



This morning, Suzy and the Collective she collaborates with, guided the New World Portal group through grounding new “source codes” of consciousness into the body. The energy work took us through visualizing a luminous ring of light codes descending around our bodies, through each chakra...from the Soul Star to the Earth Star...clearing old patterning and aligning every system with love, clarity, and embodied focus. Suzy emphasized that this process serves as a *vibrational reset*, helping participants stabilize their energy by consciously choosing new focus points and anchoring divine light into everyday, physical experience—making “the new world” a lived reality rather than an abstract idea.

Opening & Grounding

- Suzy began by guiding everyone to **breathe into the heart and exhale 360°** ... filling their personal energy field, then syncing with the collective field.
- Emphasis: “Where two or more are gathered, the vibration amplifies.”
- Reminder that this evolutionary leap isn’t happening “out there” in the ethers; it’s **anchoring in the body**...physically, emotionally, multidimensionally.

Focus as the Key to Timeline Stability

- She highlighted how current energetic intensity can make emotions feel chaotic.
- The invitation: use focus as the stabilizing tool.
 - When old patterns surface, acknowledge them and choose again:
“Thank you...that’s the old pattern. What I choose now is...”
- These **micro-choices of focus and feeling** act as steering points for what timeline we inhabit.
- Repetition of this practice forms the new internal “code” of the New Earth.

The Core Practice: The Ring of Light Codes

- Suzy described seeing a **horizontal ring or halo of light codes** above the crown, carrying *new source codes* for this stage of human evolution.
- She guided the group through energy work – taking the ring and having it **descend slowly through each chakra**, interacting with and re-coding that energy center.
- We participants were invited to imagine the ring sliding down from **Soul Star → Crown → Third Eye → Throat → High Heart → Physical Heart → Space Between Heart & Solar Plexus → Solar Plexus → Sacral → Root → Earth Star**.



Highlights from Each Chakra Passage

- **Crown & Third Eye:**
 - Integration of new codes, allowing “*seeing through oneness.*”
 - Release of dualistic perception; clarity beyond patterning.
- **Throat:**
 - Repatterning self-talk and communication.
 - Speaking to oneself from coherence and compassion rather than criticism.
- **High Heart & Physical Heart:**
 - Activation of “Christed Creator Consciousness.”
 - The high heart “charges” the light ring...love as generative force.
- **Solar Plexus:**
 - Clearing ancient distortions around power.
 - Choosing love, beauty, and clarity as true expressions of power.
- **Sacral:**
 - Renewal of creative capacity.
 - Letting go of distortions caused by giving away creative focus.
- **Root & Earth Star:**
 - Deep clearing of lineage patterning held in the *original eight cells*.
 - Anchoring the new codes into Earth connection; feeling safe in embodiment.

Closing Integration

- The ring can rest anywhere between the Soul Star and Earth Star...called upon as needed.
- Suzy invited us to “make it matter”: embody the light, not just visualize it.
- Suzy’s Final guidance:
 - Notice old patterns without judgment.
 - Choose the new focus, again and again.
 - As the inner field stabilizes, the outer landscape dissolves and reorganizes.



RESONANT THEMES?

Reflecting after the energy work session with Suzy's group, I noticed parallels between Suzy's guided energy work and the image that came to me earlier this morning, "Theo and Almonds Tied Together with Sage").

1. Forming a Living Bridge: Light Codes ↔ Theo and Almonds Tied with Sage

Together they seem to describe the same movement—the descent of light into matter, and the rise of matter into consciousness.

Suzy spoke of a *ring of light* descending through the body, re-coding each energy center so light could be grounded in matter. In this morning's visual insight artifact: a small bundle of divine presence (*Theo*) and awakening (*almonds*) bound by *Sage*. I see the same principle in miniature: spirit (*Theo*) and earth (almond seed) joined through wisdom (*sage*). Both images describe **integration of light and body**, heaven and earth, idea and embodiment.

2. As Above so Below ↔ The Act of Binding and the Ring

Suzy's ring moves from the heavens into the body; the bouquet I saw gathers earth's herbs into a vessel of light.

Suzy's ring of light "slides down through the chakras." My visual of the bouquet "tied together with Sage" is that same circular gesture. In both, a **sacred binding** unites previously separate aspects of self. Where she speaks of "codes re-orienting the systems of the body," the binding I saw is an herbal, earth-based form of that same re-orientation.

3. Focus, Choice, and the Alchemical Middle

The ring's descent parallels the act of tying the herbs...attention gathers, holds, and integrates.

Suzy emphasized choosing a *focal point* to stabilize timelines: "What I choose is this feeling state." The process I'm doing of waking, receiving an image, and reflecting until insight blossoms mirrors that micro-choice practice. Each time I honor a morning symbol instead of dismissing it, I'm performing the same stabilizing act she describes...turning awareness into embodiment.

4. Embodiment Heart–Root Integration

Both processes root light codes into the material world through love, trust, and coherence.

The culmination of the session with Suzy...light moving from crown to Earth Star...parallels my own understanding/integration of "divine and awakening bound by wisdom." Both express the theme "*as above, so below*." Maybe the current energy work I'm doing with Suzy is directly harmonizing with my own inner practice of tying a collective "ring of light" around my personal "bouquet of earth."

For anyone drawn to explore further, these notes offer one way of seeing how collective energy work and personal insight artifacts can mirror and strengthen each other.

