



**The Lost Books of the Essene  
Message Six**

**Activating Remembrance through TRI-A-SAA**

*Originally Delivered March 29, 2009,*

*The Blue Tiger Temple, Santa Cruz, Lake Atitlan, Guatemala*

*Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa*

*...unlocked at TOSA Blue Mountain, Ecuador, November 21, 2021*

**The Essene Brethren share through Master Lady Kira Raa:**

**YES! Hello! IT IS, indeed, with great and reverent joy we say hello to YOU!**

**Honoring the Journey**

BE-loved ONES. As YOU ARE... welcoming of your-self and each other, and as YOU ARE... welcoming of your Divine heart, Divine Mastery Presence exists within you.

*IT IS...a wellspring of opportunity, joyous harmony, love, and service.*

*IT IS...the wellspring of the joyous re-unification of THE ONE energy with ALL as ONE... again.*

As we offer this energy, this moment, IT IS... great joyous Presence that celebrates your feet. YES! The two feet at the bottom of your legs. We celebrate your feet as they offer YOU many things.

*To honor the feet and their journey...is to discover the journey of the heart! Where the feet go, the heart IS.  
As the feet are tended to, the heart opens.*

Invite your feet to discover new ways of walking, running, sitting,

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sleeping. Movement and non-movement. Your heart discovers the connection to the Divine Mastery Presence experience of the journey.

*What is it to journey?*

*How does this become a book of the Essene-ah?*

*We offer YOU this, as YOU discover and continue a journey, and as your feet walk, your heart expands, as YOU re-discover the stability of your Divine Mastery Presence expression in this form.*

### Learning to Stabilize

*Stabilizing Divine Mastery Presence in form is to discover the peace-full center of ALL existence.*

Until this center is stabilized, there is great disruptive energy. This energy is a profound gift as IT offers YOU... stabilization.

When your feet hurt, they call your attention. When you stub a toe, you stop and pay attention. And if, indeed, you step on a nail, you offer even greater attention.

We offer this so that YOU may first understand that as YOU wash your feet, YOU cleanse your soul as the activation of your Divine Mastery Presence.

*Wash the feet and cleanse your soul AS  
the Activating presence YOU ARE.*

The Essene-ah master who walked upon this world, is showering Resurrection energy upon your world... now. You know this energy



as Yeshua or Jesus. You know this word and the energy of this Essenah BEing of Light.

This ONE, as an act of divine stabilization for ascension, came forward...upon this world... and had their feet anointed. This was an act of stabilization. A demonstration of the understanding that cleansing of the feet calls forward the stabilization of Divine Mastery Presence.

### Ascension, Density and your Feet

*If your feet are stuck in mud, YOU are unable to ascend from this dimensional experience. If you walk with the beat of density, then your heart will not find clarity. To walk with the beat of density is to feel heavy in your shoes Similar as Divine Mastery Presence can initially feel heavy in a body.*

To carry what you believe is grief... is to carry density in a body. To carry any judgment of your-self is to carry density in a body. How does it feel when another shares:

*"I love you. Let me wash your feet. Sit and I will anoint you. BE in water and invite the Loving Presence to wash over thee. Allow ALL the accumulation, tiredness, density energy and the heaviness to simply release."*

How does your heart feel when this experience is offered?

Within your feet is the great road map of the physical body. This map is profoundly illuminated within the feet of a form. It offers YOU



transportation without the need of any beast of burden, or car of gasoline.

*As your feet are attended to,  
YOU ARE... attending to Divine Mastery Presence*

We offer YOU a gift.

### The Loving Reverence Activation

Turn and hold the feet of the one next to you. *(Or hold your own.)*  
Hold each other's feet and notice your emotions as you do this.

*Do you feel comfortable or uncomfortable holding the feet of another as  
your feet are held?*

As you hold each other's feet, feel the center of the foot first... as if it was the heart.

