

## **144,000: 48– Hunker in your Hypothalamus**

On September 11, 2009, I **dreamt** that Spirit called me to the **Serengeti** in Tanzania and Kenya in East Africa. Before me was a seemingly endless plain, but with no animals in view. I was directed below the surface to a huge bomb shelter. It cost \$150,000 to enter its first level where numerous others were congregating, waiting to resurface shortly. It cost another \$150,000 to go to a deeper second level, which had separate facilities that contained everything I would need to stay longer and do my spiritual work. Although I did not have the total \$300,000, I readily agreed to pay this full price and began my descent to the second level.

Upon awakening, my first thought was that I was to **hunker in my bunker**, to double down in order to **double my zeal** in visualizing peace, love, cooperation and coordination. Since the hypothalamus relates primarily to the soul/subconscious, I was to **hunker in my hypothalamus**, located deep in the center of my head -- in other words, I was to get more centered and still. For, it seemed from the dream like all hell was about to break loose on Earth in man's mortal consciousness. Therefore, I was to double my discipline, double my devotion to healing, and double my zeal in transmuting my own soul/subconscious errors. It would cost me double the energy (money) to do this, but I had abiding faith that Spirit would provide all the zeal and enthusiasm that was needed. Moreover, I would get back double what I put out.

In researching the Serengeti, I discovered that this vast plain is the last fully natural reserve where large numbers of animals migrate each year, as buffalos once had done on the plains of the United States before the white man had slaughtered most of them. The Serengeti is a bit of the Garden of Eden on Earth. In March-April, millions of wildebeests, gazelles, zebras and other animals travel north in search of water and vegetation. In late September-October, they return south where they graze and birth the next generation.

I was to hunker down and really get down to business now, because in late September and October, what had gone around in man's wild, beastly (wildebeest) history was about to come around. This tragic human history goes back millions of years, since the fall of man into the third dimension. In the Eastern Rift Valley in Eastern Africa, part of which is in the Serengeti, archaeologists have discovered the oldest human and pre-human remains, some going back 2 to 10 million years. Time and again, man has fought one another, enslaved one another and mistreated the animal, vegetable and mineral kingdoms. Now is the time to heal this!

Two weeks later, President Barak Obama announced that Iran was building a second secret nuclear production facility, apparently designed to produce an atomic bomb. At the end of the month, two massive earthquakes hit Southeast Asia, one off the coast of Samoa and American Samoa, the other off the coast of Sumatra, Indonesia. A few days later, a major typhoon tore through the Philippines, Laos, Vietnam and Cambodia. The whole Eastern Hemisphere seemed to be under siege, wobbling and trembling from these bombshells.

On a personal level, starting October 1, I had a series of dreams in which I conferred with my spiritual teacher, Nada-Yolanda, who is in the etheric or Christ planes surrounding the Earth. During these exchanges, the residue of my own soul shortcoming, which I thought I long

since had healed, resurfaced; which was a bombshell that shook me to my depths. I also dreamt of five past associates who had aborted their spiritual missions, but who were still trying to tell me what to do. Only one of them in my dreams showed true repentance and rededicated himself to moving forward. So, it was certainly a good thing that I had hunkered down and doubled up my protection! Forewarned was forearmed with the zeal to heal myself and others.

**Visualization:** Surround yourself in a dome of light, which extends above you and beneath the surface of the Earth below you. This entire dome protects your conscious mind and physical body (above ground) and your subconscious mind and soul-astral body (below ground). Within the dome are light beings who guide, support, nurture and protect you. At the dome's outer shell, these illumined ones seal off any opening, crack or weakness that would allow penetration and infiltration by lesser or dark forces who would try to tell you what to do. In I Am consciousness, you are home in your dome, secure in the heart of God, protected by and enclosed in a mantle of love.

Hunker down below the Earth's surface, in the bottom of the dome. Do not stop at the first level of this, but continue down to the bottom of it, to the very depths of your soul. In a sense, this is your hypothalamus, that which is hypo- or below the thalamus. Here you have access to the records of all your soul talents and powers. Here you remember and rediscover all that you need in order to heal your soul. Here is a well of zeal and enthusiasm that you never have tapped into before, whose vibrate energy now bubbles up and suffuses you with zest and zeal and joy.

Be doubly still. Be doubly centered. Be doubly filled with faith that Spirit will provide you with all the zeal and enthusiasm that you need to do the things that He-She would have you do today. All is well and in doubly good order. So be it.