



**HOLDING THE
LIGHT**

KI-RA

Holding The Light



Channelled by KI-RA,
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PREFACE

I am a channel of the faster frequencies of Light. I have the ability to reach beyond the Earth's energy matrix to bring through information and advanced technology from Divine Beings of Light and Source.

This is my seventeenth book. The first three a trilogy in Consciousness, the "Book Of Life", "Life Essence", and "The One", are designed to move us into higher levels of consciousness, using the sacred Ancient energy technology of Light, based upon Fibonacci sequencing.

My fourth book "Communications from the Stars" is a series of channellings from Lightbeings, Galactic Councils, Collective Consciousnesses, and Archangels. There are messages from Yeshua, The Yeshua Collective, Salusa, Archangel Michael and many more. They offer their help, and support at this amazing time of transition in our lives.

My fifth book "Diamond Lightbody", gives us technical information about energy fields and the lightbody processes that lead to Diamond Light Consciousness. Included in this book are the Diamond Light Key Codes that when used, will activate this Consciousness within us, returning us to our Immortal state of Being.

My sixth book "Atlantis Aurora", tells us about the changes that will take us into the Golden Age once more, and how we can reinstate this wonderful high vibrational reality, through the Quantum triggers contained within the words, and the codes

that were used in the healing temples of Atlantis.

The seventh book is from Max the 13th Ancient crystal skull. The skulls act as living libraries, multidimensional portals, giving us the codes for our evolution, and the crystalline body transition. This book contains the codes which unlock All Realities, returning them to fluidity in order to be reformed to our liking. Connect with Max through the vibration of this book to change your Destiny !

“The Hyperborean Portal” is a channelling from Agartha, our hollow Earth brothers and sisters. It tells us about our connection with them, and how they will resurface to help us to establish Peace and Harmony upon our world. It contains the entry code to the Portal, and the new 5D reality.

“The Infinite Universe” has been given to us by Archangel Ariel. It describes the nature of Universal and multidimensional realities and the species which inhabit them. It explains our role and our subsequent and inevitable shift to the new 5D reality and how this will be achieved.

“Quantum Entanglement Theory-A Handbook For The Gateway”, tells us about the “Gateway Systems”, their purpose, and those who are working to role out these systems. They contain the 'DNA Reverse Program', designed to delete the Anunnaki programs, and genetic modifications which were given to us at the end of the Atlantean Period. This book invites you to get involved in returning us all to a state of Empowerment.

“The Universal I” from Metatron, gives his wisdom on the nature of the 'Self' and its innate light, the unveiling of the Soul, the Merkabah fields, and our Soul mission and destiny as beings of light. Our inevitable rise to the higher echelons as more of our 'Self' is revealed. Contained within is Metatron's Advanced Program of Light.

“Crystals - Their role in Our Ascension” is channelled from the crystal consciousness of Antares. It gives detailed information about the crystals that have come here specifically to help us, with our Ascension process, listing those which have not yet been found. Included are techniques that will help to crystallize our energy matrix.

“The Ancient Crystals”, is a channelling from the Highest Light Consciousness to date. They contain a powerful energy matrix that is able to shift our reality and alter the course of our history forever. Connect with their amazing frequency **now**, if you wish to experience the greatest quantum change and growth possible, the STARLIGHT UPGRADE!

“Spirit As You”, gives detailed information about our inner Divine nature, our Lightbody changes, and our path to Greatness. This book contains an inbuilt frequency key which gives access to the Akashic Records, as it is time for All to be revealed!

“Star Crystals in Service”, is a channelling from many Star Crystals, who are connecting with us at this time to help us with the quantum shifts that are an inevitable part of our growth. They are introducing new programs of light, that are designed to activate our lightbodies. Connect with

them now, to shift to the Spiritual Plane of Being, and higher realities.

“Inner Transformation” details our spiritual journey, and current entrance into the Golden Era. It contains energetic codes and triggers that will shift our energies, and expedite this wonderful transformation.

“The New You”, is a mini book detailing ancient systems of light that can be used to help us with our Awakening, and Empowerment. These are the esoteric teachings of long ago that are relevant now, as we face a huge shift in our reality.

“The Journey to Consciousness”, comes from a skull of Light, 'Diamond +', so called because he has a matrix which includes Gold and Silver. He is a powerful being of Light who, along with the other skulls, are helping us to advance to higher light octaves. As you read this book, his energy will integrate into your energy matrix, lifting it to new vibrational frequencies.

