



Message Eleven:
The Heart of Ess-See- Nah

*Originally Delivered August 29, 2009,
TOSA Ranch, New Mexico, USA*

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa
...unlocked at TOSA Blue Mountain, Ecuador, December 27, 2021

The Essene Brethren share through Master Lady Kira Raa:

Hello! BE-Loved ONES. Yes! IT IS... with great and buoyant joy that we ARE HERE with YOU... today. Today is a great moment of Divine celebration and Divine offering. We use the word "explanation" as this is a most profound moment in our Divine experience of EsSeeNah re-birthing through the gift of the Divine Mastery Presence BEing-ness of ALL eternal loving-ness.

Honoring the Journey

It has, indeed, been quite a journey with YOU; has it not? Yes! Within this journey, this movement, in this joining of the ONE, and the ONE, and the ONE, and the ONE and the ONE, there has been great movement of EsSeeNah energies.

These EsSeeNah energies, reactivated through the Tri-A-Saa, as lifted into the Divine planes of freedom, offer YOU the ability to expand beyond the perceptions of density, illness, emotion... and the perception of egoic filters.

To lift into the Divine realms of freedom is a great gift, indeed! Many have already joined with our energy and are lifting... now. Feel your-self. Feel your energy lifting.

To offer your-self and your heart, the expansion of lifting, is a great gift to a world that is trapped within a magnetized core of attraction energy.

Lifting gifts YOU with the opportunity TO BE...FREE.

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Magnetized Attraction Energy

Let us share about attraction energy within the pure radiance of EsSeeNah understanding. The word, attraction... in your world... has been greatly manipulated. Many talk about this Law of Attraction.

The Law of Attraction, is indeed, a law of attachment.

IT IS... important to understand this discernment.

When seeking to call forward attraction, it arises from attached energy:
I wish; I want; it would be; why not; give it to me; it should have been; it could have been; it would have been; this car; this house; this money; this person; this pet; this place.

**As EsSeeNah energy,
you wear the sandals of your Divine golden essence.**

Feel your feet! As you feel the energy of your feet, experience the Divine golden essence of your feet.

Consciously connecting with this golden essence, frees you from the attachment to a world of great energetic illusionary experience.

YOU are able to move as you seek to move.

YOU are able to walk as you seek to walk.

YOU are able to call forward great vitality!

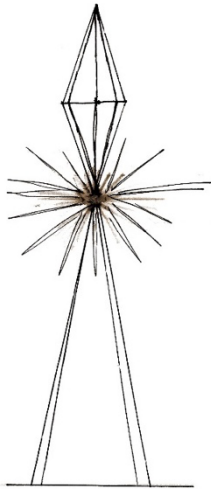
Great vitality is the stability factor of the base of Tri-A-Saa.

Tri-A-Saa Ignition

Tri-A-Saa! IT begins with your first pyramid that activates at your feet. The base of the pyramid is the feet, as the energy is drawn up to your heart center; feet to heart center. This Divine pyramid of great energy supports and sustains ALL of the vital systems of the physical body into a great energetic state of wholeness. As YOU pay attention to the way this pyramid is formed, *feet to heart*, you become Consciously Aware of the stability energy.

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When you step into Tri-A-Saa, inviting this energy to float and lift with YOU..., you begin to open the second pyramid. The inverted pyramid that begins at the heart and goes up to the temples of your head where the base is formed.

From the temples of the head arises an upward pointing pyramid, above what you call crown, into the center of the Exploded Crown.

When these two pyramids spin together as a unified field, they ignite a stabilized energy that releases ALL attachment.

Releasing Attachment: Discovering Ascension

We share about the release of attachment because many seek Ascension. They seek the keys of Ascension and the energy of reconnecting with the ability to fly, *which you have all-ways had*. In the energy of Tri-A-Saa, your ability to fly is most magnificent, most literal, and most abundant¹.

When walking this planet without EsSeeNah shoes, it is the walk that seeks attachment to life experience, to an outcome, to one way or another way, to a point of view that is so important, you are unable to move forward. And! This is okay.

*What is it YOU are attached to? What is it YOU are truly part of?
What could there possibly be that would need to be called to
you that is not already you?*

*Listen to your own heart!
In your own heart and soul, and in your energy field is
every-thing YOU need. Every-thing YOU need. Every-thing YOU need.*

¹ This is a direct reference to Lost Book Number 10.



When the EsSeeNah walked your planet with frequency and regularity, many were afraid of EsSeeNah. Many projected energies toward EsSeeNah from the fear and misunderstanding of what EsSeeNah... IS.

As YOU walk in Divine wholeness without needing to attach or call forth attraction, IT IS...then...that as YOU walk...ALL is offered, ALL is given.

ALL doors and windows open.

ALL the abundance that you could attempt to call forward is available. Oftentimes birthing with such great waves of energy that many, indeed, are afraid of IT. Great waves of energy ... great waves of energy ... great waves of energy.

