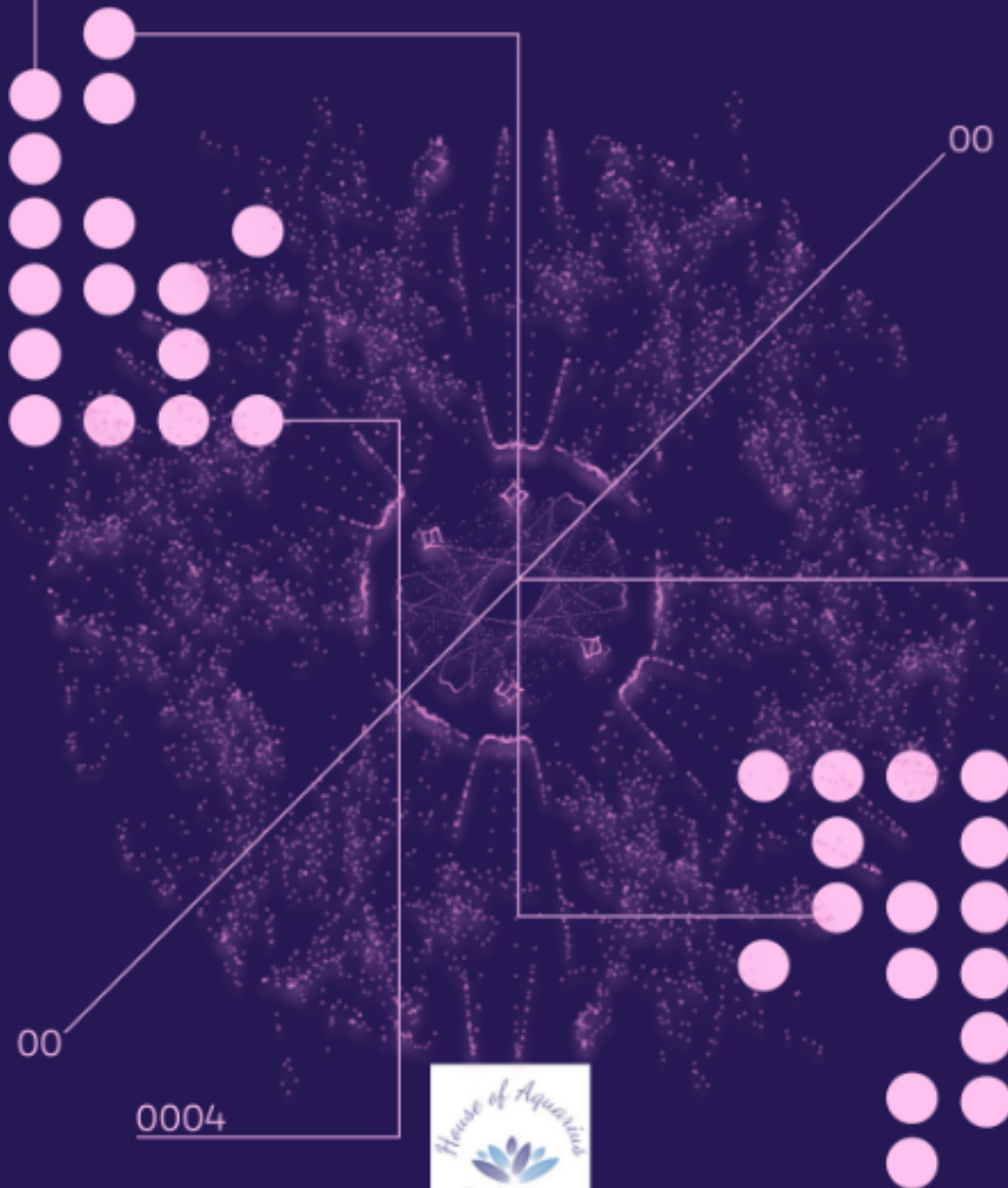


Meline Portia Lafont

# Steps of Transformation Masters of the Far East



HOUSE OF AQUARIUS EDITORIAL

### **Foreword from Méline**

*These are channeled tools that are actually a personal message to me. These Masters are known by the book of "Life and Teachings of The Masters of the Far East" by Baird T. Spalding, a wonderful book I was told that, unfortunately, I have not read yet. They came in early November 2012 to give me guidance in my Transformation and Transmutation process that is still running. Since this guidance includes important tools in it, I decided to share my message with you all as these can contribute on your path as well, just like they did for me. Keep in mind that this is a personal message to me, and channeled by me, so this can vary from person and therefore there is a chance that this does not resonate with your person and heart. The entire channel consists of 10 written pages and is composed of parts from the entire channeling and includes steps. All these 3 parts are channeled tools personally from me and through me, as received from these Masters. Therefore these are my personal tools and are protected by Copyright. You may freely use and share these messages and tools if they include the copyright links at the bottom of these messages. I hope this small E-Book shall help you and serve your Highest Good at this Now time in your journey . Enjoy and keep the heart open.*

*Much love, Meline ♥*

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~ Step 1 of self-knowledge in the Transformation ~



Video: [https://www.youtube.com/watch?v=W4\\_Hc74HxiQ](https://www.youtube.com/watch?v=W4_Hc74HxiQ)

We all greet you as a collective consciousness of the Ascended Masters of the Far East. We have reached a collective consciousness in our enlightenment which we gladly share with all of you.

Our energy consists of Ascended Masters based in Buddhism, in Hinduism, in Islam, in Western communities and in various emissaries of the Light. We do not put an emphasis on the differences of origins as we are and form 1 unit and 1 compact energy of Ascended energy. We address all of you on a collective level in order to clarify some issues for you which might have left the wrong impression on your consciousness and on your beloved Self.

Allow us to accompany you in your current living environment to grant you more enlightenment on a few difficult and unclear issues on a personal level. What's in store for you and what you already have accomplished in your incarnation is of the utmost importance and value for us as well as for yourself and for the Earth. Much has been said, you have learned a great deal and up until now you were able to integrate and accept it in your being, something that in itself is a most fantastic experience and fact! To be able to behold this marvel is a true blessing and we so give you our highest appreciation for this, for we are so grateful for your enormous evolution in releasing and in saying goodbye to this world of duality in which you dwell.