BE-Loved ONE. When the Essene-ah were here as great healers, ALL treatment began *at the feet*. ONE is unable to receive energy unless their feet are tended first. ONE is unable to open a heart, or free their pain, unless their feet are held with loving reverence. Loving reverence.

As your feet are held or as you hold your own feet, how do you wish to show the ONE, YOU ARE touching love? Whether holding your own feet or another is holding yours now, *can you receive the love BEing offered to YOU?*



As you are with another right now, *and we will switch in a moment*, ONE of YOU hold your hands on your heart while the other holds the feet of the one with the hands on their heart.

For the ONE whose hands are on the heart, close your eyes and feel the hands of THE ONE holding your feet as the hands of God touching you with love. Feel the energy of Resurrection pulsing from their heart through your heart up into your Divine center.

Feel the healing light of Resurrection and gently say, "*Essene-ah. Essene-ah. Essene-ah.*" The energy of divine cleansing and healing restoration.

In just a moment, holding the feet with loving presence, while breathing energy of Essene-ah, ignites Divine Mastery Presence connection that declares,

*"I AM... free. I remember. I AM. I AM... ready to fly."*

As your feet are held, feel yourself flying. There is nothing your feet need 'to do' because YOU ARE... flying.

As YOU ARE... holding feet, feel the pure love of your Divine Essene-ah connection. If you are holding feet now, feel your-self in a robe of white by a beautiful sea where the water flows. The gentle breeze flows through YOU. YOU ARE ONE with ALL as ALL IS ONE with YOU.

This energy enters your Divine heart and flows through your heart, your hands and into the feet. It flows up to the heart of the ONE that



is receiving as a continuous circle of divine light, unification, wholeness, ONeness, harmony, healing, restoration, and YES... BE-Loved ONES... Self-Ascension.

Breathe. As you breathe now, ALL hands return to the heart as YOU gaze into the eyes of the Essene-ah brethren before you. (*If you are without a partner, gaze into a mirror*). Connect with and feel the energy stream now emanating from your heart.

IT IS... a golden stream of energy. It emanates from each heart and meets each other in the center. This is where the stream bursts forth. It goes straight up and around the body, forming what you call an "infinity expression."

Each BEing is sitting in one of the eyes of the Infinite. As this first infinite cocoon is established from the central point of your two hearts, infinite numbers of infinite energies begin spinning from this center: every color, light, symbol, song, tone, lifetime and experience. Breathe again.

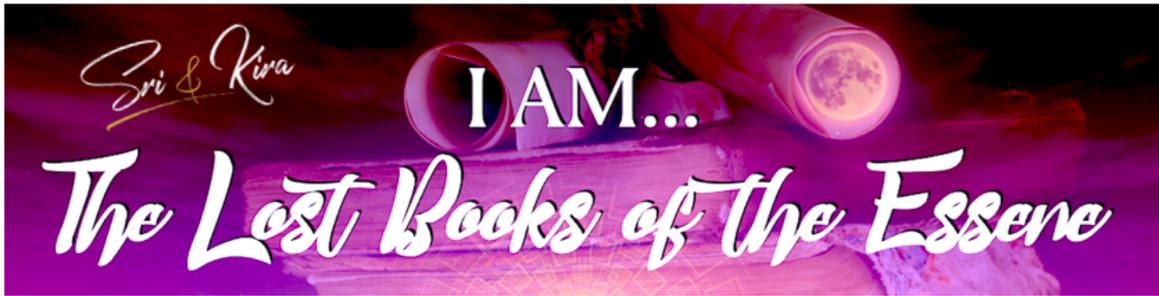
*In this space, YOU...ARE...ALL-ways healed.*

*In this space, YOU ARE... whole.*

*In this space, ALL IS... all-ways well.*

Taking in a deep breath, YOU see one of these infinities reaching to meet your breath. Relax, receive and breathe in infinite energy! Breathe in infinite light! Breathe in infinite expansion and understanding.

