



## Message Five of Twelve

### Re-leasing the Constriction: Five Steps to Freedom

*Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa  
Delivered at TOSA Ranch February 25, 2006*

#### ***Before you read this lesson!***

Prior to reading this discourse please note that if you are not already familiar with the Divine Galactic Blueprint we strongly urge you to do so. The Divine Galactic Blueprint is the Ascended Chakra system which “roots” at the traditional heart center. This teaching builds upon the recognition of lifting into the Ascended system and bringing forth freedom through this understanding and energy alignment.

#### ***Archangel Zadkiel Speaks:***

Yes! We are here. A glorious good afternoon to all of you. Hello, yes, hello. It is a glorious day of hello's, is it not. Yes! It...IS.

#### **The Process of Cyclical Recognition and Awakening**

Hello! This is a word of great greeting that says everything has a cycle, does it not? In all cycles there are great recognitions, great remembrances, and the reconnection. It is important for you to be in the process of cyclical awakening. You say: “Cyclical awakening, oh my goodness, just waking up sometimes is hard enough, how do I do this cyclically?”

It is important for you to understand that at the dawn of the recognition of all cycles of remembrance, your cellular structure will, as you might call it, mutate. It will offer you an opportunity to come into a much greater alignment through harmonic vibration.

For this harmonic vibration, you can comfort the cellular structure through breath. You can comfort the cellular structure through fluidity. Fluidity is movement; gentle movement that offers recognition. When you breathe, are you indeed not moving? You are exercising the lungs, the cells, the



blood, the tissues, the bones, every-thing. As you gift yourself with wondrous flow, you are imperatively entering into a time of cyclic recognition.

***In the cyclic recognition you must recognize that the stability of a firmly rooted quantum heart is a needed prerequisite.***

It is simply an opportunity to remember in your own re-connection, so that you may move forward; as if you are a beautiful spring energy bursting forth from deep within the earth. Have you ever witnessed this?

As a bursting spring bubbles forth from deep within the core of the earth, what happens?

There is great joy, there is great celebration! There is purity. There is freshness. There is no-thing that has come into contact that has shifted the energy. ALL is in harmonic remembrance in that moment.

***Allow your-self to be the energy of the spring.  
Allow your-self to BE... in this pure divine connection.***

Let the spring come through you as a well-spring of divine remembrance and reconnection. Invite it to arise through the feet as beautiful divine spirals of intense energy. Bring this energy up through the heart. Root this energy at the heart and relax as it flows up and out of the crown chakra. This is a great cleansing opportunity.

Many are already doing this! Give your-self this rejuvenation regularly.

Many say, “Where is my vitality, where is my emotional stability, where is my spiritual stability, how can I be more? How can I hold energy? How can I transverse many different energies without falling apart?” We hear this often.



### New Geometries are Now

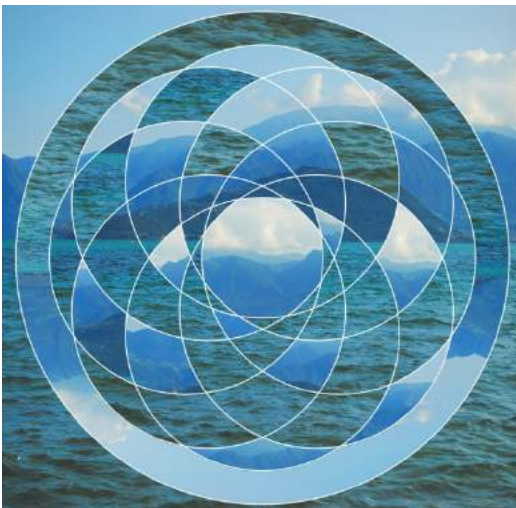
Offer your-self rejuvenating energy. When you offer it to your-self, call forth your own Star Consciousness. Your Star Consciousness sits well above what you call the third eye.

It is a direct and deep connection into your own true divine energies. As your Star Consciousness springs forth, and as you focus on this area and see ALL that is, ALL that comes forward, ALL that is able to BE...you will see the geometry of ALL that is around you now.