You have already taken many steps but releasing everything surrounding you is a rather difficult step, which we once had to take. Our input in this for you is to share what we have learned in this regards and to guide you in this last but most difficult part of the step of releasing and rescinding.

The next state and step which you have reached now is the one of the total rescinding of your physical form into your true appearance and being. Do you really understand this concept fully?

If not, we are most eager to help you get full insights into this matter.

The state of rescinding and of releasing of your self-image and your physical appearance as it is familiar to you is a process which you are now manifesting. **It is a matter of releasing your full Self in such a way that the rescinding of the material side can settle into a lighter form, which is a more flexible and pliant form, consisting of Light. You are required to perform your own bodily Transformation and that's the reason why it is all up to you.** When one reaches a state of splendor there is a certain substance produced in the brain, which is directed from the heart center of the physical body and from your true Being and your true Self. That's why your own heart is the portal to Ascension and to Transformation. The dispersion and the formation of that substance is the so-called Kundalini, which sustains and disperses it all in the physical body.

When the dispersion has been fully accomplished and the most important cell-groups and organs have duly been reached, a Transformation will burst forth which will lead the whole physical body to the complete Transformation of yourself into a source of energy and of Light. A

Light body is in a way a source of Light and of energy and is, in itself, an intermediate step for humanity evolving towards their real Self at a later space-time. We, the Ascended Masters of the Far East, have already gone through this whole process a long time ago and we possess the necessary control, composure and self-love; that we have consciously started and directed this process, which you are now undergoing. It is a most beautiful and exceptional experience which we, as Masters, love to share with you on your world, which in itself is on the brink of a great shift. Release the control that the illusion holds on you, thank it for services rendered and take firm control over your true Self.

Direct yourself out of this illusory world and build your true Self, being Light and energy. You have almost gone through this process; you only have to remove a few obstacles in this regards which in themselves hinder the complete releasing of yourself. See to it that your heart is again completely balanced. We know what sorrow can be and what it can lead to, it is a powerful venom for the heart and for your being.

