



CHAPTER SEVENTEENTH

第十七章

Connecting With Your Cosmic Self
連結宇宙本我





Ascension 揚升

Your cosmic self is part of your multidimensional aspect of yourself. It means you are multi-present at the present time. Your cosmic self, your multi-self, is experiencing life at the present moment in other different dimensions and other galaxies. Your cosmic self is part of the galactic reality.

Your cosmic self is connected and fully aligned with the Great Central Sun where great prophets came to Earth to get guidance and training, and you can have access to this energy.



你的宇宙本我是你多重面向中的一部分。這表示你在當下的此刻，已同時存在於多個不同的維度中。你的宇宙本我，也就是多重本我，正在其他不同的維度與銀河中體驗生命。你的宇宙本我是銀河實相的一部分。

你的宇宙本我與大中央太陽（Great Central Sun）連結並完全校準。曾經來到地球的偉大先知們，正是從這裡獲得指引與訓練，而你也可以觸及到這股能量。





Connecting to the Great Central Sun and AOHIM Energy Meditation 連結大中央太陽與AOHIM能量



Step:

- 1, Close your eyes and take a deep breath.
- 2, Release energy from the soul chakra (stellar gateway, located about an arm's length above the head) and set the intention to connect to the Great Central Sun.
- 3, From the millions of rays emanating from the Great Central Sun, call forth a specific frequency called AOHIM, saying: "I'm ready to integrate the AOHIM consciousness coming directly from the Great Central Sun."
- 4, Hold the word "AOHIM" in your mind and allow this light to flow into your body's 144,000 light points (72,000 + 72,000).
- 5, Set the intention: "I open one hundred and forty-four thousand, or seventy-two and seventy-two. I open all energy points within me in completeness."
- 6, Chant "AOHIM" to enhance the connection, feeling the light flow. You may experience head vibrations, a desire to stand, or emotional release (e.g., crying).
- 7, Ask for the qualities and essence of your cosmic self to anchor into you, visualizing a pillar of light in your inner eye.

Purpose:

- To connect with the AOHIM frequency from the Great Central Sun, activating and integrating 144,000 light points to transcend 3D and 4D, reaching 5D to 12D consciousness.
- To balance inner masculine and feminine energies and awaken the supraconscious mind.

Supplementary Notes:

- The 144,000 light points represent the totality of one's light frequency.
- AOHIM is a pure creative frequency from the Elohim, capable of manifesting in any form.
- Sensations like head tingling, body movement, or emotional release are normal signs of energy integration.



Connecting to the Great Central Sun and AOHIM Energy Meditation 連結大中央太陽與AOHIM能量



步驟:

- 1, 閉上雙眼，深呼吸。
- 2, 從靈魂脈輪（位於一手臂高度的星際門戶）釋放能量，設定意圖連結大中央太陽。
- 3, 從大中央太陽的數百萬道光中，召喚一道名為AOHIM的特定頻率，說：“我準備好整合來自大中央太陽的AOHIM意識。”
- 4, 心中持守“AOHIM”這個詞，允許這道光流入身體的144,000個光點（ $72,000 + 72,000$ ）。
- 5, 設定意圖：“我開啟144,000個光點，(或72,000與72,000)，我完整開啟所有的能量點。”
- 6, 唱誦“AOHIM”，感受光流動，可能會感到頭頂振動或想哭泣。
- 7, 請求宇宙本我的特質和天賦被錨定到當下，觀想光柱進入內在。

目的:

- 連結大中央太陽的AOHIM頻率，激活並整合144,000個光點，超越三維和四維，進入五維至十二維的意識。
- 平衡內在的陰陽能量，喚醒超意識，增強與宇宙本我的連接。

其他說明:

- 144,000光點代表每個人內在的完整光頻率。
- AOHIM是來自伊洛欣（Elohim）的純粹創造者頻率，可顯化於任何形式。
- 可能會感受到頭頂振動、身體移動或情感釋放，這是能量整合的正常反應。



