

# The Lost Teachings of Holy Spirit

Revealed By Lord Maitreya

## Lost Teachings of Holy Spirit

Transcribed from a LIVE Zoom course.

Largely Unedited so you get it ALL!

Taught by Rebecca Marina

**Rebecca:** This is Rebecca Marina and this is the Encore presentation of the Lost Teachings of Holy Spirit. How this happened is I was drowsing off to sleep and in kind of a prayerful state and this being of Light appeared in my spirit vision and I asked him, "Who are you?" I didn't actually see his form, just a form of light more or less.

He said his name was Lord Maitreya and that he was here to ask me if I would bring forth some lost teachings about the Holy Spirit and to help people to help fill themselves up with it more so that they could become warriors of light. He said that the Holy Spirit power can be called upon as a very powerful source and as you purify your heart you will be able to pray the prayers of faith to help to abolish wickedness in high places, which is what we need so much today.

It's as if he opened the portal just like I open portals. I feel like I'm opening a portal to bring you this beginning teaching, okay, beginning teaching of the Lost Teachings so he does want you to know it is okay for me to update it.

The Holy Spirit itself and I've never thought about directly communicating with Holy Spirit, but it was just so clear and so easy and so I'm gonna start sharing with you some of the Lost Teachings. Then we're going to be doing some techniques to help you integrate more of the Holy Spirit. You know what Divine Mother always says to me. People need to touch, it's good if you can give a physical activity/technique to go along with a Spiritual Teaching because you can do a lot with your mind and yet when there is some physical action associated with the Lost Teaching, with a technique, with the Spiritual it is very, very powerful.

It also gives you energy and makes you feel great. Now, what have I noticed since I have been communicating directly and doing these techniques or exercises every day that explode your intuition and what I've noticed is, if there's a question before the question gets out there's the answer and of course- I'm very intuitive but it's never come to me that quickly.

Just one instance, today I was working with a client who said he needs to hire a new employee to do this certain job and immediately I see the person that needs a job, that wants a job, described him to a tea.

Told him his name and my gift has not been that profound. So, that's what I want for you so you can know more about your soul purpose, so you can have the bonus because when you fill yourself up with Holy Spirit you're on fire.

Here's what, and I actually made myself a manual. Here's one of the things that he said about Holy Spirit that people are accustomed to just thinking of Holy Spirit as the sweet little dove.

It's the fire, the power as well as the sweet little dove. As I begin to tune in to Holy Spirit I felt a female presence and a male presence. Then Holy Spirit said to me, "**We are a duality.** We represent the balance." The Dove of Peace is the feminine and can be associated with any feminine deity archetype that makes you feel comfortable. The Lion of Judah masculine is associated with the Christ consciousness, which is so much needed in the world today. So we have this duality and when we bring it in with the

peacefulness to create peace and with the firepower, the Lion of Judah, then we can be a well-balanced person.

I'm seeing that I already have a question. Alexis said that she had trouble logging in, but you're here. Alexis you're here, so I'm glad, okay, so . . . okay I had to round, way, way to get in, okay. Well I'm glad you're here Alexis and I know you've been here before so very good. I hope you'll be sharing some with us. I like it when people ask me questions because boom we'll get the answer.

Alrighty, so I like to do a technique to help you clear any doubts and fears that you might have about being able to absorb this? Will I be able to use it? Is it gonna do me any good? I'll bet everybody else is gonna have increased intuition, but me. Those kind of things and even tune into see if you have any fear in your body. Fear about anything about this class.

You will find as you fill yourself up with more Holy Spirit the fear just goes away.

The Holy Spirit is the light it shines truth and you will also discover that you know when you are dealing with an untruth. I like to use this exercise from

my Guru Burt Goldman, my teacher, on the other side now and very happy to assist us.

You can use this exercise, say you don't really have any doubts about this class or any fears about this class or anything about your abilities, but you have doubt about something else in your life and you have fear about something else in your life.

Well, just imagine that in your right hand you're just thinking of each fear, each doubt and you're putting them in your right hand and you're just sitting there. Here let me put my hand like this. And just close your eyes and think about those doubts and fears, about anything in your life and put them in the palm of your hand.

Okay and now just look at that big ole bunch of fears, okay. So while you're lookin' at 'em I want you to look at my other finger. Yeah, this is my palm this is my finger so with your eyeballs just think about the doubts and fears, think about the doubts and fears, think about the doubts and fears, think about the doubts and fears, don't move your head now just move your eyeballs, move your eyeballs, eyeballs, move your eyeballs, move your eyeballs as fast as

you can. Okay now, in this other hand you have something neutral, like a head of lettuce. Nobody has anything against a head of lettuce, I don't think, its organic lettuce.

When I count to three you're going to clap your hands together and it just dissolves you're doubts and fears so one, two three, clap! Woo gone furious. Check in with yourself does anyone still have a feeling of a lot of doubts and fears? You can put it in the chat.

Okay, I'm not seeing any.

Okay, I'm getting excited to share this. I am excited to share this. Okay, so here's some of the benefits of filling yourself up with Holy Spirit power especially when you have the knowledge that it's a duality and can help bring balance to your life as well as power and peace.

Spiritual evolution, you're gonna evolve you cannot help it. Now, if you only do the techniques or the prayer once today in class, you'll get some benefit, yet if you do it every day you'll get so much benefit and you'll build up so much power so freedom from fear because that's what Holy Spirit does it

automatically banishes fear. Also it'll pull your fragmented parts of your soul together because here's what's happening to a lot of lightworkers. You're not fragmented because of COVID and all that stuff.

A lot of folks, this is what Holy Spirit said to me, are feeling fragmented because like in their nocturnal travels, when you're doing lightwork unconsciously there is so much to do that you're kind of losing yourself. Simple doing these exercises calls you back home to yourself. Let us continue.

**There is a Sacred Prayer** that helps to open the door for more Holy Spirit and of course you're gonna get the transcript of this. Yet it doesn't matter if you say it exactly. Doubt is not as strong as intent. You're intent is to bring in more Holy Spirit. So whatever doubts you have can just fall by the wayside. I'll say the Prayer slowly so that you can repeat after me.