**When your heart, your Ascension portal, is out of balance, it can lead to the fact that there can be no transmutations into a state and being Love. The more lighter form of a body cannot express itself fully when balance is lacking.** Balance : keeping a tight control over really everything. What

has once sparkled ever so brightly can diminish in radiance, just like your heart feelings.....

..... It exists for the most part of this Harmonious Love between the two of you (me and my Twin Flame), but there are also periods of feeling down resulting from the emotions of disappointment, of missing the loved one .... Return your heart back to that harmony with yourself and release all your expectations and visions in relation to that.

Your reunion with your beloved Self will come to pass on a spontaneous and forthcoming way. We have been called to assist you in this. We are most pleased to share our enlightenment in the matter. We tell you that we will share now our techniques with you, which you are free to share with others and for you to use as you see fit. These are not secrets per se but rather abilities and teachings from us to you.

**1st. –Live from day to day and from time frame to time frame. Do not let any planning determine your future life as this will only hold you back in releasing and detaching from....** All the more reason why we, the Masters, have withdrawn ourselves in solitude in former times to be fully liberated of the daily routines and limitations. Allow yourself the opportunity to free yourself from certain issues and certain daily tasks. Disengage from them, there are no expectations placed upon you ; it is you that places expectations on yourself. This advice brings us to the next point which deals with ....

**2nd – putting expectations on ....Let go of everything that you want to do today or that someone else expects you to do today.** Even this belongs to holding yourself in a specific thoughtform of expectation and of illusion.

**3rd –Really release everything in a way that not a single thought appears in your mind so that you can end up in your state of true Being. From an empty mind one can create and shift enormously.** One is detached from all control and from all thoughtforms. It leads you to a state of Being, which is a creation in itself .

**4th –Take everything as it comes up and trust that whatever shows up will be just what you need on your path on the exact and perfect Divine Time.** Start off from this opportunity and build from there on, all the while simultaneously truly releasing everything and holding no expectations any longer.

**5th –Put yourself regularly in a golden dome of Light, filled with the Divine white-blue radiation.** To achieve enlightenment does not solely imply that you create this state of transformation but also that you place yourself effectively in the Light and that you surround yourself with the Light.

Your heart is light and is a Divine Self.

6th –**Be open for the opinions of others. Do not enforce your opinion for your opinion is YOUR truth and only yours. Each one of you has his/her own truth which corresponds with their own BEING. Respect each other in these matters, that's important.**

7th –**Let go of the past. There's no such thing as time-based facets.** The past makes a distinction in energy just like the present and the future do. It all boils down to developing and expanding your I AM as your true Self.

8th **Release everything that has to do with yourself.** Your self-image, your thoughts about yourself, your physical self, your non-physical self, just let it all go and place no thoughts on or about yourself. We have to stress that fact : release everything about yourself!

9th –**The knowing. This is very important. You have to know who you are, not thinking, not positioning yourself but feeling and knowing. You require no energy from outside sources to obtain this knowing and this awareness of who you are, what kind of energy you are, your true Being.** Always remain in a state of KNOWING. You are that state of being. Just BE, not from an ego standpoint but from the heart.

10th –**Being balanced.** Just like we have mentioned before, this should pose no problem for your being. You cannot move forward when the factor of balance is lacking. Balance itself plays an important role in the possibility of Ascension and of transposition. Meditation, in a thorough way, on a daily basis will take care of the balance in the Being. The deepening in insights, the inner exploration, the getting to know or better said, the recognition of your being, traveling to the higher dimensions, the discovering of the various worlds .... all contribute to the deepening , to the knowing and to BEING. **The balancing of your chakras should become a daily ritual which is necessary to becoming One with your Higher and true Self. Blockages need to be transmuted into Light and Love.** The road is cleared and kept free on the tracks between these sources of Divine Light and Divine Being, reflecting all your Light and your true Self. Chakras are a source of information as well as a source of Light and of your true self. Communication between these chakras must remain pure in order to be able to reach an enlightened state of Being. Blockages are a source of holding onto ...**Release those blockages by means of thorough daily meditations, thorough grounding of yourself and through an input of Light in the light cells of the chakras.** To be balanced also comes down to knowing, to trusting and to Being, the releasing of things which have a grip on you in the material world and in your thinking : the Illusion.