Receive this gift.



Reach out and hold the face on the side of the cheeks of the ONE across from YOU. With fingers touching temple area of the head, ignite the area of the Star Consciousness. If you do this yourself, hold the temples of your head as you ignite the area of Star Consciousness.

Hear the tone of the universe ignite through YOU. Hear the infinite Essene-ah energy cradle you. Relax a mind that seeks to control an experience of life. Release into the Divine Mastery Self-Ascended Presence that YOU...ARE.

Simply relax as YOU...ARE. Simply expand, and breathe loudly.

Release the tummy and let it be loose...Very loose. As you allow the tummy to be loose, invite the temple area of the head to show you the heartbeat of your Divine Mastery Presence and connect with this. Experience Divine relaxation, Divine Mastery Presence and harmony.

Melt into your-self as YOU melt into the Universe. Melt into the Infinity. Melt into Self-Ascension and feel your-self lifting off the floor into your Divine Self-Ascended Energy.

**And as you lift and float, and as YOU fly, ALL IS well.**

Take in a deep AVESA breath and bring your hands back to your heart.



## The Heartbeat of Tri-A-Saa: Creating your Ascended Light Body

YOU have just completed the second initiation of the Essene-ah. ALL healing, all true healing, begins here. To begin here is to float into the heavens. To float into the heavens is to restore Divine Mastery Presence. To honor the feet that trod the earth, is to stabilize that which flies with the Universe.

BE-loved ones, rest. Lay or sit down. To lie down will offer greater stabilization energy to BE.

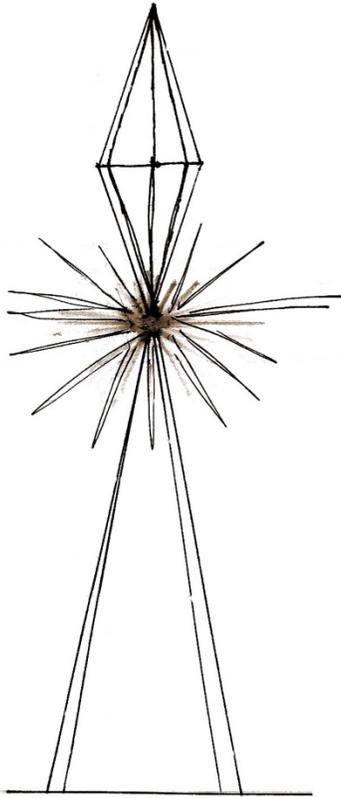
And as you lay or sit, bring your hands to your heart, and experience your feet pulsing. Call your attention to the centers of your feet. Experience your heartbeat pulsing through the centers of your feet. As your heartbeat pulses, pull up this stabilized energy to the heart where your hands are... now.

Pulling the heartbeat to your hands at the heart, YOU feel the ONE energy. Now pull that energy up to the temples and create a pyramid. From the temples go up to the center of the exploded crown to create another pyramid. From the center of the feet to the heart of the body, to the temples of the head, to the center of the exploded crown.

*This **Tri-A-Saa** energy is the cocoon of the Essenah reignited. A sacred geometric form created through the Breath of Light, the Essence of Love, the Stabilization of Divine Mastery presence and the Intent of the Heart. To carry this energy is to walk as the Essene-ah in body... now.*



*This sacred and ancient practice is referred to as "initiation" only to reinitiate your energy field into the remembrance of this sacred geometric cocoon of Tri-A-Saa.*



May YOU fully arise into your Divine Chamber of Light.

May YOU lift effort-lessly through ALL energy.

MAY YOU remember the truth of who YOU ARE... as an expression of form...now.

