

Appendix to Commentaries on Lyricus Discourse 6 Techniques of the Intuitive Intelligence

Outline of Emotional Clearing Exercise And Light Distribution Prepared by Darlene Berges

“Intuitive intelligence is the potency of the quantum heart trickling into the three dimensional world. It is the key to the knowledge that matters. For this knowledge changes everything in the dimensions of the past, present and future.” *Lyricus Discourse 6, Lyricus Teaching Order*

The following is an outline of an exercise given in Lyricus Discourse 6 for clearing emotional “debris” accumulated in the human instrument. This outline is meant to be used in conjunction with Lyricus Discourse 6 and is not a substitute for studying the original.

Invocation Step 1

As the light of my heart brightens, so does my capacity to forgive. As forgiveness flows into my heart it moves upwards, filling my entire head with the most delicate and refined light imaginable, and from this light, a compassion for my past settles in, and all that has occurred is rewritten in this light.

While this invocation is being said, you can listen carefully to the words and allow them to form visual pictures in your heart.

Teacher: Visualization is not confined to a specific position in the body or head. It can be placed anywhere by projection. Simply project the pictures to the area in the center of your chest. The one who views the projections can be outside of your body watching from a distance of a few meters.

Student: Who is watching outside my body?

Teacher: You are.

Imagination Step 2

Teacher: The second step is to allow this light to settle in. It requires that you perceive the light as a very, very refined mist of yellow-gold, suspended yet moving at a level beneath perception. It is important to sense that this movement of the light inside your head possesses intelligence—capable of rewiring, rewriting, adapting your emotional history.

Teacher: ...visualization and imagination are vital elements of this process.

Teacher: Whatever images are projected upon the heart region, they are energized. To the degree that you can visualize the image clearly, project it to your heart area and imbue it with your heart’s core emotions, you will send a more potent signal to your higher brain. It is this potency that the higher

brain responds to.

Release Step 3

Student How is this accomplished?

Teacher: When you fine-tune your imagination and you see the refined light frequency within your head area and you allow this—in a sense—to take up residency, you must adopt the inner attitude of surrender and release.

Student: To what?

Teacher: To the results of the technique. To the fact that the emotional history that you have stored in your neural and quantum network called the human instrument, may undergo change or modification.

Student: **How do I perform this release...**

Teacher: After you have completed the first two steps,

- a. Center your attention on your breathing.
- b. Imagine that your in-breath brings desires of your ego into an interior chamber of your quantum heart.
- c. Then imagine this desire for achievement—in the form of an inbreath—is suspended within this interior chamber by holding your breath. As you do so, your breath is intermixing with the inflow of compassion that arises from your quantum or energetic heart.
- d. Now, expel this newly energized breath back through your heart area.
- e. Each time as you exhale, repeat the phrase: ***“Leave it in the mystery to shine of its own light.”***
- f. Do this six to eight times.

Light Connection Step 4

How to create the Light Connection.

Teacher: Imagine the same function (circulatory system) is occurring in your quantum or energetic heart and that, instead of veins and arteries, there are filaments of light that diverge from your quantum heart and connect you to a broader grid. This grid is the source of your existence as a physical being. Now, you can think of these filaments as both roots and wings. Roots in the sense that they anchor and ground your existence; wings in the sense that they provide uplift and expansion to your life.

Throughout the day, simply feel the energy structure that surrounds you. When you do this, imagine that your heart is “plugging in” or connecting to this structure. Even if you cannot visualize it, feel its presence like a primordial soil of life-giving energy. Feel this connection as a rhythmic pulsing of light, flowing from the grid into your heart system and then flowing out from your heart to the rest of your body.

Teacher: It is not necessary to perform this when you act upon the other three steps. This fourth technique can be performed throughout the day and

only takes a matter of seconds. **It can be performed twenty times each day for the rest of your life.** It is a technique to rebalance and replenish your core heart frequencies and to ensure they are being distributed throughout the human instrument. It activates the inner currents.

NOTE: Steps 1-3 should be done for at least 30 days or more:

“Teacher: ...Again, I want to stress that this is a process that requires a consistent practice for a period of time—typically thirty days or more.”

Steps for Emotional Clearing Exercise And Light Distribution

Its purpose is to help the practitioner to recast his or her emotional history into the compassion frequency, and by so doing, gain a deeper access and more fluent, on-demand expression of their inner voice or intuitive intelligence.

Step 1 Invocation

As the light of my heart brightens, so does my capacity to forgive. As forgiveness flows into my heart it moves upwards, filling my entire head with the most delicate and refined light imaginable, and from this light, a compassion for my past settles in, and all that has occurred is rewritten in this light.

Listen to the words as you say them.

Visualize the light in the area of the heart and see it flow up into your head filling it with light and extending beyond and around your head.

Step 2 Imagination

Allow this light to settle in.

Perceive the light as a very, very **refined mist of yellow-gold**, suspended yet moving at a level beneath perception.

This **light inside your** head possesses intelligence—capable of **rewiring, rewriting, adapting your emotional history.**

When you feel ready, you may want to imagine seeing yourself sitting in meditation with the yellow-gold mist around your head.

Step 3 Release

Teacher: After you have completed the first two steps,

- a. Center your attention on your breathing.
- b. Imagine that your in-breath brings desires of your ego into an interior

- chamber of your quantum heart.
- c. Then imagine this desire for achievement—in the form of an inbreath—is suspended within this interior chamber by holding your breath. As you do so, your breath is intermixing with the inflow of compassion that arises from your quantum or energetic heart.
 - d. Now, expel this newly energized breath back through your heart area.
 - e. Each time as you exhale, repeat the phrase: ***“Leave it in the mystery to shine of its own light.”***
 - f. Repeat this six to eight times.

Intuitive intelligence is the potency of the quantum heart trickling into the three dimensional world. It is the key to the knowledge that matters. For this knowledge changes everything in the dimensions of the past, present and future.

If you can access your intuitive intelligence, in a sense, increase the bandwidth of your connection to the light energy grid that supports you, a single word can catapult you into understanding, when before a hundred books left you in ignorance.

This is a process that requires a consistent practice for a period of time—typically thirty days or more.”

Step 4. Light Distribution.

Step 4 is a technique to rebalance and replenish your core heart frequencies and to ensure they are being distributed throughout the human instrument. It activates the inner currents.

This step in the process is important because it helps the heart to synchronize its energy with the deeper, sub-quantum structures upon which you depend.

Just as your heart is beating in your chest distributing oxygen to your body and brain system, imagine this same function is occurring in your quantum or energetic heart.

Filaments of light diverge from your quantum heart and connect you to a broader grid. This grid is the source of your existence as a physical being. Think of these filaments as both roots and wings. Roots in the sense that they anchor and ground your existence; and wings in the sense that they provide uplift and expansion to your life.

Feel this energy structure that surrounds you. Imagine that your heart is “plugging in” or connecting to this structure.

If you cannot visualize it, then feel its presence like a primordial soil of life-giving energy. Feel this connection as a rhythmic pulsing of light, flowing from the grid into your heart system and then flowing out from your heart to the rest of your body.

This fourth step is also a technique which can be performed throughout the day and only takes a matter of seconds. It can be performed twenty times each day for the rest of your life.