11th – Ultimately all of this finds itself on 1 and the same circle. One influences the other and they are all interconnected.

~ Step 2: knowledge for the Transmutation in the process of transformation ~



Video: <http://www.youtube.com/watch?v=BnBcsQ3vIx4&feature=youtu.be>

The second step in the process of this transformation is the knowledge about the transmutation itself. Transmutation implies that a certain energy is transferred into another energy by means of neutralizing it till it reaches zero point, whereafter it is given a new charge and molding it to conform your desires. Admittedly, this is the most difficult step of the transformation process in which you currently find yourself. Before starting the actual transmutation process it is required that you master the first step with the minor distinctions, that you accept it and make it yours.

We will continue sharing about this whole process of Transmutation :

1. **Allow yourself the time to rest regularly and to spend time on yourself. This is very important to think about yourself in this most special time.**
  
2. **Try to establish a fixed pattern of meditation in your daily life and practice it daily, preferably several times a day.**
  
3. During your meditations it is of paramount importance that you **ground yourself thoroughly and connect with Mother Earth's Being**: more specifically with Her **Heart portal and chakra. This chakra is the most purest form of Being and contains all the information, the Light and Love, the codes and the most precious activations necessary to complete your transmutation.** Take this daily dosis in acceptance into your own portal and heart chakra. Finally, integrate these energies and transfer them in substances which will be activated and spread by means of the Kundalini. It is your body and temple which are executing this transformation; so you are the one who does this and activates it.

4. You must become aware that you carry countless incarnations in your cells and they request a sharing of this information. **Only that which serves you further on belongs here; the rest has to be released and cleansed.**

5. The most efficient way to reach this is to share and to **ask all of your cells in order for them to achieve their own mutation process and to already begin with it.** Again : you are your body in manifestation so you are your cells as well. Those cells of yours will, to the extent possible, enlarge considerably to ease this process of cleansing and of releasing the outdated and useless information. So you are at liberty to again be free and to form more light. Your cells are your existence in this form and embodiment, so communicate with them and take good care of them.

6. **Remain firm in your conviction that everything you do has consequences and yields results. This is the Divine Law and describes perfectly what you are doing now.** In case you go through a Transformation, you are the Transformation also. In case you go through a Transmutation, you will also be this. However, in case you do not go through it, than there will be no results and none to expect. **It all boils down to being confident and to know that you can and do it and just BE!** Promise yourself to never let yourself down and to uplift yourself out of depressing circumstances. You have a personality, you are a BEING and you are connected to God. You are a reflection of God, you are a creation of God.

7. **This is the most important part in the whole process and it deals with your self-image. Becoming aware, knowing and accepting who you are, who you are meant to be and who you always have been.** You are You and nobody else. Nobody is You and nobody will ever become this : know this now and accept it as your true Self and as the truth. Nothing is further from the truth than denying your true Light. For once and for all, become convinced of your true Self and accept it. Know who you are and know yourself like nobody else can. Have faith and release your self-image of who you think you are in your incarnation. **This paradox has been instilled and imposed upon you but it is NOT your true self in expression. Take good care of yourself by Lovingly accepting and recognizing your own true Self.** Your true Self is on the brink of breaking out and expressing itself fully. You are presently going through this process, and duly reaching the end stage of it.

8. **Always follow your heart, your true Self who communicates with you from Love.** In all circumstances continue following your heart in Love and Enlightenment. Working and talking from this language you will not operate from your ego nor will you be misled. Feel your heart that uses a light language and a vibration when communicating with you.



9. The last part involved is one that may not be skipped over as it is inextricably linked. It seems contradictory as seen from all the previous parts. **RELEASE ALL INFORMATION ABOUT YOURSELF AFTER HAVING ACCEPTED IT!** To know is to accept but that does not mean that a kind of charge may be placed upon it. To know is a state of being in which you dwell. It carries no charge neither a denomination nor an ego. That's why it is important to really release without there being any charge involved. Than one stays in a knowing and in a state of being.

In order to achieve a Transmutation, everything has to be brought to zero point. Zero point means no charge. And than we begin the last final step towards Transformation, which implies the knowledge of Transformation.