Come Holy Spirit. Rest on me. Come Holy Spirit. Rest in me. Dove of Peace, Lion of Judah I allow you to do the work of incorruptible Light and Goodness Amen. Very simple, even if all you can remember is Holy Spirit dwell in me.

I want to tell you something that happened a few years ago and some of you who have been with me a long time may remember this. My friend Dr. Patti Felici had a dark field microscope and I wanted to see what would happen to my blood cells because your red blood cells show up in a dark field microscope and I wondered if the different emotions caused anything to happen with the red blood cells.

Sure as shootin' when I tapped for happiness they were jumpin' all around. When I tapped for sadness there were teardrops. When I tapped for more Divine Light to be in my body, in the blood sample there appeared lights, shining, shining lights and it looked like you were looking into an alternate universe.

I have shared that with people over the years. I actually am about to release the original video, but my friend Dr. Felici said she had never seen it and she does dark field microscope work. That's her work she has been doing it for years. She had never seen it before.

But a few days later she called me to tell me that a lady came in and she had that same light in her blood and my friend Dr. Felici asked her, "Well, what

do you do?" And she said, "Well every day I pray and ask the Holy Spirit to fill my being." So doesn't that just give you goosebumps? It's like we proved that Divine Light exists. That is a Prayer; you just said it, evoking the door. Now, you all, of course you have some Holy Spirit within you or you wouldn't be alive.

The Spark of Divine Light, now, here's what can happen when you get really powerful then you are more able to pray the prayers of faith. To do certain things like to pray for a solution to that wickedness that's going on right now in high places.

Child sexual trade, molestation of children, women, and some men, yes. Many, many evil things are going on today. The reason it's so important to do the Purify Your Heart Exercise is because you'll pray and you'll send this power from a place of purity.

You won't be saying I'm so mad at the SOB President, or Congressman, or Leader, or whatever get over there and whip his butt. You'll be praying for the Divine solution and your prayer is heard. It's a powerful prayer.

The Holy Spirit's job, this is a Lost Teaching. I already told you it's masculine/feminine. That has not been taught that I'm aware and something else that has not been taught that I am aware is your job is to purify your heart by taking in the Holy Spirit. The Holy Spirit's job is to do the work to guide you to activate your gifts, to generate the flame, to give you boldness and power to carry out your purpose. We're gonna get to that in a moment. I want to tell you some more Lost Teachings that I'm not aware have ever been taught and it's this.

The two elements associated with Holy Spirit are: Fire and Water and you notice that both of these elements also have a duality. Fire can rage through a forest or somewhere destroying life everywhere. It can also warm your homes, cook your food, light your path.

Water can be a gentle rain that you're enjoying and help to clean your body, to hydrate your body, or it can be a raging torrent that pushes through and takes Earth in its wake, causes mudslides.

So the elements of Fire and Water are a duality too and of course we want to use the power of Holy Spirit but not for destruction, except for when you

feel guided to pray for a destruction of a certain evil, you're not praying to destroy a person but the energies and entities that are causing that evil to be taken away by Holy Spirit.

We don't know what happens, but to pray the Prayer of Faith to stop the torment. The Holy Spirit is a purity of these two elements.

Another thing, Holy Spirit will manifest in you to the degree that you're able to release your doubts and trust. Here's what happened. I said, "You asked for more Holy Spirit. Holy Spirit will do the work; Holy Spirit will sharpen your intuition.

Will give you boldness and yet you have to do the action when you're guided and you are filled with boldness then is the time to do the action." Now be sure the boldness is coming from a place of purity and not a place of anger because anger can give you boldness as well.

As you purify your heart you won't need to be concerned about that. That's why Holy Spirit said to me, "You can't do the purification exercise on the heart too many times."

All right, so we're going to do an exercise to just get us into visualizing the Holy Spirit flame and if you could just imagine I like to imagine, because we're gonna be doing a lot of nostril breathing in a little bit, that my flame is here. You know what a flame looks like, right, so you can visualize a flame, and you know that in the flame there is every color.

There is some that is predominately orange and red. There is some that have a lot of greens and blues and violets, and of course we all know about the violet flame. Just to give you a little kick start on your visualization, imagine that you can see you're Holy Flame, like it's your personal Holy Flame, okay, you've invited Holy Spirit in, the flame is here for you.

It shows faith when you allow yourself to visualize like this. It shows faith and it shows trust. Imagine that you're just breathing in your flame. Like I like to pretend like it's a light and I can just go [breaths in], and then breath it back out into the flame, and then breath it in.

And on the out breath imagine that you're flame is purifying whatever toxins you let out because we're going to be doing some toxins in a moment. I just wanted to get you accustomed to the thought that you can breathe in the flame, let it purify and then breathe it out.

The flames purify it further. SO any questions about what I've covered so far before we move forward? Put it in the chat. Okay, I'm not seeing any so let's move forward.

Okay, here's what Holy Spirit said to me, "Yes, the Holy Flame comes in all colors." For these primary exercises we're gonna be using three and they're probably not the ones you would think of. We're going to be using white, if you look at a flame you see there's white, not in every flame but in most and what is to prepare the way. If you could think of a priestess in a white robe or just white preparing the way. "The Dove of Peace," Holy Spirit says. They are usually white. White prepares the way and then the combination of all the primary colors makes black and Spirit says that,

"Black is magnetic when use as we will be instructing you." Black is like, see that, it just magnetizes those particles that we're desiring to remove debris obstructions and then the last color we will be using in this primary teaching is clear.

Clear is the Highest Light and when it enters your body it turns into water and what does water do? It washes clean but it also expands so wherever we're breathing this in the water is expanding it.

Any questions about the colors? One thing I do want to mention, when you breath out the water or the clear light, it's just like a vapor it doesn't extinguish the flame that you're imagining. It's just like a vapor and everything gets purified even further so let us begin with the first exercise and this is the Heart Purifying Exercise so let me make you a recording of that.

