Germany and UK to take part. We enjoyed a lot. A type of heart orgasm in a cosmic orchestra occurred. Find attached our vision of the cosmic orchestra.” CM, Berlin

“The amount of love I felt go through me was so enormous that I couldn't stop shaking and moving my hands and arms for a couple of minutes. I consciously sent that energy to some discomfort in my body. The discomfort diminished that day and in a couple of days, the discomfort was totally gone.” JC, NY

“Thank you for the file. I will enjoy putting this into practice and make it a way of life. It seems like some key that I have been working up to for some time. Maybe 12 years since I suffered great losses that set me free in my life. It is funny that I just had to study for a certification in radiation therapy over here that sparked a deep interest in physics and how it relates to energy work that I never had 30 years ago when I first studied for this test. The gift you have sent seems to hold powerful truths in unlocking our potential. The space between the cells (molecules, atoms) seems to hold the key like Tai Chi's void (Wu Chi) Thank you and please feel free to stay with us in Hong Kong should you travel through one day.” DS, Hong Kong

“What an amazing meditation. The force around me was so extreme that I was compelled to write and thank you for making this information available. I only received the meditation 15 hours before 8am my time in Australia's Top End, Darwin. If this meditation reached me I am sure it would have reached 8000.

Love, Light and Laughter from me to you, VK”

“Aloha Phoenix,

Thank you for the powerful meditation this morning! Right after I got kicked off the call...I tried to call back several times. I gave up and then my twin decided to try...and sure enough...we got on! YAY! I loved the energy! It is always a joy to connect with others to do this work besides simply doing it alone. I Thank You!

Hug...hug...kiss...kiss...

Love, Amayziah/Becky”

Mary from Lisbon, Portugal, connected us with the crop circle website featuring the 8-8-08 crop circle from England.

<http://www.cropcircleconnector.com/2008/080808/080808.html>

Personally, I got a huge confirmation at the 7PM meditation in our center that we have enough people to make a difference. We did it! We anchored the change we wish to see in the world!

**That said, how come there's still violence, war, etc. in the world on the news today?
(Why did I even listen to the news?)**

As the angels explained to me, what we did was bring in love, joy and gratitude into the spiritual layers of ourselves and the planet and the universe.

The spiritual layer is the outermost layer. Everything comes in through the spiritual and makes its way through the mental, emotional and finally the physical layers.

So we are making our way slowly into the physical embodiment of love, joy and gratitude. By holding the vibration of love, joy and gratitude, no matter what happens, we are there in the divine timing and divine order of all things. We are the change we wish to see in the world.

**How can we make this change with grace and ease?
How can we continue to be the light workers we came here to be?**

1. **Release the old, embrace the new.** As things come up (and they will!), find a healing modality that works for you. Helping you to shift out of the old trapped emotions, belief systems, trauma and so on. Assisting you in raising your vibration so you don't take on the same old energetic patterns. There are many good energetic healing modalities out there. Find what works for you and either learn how to do it yourself or receive treatments.
2. **Find a way to live in your heart**, allowing your heart to lead and the head to facilitate. Change your head's job description so it no longer needs to control or needs recognition. (Living in the Heart is a good book to use. There are other ways available as well.)
3. **Keep working on yourself.** It does take work. You haven't become who you are over night—or even in this lifetime. One meditation will not 'fix' or 'cure' whatever ails you. Keep doing the meditation.

Let's change the word 'work' to 'joy'.

Soul Work equals Soul Joy.

The equation 'soul work' meaning what you're here to accomplish, equals 'soul joy', meaning what gives you the most joy. If you cancel the same unit on each side of the equation (in this case, the word soul), you have...

work equals joy.

Therefore, it takes joy.

To be here.

To change the world.

To complete our light worker mission.

Thank you for being part of the change.

With love, joy and gratitude,
Phoenix Rising Star

For more information on free teleconference meditations to heal yourself and the planet, email sedonaheartwalk@yahoo.com attn. meditations.

Next month: A fascinating interview with a man who's soul mission is collecting 28 million year old rocks, and dispersing them to the people that need them the most. Meet Excalibur, purveyor of ancient stones.