### ~ Step 3 of the Process of Transformation ~



Beloved, once more we are close to you and we would gladly relay more on the aspect of the transformation, which you are undergoing presently in your current body. Meanwhile we have arrived at the final phase and step in this whole process and we gradually continue with our guidance relevant to this, so that you can eventually execute everything independently in complete trust and heart choice. Pay attention, it is of the utmost importance that this is your heart choice otherwise don't bother even starting up the process at this time. It is a very intensive process at that, so don't underestimate the effects it will have on your physical and mental self.

What we would like to discuss today is the actual transformative step which will gradually bring everything to your original Self, to the state before incarnation. It has to do with a few steps and adjustments of your physical body which in themselves can be very intense and require lots of focus and energy on your part. Our last point that we had reached is the 'zero point' phase and the neutral state of Being, where no charges nor thoughts are present but where everything just is.

One flowing state of Being from which creation is born.

The creation that has emerged from this neutral energy is what shapes life from a Source of

energy that is life and shapes life in itself. Something is done and shaped with this energy, moulded in a very wonderful creation with intention and Love. As always, love is the momentum for everything, Love is where everything arose from, Love is the breeding ground for All That Is.

When an incarnation decides to “die” and to cross over into another way of existing, of exploration and of Being, than the physical vessel is put down and left behind for it to decompose. It is no longer fed and is doomed to decompose into nothingness. It doesn’t exist anymore and is non-existent on whatever level. However, the soul and the state of consciousness are indissoluble, cannot be casted off nor can they die; they are your own immortal Being capable of growing and evolving into all sorts of shapes and degrees of consciousness in order to gain experiences and feelings. We are now going to talk about your immortal Being, which is your natural Self and into which you are returning.

Everything, everyone is immortal on planet Earth, make no mistake about that. It has only been the choice to experience mortality in order to learn specific lessons to know and accept even more how truly wonderful everything is, even the lessons implied and the mortality. In every kind of life all has its charms whatsoever and nothing is too insignificant to gain experiences from, for lessons and experiences are most welcome in the cosmos. We experienced our daily lives on Earth as an intense and hot soup made of various ingredients and every ingredient had its outspoken feature and goal. It is just a matter of tasting it to find out whether it is just the thing you want to experience again. This is the way life is in duality and so it will always remain until choices are made to continue on with the evolution.

Méline, you have arrived at this stage and we are very pleased because that what you can now expect to unfold, will be an enormous release of everything that no longer serves you or that feels uncomfortable to you. We are going to amply, lay claim to your gifts and spiritual insights to enable this unfolding for you, as ultimately you will do it with your own way of being, with your own insights, knowledge and worth. We are with you during all your steps to clarify things for you and to stand by your side during the intense moments inherent in this process, as we are dealing with a process involving steps and stages. Be prepared now for the finalization and be ready at all times for things will unfold quicker than you think. Saint Germain has joined us now in our conversation.

Let’s begin by enumerating the final steps of the transformation process;

1/Know as no other what you want to shape, create or be and be convinced of this 100%. Let

nothing distract you from your goal or mission and create solely from your heart. Intentions coming from the heart really reinforce everything in a positive and enlightening way; stand firmly in your own truth and make clear plans and deals with yourself to where you want to go and what your limit is. Accept everything that comes from your heart completely and unconditionally for it is your true Self that guides you along the way ...

2/ be extremely cautious with your thoughts during the creation from the position of 'zero point' as those thoughts will be taken along in your current creations. Everything that is predominantly present in human thoughts will also take shape and will manifest in your reality. Linger at all times in your heart with loving intentions so that only Love and enlightenment will follow from this. You are a Being of Love and that is what you are longing to grow and evolve into, a state in which Love is the best power source and the basic source.

3/ Reach out to others in need; for someone in distress there is nothing more helpful than a heart filled with love, a lending hand, support and a loving input. This too is important in a transformation process, even if it is personal and not collective, because the heart is supposed to feel true compassion and Love, not ego or separation. When your heart goes out to others and helps wherever possible, there is a harmony within yourself and there's no room left for ego nor judgments. You can only start from this point and not until it is duly reached. Love and balance are a great necessity.