**[End Transcription 00:24:38]**

**Rebecca:** This is the Heart Purification Exercise. I've simplified it somewhat because the first time I taught this I got so much in a trance I could hardly teach the class. So remembering, use your intuition to do this how you feel, but for tonight do it with me. The first thing that we want to do is I just like to touch my heart.

You don't have to, but we're setting the intention to bring in these three Colors of Light one at a time, into the heart to prepare it, purify it, get all those toxins, and then to use the Clear Light to turn to water to wash it away and expand the energy of your heart. We're using nostril breathing, which I was instructed to do.

There is actually some Yoga thing or something about nostril breathing and maybe some way to do it. We're gonna do it this way. Setting the intention just hold one nostril, doesn't matter which, I wanna tell you something else that Lord Maitreya said to me, which I shared in an email.

He said, "Beware of any Spiritual teacher who teaches you a technique that's so hard to do that you move into fear that you're not doing it right." Now, of course you might have a little anxiety about is, this doing me any good, but it cannot be so complicated.

He says, "Don't tell them it has to be right, it has to be left. Just hold one side of your nostril, whichever one you want." I like to close my eyes as I'm imaging here's my flame and I'm breathing White Light into my heart.

Here we go breath. Then you exhale; hold the next one we're going to breathe in Black. Exhale, and if you feel guided to do the White three times in a row, the Black three times in a row do it.

There's no, oh it has to be like this. I've guided that we should do Black three times to magnetize those obstructions to our happiness, and again, and again. Now, just breathe through both nostrils that Clear Light that turns to Water and washes away and feel your heart center just expanding.

Let's do this three times and again, you may be feeling already a state of bliss. You may feel a little dizzy; you may feel this deep peacefulness. Namaste, Namaste and Holy Spirit desires to speak through me a message directly to your heart.

“Beloved Children, Holy Ones, for thou art Holy, thou art worthy. You are in this place at this time on Earth because you volunteered to come and be a Warrior of the Light to help assist the Line of Judah, to assist the Dove of Peace.

To bring about even more evolution not only to you Beloved's, anyone around you will be able to feel your radiance, to know your radiance, to seek, to warm themselves in your flame perhaps. This will begin to make you more magnetic and you will speak when you are guided. You will know and you will have the wisdom to speak or not to speak.” Amen, thank you Holy Spirit. Okay, so your heart is pure. Are there any questions or comments about that

exercise? Put it in the chat. Okay, I'm not seeing any so let's go on to the Pituitary and Pineal Exercise.

**[End Transcription 00:06:07]**

**Rebecca:** This is the Pineal, Pituitary and the little tube that runs through from the Pituitary to the Hypothalamus all the way back. We're going to begin with one and do them until we have saturated with light, all these parts. I want to tell you a little bit about the Pituitary and the Pineal as far as the way they look.

We all know, as lightworkers what the Pineal does. It's like our Ark of the Covenant to God and the Pineal, even though science says it is just regulating sleep patterns.

Yeah, spiritual sleep and spiritual wake, and the Pituitary is sometimes known as the Master Gland because it's in charge of so many functions and the Hypothalamus sort of connects them together and it has many, many functions as well.

I want to tell you about the little tube and then we'll go into the exercise. The little tube, which I've never heard of, and Doreal who translated the First

Emerald Tablets in 1923, I read an article by Him where he talked about this very little known tube of connection. He was saying to have spiritual growth you need to clear out this tube. I didn't know if maybe he was making it up so, of course, I went and looked it up and yes there is one. We just haven't heard the scientific names for the parts of the body. It is the Infundibulum, Infundibulum and of course this will be in the transcript.

The way the pituitary looks, if you could imagine a scrotum it looks like a scrotum, a little bitty scrotum and like, I don't know if there's any little balls inside, but just exactly, I need to get me a big of set of them plastic bull balls to demonstrate what the Pituitary looks like. That's what it looks like, it has two sides.

The Pineal is likened unto a pine cone shape. As a matter of fact, in the Vatican there is a giant statue of a pine cone because, don't you think the Vatican knows what the heck the Pineal is for? And gives honor to it. Now, the Pineal doesn't have two sides, but it does have a front and a back. Let's go, I'm gonna make you a recording just of this exercise so you don't have to listen to the explanation.

**[End Transcription 00:03:22]**

**Rebecca:** This segment is just the exercise for the pituitary, pineal and the infundibulum. Why is that so hard to say? You know what I mean, Holy Spirit. So, here we go. Just listen to the sound of my voice.

Now, you're going to hold one nostril and you're going to breathe in from your holy flame, using your imagination, white to one side of the pituitary. Why do I say one side?

Because you don't have to get hung up on right and left, whichever one you want to do first. So let's go white to the right side, up . . . whoops, whatever side you want. White, breathe it in to one side, just hold it there. White, to the other side, prepare in the way.

Now, okay, Alexis, I'll answer that shortly. Thank you for asking. Now, black to one side, remember its magnetizing particles. And you've probably never cleansed your pituitary black to one side and then black to the other side.

And now, let's bring that clear light to both sides at the same time. We're going to do this more than once because we really want to wash away any

debris and we want to help it expand energetically. So, here we go, breathing in clear light, and again, and again, okay.

So, and Alexis had a question, what color is the holy flame, how big is it, and where is it?

So, it's every color. And you can change the color by your command, by your spiritual authority. What color do you need? And where is it? It's inside you now. You invited it, just like a flame in your heart. And, how big is it?

How big do you want it to be?

So, the more Holy Spirit you bring in, the brighter and bigger your own flame is. Now, of course we're not talking about a literal flame that's burning you up. We're talking about the Holy Spirit flame.

Now, on the day of Pentecost, in the Christian tradition, when the Holy Spirit came, there were tons of fire upon the disciples head, like a crown of fire. So, if you desire . . . The Holy Spirit's got a sense of humor. If you desire a crown of flames upon your head, command it to be so, and it shall so energetically. So, I hope that explains it.