“Holding The Light”, is my next book. It tells us about our Divine Essence, and what constitutes Life and comprises our energy matrix, so that we can take steps to shift our vibration to the faster, higher frequencies of light consciousness.

I like to stay at the forefront of Spiritual change and am dedicated to bringing you the most advanced spiritual technology, from the Higher Self Aspects. Bless you All !

Acknowledgments

I would like to give a huge thanks to the wonderful Beings that have given us these books!

Go to : [“www.frequencyandlighthealing.com”](http://www.frequencyandlighthealing.com)

Holding The Light

Part 1

Essence of Breath, Essence of Vibration, Essence of Life. The three essences make up your Being, and are responsible for your Light Quotient. These are the means of raising your light, and the ability to hold more of it within your energy bodies.

The Great Light of Source contains the Essences within its fields, and as co-creators, you are heir to this light and its capacity. Your first breath is filled with the essence of Source Light, complete with the all the light coded information that you will ever need , as an offspring of the Divine. Your very nature is divinely ordained, and holds the promise of greatness. As heirs to the kingdom, there is much for you to discover about yourselves. Many gems to uncover, many pearls of wisdom to find, lying deep within you.

You are self-sustaining units, and have been designed that way, by the love of Source. A love that wishes you to achieve your maximum potential as beings of light. A love that wishes you to experience the freedom of Life, expressing itself fully through your vehicles. The implications of this are a life of empowerment, a life of freedom and untold joy. A life of limitless possibility. These things await you children of the Light, as you discover your true essence, and unleash your gifts from within the divine energy fields. These gifts will serve you as benefactors of Source, which pours its light into you, and breathes its life through you, as an expression of Oneness.

The divine gifts are becoming active within you,

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sparkling chemical reactions within your DNA, which will unlock more potential for expansion, and increased velocity. Your bodies of light are changing as a result of these reactions, and becoming increasingly less dense, as the finer filaments are embedded within them. Many of you are transcending the lower levels of density, and embarking upon new journeys into the Light. Your changes will help to fuel a greater expansion of the Whole, as it lifts its awareness to new levels, out of the primordial soup, which has been your home for millennia. The supercharged particles and atoms of Source, are designed to activate new frequencies, those that hold a faster vibration and more light. This will be the catalyst for change, prompting new growth and an incursion into the higher light fields. From that vantage point, you will be able to successfully navigate your way through the different dimensional fields, back to Oneness.

Your current vehicles cannot withstand the pure light of Source. As you progress upwards, this will change, giving you an increased capacity for this immense light. Your dimensional awareness will shift to new perspectives, ones that are denoted by greater information flowing into your Mind constructs, opening their doors to the higher consciousness, from which all things spring.

The many fold being of light that you are, is continually pushing the boundaries, in order to reveal more and more of its divine nature. Transcending from one form to another, until it is out of the dimensional fields altogether, and existing solely within the Atomic Heart of Creation. This is the stage of pure essence, the

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essence without dross, without form, without density. Essence in its purest atomic state. You are all destined to reach this state of At-One-Ment, the sacred state of all life in existence. Preparations are made at every stage of your journey, to enable you to increase your light, to release it into the dimensional fields, where it will bear fruit, and bring untold wonders into being. The climate for miracles is here, all you have to do is to increase your light. Given your long journey to date, you are well equipped by your experiences as Souls, to do this. Your journeys to other spheres, have given you an accumulation of wealth on this subject, having raised your consciousness there many times. Those life experiences have contributed to your soul matrix, giving it greater breadth to include the (as yet) evolved Self within it.

The human databases are being transformed, to include all new perceptions and revelations, that are being experienced by yourselves, as you shift your energy bodies to new frequencies. The diamond coded braiding of your DNA strands, will serve to shift you to the next crystalline matrix of Being, bringing with it new experiences of Reality from the Quantum Field. These experiences are those of the Adept, the Master of Light. One who is conscious of all of his or her levels simultaneously, and is projecting through an enhanced biosuit. Bodily enhancements are necessary before you can energy match your Divine Lightbody, and draw down the sacred geometry of it, into your vessels. This drawing down occurs when you are in alignment with the advanced frequencies, and are able to hold them within your energy matrix. Because of your

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diverse lifestyles, many of you can no longer hold these high frequencies within you. A major overhaul would be required, to bring you back into alignment with your Higher Self principles, the principles of light manifestation which govern your being. When these principles are adhered to, the light from Source shines brightly through your energy matrix, lifting the vibration of it significantly. Energy from the Core Self illuminates your being, and your radiance surpasses all. If this divine state is to be reached, radical changes will be necessary. Tools of Light must be employed, to effect improvements to your DNA, improvements which will have far reaching consequences for you all. The beings of old were wise, they recalibrated their energy matrix regularly, knowing the benefit of doing so. Unfortunately these traditions have long passed out of your memories, and are not to be found in your history books, or the books of scholars. They remain buried deep within you, hibernating.