Golden Needle of Light Meditation 連結金針之光

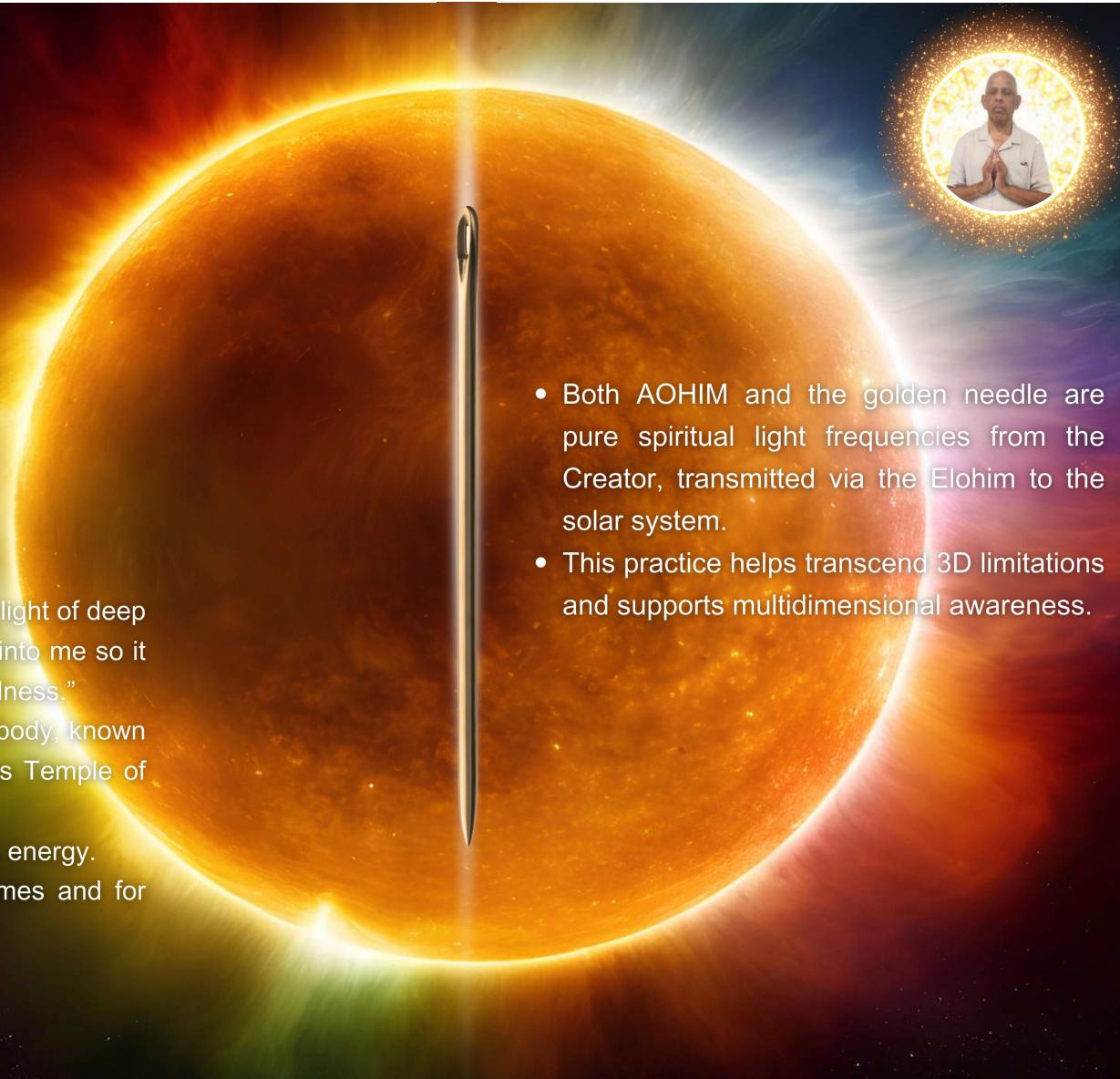
Purpose:

- To deeply penetrate and awaken the memory of your true cosmic self, stirring the supraconscious mind to override subconscious patterns.
- To facilitate communication with galactic and solar masters for higher guidance.



Step:

- 1, Request the golden needle from the Great Central Sun, a light of deep penetration, saying: "I allow for this golden needle to come into me so it penetrates deep into me, so I may remember who I am in fullness."
- 2, Visualize a thin, golden light passing through your entire body, known as the golden needle light, originating from the Great Lotus Temple of the Central Sun.
- 3, Maintain the golden needle channel open daily, feeling its energy.
- 4, Engage with galactic or solar masters, asking their names and for messages relevant to you at this time.



- Both AOHIM and the golden needle are pure spiritual light frequencies from the Creator, transmitted via the Elohim to the solar system.
- This practice helps transcend 3D limitations and supports multidimensional awareness.



RAE CHANDRAN 瑞 . 強 德 蘭
ARMATA RAE CHANDRAN.COM



Golden Needle of Light Meditation 連結金針之光

目的：

- 金針之光深入穿透，幫助憶起真實的宇宙本我，攪動超意識，以逐漸取代潛意識的影響。
- 促進與銀河系大師及太陽系大師的溝通，接收高頻指引。



步驟：

- 1，請求來自大中央太陽的金針（golden needle），這是一道深入穿透的光，說：“我允許這根金針進入我，讓我全然憶起自己的真實。”
- 2，觀想一道細微稱為金針之光的金色光線穿過全身。這道光來自大中央太陽的蓮花聖殿。
- 3，每天保持金針通道的開啟，感受其能量。
- 4，與銀河系或太陽系大師對話，詢問他們的名字和此刻當下與你有關的訊息。



- 金針之光與AOHIM都是來自造物主，經由伊洛欣傳遞至太陽系的純粹靈性光頻。
- 這道光幫助大家超越三維限制，喚醒多維度的覺知意識。



RAE CHANDRAN 瑞·強德蘭
ARMATA RAE CHANDRAN.COM