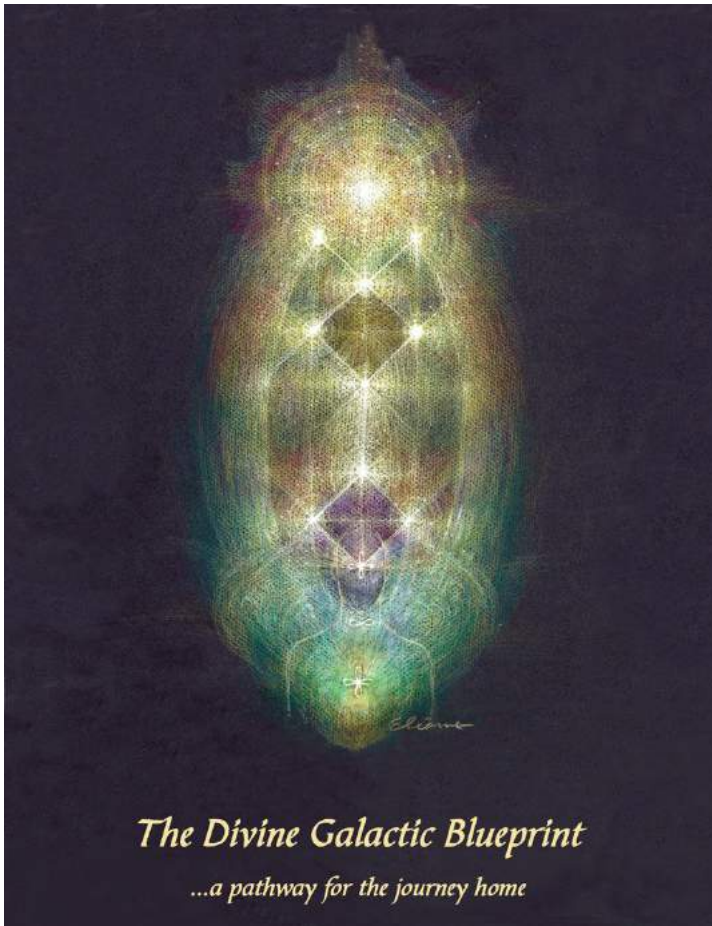
***Dearest Ones, new geometries are appearing.***

The multi-dimensional geometries are well beyond the geometries of this planet as you have seen them for so long. You have your traditional geometries; circle, square, triangle. When you put them all together, you put more sides on some, yes?

Good!



Now take these geometries and add to them so they become the geometries of multi-dimensional existence. Give yourself the opportunity to see more than you are seeing now with the eyes of a density existence. It is important to recognize that as you step into these new geometries that are held above the exploded crown, they can only come forth from your own divine center.



Gaze into the very top of the Divine Galactic Blueprint, the very, very top. Go into the void center where there is no color. Call all of your attention there.

***From there, from this place, all is birthed.***

It is important for **YOU** to remember:

**As YOU distance from the ego, and YOU stay in the presence of the ALL, YOU re-cognize the Divine Oneness.**

It is then that you re-connect with this birthing point where every-thing has come forward, and where from every-thing has refracted.

***When you gift your-self the opportunity to stay in the Divine Center, you are then able to BE the Loving One, who is able to re-cognize the Supreme Gift of the vessel, the Supreme Gift of the density expression. And! To BE able to fully re-cognize that as you are looking, as you are BE-ing, as you are expressing, every-thing is coming full cycle. Cyclical recognition.***



From here, take the cycle and bring it back up into the Divine understanding at the top of the Divine Galactic Blueprint. As you are able to do this successfully, you will, indeed, have surrendered or stabilized the lower three traditional chakras. This is an important thing for you to do, because you give your-self the gift of true stabilization by stabilizing your rooted heart in the ascended systems.

***We offer this energy and the ascended systems as an offering. An opportunity to realize that as ALL energies are lifting, as ALL energies are re-unifying, as ALL cycles are coming in, your presence is expressing in many forms of geometries that you have not expressed previously.***

***In the non-recognition of some of these geometries, you will most likely be experiencing accelerated constrictions.***

### Discovering Constrictions

Constrictions commonly will appear in the body around the area of the throat most frequently. These constrictions are in around the throat because throat constrictions offer the opportunity to stay firmly rooted in the body. Therefore, the throat area is most prone to these constrictions.