Life is about to make a dramatic shift, a leap of immense proportion, equivalent to a seismic shift of your reality. You will be propelled forwards in time, to another dimensional field, one which has been created to serve your growth, and its limitless possibilities, one which has a different dynamic to the one of your current reality. This timeline is a vast improvement for you all. You will bear witness to the beginnings of new life, issuing forth from the nuclear heart of the Creator, filled with greater potential for expansion and growth. An unprecedented and powerful lifestream, which is set to awaken you all to your greatness, and set you upon a new path entirely, is flowing forth into all the

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dimensional fields of life. Many of you will witness changes that you would never have believed possible. The upsurge of Source energy is a catalyst for this great change, and will continue to feed into your energy bodies, as the changes unfold. The inner centre of truth is opening to you, and bequeathing its legacy of much wisdom and higher dimensional knowledge. The great gates of knowledge are opening, to show you the way to the stars.

Part 2

Your generic code is formulated by Source, and embedded into your energy bodies. As a consequence of this, all firings occur at the nuclear level first, and reverberate across the dimensional fields, affecting all Aspects that are projecting there. Subatomic particles are formed, in response to the codes. These are the building blocks of matter, which changes from one form to another. These particles take their information from the DNA strands that are active within you, those helixes that are awake, and transmitting the codes of life, the sacred geometrical forms which comprise your being. The Essence is awash with these codes, which drive the engine of Life. Source Mind selects but a few basic forms, from which all others stem from. This is the miracle of Life in operation.

The anomalies within you, stem from a misdirection of energy, along channels which have been hewn out of the substance of mind, by the powerful forces of thought. These channels of thought deepen with repetition, and become cemented in the firmament of mind, entrenched

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in the biology of the Self. This biology is creating your make up, your emotional and mental proclivities. It is this predisposition or programming, that creates your experience, through your personal filters. Each one is different, each soul has its own predilections and governing programs. The energy of Source is continually flowing through these channels, building structures and forms, in accordance with these programs. It is doing your bidding albeit at a subconscious level. It works diligently though you are unaware of this.

You are the creators of your templates of expression, through the many dimensional fields that exist for your use. These misdirections of energy that create illness, disease and death, can be overcome. They are needless experiences upon your journey, experiences which slow you down, and distract you from your fundamental evolutionary program, your essential program of light. Source as always, has a way to bring you back into alignment with your original plan. A vast wealth of information is stored within the crystalline libraries, pertaining to your health and wellbeing. It has been kept for your use. It awaits the day of your ascension to empowerment, as decreed long ago. The vaults will be opened fully to you, upon your readiness to return to your galactic state. This time is approaching.

Part 3

Opportunities abound for transformation from within the realms of being. Changes are occurring rapidly now, as your dimensional

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awareness increases, bringing you into a greater alignment with your Higher Self. These powerful changes will mould your future experiences of life on Earth. This new Earth will be vastly different to what has gone before. It is inherently a new beginning for you all, a chance to shine even more brightly, to elevate your conscious awareness, in order to include more expanded states.

It is the measure of your light which determines your evolution, and will always be so. This light shines the brightest at your highest level. Its beams are radiating down upon you, penetrating your etheric body, your physical counterpart. It is this body which receives its light, transmitting it into the fields of density. The light of life is always within you, within your sacred centre. The breath of life flows freely through you, energizing your body temples, breathing new life into them, renewing them according to divine will.

The expanded states of life are achieved through the breath, and its energetic workings, utilizing the divine sequencing of codes. These codes work their magic within you, from your deepest level, to the outer levels of being. Energetic codes are propelling you forwards to help you to step onto the ladder of success. There are many tools for enlightenment. Avail yourselves of these tools, to renew your alliance with your Higher Self, and put an end to the limitations which have beset you so far. You are born for greatness. Your other counterparts are also shifting in vibration and light, creating an enormous upward movement for humanity. These blessings are upon you now.