Now, we're going to move to the pineal. And then we're going to go through the little tube. So, the pineal, okay, if you were looking for your pituitary, it's right behind here.

And, if you're looking for your pineal, it's right in the center of your head and it hugs up to the corpus callosum. What's a corpus callosum? It's that thick bundle of nerves that connects the right and left hemispheres.

When the corpus callosum is permeable, which we're going to make it, the information can flow from right to left, left to right, so much more easily and all spiritual information comes through the right side of the brain. It needs to cross over and I've had people begin to spontaneously channel, just by bringing more light into the corpus callosum and the pineal and the pituitary.

So, this is a different way of doing it that I've never heard of or been taught.

So, let us continue with the pineal. Again, we're going to use some alternate nostril breathing. Again, you cannot mess up, doesn't matter if you use one nostril or the other nostril.

Now, here's what we're going to do as well, the pineal has a front and a back, and it also has liquid in the middle, which is filled with crystal pizzo electric, I believe. And it functions like an optical nerve. So, we're going to cleanse, not just the front and back, we're going to cleanse by our command, the interior.

So, here we go. Pick a nostril and sometimes we'll just do both nostrils. So, here we go with what color to prepare the way? White. So, let's breathe in white light, pretend you can see a holy flame outside. You can move it wherever you desire.

So breathe in white light to the back of your pineal. Breathing in. [Breathing 00:06:48 - 00:06:51] Preparing the way. Now, breathe into the interior of your pineal, white light. [Breathing 00:07:00 - 00:07:08] That makes me tingle all over. Now, breathe into the front of your pineal, white light. [Breathing 00:07:15 - 00:07:23].

Now, we're going to magnetize some particles. And, you know, as light workers, we know that the pineal gets calcification. So, we're going to breathe in black light to the back and then the interior.

Here we go. Collecting all those particles, now to the interior. Now to the front side. Now, we're going to breathe in clear light and so relax and breathe in through both nostrils, or you can hold it, you cannot do it wrong. Breathing in with the intent overcomes any doubt. So, if you want to hold, hold. If you want to breathe through both sides, breathe. Here we go. Breathing into the back, clear light that turns to water. Expands and washes away. Here we go with clear light and here we go with clear light to the interior. Oh those little crystals are sparkling now. And then to the front part and just relax. Feeling good.

Anyone have a question or want to share something? How you feeling? Put it in the chat, okay. I know it puts you in the zone, right? And keep in mind, when you're doing this on a daily basis, you can do the heart purification very quickly. You can also do this very quickly and it will just jump start it. This is probably the first time we've done it. So, we're doing it a little more.

Now, we want to turn our awareness to that tube, which I guarantee you has probably never been cleansed. And that tube, I'm going to call your name, infundibulum.

I said it, infundibulum, infundibulum.

Okay. So, imagine the tube coming from your pituitary going through the hypothalamus, all the way back to the pineal. I think this is really a secret and I thank Dr. Doreal for writing that article that I just happened to see. You wrote it back in the 20's. And you will notice a big difference. If you do these exercises several times, you will start to notice. Always start purifying your heart.

So, let's just breathe in . . . they're telling me to do the nostril thing. So, let's breathe in white light, because it's never been cleaned, let's cleanse it, each color three times. So, preparing the way, you're breathing it in through the pituitary, into the little bitty tube, all the way back to the pineal, and then breathing out.

Breathing in, white light, through the pituitary, into the tube, all the way back to the pineal and breathing out. And again, white light, in through the pituitary, through the tube, all the way back to the pineal and breathe it out.

Now we've prepared the way, now we're going to magnetize it. I love using this demonstration. Magnetize those particles and debris that are probably clogging it all up.

So, other side. And black light through the pituitary, into the little tube, back to the pineal, and exhale it out into the holy flame.

And again. Black light through the pituitary back all the way through the tube and then breathe it out.

And again. Breathing in that black light, all the way from the pituitary, all the way back to the pineal and breathe it out.

Now we want to turn on the fire hose, well the water. And we're going to breathe in clear with both nostrils.

So, breathe in and you're thinking of this clear water, this clear light from your fire. From the holy flame is going through that pituitary really washing out and expanding that tube energetically. Back to the pineal and then we push it out.

So here we go. Breath it in, clear light, through the pituitary, swishing all around the little tube and back to the pineal and breathe it out. Clean, clean, squeaky clean.

And, now, again, breathing in clear light, through the pituitary into the tube, all the way back to the pineal, expanding it energetically, and breathe it out. It's just a fine mist coming out.

And next, one more time with the clear light. Big breath in, through the pineal, through the pituitary, into the little tube, wow it's expanding back to the pineal and then breathing it out.

Wow, that feels so good. So, are there any questions, comments, or just want to share anything about your experience with that cleansing. Put it in the chat. [Silence 00:14:55 - 00:15:01]. Okay. So, the next exercise we will do will address the amygdala, which is the trigger center, the fear center. And the corpus callosum. So. We will take a five minute break. Get up and stretch. Go look at your face in the mirror and you'll notice . . . I forgot to tell you to bring a hand mirror . . . that you are looking more radiant already. I feel more radiant and happier, every time I do it. So we will be right back in

five minutes. Let's say straight up at the top of the hour. Give yourself a few minutes.

**[End Transcription 00:15:54]**

**Rebecca:** So in this segment, we're going to be cleansing and activating two areas. One is the amygdala, amygdala, amygdala. There's two of them, one on each side of the brain and what they are is the body's trigger system, leftover from caveman days.

If you find, sometimes, you get into anxiety when you hear a certain sound or something just triggers your memory, it's as if it's happening all over again. And, we want to calm the trigger system. We want some calm, light workers out there, but who are powerful and yet not flying off the handle or getting into fear.

So, we cleanse the amygdala. And then we cleanse and expand the corpus callosum. That's going to help you with your intuition. Oh my goodness, just all these we're doing to your brain are fabulous. And they're all energetic, cannot hurt you. Now, you could feel a little spacey, you probably feel like floating on a cloud because it's marvelous. So because the amygdala are on both sides of the brain, we're going to breathe in through both nostrils and

imagine the light is, they're kind of right there by the ear here, that the light is going in two different directions and cleansing that. Anyone want to have a question about that? Okay. I'm not seeing any. Okay thank you.