***Is it any wonder that you are on a planet that claims to have flu epidemics?***

***Constrictions of the body are a response to non-familiar energy.***

As you familiarize yourself with new energies, this word new we define for you. Indeed, IT...IS...not new. IT...IS...a re-membrance. As you re-connect and re-memember these energies, you can effortlessly re-lease constrictions. *Many will experience fever, many will experience what feels like a cold, or a flu virus, many are experiencing inadvertent accident energy, dropping things, hitting things. Everything seems upside down, topsy turvy. Yes!*



***You must remember you are at the time where your consciousness is directly reflecting in every-thing that YOU...ARE.***

***It is not your thought process. The thought process carries a constriction energy that you can effortlessly re-lease in your full re-membrance.***

We have mentioned that only doubt separates. Ask yourself now, *where am I doubting? What do I doubt?*

Many are going through a rapid transition, a cellular upgrade if you will. IT...IS as if new software is available, and not everyone knows how to download it. Simply, if your heart is rooted as the foundation of the ascended state, then you have already called in this new software. You cannot, not do it. IT...IS...already here.

The emotional body will come forward and ask many questions. The emotional body will want to do many things. Many...right now...are indeed more torn than they have ever been. They see one decision and they see another. They see one way of being and they see another.

### [Humanity has entered a New Cycle of Being](#)

Why is this happening? You ask: “How is this happening? Why is it happening now?”

We offer you re-cognition that the new cycle has already begun. It is not coming; you are in it now! You are in this new cycle which began only eight days ago<sup>1</sup>. Throughout the past eight days many have experienced acceleration energies that have manifested in discomfort for the physical body.

The past eight days have revealed energies on the planet that will feel very disjointed until you acclimatize to them.

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<sup>1</sup> This insoulment was “unlocked” on November 02, 2020, therefore this corresponds with the date Sunday, October 25, 2020 which was when the time surf of March 2022 first entered into our consciousness.

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This is why we invite you to fully connect with the top of the Divine Galactic Blueprint. Dearest Ones, we have not taught of this before. We have talked of the ascended heart, of inviting the throat to relax into its natural state whereby your true communication form is through what you would call telepathic communication.

We have encouraged you to lift up into the exploded crown so that you may fully integrate with divine energy. We now encourage you to go to the top. To embrace and jump into the Divine Void. This is where you will begin to re-member your divine presence.

Dearest children, YOU...ARE...well beyond this world already. If YOU want to BE. For those that are not sure, we implore you to go and BE in density. Please do it well and have a good time.

If you are sure, then enter into the top of the Divine Galactic Blueprint. It will be pain-full for you not to have a decision. It will be very pain-full, and we wish you no pain. We only come to offer you preparation, to offer you choice.

***In the choice, when it has been made, there is no pain.  
There is no pain, for YOU...ARE... in a rooted center of  
divine understanding.***

Avoid judging another's choice. Is that not indeed pain-full? It takes YOU away from your choice. Honor ALL choices. Honor ALL presences.

The past eight days have begun a rapid escalation into many, many, many energies. Dearest Ones, the next eight months<sup>2</sup> will accelerate this entire world so far, so fast, that you will open your eyes, and say, oh my goodness, has it truly been eight months? Oh, my goodness, what has happened here?

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<sup>2</sup> The next eight months would call us forward to June 2021 Solstice! Given the time compression experience of 2020, those same eight months will invite us to call forward October 2022.



***How do you wish it to be? What do you wish to express?  
What do you wish to experience?***

Many say, *if not now, when?* And then you still put it off. You look at each other and say *if not now when,* and then you go to bed and say *tomorrow.* Yes! *Tomorrow is here! Tomorrow is now!*

***The cycle of recognition that you are in now, brings with it the re-lease of all constrictions. The crystallization and the firming of all constriction.***

***If you are in constriction, and you choose constriction, you will effort-lessly be in constriction. You will not notice. It will not be pain-full. If you do not choose constriction, and you lift above into another realm of existence, then it will not be pain-full.***

### **[The Five Symptoms of Constriction Congestion](#)**

We offer you five, what you would call symptoms of constriction congestion. Through these five “symptoms” you will clearly know if you are deluding yourself that you have made a decision. IT...IS...indeed, the most challenging to be honest with your-self.

