

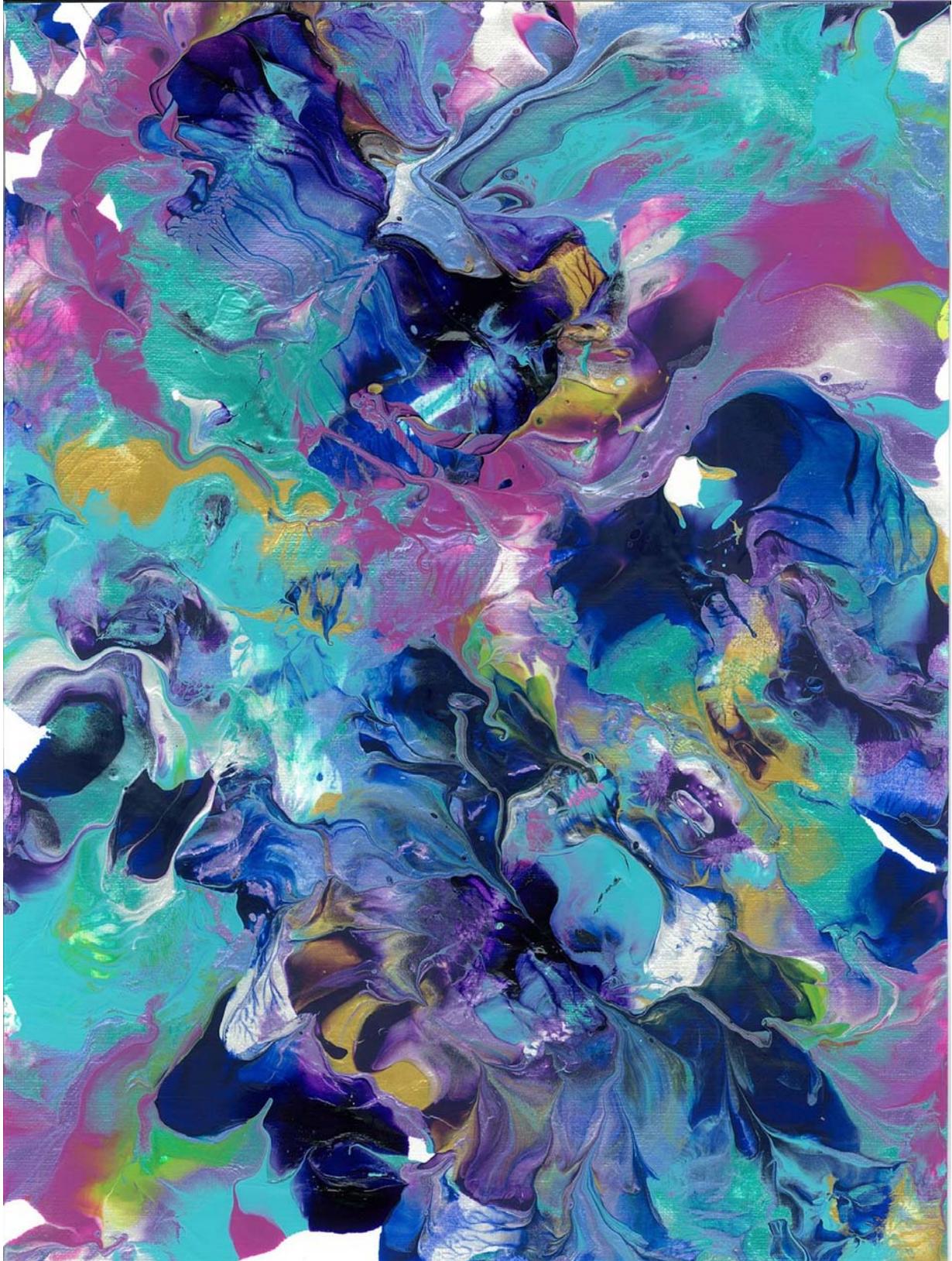
Unplugging from the Matrix, Levels 1 to 4

These series of powerful Unplugging from the 3D Matrix mastery activations are part of the heart-oriented approach to ascension I have been downloading since the beginning of 2008. In order to move firmly into the Heart Paradigm and build a new foundation there, each of us must untangle ourselves from the mental/mind paradigm and unplug from the third dimensional matrix and web of mass/duality consciousness. Each set of these powerful mastery activations help liberate light-workers, healers and starseeds from being tied into the prevailing mass/duality consciousness of humanity so that they can get their world service work out into the world.

I initially downloaded two mastery activations - one for Unplugging from the 3rd Dimensional Matrix and another one for Healing the Mental/Mind Paradigm. When one of the Practical Mastery™ practitioners was working with these two activations, she felt that there were twelve to sixteen levels for each of these. When I looked at them I saw twelve levels for each one so I went ahead and downloaded them.

When I was meditating about the different levels, I was shown that these two series of activations are like two sides of a coin. A lot of people are held to the mental paradigm or the paradigm of the mind because they are still plugged into the matrix and vice versa. The 3D matrix and the mental paradigm are a very strong combination and they both hold humanity back from moving into the heart paradigm. I got really strongly that people need to heal both areas in order to ground solidly in the heart paradigm so I decided to combine both sets of activations in tandem with each other.

I asked Nancy Walker, one of the most intuitively and psychically gifted Practical Mastery practitioners to check the energies of these two lines of activations and give a brief description of what she got when she connected energetically to the frequencies of these transmissions.