So, here we go. And remember you're just imagining, you know, you can imagine your holy flame is anywhere, we're doing this energetically. But we want to purposefully invite it in. So, here we go with both nostrils, breathing in white light, just follow my guidance. Breathe in, white light, splitting the light over to both amygdala, preparing the way. And again, white light and exhale. And again white light.

And now, we're going to do black light. And hold it as long as you can because black light is going to be magnetizing a lot of old memories that are not serving you, keeping in mind that you will only release what you're ready to release. So, don't think you're going to suddenly become a completely different person; you're going to release at the rate that is healthy for you.

That's the deal I make when I do work with these beings of light, has to be healthy and helpful. So, we're going to breathe in black and hold it and then breathe it out. So, breathe in black and it's going to split. Hold it, hold it, and breathe it out.

And relax.

That was one time with the black. And now we're going to breathe in the black again, and it goes to both sides. And breathe it out. One more time black, hold it, hold it, hold it, and breathe it out. And relax. Oh that feels so good. Can you have a mind orgasm?

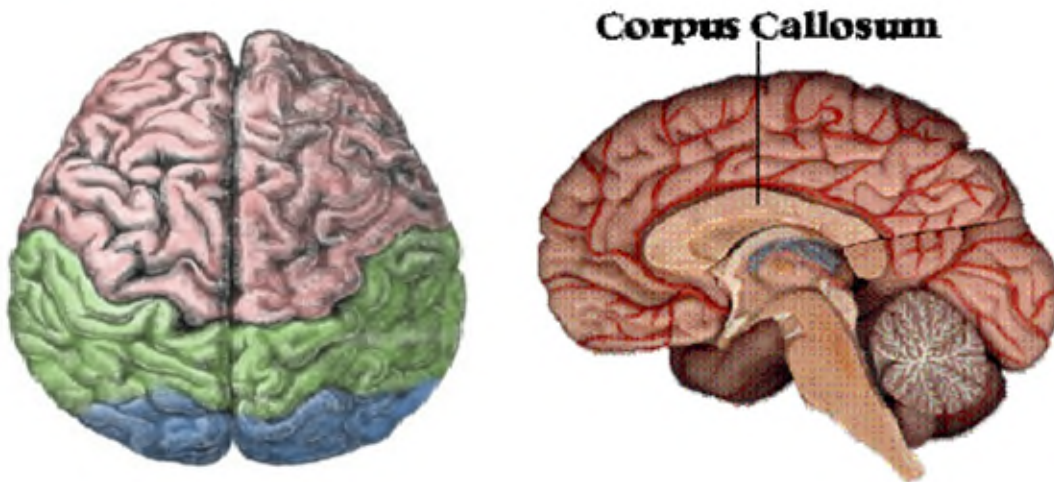
Okay, we're coming with the clear light and that's going to expand, not only our pathways, expand the energetics of the amygdala to a healthy state. You know, spirit is telling me this right now, when you're in fear, you contract yourself and when you're in joy and peace, you expand.

So your amygdala could be there like, [oooooooo, scary]. So, we're going to use our power of imagination and our spiritual authority and now we're going to wash you clean of whatever is coming up to the light for healing.

So, we're going to do this three times as well. Here we go, and both nostrils. Breathing in the clear light, it turns to water, ah, and it's washing your amygdala, oh it kind of tickles. And then you're breathing it out as a vapor. And again, here comes the clear light, breathing it out as a vapor. [Silence 00:05:40 - 00:05:44]. And one more time, the clear light turning into water, breathing it in, slosh, slosh, slosh all around, expand, expand energetically, and breathe it out. And just relax. Relax.

Now, we're going to do the corpus callosum. Which as I explained . . . you know when you see the picture of the brain, it, you know, there's two halves and then there is something there, that is the corpus callosum. If you chopped your brain in half, you would have to slice through the corpus callosum.

So, scientists also don't say that it transmits inform- . . . yeah they do actually, they discovered that it does. Certain parts of your brain won't get to communicate with the other parts.



So, we're going to do alternate nostril just for fun, and we're going to imagine that we're just bringing in that light.

You know the corpus callosum is way down in there and we're just running it to the back and running it to the front. So, either nostril, here we go with the white light to prepare the way, exhale. That tickles too. Oh. And let's do white light again to prepare the way, corpus callosum, here we come, and exhale. Third time, white light, here we go, breathe in, all the back to the corpus callosum, and out.

Now, the other side, we're going to be gettin' obstructions to our clear communications, so here go with the black light. Breathe it in, breathe it out.

And here we go, breathe in that black, magnetic light, breathe it out. And here we go again, one more time. And breathe it out. We got rid of a lot of stuff, now we're going to wash it and expand it and set the intention that it become more permeable.

So, we're going to use both nostrils for this, we're going to take in water like a firehose. So, here we go, breathing in clear light. All the way back to the back of the corpus callosum, breathe it out. Wow. Is anybody else having really good feelings?

Here we go again with the clear light, it turns into water, it washes and expands. Breathe it in and breathe it out, and one more time. Breathe in that, wash me clean, expand me good. And breathe it out. Wow, that feels wonderful, very, very good, very good.

**[End Transcription 00:9:39]**

**Rebecca:** In this exercise, you're going to discover a real easy way to connect with the Holy Spirit every day and get some guidance.

Now I'm gonna start you off the way I do with every being or new spirit and that's with dominant handwriting/non-dominant handwriting exercise taught to me by Lucia Capacchione in her year-long program attended, Creative Journal Expressive Arts.

Of course everything was taught to somebody by somebody so my thanks to her because this has helped open up people so much. A little bit of explanation, Alexis. I think you're kind of new to some of my classes.