You can be honest with your-self on a Sunday, you can be honest with your-self the third Wednesday of every month. It is important for you to be honest with your-self ALL the time.

Here are the five symptoms that you are, indeed, in congestion of much constriction. The good news is that if you identify any of the five, celebrate! You can make your choice!

Some of you, you will say: *Again? I thought I made it already?*  
We are simply assisting your clarity by offering these symptoms to you.





**Number One: You delight in the pain of others.**

*(Audience murmurs).* OK, you may comment, and go home and pay attention. There are many who still delight in the pain of others! They delight because ill fortune came to them. They fantasize of ill fortune happening to them. They judge their way of life. They judge their expression of life. They judge the way that they are expressing on the planet.

***Dearest children, truly ask yourself, do you delight in the pain of others?***

We know this sounds harsh when you first hear it, yet many do. Many do.

Pay attention. We offer these symptoms for the benefit of ALL, beyond you in this room today. For All.

It is a gift when you know these five symptoms of constriction and indecision. You will then be able to see when others are in constriction congestion. Through your own clarity you can offer them freedom by being free yourself.

***Your freedom frees others.***

Do you remember how many you free in your truth? A minimum of 100,000 you free when you stand in your freedom! Do not ever doubt this. You are working constantly. You think you rest at night? *(Audience laughter).* Think again! OK, that was number one.

Ready for number two? You say no more, cannot handle it! The truth can hurt, OK.

**Number two: You hold judgments upon yourself.**

Yes, dearest children! When you judge your-self, you are judging others. There is no difference between you and the one you are next to. ***How can you truly release judgment of others when you judge yourself?***



Dearest children in all honesty, you like this word? We know you do. YOU...ARE...beauty-full beyond compare. You are perfect! You are whole! You are magnificent!

We see you as the most glorious BE-ings that have ever been. We adore your glorious manifestations; we love your bodies in so many beautiful ways that you express and adorn and BE! Look at all the hair you play with! We love this hair! Or lack of hair! We love it all! *(Audience laughter)*.

It is glorious! Look in the mirror and say, *"Thank you, I love you."* Hold this body and help each other...help each other. Ignite your star consciousness, gaze at the one next to you and remind them how beautiful they are. Thank them for BE-ing...HERE...as you thank your-self for BE-ing here. We honor you dearly. You must re-lease self-judgment.

OK, ready? *(Audience enthusiastically says yes!)* Only three more to go. Yes!

**Number three: You do not take care of other beings on the planet. Specifically, those who are not in human form.**

Dis-respect and dis-regard for the co-habitants of your planet disrespects your-self. Do you kick the dog because you had a bad day? It is important to know many do. We offer you this first to remember: *how can you be in pure union and pure love, when you cannot re-spect ALL expressions of love? ALL expressions.*

This is also not limited to four-leggeds. What about ALL of these beautiful trees? What about ALL of this wonderful air? ***Wake up in the morning and smile because you can.*** Go outside and say thank you.

You still have eyes that can see, you still have hands that can feel, you still have a nose that can breathe, you still have lungs that take in air. Dearest children see each dawn as the dawn of a newborn.



Wake up each morning and discover one new thing that you did not see the day before. ***This one task, if you wish to call it a task eliminates ALL pain.***

Wake up each morning and say, oh my goodness, that plant grew a new leaf! Wow, I'm calling a friend. (*Laughter*). Yes! And if they ask what's up with you, say my plant has a new leaf! I'm calling you because I can! Yes!

***Your presence is the present.*** Yes! Wake up each morning as a child anew, delight when you pour a glass of water. Look at the water in the glass. Very cool. Swish it around. Pour it on your bodies all the time, are you playing? Are you having fun? Have fun! Just have fun! Yes! IT IS...a good thing.

If you hold on to the constriction energy, you will get very sick on a physical level. Your emotional state will degrade. You will have a challenging time. You will fall into a very comfortable loop of depression, fear, and poverty consciousness.