Master Healing Image for Unplugging from the Third Dimension Matrix

Unplugging from the 3D Matrix Part I

Nancy Walker's description of the first three levels of Unplugging from the 3D Matrix:

"Was aware of cords shooting out of my body and dissolving. Intense activity in my heart chakra and sensed that a major clearing of our heart chakras is the focus of this level. We cannot 'move' on if our hearts are still locked in density/fear. For me this was like a movie where I watched both generic and particular emotional episodes clear. I was made aware of where my own fears and illusions had held me back. I also realized that there is no judgment about this, simply an opportunity for clearing. This went on for quite a while. I was then placed in a tube of LIGHT and knew that I was being balanced and centered into this new unplugged me. This was an incredibly freeing experience."

Nancy Walker's description of the first three levels of Healing the Mental/Mind Paradigm:

"Very intense physical shift. I was enfolded by a Being of great enlightenment and knew that as intense as this shift was, it was okay and in/for the highest good. Pressure on my heart chakra, and then brilliant flares of Light as constraints of this dimension which kept the heart subservient to the mind were released. As soon as this occurred, it was if my inhalation went on for eons - so heavy were the illusions surrounding my heart. Then, this released heart energy traveled upward to the mind. I actually FELT and HEARD my cranial plates adjusting to accommodate this new influx of frequencies. This will allow my heart to be a more than equal partner with the mind."

Unplugging from the 3D Matrix Part II

Nancy Walker's description of the second set of three levels of Unplugging from the 3D Matrix: *"I imploded into my heart chakra where I followed historical, societal, and illusory lines back in time. I saw where the veils first came into place and understood that 3D isn't our natural home. It is a place where we chose to learn, and it's time to move to another level. This sounds so simplistic (and it is) but there is a lot of knowledge and truth being transmitted to me while in my heart chakra. I watched as LIGHT cut these cords for me and when they were all cut, I shot out of my heart and body and looked down on myself. I was fascinated to see my heart Chakra swirl with liquid hues of pink/mauves/lavenders. Very unlike 3D chakra colors. Within this activation lies the initial clearing of eons of illusions. I feel much bigger and lighter and am so aware of my heart as the place to live."*

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Nancy Walker's description of the second set of three levels of Healing the Mental/Mind Paradigm: *"This healing is a continuation of the first three levels, but on a different level/dimension. Again, this was a very intense energetic experience. I watched as bronze/gold convoluted tubules were cleared, closed, and dissolved. I realized that these were society's constrictions (as opposed to individual) on the heart being of prime importance. When my attention shifted to my mental body, I was astounded. There were conglomerates of thought forms, each group swaying back and forth in it's own dance. A humming arose in my being and radiated outward to these forms, thinning them out, lightening them. It seemed as if only those forms that resonated to the heart/love frequency remained. I floated on this humming for what seemed a very long time, very vaguely aware of my physicality, but absolutely captivated by the shimmering of this humming sound. I was told that this is the beginning of being able to resonate with the LOVE that holds this planet together."*

Unplugging from the 3D Matrix Part III

Nancy Walker's description of the third set of three levels of Unplugging from the 3D Matrix: *"These levels are pretty awesome. Our 5th through 7th chakras are connected to the heart. Since the heart has been cleared, we can now make this most important connection. Before being unplugged, even the most clear of us still spoke and saw through veils of density. Now, we can begin to speak from the Divine within us. We can operate on the 5th dimension. I asked to watch as this connection was done... saw shiny foil-like spirals spreading out from my heart to the other chakras... and then from the other chakras down to the heart. I also noticed a shifting in my lower chakras as I released any density. As I look around me right now, everything seems more crystalline yet fluid, almost as if it will disappear and then re arrange itself. Lots of joy and love with this one."*

Nancy Walker's description of the third set of three levels of Healing the Mental/Mind Paradigm: *"Again this was a very intense energetic shift. These levels involve the clearing and the reestablishing of the connections to Universal Mind. The humming frequency is the method by which this is accomplished. I saw my mental body cleared of extraneous 'stuff', and felt really light and centered. Once this clearing was finished, ropes of differing frequencies were 'born' and streamed outward from my mental body to the Universal Mind. This is just an awesome feeling/place. I feel my whole energetic system re-aligning itself to these frequencies."*

Unplugging from the 3D Matrix Part IV

Nancy Walker's description of the fourth set of three levels of Unplugging from the 3D Matrix: *"This is the party at the end of a long road. I was taken up through chakras 8-13, and then allowed through 'the veil.' And for the time I was there I remembered and totally understood! I was told I wouldn't remember the particulars, but that this experience has been instilled in my cells, my organs, the very essence of my being. It will be like a compass guiding me in new territory, which this unplugging is. WOW. To say this is joyful and awesome, well it's an understatement. I sense a lot of my impatience has been removed. I floated beyond the veil for a long time. I suspect this will be unique to each of us, but the result will be the same, a door is opened to the 5th dimension/universal Heart and all we have to do is walk through it."*

Nancy Walker's description of the fourth set of three levels of Healing the Mental/Mind Paradigm: *"Still very intense energetic shift. My consciousness was directed to my mental body, I became it and there wasn't anything else. These levels are the actual 'activation' of the connections to the Universal Mind. I was told that when our minds are in alignment and connected to the Universal Mind we are capable of what we would call miracles. This enables us to choose from an almost blank mind, a mind that is not crowded with illusions. I joined with the Universal Mind! What an experience, very vast, still, empty in a sense. Pure limitless thought frequencies. I stayed here for a while, basking in a place where there isn't any misqualified energy. Very nice. "Returning', I find myself to be very clear, very much at peace, knowing that I can connect with this Universal Mind at any time and align my thoughts with it's vibration."*