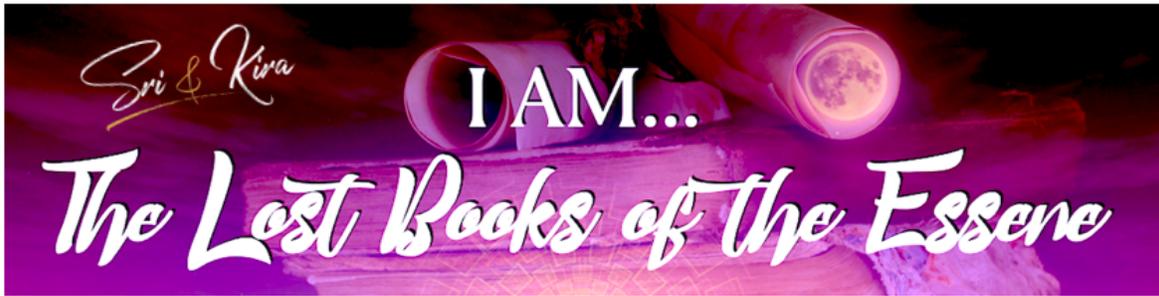
This great gift, stabilized by allowing yourself rest, rest, rest, rest, rest, rest, rest, rest, illuminates YOU with Divine manifestative recreation and co-creation.

A word we create, **servation!** To serve without the need to know why...To simply BE.

YOU ARE... at a great moment of resurrected energy. IT IS... not bound by the day on a calendar that exists in linear time.

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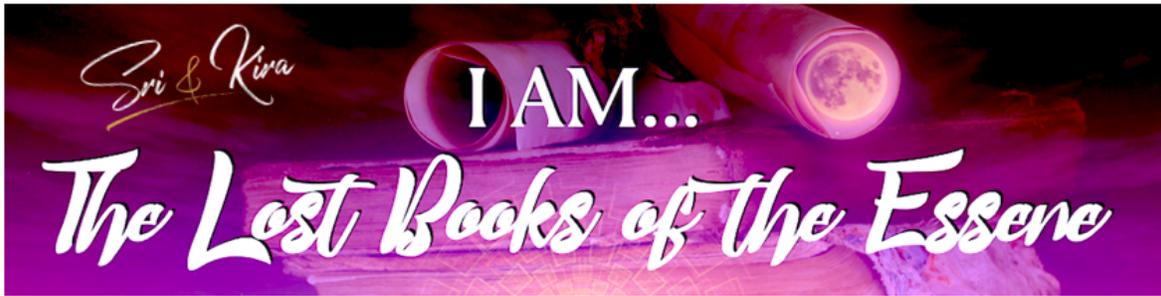
IT IS... the gift of your-self, of your life.  
Feel the energy that many call Yeshua or Jesus, enter your  
heart and fill YOU with love. Remind YOU of your truth as a  
Divine BEING of Love, Presence and Understanding.  
Feel your body lift and your heart fly.  
YOU ARE... the Presence.  
YOU ARE... Essene-ah.  
YOU ARE... ready to walk with the divine gift of love.  
We leave you to BE with YOU.

***Additional message delivered through Master Lady Kira Raa  
while returning from the Archangelic In-soulment process:***

Archangel Zadkiel is saying:

*“For those of you that can hear me in this moment, bring your  
hands together and pray for your planet.  
There is no petition other than to pray for this planet.  
If you are seeking direction, then may your prayer be to send love  
to this planet.  
To let her know that she has not been abandoned.  
That she is heard, respected, loved, and supported.  
And as you offer this prayer, YOU will receive it.”*

Zadkiel is also saying that as YOU offer this prayer, what we  
know as your "portal of wings" is opening and expanding your



multi-dimensional existence. Each time YOU offer this gift, YOU receive it.

Remember to breathe and celebrate that YOU ARE...  
a-live...NOW... with a newfound heart, newfound love,  
and the recognition of a divine purpose that is collectively  
supportive for ALL.

As you exhale, release all attachment, trusting your intention  
has been sent and your blessing received. And then, let it go.  
And so, IT IS.



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