These are all constriction energies because they say flow is not mine.

We are offering you these easy ways to be free of constriction energy, and remember, you are not just doing this for you, you are doing it for ALL. You wish to be of service? We hear this all the time. *I want to be of service. How can I be of service? What is my service? What is my path?*

***You are the service; you are the path!***

As you free your-self of ALL congesting constrictions, you become ever more available in this great cycle that has come upon your planet now.

Only two more symptoms, ready?  
YES! We are having so much fun.



**Number Four: Your emotions are unstable.**

*(Much Audience laughter).*

We understand. You say Zadkiel, *when are they not?* We offer an opportunity to re-cognize. ***Responding and re-cognizing your emotional body is different than being the emotional body.*** This is what is important to understand. *Are you ruled by your emotions, or are you able to be the observer and witness?*

YOU...ARE...still here. YOU...still have a body. YOU...cannot expect not to have emotions. How fun would that be? Yes! YOU...ARE...HERE...in a body. Experience every-thing and do it well.

Remember to be the observer of the emotional body. Cradle it as a child, appreciate it. If it is causing you sadness, love it for causing you sadness and look at the sadness. If you are feeling alienated or depressed, pay attention.

You have a choice in that moment, to believe that you are the emotional body, or to love the emotional body. This is where the freedom comes in. You do not need to deny it. All this ego talk. What is the ego, get rid of the go, hate the ego, do this to the ego, oh my goodness, it is so abused!

***Love and cradle this ego for supporting you; and YOU...ARE...not the ego.*** Be the gift that YOU...ARE. Lovingly give yourself the opportunity to observe, rather than be owned by the emotional body.

Freedom children, freedom! True freedom is not something granted you by a government, because anything granted you by another can always be taken away. Even when you least expect it, pay attention.

***It is important for you to remember your freedom exists right here, right now, in your re-cognition.***



As we complete these five symptoms, these five processes, you may say oh my goodness, those were the hardest five I've ever heard, and you may say, oh my goodness I celebrate I've made it through these five. Wonderful! Wonderful! Are you holding the freedom of presence for everyone? That is service.

Dearest children, it is not what you do, it is not how many meals you make for another, it is not how many books you give away, it is not your word, IT...IS...YOU. IT...IS...**YOU**.

YOU must know, more than you have ever known, IT...IS...YOU. YOU...ARE... the reason WE...ARE...HERE. Without you, why should we be here? You are why we are here. You. Always know that, each and every one of you is the gift. YOU...ARE so precious.

Number five, drum roll please. *(Audience does "drum roll")*. Yes!

### **Number five: Let your voice be heard without censorship.**

Many of you stifle your voice. Where does constriction energy first appear? Remember? The throat. It is because your voice has been constricted so much. You may say *"I cannot be myself."* See rule number one. It is important to pay attention. Do not censor yourself.

We wish for you to re-cognize this does not mean for you to become a buoyant pontificator. *(Audience laughter)*. Yes. Many are buoyant pontificators. This is not what we are talking about. There are many ways that your voice is heard and most of them do not include words.

***What are you paying attention to? Where is your consciousness?***

***What do you focus on?***

***What energy do you call to you?***

***Where do you keep your attention at all times?***



### Freedom: Your True Voice

Dearest children keep your eyes on the divine at all times. In so doing, you are keeping your eyes on your own Divine self.

***Keep your eyes on the divine at all times, it is that simple.  
That is the true voice.***

The true voice has nothing to do with the word. The word is simply a modality that offers us a time of great fun. Keep your eyes on your own Divine being, on the Divine love that YOU...ARE...at all times. This is why, we brought you to the very top of the Divine Galactic Blueprint and encourage you to enter the void.

Spend time in the void at the top. Within that moment you can go deeply into your Divine center. You will see the sacred geometries come forward. You will hear the sacred tones. YOU...are present in ALL that is.

You are free! Feel your wings and fly. Become accustomed to flying. Indeed, you will be flying much more, and more prevalently. Dearest ones, so much we offer to you. YOU...ARE...in a great cycle. This cycle has much energy and you will do just fine. Simply let your-self BE.