You write a question with your dominant hand. It doesn't matter if it's right or left, your dominant hand, the hand you write a check with if we still wrote checks, the hand you would sign a contract with and then you answer it with the non-dominant hand, which is the one you don't usually use.

What happens is it creates this communication between the right and left hemispheres. Your corpus callosum is already permeable so it makes it more permeable.

I mean, the information, it's like a good trigger that triggers communication. So we're just gonna start off very gently. I ask you to have pen-and-paper. With your dominant hand, you're gonna address Holy Spirit. We now know it's a consciousness, a being that can be addressed so, "Welcome, Holy

Spirit.” Write that down. “What do I need to do to have more power? I’ll repeat that.

You know the “Welcome, Holy Spirit” part. “What do I need to do to have more power?” And when you get that written just stop and don’t do anything.

Now when you put your pen in the opposite hand, whichever one it is, a spirit’s not gonna come and move your hand. You can wait all day for that. This isn’t that kind of technique. You’re gonna get a word or two that comes to you.

So right now put your pen in the opposite hand and you’ve asked for guidance. Write down one word, two words. You’ll be surprised at what you get. Every time you do this, you get more powerful just from writing. I’ll be quiet. Okay, is anybody ready to share what came up for you?

It really helps the folks that are having to watch this just by replay when you share something and I read it out loud so just put it in the chat and you can just abbreviate it. “Talk,” Lee, oh, you wanna talk. Okay, Lee. Okay, okay,

okay, let me figure it out. Just give me a minute. Okay, Lee, go ahead and talk, Lee.

**Lee:** Hey, does it work? Hey, hi.

**Rebecca:** Hey.

**Lee:** Okay, the thing is I keep typing it and I can't do it fast enough so this is easier.

**Rebecca:** I like to hear your voice.

**Lee:** I love yours, too. What I got was "Trust me and yourself believe. Together, we can accomplish much toward bringing peace and healing to the world."

**Rebecca:** That's a lot.

**Lee:** Love you.

**Rebecca:** Well, thank you so much for sharing, Lee. Anything else?

**Lee:** No, we're good.

Okay. Okay so, Angel Hands, what a lovely thing. Hang on. Let me get to Angel Hands. "Do something every day." Angel Hands, I agree with you so much. You know that and you didn't say, "Do something small every day," but if you let it be okay that you do something small every day, then you'll be amazed how just doing something small every day, just do a quick exercise to purify your heart every day.

Do a quick, you know, you could send the light colors through. You could start with the pituitary; send it through the tube, and into the pineal.

I'm doing a longer way with you today. You cannot mess this up. Thank you and I'm going to read what everybody says.

"Clear the mind." Yeah, it will clear your mind, and Nora said, "Three words: Rest, Watch and Observe."

Very good and I like that you got "rest" first because that's very important and let's see. Alexis: "Go forward with enthusiasm and zeal and refuse to succumb to fears and doubts." I like that and every morning, I do a clearing, Alexis, and everyone and one of the things I say at the end of the clearing and I do this for a whole list of people.

I use my dowsing pendulum and I say, "By my will, I refuse all seducing spirits of doubt, fear, hopelessness, depression, envy, greed, unworthiness," all those kinds of things.

I say it out loud, "By my will, I refuse" because those are seducing spirits. Okay, I'm not seeing any more. Thank you, all. I love it when you share. Thank you and I miss hearing your voice so I love it, Lee, that you said, "Let me talk."

Okay and I can always count on Lee to share so that was how to address Holy Spirit directly with the non-dominant hand, but we're gonna take it further so I also would like to talk about your spiritual gifts and there are so many spiritual gifts that you have that you don't think are a spiritual gift.

You're thinking you need to be able to touch people and they jump up outta their wheelchair or "I'm psychic, I know all," but true spirit and those are spiritual gifts that some people have and yet how wonderful to have the spiritual gift of to me- one of the greatest spiritual gifts is just to be an uplifter of other people and, of course, yourself.

Look in the mirror and smile, mm. wherever you go, smile at people. If you see something you like about a person, say it out loud. Say it out loud. Tell them they look lovely. Tell them you like the color of the shirt or whatever. Acknowledge people, you know?

With this COVID business, we're hiding behind masks and people stopped making eye contact at the beginning.

Do you remember that?

So be aware that whatever gift you have, you probably don't think it's a gift, like being kind to animals is a gift.

Lee has the biggest animal heart of anyone I know, having that healing in your hands, like Steve does, where you know where to touch people in body work. Your hands just know. That's a beautiful gift and just having joy in your heart is a gift.

Being able to create things is a gift and I like, like Alexis, ask questions, and you know that's a gift, Alexis, and you know why? Because you're probably channeling a bunch of other peoples' questions and you've got the balls to ask it so thank you.

So there's all kind of things that are your spiritual gifts, but we're gonna ask Holy Spirit to just shine some light on one of our gifts and to do that we're gonna use the healing technique that was given to me by Divine Mother and you just put your hands like this and like this.

You can make the connection and take them out. This covers all your emotional centers and a bunch of acupressure points and when you touch your heart, you're connecting your head and your heart.

When you're covering here, you're also covering right here is where every acupressure meridian in your body enters the brain, which we just cleaned up real good so we're going to ask for Holy Spirit Light to prepare our hearts, magnetize our hearts and then bring in the water to expand our heart and show us one of the gifts that we may not have realized is a gift. All you do is listen to my voice.

Very simple, you don't have to do anything except- I would like everybody to get into this position.

When your hands are tired, take them out. When you feel like it, put them back so we're setting the intent. Remember, intent is stronger than doubt, as my friend Raymond Gray says. So we're intending to be shown either more of a gift that we know that we have or something that we don't think is a gift.

We're getting direct communication so put your hands here and above your crown there is three beautiful colors of light. The first one comes through the crown.

It's white and it move through the corpus callosum, the pineal, the hypothalamus, the pituitary and it moves down into your heart, uncovering the gift that you already have.

My beloved, and then if your hands tired, take them out and then put them back in and we're bringing in that black light, streaming in through the crown, magnetizing all kinda doubts and just magnetizing them and down into the heart.