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Part 4

The codes of life are filled with potential, the potential to improve your form, the potential to improve your light quotient, and the potential to receive greater knowledge for your advancement. The codes are lifting you out of density, and transforming your energy matrix, to one of greater light capacity and greater bandwidth. These bands include those frequencies of the higher dimensional matrix of Source, converting you to the faster frequencies. Many of you are already bringing through the higher light codes, and expressing these within your vehicles. This is the state of contrition, the state of acceptance of the fullness of your being. Waves and particles become 'One' in this state, as unmanifested greatness, lying dormant within you, waiting for the signal from Source, to awaken.

The energy builds in proportion to your awareness, and ignites the flame of life within. This is its purpose, to act as the fuel for expansion. These expanded states are achieved through tremendous energy being deployed, within the fields of life, thus creating the opportunity to stretch the perceptions of 'what is'. You are capable of many changes and infinite possibilities, as heirs to the divine kingdom. Only imagination limits.

Part 5

The dynamics of Source are endless movements within the spheres, magnetic energy flows, creating circuits of light. The circuitry of

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Source envelops all within its fields of transcendent light. The mysteries of Source lie within you all, embedded deeply within you, within your cellular structure at the atomic level of creation.

The forces needed to awaken you, are held within your being, ready to go into action at a said time. It is only when the world stops looking for its salvation in the outer forms, that this will happen. A massive awakening will then occur, that will turn your life around, giving it meaning and true substance. A major upheaval will be required to bring this about, since you are all entrenched in density. Your lives have become stilted and numbed by the repetitions of the material life. You have forgotten who you are as a result of this way of living. It has dulled your spirit, and enslaved your mind. It is time to let go of these thought forms, and create a better reality than the one you have lived these past millennia. It is time for change on a grand scale.

Part 6

The reality of living is a complex affair, since it demands many adherences. An adherence to the life of Source however, is not so limiting. The life of Source flows naturally, without repetition. It is the repetition which creates the habits that are hard to break.

The totality of your being is in continual flow, like the river flowing from its source. The river doesn't flow round in circles, it moves ever onward to new vistas, carrying the sparkling energy of life to all things. Your life in truth is like this river, streaming the light of Source to all parts,

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refreshing, renewing, and revitalizing. This is a simple affair without constrictions, dogma or misalliances, to distract or distort. Simplicity is the key to greatness, not sophistication.

You are in uncharted waters at present. The new is taking hold within you. The transient reality which you call normal, is anything but. It is the maya of mis-perception, of looking through the glass darkly, into an abnormal reflection, a distortion, a warped version of the truth. One that has succeeded in drawing you into its web of deception, and holding you there, for millennia. It is time to break out of the mould, and begin again. Your perspectives are changing, along with the energy shifts that are occurring. This will lead to a revolution in your thought processes, followed by a change in consciousness for you all.

Part 7

The indicator of growth, is always one of conscious awareness, within the fields of light, the awareness of the truth about life, and its energies of creation. The greater purpose is achieved through non-compliance with outer form. A shift of emphasis from without to within, an anchoring of the soul to the Higher Self, with its wisdom and knowledge. This will ensure rapid growth of the species, and a return to Oneness for all.

You have the power to command things into being, to restore yourselves to optimum functioning, and pristine condition. To enhance your vehicles to such an extent, as to make them appear in other dimensional realities. These are

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the workings of your spiritual self, your real self. These timelines are currently merging, giving birth to a new form, one of transcendence, one of greater light capacity, one of new beginnings for the realms of expression. The light is returning once more, to challenge the shadow and usurp its place in your hearts and minds. The great awareness of Self is dawning.

Part 8

An indescribable wave of energy is coming to your world shortly. It has the ability to de-stabilize your current systems, and wreak havoc among you. A new foundation will be built upon the back of this wave, withstanding all future energy changes. It will become your bedrock, for a new civilization, a foundation of love, hope and joy. Changes will begin at the etheric level, and filter through to the physical realms. Upheavals are necessary to bring about the new society, a universally cooperative one, which works for the highest good of all. The new society will be the benefactor of great changes, that will lead you into a new age of enlightenment, one of abundance and prosperity for all.

These changes will bring you into alignment with the higher dimensional spheres, providing a download interface, for the evolutionary forces of Source. Cataclysmic events will give way to peace and Harmony on a grand scale. Living conditions will be beyond compare, leading you into a new era of wholeness. The principal changes will begin soon.

As the divine plan is rolled out, new elements will come into play, creating a unification

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amongst all men, aligning them with the one divine purpose of life, and its sanctity. This sacred life will express itself within and among you all.