How much energy is spent reading and learning how to attract? Out focusing on how to attract. Paying attention to how you *should* attract? Writing little sentences about how you should attract? Talking to others about attracting and repeating your sentences?

When that energy is freed from your energy field, ALL there is... is the Divine Mastery Presence of the perfected abundant BEing that YOU...ARE! This is the heart of EsSeeNah we share with you today, the heart of EsSeeNah.

The Heart of EsSeeNah

The heart of EsSeeNah is without attachment. The heart of EsSeeNah has no need for attraction as the heart of EsSeeNah beats in perfect harmony with the Universe.

YOU ARE... that heart, and have chosen to BE, with great love, presence and patience, be in a flesh form... again... *on this planet.*

Each BEing...on this planet... is here for one of only two experiences.



The first experience is as a volunteer to assist others to remember the gift of who they are. Those who truly do not need to BE...HERE...NOW.

The other experience is the Divine Mastery Presence of completion.

Active completion energy creates from attachment to the energy.

When you seek, you are attached. We say that again.

When you seek, you are attached.

Seekers fear that something is missing. If you are seeking, we invite you to remember that whatever you wish to find is all-ways available for YOU. How do YOU wish to embrace it? IT IS... all-ways in front of you and has never left you.

We have offered the power-full practice of the 17². We invite YOU...NOW... to offer your-self the re-cognition that with just 17 Avesa breaths, 17 seconds where the focus of your conscious attention is experiencing every word from you and toward you...every action of your beauty-full mind is basking in the harmony of the love of your Divine Mastery Presence.

Simply imagine that for 17 breaths. Hold that expression for 17 seconds. Create a strand of 17 beads. With each bead you hold, breathe, feel and KNOW.

Understanding Attraction Energy

BE-Loved ONEs, we share this as **this world is attraction obsessed**. This is most fascinating for both the volunteers and for the completion experience to BE in force-full attraction energy.

BE-Loved ONEs, attraction energy is birthed from fear and lack.

² This is a direct reference to Lost Book Number Seven, the Practice of the 17.



I seek to attract because I am afraid. I seek to attract because I feel I do not have enough.

If you wish to embrace a secret, IT IS... to embrace... again... the heart of your Divine Mastery Presence wholeness without doubt.

The doubt that is carried within the genetic code of a body that is seeking.... is an expression of attraction that creates and sustains attachment.

Igniting Tri-A-Saa activates your Loving Presence. When you move forward from the strength of ONE, having released the dogmatic fear that ALL is not okay; then YOU...ARE... truly impenetrable.

Your energy field IS your attractor field.

What is in your energy field?

Doubt or trust; wholeness or lack-ness?

To believe that ONE can master the mind is a concept of those seeking an energetic attachment with the planet, usually through illness. When you feel ill or less than vital, the mind enters and creates a stronger presence; does it not?

When the mind enters and attempts to maintain a stronger presence than the vitality of the soul, *which is all-ways able to release any imbalance of energy*, once IT IS recognized, loved, and acknowledged for the gift IT presents; then the heart of EsSeeNah expands and creates ever more.

The golden essence of your feet lifts YOU as your Divine Mastery Presence ignites others. Your energy field transforms into a robe of Divine love. As a robe of divine love, your energy field IS all-ways abundantly supported and will, in all-ways, have every-thing it needs.

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BE-Loved ONES, IT IS... important to re-cognize that your choice of this planet... now, this expansion... now... your choice of this moment in the circular essence of all time³... now... is based upon the amount of love that you choose to bring forward.

How you call this love forward is the unique gift of each BEing in Form... in this world... NOW.

The Time of the Heart has returned

The heart of EsSeeNah has been buried for a long time on your planet. For close to what you would refer to as 2000 calendar years there has been a great, we choose the word, "upswell," of the energy that seeks to keep YOU... HERE. Attached, over and over, to *this planet*.

There are many cosmological reasons for this. Today we share the heart of EsSeeNah and choose not to go into the cosmological experience. Because within your genetics or DNA, YOU all-ready understand this. Let us offer this:

**Have YOU had more than one lifetime here? YES!
Each lifetime calls you back because you are attached.
You return because you are attached.**

Even a master who arrives as a volunteer, is working through the energy of attachment. This is why YOU selected here⁴.

**Releasing that attachment is not an easy task.
And! IT IS... a simple one.**

³ This is a stunning insertion as the full conscious awareness of spiral time only began in late 2020. A "hidden" message of the unlocking sequence of this insoulment in this moment of potentiality.

⁴ This is a reference to the Sacred Sequence of Incarnation as explained through Mastery Soul Charting as the Science of Ascended Numerology.



The simplicity is a commitment to your heart energy. To releasing ALL illusion to BE a pillar of Divine wholeness, light, and presence for ALL, as YOU ARE for your-self.

To think your way through this is to be attached. The mind is most attached. The mind wishes to think through every-thing. This is the gift of the mind. IT IS... also the gift of a soul that is free of attachment. To BE free of a need to have attraction.

In a world that is attraction obsessed, the law of attraction is a law of manipulation. We invite for you to simply hear this and your heart will feel as it wishes. To control is based on lack regardless of the rationalization of the mind.