And then we're just letting them go and relax a minute, if your hands are tired. Take a deep breath in-and-out. Now we're going to just bring in that beautiful water, that clear light, to shine the light and expand our gifts.

So bringing in that clear light through the crown, the corpus callosum, pineal, hypothalamus, pituitary down into the heart and just sitting here with the spirit of peace and the question, hands in the position one more time,

“Holy Spirit, show me a gift that I have that I need to expand and you’ll help me or perhaps one I’m desiring.” If you desire a gift, you have the seed of it already within you, beloved.

What gift shall I see right now and just let the answer well up within you? You may see a little picture. You may see some question marks. You may see a dove. You may be a peacemaker and not even realize that’s a gift.

You may see a kind of a word. You may hear a sound. Whatever it is for you, Holy Spirit wants to acknowledge it and let it be easy. Sweet Holy Spirit, Sweet Heavenly Dove, stay right here with us, filling us with your love. Yeah, so it is.

Okay, who wants to share what came up? What gift do you have that you maybe never thought it was a gift or what gift do you desire?

If you desire a gift, I promise you, you have the seed of it within you. Now I’ve shared this before that when I was a little kid, I wanted to be able to heal

people like Jesus did, like touch somebody in a wheelchair and they jump up, and I heal peoples' hearts now.

It's not that kind of healing. It's emotional healing and within every illness, I guarantee you, there's a whole bunch of emotional healing that needs to be done.

So you have the seed of it within you. Would anyone like to share? Put it in the chat or you can say, "Talk" and then I'll find you and unmute your microphone. Nora: "I see lights on people. They can see the truth; those were the words I heard." Wow. Wow that's extraordinary and I'll bet you never thought . . . oh, and Lee wants to talk again.

**Lee:** Hi. He said, "I am an important point of light/being of light." He will help me to expand my healing and uplifting and communication skills.

**Rebecca:** Wow. That's a lot.

**Lee:** That's a lot.

**Lee:** It couldn't have been edited to, like, very much.

**Rebecca:** Okay from TCL saying, "I got nothing." Okay so if you'd like I'll tune in for you and the first thing Spirit is just saying is, "They think they cannot" and there's some unworthiness issues there, which this class isn't really about that and yet you have the capability to be a very good uplifter.

You have the capability when you allow yourself to tune in to your own joy, which you don't as often as you could because lots of things have happened to you in your life that has . . . I like that what Angel Hands says. I'll read that. So know that you can be an uplifter.

You have capabilities you don't even know about. A private session with me might be really a good thing for you to have to help us uncover more for you.

Okay so let me see. Oh, Alexis says, “I wish I could touch people and heal them.” Oh, “I pretend when I’m walking and send them positive energy since I can’t physically heal them.” But you know what?

You just healed them spiritually so everybody can do that. Do not be afraid to use what you have learned from Angel Hands. Everybody can send positive energy or send love to people and TCL says, “Thank you, you’re a wonderful person.”

And Ann says, “Oh, I have others release their anxiety and work in solution.” That’s a wonderful thing, helping people with anxiety. Okay, let me see if I have some more that I haven’t seen. I think that’s all, yeah. So anyway, I’m so glad we’re getting chatty here.

Oh, I see one in the question. Joyologist [SP], Joyologist, Gayle-Ann [SP], I love that. Joyologist, “Yay, flame to ignite joy.” As my Pentecostal preacher daddy would say, “Hallelujah” and I just wanna share something that Doreal says he’s here and it’s so funny, he’s saying, **“I am Doreal and I approve this teaching” so cool.**

He's been crossed over for many years. Thank goodness for him. He translated the Emerald Tablets, which I turned into chapter-and-verse, like The Bible, so let's see what's next, one more thing. We're gonna . . . not just one more thing. We're going to talk about your soul purpose and I'm gonna make a separate recording for that.

**[End Transcription 00:21:41]**

## **SOUL PURPOSE:**

**Rebecca:** This segment will help you understand soul purpose and also how you can use Holy Spirit to more quickly amplify yours and understand it. Here's what Holy Spirit wants you to know, and I've been told this many times. For one thing, your soul purpose has a lot of facets to it. For instance, I'm predominately a teacher and an uplifter and . . . so it can be like a category of things. The key to your soul purpose is where is your heart leading you right now.

And I'm talking about the desires of your heart. What comes to you so easily, it's like falling off a log. Well teachings like that for me. I usually don't even have anything to look at, maybe some bullet points.

Being an uplifter is very natural. I developed the gifts of being intuitive and channeling and all that thing because I desired it and I asked for guidance on how to get it. And you can do that too. I wasn't born with the intuitive powers that I have now.

Or maybe I was and I forgot them. But the great thing about learning is that, along with the learning, you have wisdom. So, people are so concerned about their soul purpose that they're not realizing they're probably doing it right now.

And I can guarantee you, you know if you're not following your heart, you know for instance, if you're in a job that you can't stand, you know that the divine is calling to do something else, but you don't know how or what. Now, with this extra dose of Holy Spirit light, you'll be able to, to dig deeper, to be still and quiet and ask for guidance and that small stillness in your heart will reveal it to you.

So, let's do an exercise, just to help you right now. So, by the way a key is if you're real unhappy in your life, you're probably not really following the purpose that you came here. I don't believe anybody said, "Yeah, I want to go down there and be real unhappy."

Of course things happen to us and it makes us grow and we often become teachers of that thing, but if you're just unhappy for ever and ever, then do some soul searching and I'm going to guide you in an exercise that will help you right now.

So, keeping in mind that your soul purpose is multifaceted and that you can ask for guidance and what we're going to do is ask what is my soul purpose for right now, like, am I to be doing more teaching, more healing? Am I just to be quiet and let myself grow? You don't have to be always doing something.

So we're going to it using HPT, and this time we're going to bring it, we're just going to call it Divine light of revelation, activating the Holy Spirit further within us.