4/ Whenever thoughts or feelings about food arise during this process you will see that there is no longer the question of appetite. The physical body undergoes such strong changes into a more lighter body and energy that food no longer resonates with the Being and the yearning for food will greatly diminish. There are exceptions and moments in which the need for nourishment can happen mostly in moments where the earthly vessel is again more earth bound, and in such cases a very light food substance and tiny portions of it are commended. Food creates heaviness and a low density with which the light cells do not resonate nor do they get nourishment from it. Light, energy and Love are the new substances enabling the maintenance and the feeding of the light body. Intentions, the harmony of the heart, bliss and balance are also the foundations and food sources of the light body. Drink lots of water during your life on Earth but double that amount during your transformation process because water enables a more smooth flowing of energetic pathways, enforcing and smoothening the transformation process.

5/ Once you reach, feel and notice a state of Ascension and a higher consciousness, try to move ever so slowly into this state and feel how far you can go and explore this Dimension. Do not at first try to examine its borders, do not go to extremes, for your body experiences this also, up to a certain degree. Get accustomed, little by little, to this new and high influence of the light and let

your body acclimatize to your renewed state of Being and of creation.

6/ Feel and notice everything from your inner view and not through your physical eyes. What you see is not the reality you still wish to experience, so evolve into your inner world and turn into the opposite direction away from duality and illusion. The fact that you have to, once and for all, distance yourself from the illusion has to happen in such a way that it is your heartfelt desire to do so in full surrender to your Divine Self from the heart, as is mentioned above. That is the reason why the choice must be made from the heart otherwise the distractions of the unrealistic world could be too pronounced.

7/ Have faith when it concerns yourself. You know and feel what and who you are from an energetic point of view and you know and feel how to best proceed, in what manner and at whatever pace. Ultimately you have the power and the capacity to create and Be whoever you so choose and desire, so also in this case have faith in yourself lest you stagnate your creation and your transformation.

8/ No matter what timezone you experience in your current reality, make way for adventurous travels and explorations within your new and personal Self/world. If you are inclined to go jogging in the middle of the night, or to meditate or even to play, write, dance, sing, whatever,.. do so. Do not adhere to the notion that it is for instance nighttime and you are supposed to be in bed, or that it is early in the morning and therefore not the time for you to start singing when everyone else is still asleep, or that your timing is off to meditate because everyone expects you to be present somewhere. No, these are all self imposed structures and rules devised, inculcated and created by humanity. There are no limits nor rules, there is only what is, there is only the NOW. So indulge in everything that comes up and in what you deem important for your being, no matter when and that way you are not bound by those rules and time frames for even time is a rule and an inculcation coming from nothing for it is nothing : it is only a creation of the human mind, nothing more! So withdraw your energy out of this illusion of time, rules, laws, money etc... and in doing so deconstruct the old reality and start anew with all your energy by forming what makes you so beautiful and what you wish to experience and to BE, as the renewed world in itself.

9/ and so we arrive at the final step of this phase of the transformation which you are currently undergoing Méline : Be and see, feel and know what you are, who you are and that what you now shape. What you now remember and what you know you are, are the very first real openings into your expanded state of consciousness. Make use of all opportunities and inspect with your heart feeling who you are and who you are shaping, for this is what you do in a transformation process : the reshaping, the merging with your True Self, the one you have always been and still are and are again becoming. Everything occurs in the NOW moment, so you have never ever been

different than your True Self, you have never been anybody else, you have never been wrong, you just forgot feeling your Being in incarnation and the knowing that everything is interrelated and everything is One.

Now that we were able to share our contribution we wish to congratulate you with your final step in the Transformation. Take in lots of Light these coming days to allow yourself to be fully shaped and to Be, for your reunion with your Twin Flame and your true self is at hand and has already started in a very endearing and deep way. You will be most pleased to hear that we have already been informed of a successful process in relation to the Twin flame reunion of you and your beloved Master, meaning that it will pose no problem whatsoever for your Being and incarnation: this is truly wonderful news! We remain at your disposal at all times and it has been our pleasure to share this message with you. You can safely convey these steps to humanity, those who will gain from this info one way or the other will get this message into their lives. We wish for you to have a wonderful day and much time in the wondrous world of Transformation and Ascension.

Do it right and do it consciously!

Namaste, the Masters of the Far East.

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