Know how important and loved you are. Know that every-thing that is happening right now is in express Divine order. We are here for you! You have called us here and we are delighted to respond. We will take questions.

*Audience question: These gifts you gave us today; Will they help us to get off traditional medication if we want to get off traditional medication?*

Zadkiel: What do you think?

*Questioner: I think yes.*



Zadkiel: Very good. Dearest child, **of course!** And! Only as you allow it to be. To fully embrace the five “symptoms” that we have offered, for many will be too challenging. Even as you sit in the little room and say piece of cake, when you look at them, and truly bring them to your attention, we encourage you write them down and look every morning. Say, *OK I can do this!*

Bring it into your consciousness as your freedom. We have shared much about freedom. ***We invite everyone to re-cognize, in your freedom, is Free From. What do you wish to be free from? Let your freedom be Free From.***

*Questioner: I am craving freedom, and time to be, and what just keeps showing up is this doing, doing! The “to do” list and so many people coming for help. How can I be in the face of all this doing-ness ?*

Zadkiel: A profound question as everyone here is asking the same. Yes! Know one thing. The “to do” list will never go away. OK! You say that’s not encouragement. We say OK, let us start here.

You live in a world of lists. You ALL do. You live in a world of to do, must do, because YOU...ARE...energy. Because YOU...ARE...expansion, you must move. IT...IS...an imperative of energy to be in constant motion. It manifests in the world of density as lists. To do lists and what to do and how to do. Give yourself the gift of conscious freedom. First unravel that you deserve time to be whole.

**Number one: You deserve to be whole.**

**Number two: No-thing is that imperative that it takes away from your freedom and your peace. No-thing.**

It is simply the ego that says I cannot take a moment. I cannot stop. The ego loves to engage. Re-member! YOU...ARE...energy that loves to be in movement. If you must, begin by making your own time, book it for



yourself. Write it down, this is my time, and then start small. Give yourself that break. When you take on more ask yourself: *in the acceptance of this that I am taking on, does it serve my highest good?* Trust the immediate answer. Many take on more because of money, because of ego, and not because of the highest good.

Re-pattern how you accept. Accept that you deserve to be whole. Pattern your-self TO...BE... in freedom. You will be delighted with how quickly it will occur. Thank you for asking for everyone. Many blessings.

*Audience question: I used to be able to eat anything I wanted, of course I am not eating meat now, except an occasional fish, but um, ah, I have a lot of heartburn lately, like in the last two weeks. I cannot eat anything without feeling very full and like I cannot eat that anymore.*

Zadkiel: Dear children, thank you for asking this question, especially since the last eight days and continuing through the next eight months, these energies will play havoc with your body.

If your body feels full and you are responding negatively to whatever you are eating, we strongly recommend you just don't eat it. Do not force. You may be delighted to live on some fresh vegetable juice for a day or two and then suddenly everything feels good again.

Perhaps your body is achieving a vibrational space that is asking for you to enjoy **with** it. This is often how the body talks to you, especially when we are nourishing with foods that may not be the best for the vibrational increase that is happening at that moment. This is a **power-full** question as many are going through this right now. Many.

Do not judge what you eat, pay attention to how you feel, listen to your body. Remember you can eat far less food than you have been trained to believe you need and be quite fine.





Dearest children, the food quantities that are consumed in this country especially<sup>3</sup>, are **staggering!** My goodness you have fun with food! Yes! The quantities needed for your body are so small, you would be stunned. Re-lease the fear you are hurting yourself. Have no fear you will be sick.

For many, when they start to pay attention to the body, they may indeed experience a small headache, or feel a little pain. Drink more water.

You are detoxifying and this is not damaging. It is detoxifying, and we are great-full you have asked this question. IT...IS...greatly appropriate in this time. Many blessings. Just eat less, you'll feel good.

***Dearest children, we offer you great encouragement.***

***You are at the time of great joy.***

***Indeed! IT...IS... the Joy-volution! May you ALL participate. Yes!***

***So much love, and many, many, many blessings.***

***As you venture out, re-member, be Free from in your Free-dom.***

***Let your presence free others!***

***We love you dearly.***



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<sup>3</sup> *This Insoulment was delivered in New Mexico, United States of America.*

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