So, just listen to my voice, go ahead and get into the position. And we're setting the intent to find out more about our soul purpose. So, bringing in that divine light of revelation and bringing it through the crown, corpus callosum.

It's liquid, like honey, beautiful light, all colors of divine light of revelation streaming slowly down to our pineal, hypothalamus, pituitary, down our throat, opening our throat chakra. Into our heart, Holy Spirit, please reveal to us more about our soul purpose for right now.

And just pay attention to what comes up for you; you can take your hands out. As you're listening to that still small voice, [silence 00:05:48 - 00:05:52] open the eyes of my heart. Open the eyes of my heart.

Know this beloved's your soul purpose is that which brings you joy, yes you have all been through many trials, and yet you know that thing that brings you the most joy whether it's petting your animals, taking care of them, whether it's taking care of others, whether it's taking care of yourself, whether it's speaking words of wisdom and upliftment.

Whether it's dancing or playing a musical instrument, whatever that thing is that brings you joy is part of your soul purpose. For we would never give anyone a soul purpose that brought them sorrow.

You can forth to expand. And as you relax and allow more Holy Spirit into your life, you will find yourself propelled forward, almost effortlessly.

You have done a brave thing this day and that is to say, "Yes, yes, I accept more Holy Spirit into my life. Yes. I allow myself to be filled with Holy Spirit light." Amen. Thank you, Holy Spirit.

Okay, does anyone desire to share anything that came up for you? Put it in the chat. [Silence/Clicking 00:08:01 - 00:08:09]. I know it's a very sacred moment. [Silence 00:08:12 - 00:08:22] Some of you just have a purpose to take classes and absorb knowledge, and share with others only when you're guided. Oh, TC, "My soul purpose is to clear dark, to bring in light." That's wonderful, wonderful.

And you can use whatever method that is revealed to you about that whether it's just praying and asking Holy Spirit to clear that darkness. Okay, so, let's go on to the next exercise.

**[End Transcription 00:09:15]**

**Rebecca:** So gateway to receiving abundance.

There are two main gateways to receive abundance: Your hands and the Alta major, which is a chakra.

It's where the head and the neck join. It's based on the atlas, which turns your head, and it's recognized in Indian (from India) traditions and Egyptian traditions.

Most people who talk about chakras never talk about that one so we need to clear it out and first we're just going to do some energy work and here's what the Holy Spirit says and Divine Mother has said this to me before.

“If people stopped fighting the desires of their heart and knew they were worthy to receive, all other work would just be unnecessary.”

So now just imagine that you're holding your hands up like this and we're just gonna bathe these hands with those three colors of light so just holding them here and just bathing them with beautiful white light to prepare them to receive. Turn them over and receive and now bathing with beautiful black magnetic light to magnetize away all those doubts and fears about receiving.

Just watch all those particles be gathered together and now bring in the holy, clear light to just pour over your hands and wash away all the obstructions that might have been left and expand your ability to receive and that was an easy exercise.

Next, let's put our awareness on the Alta major. Just think, the atlas that turns your head, there's a chakra there. It's more of a gateway. It's known as the Mouth of the Goddess and the Gateway to Receiving.

Since it hasn't been talked about much, it's not cleared. Periodically, you know, all us light workers get our chakras cleared and balanced and I can do another whole class on that.

So let's do. We're going to do this with the power of the Divine Feminine and just any Divine Feminine archetype could imagine on your left and then, you know, the Peaceful Dove and then the Lion Judah archetype on your right.

Just imagine they're both just coming to your Alta major and they're placing their hands of blessing on there and then imagine that they're both breathing their Holy Light into your Alta major chakra.

That this is what I'm guided to do now so imagine that first the Dove of Peace, the Divine Feminine, is breathing, breathing white, preparatory light into your Alta major and you can just put your head down just a little bit to receive this light and then the Lion of Judah is taking Her place and breathing -- Oo, wow, that feels good -- breathing into your Alta major chakra that black, magnetic light to just roto rooter in there and magnetize all those obstructive particles and relax.

And then they both together lean over and breathe into your being this clear light that turns into water and begins to wash away and expand and they're gonna breathe this three times so one, clear light, washing, expanding,.

Two, breathing that clear light in, washing, expanding and three, breathing that clear light in, washing, expanding until you feel like you could receive with your hands and you could receive with this sacred place and that you're open to receive **and say it out loud,**

"I am open to receive, I am ready to receive. I am ready to receive guidance. I am ready to receive abundance. I'm ready to receive more Holy Spirit Fire, more Holy Spirit Peace. I am ready to walk boldly forward as I am directed" and so it is.

So it is.

**Rebecca:** Wow, Angel Hands, thank you so much because for the Anointing of the Oil, I forgot to press record- so we're gonna have some help from Mary Magdalene. Mary is known as the one who anointed the feet of The Christ

a few days before His Crucifixion and that represents The Feminine Dove of Peace.

We're going to ask that Lion of Judah, that Christ Presence, the Christ Consciousness to represent the Masculine Holy Flame and then take the top off of your oil -- Oo, mine smells good.

-- and also you could add something to the oil later if that's what you desire.. You can even save it and put a drop of this in oil and it'll be infused with the Holy Spirit.

So you've got your Divine Feminine and Divine Masculine. My left and your left may not be the same. So you're just going to ask them, "Would you breathe the Holy Breath of The Holy Spirit into my oil? Would you bless me so that I may anoint myself and others with this holy oil?"

Ahh, feel it? You feel the presence? And they say, "Yes" and Mary Magdalene steps forward and she breathes her Holy Breath of Blessing into your oil.

The Lion of Judah steps forward and He breathes the Powerful Fire into your oil and your oil is infused with Holy Spirit Light.

You see, beloveds, it can be that simple. Intent is stronger than doubt and when you ask and you're already in the mode of receiving -- we worked on that -- and you trust, all things are possible to him that believe so I would take some and just anoint yourself.

Maybe you can anoint your third eye. Certainly anoint your Alta major chakra. Anoint your hands, mm. Oh, that smells so good.

This is the ending of the course.

**Be blessed and thank you!**