This world offers wonderful experiences and many ways to experience lack. It offers many ways to experience fear. And...it offers YOU great and many ways to also experience wholeness.

The Well of Divine Abundance: The Miracle Healer

When you jump into your wholeness as the well of Divine Abundance, YOU KNOW you never lacked any-thing. Your EsSeeNah heart spreads its wings and ignites your hands. YOU become the embodiment of the Miracle Healer.

What is a Miracle Healer?

IT IS...ONE carrying so much energy and light...that only light and heart can be ignited. There is not ANY illness or perception of illness in your world that cannot be healed in the presence of true, pure heart light. Not one.

And there is the sedentary experience of the mind of this planet that says, *Why do I have this illness? I am angry. It should not and could not have been me. How could this possibly be true?*

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And EsSeeNah arises and takes a deep Avesa breath while igniting the heart as it releases the attachment and need to call for attraction and simply IS.

When ONE simply IS... Every ONE IS.

To ignite the heart of EsSeeNah and step into the great power of Tri-A-Saa, is to allow yourself to jump into the pool of awakened Divine Mastery Presence energy without doubt! Knowing YOU know how to swim and have all-ways known.

The Active Energy of EsSeeNah

The incarnate expression of EsSeeNah is most active. Understand it does not mean you sit at home on a couch and say, Okay. I am here. I have jumped. If so, you will be greatly supported in your couch experience.



IT IS... important to remember EsSeeNah is an ACTIVE energy. To give, is indeed Divine. As ONE receives equally...in the balance of the two is great action. Within your stillness is great action.

Inhale a deep Avesa breath. Feel your-self as whole. Feel your-self as whole. Feel your-self as whole. As you feel your-self as whole, and experience your-self as whole, YOU ignite Tri-A-Saa energy. And this ignites your Divine galactic blueprint.

The Tri-A-Saa center is like the heart center of a physical body.

The geometry of Tri-A-Saa is unique for each BEing. There are different heights, weights, shapes, forms, facial structures. Your personal geometry is sacred and meaning-full for YOU.



You sacred geometry is why your physical form reflects a very specific physical shape: your head shape, arm length, shoulders, torso and legs.

YOU...ARE... the sacred geometry! YOU... chose this body intentionally so YOU would all-ways, and in ALL-ways, have your sacred geometry before you.

To ignite your-self, to ignite this energy, is at the heart center where the base pyramid of Tri-A-Saa rests oh so gingerly, with the first pyramid of the lifting energy. At this heart center, is where, indeed, the discus of Vishnu emanates.

A golden discus of Vishnu emanates from the heart center and spins this energy. Thereby, as the center of the ascended heart and part of the energy that lifts through the divine galactic blueprint into the exploded crown, it creates the divine lift into self-ascended presence.

In-Joy a full Avesa breath. Yes!

We offer YOU great energy, and invite YOU to offer your-self great energy. As this great energy moves, IT IS... valuable to re-member there are many on the planet... now... giving great rise and claim to dates, times, places, people, things, and energies.

Each has its unique representation as a moment of co-creative power. AND! To be attached is a sideward step rather than a lifting step.

YOU...ARE... at a time where there are many, many, many, many, many, many⁵ volunteers on your planet. So many volunteers that are so help-full.

We offer this reminder; the heart of EsSeeNah is an open heart that is not trampled. IT IS... empowered and whole. IT IS... a heart that does not need to seek because IT HAS found.

⁵ The word many is repeated six times. This is important as this insoulment was unlocked in the energy of the New Year of 2022, which is the Six plus the infinite expression. Thereby offering us a key that is specific to the coming linear year of 2022.



A heart that expresses through Divine Mastery Presence. A heart that is felt tangibly by ALL... beginning with the Self... and in all-ways with the Self.

In-joy another deep Avesa breath, BE-Loved ONES. We offer the 17 again as it is important to feel and simply connect: *Imagine now a world where your love and every word said from you and to you, every interaction is only of the highest service of love. Hold that gift as we offer you 17.*

*1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17.
In-Joy another Avesa breath.*

We pray in the 17 there is no need to seek attachment, attraction or anything. Relax and experience how full YOU...ARE.

Inhale another Avesa breath Beloved Ones. Feel the golden essence of your feet. Feel your heart and above your head. Feet, heart, above your head. Feet, heart, above your head. Lift UP into that energy and walk with it in all-ways, carrying the lotus gift of Divine Mastery Presence. You are all-ready, indeed.

IT IS... important not to engage the mind. Your mind is seeking if it has a question at this moment. Perhaps that is the answer to the question you were ready to ask. IN-Joy another AVESA breath. EsSeeNah. Tri-A-Saa.

Beloved Ones, attachment or not, attraction or not, the EsSeeNah heart births within YOU. How YOU choose to birth the heart is, and will all-ways be, your BE-loved choice.

*We love YOU! WE ARE... great-full for this time together.
Yes! Indeed! Essenah!*