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Partaking From the Solar Winds

A Hathor Planetary Message through Tom Kenyon

Note:

This message deals with the *KA* body (a term from ancient Egyptian Alchemy), and discusses how you can utilize this unique energy-body to draw to yourself *ascension-energies* from increased solar activity. For those unfamiliar with the *KA*—your *KA* body is an “invisible” second body that is the same shape and size as your physical body. This energy body both envelops the physical body and interpenetrates it. This body is sometimes referred to as the *etheric double* or *spiritual twin*. The *KA* shares similarities with what is called the *Chi body* in some traditions (Taoism) and with the *pranic body* or *etheric body* in certain yogic traditions. By its nature, the *KA* can draw to itself, and then into the physical body, highly benevolent energies that accelerate one’s spiritual evolution.

The Message

You are now entering a more volatile time in terms of planetary change.

Your Sun, the solar star of your planetary system, is increasing its energetic potential and is entering a period of increased volatility, solar flares and magnetic storms. While these actions will create real problems for you in terms of your telecommunications and weather patterns, there is also an immense evolutionary potential within this solar activity that we wish to discuss.

Like you, your Sun has an *etheric body*, a solar *KA*, if you will. This etheric body of the Sun extends millions of miles beyond the boundaries of the Sun itself. Your Earth is well within this *auric field* of the *etheric sun*, and, as the solar flares and solar winds that drive charged particles through your vicinity affect you physically, they also affect you etherically. Indeed, these very charged particles that pose a challenge to your physical dimension are a type of nourishment for your *KA*, your own etheric body.

Your mental attitude and emotional/vibratory state is what determines whether these solar particles are a source of nourishment and evolution, or rather a source of annoyance and de-evolution.

In this message we do not intend to discuss the many physical challenges that will emerge for you during this period of increased solar activity, rather we will focus on things that will assist you to take the greatest evolutionary advantage of what is occurring with the Sun of your solar system.

Just as there are eruptions of fire and photonic energy from the Sun during solar activity, so too, there are bursts of spiritual or *interdimensional light* from within your *KA* body. Indeed, from one perspective, increased solar activity equates with an increased activation of your own personal *KA*.

There are several things we suggest regarding taking advantage of this evolutionary catalyst. This catalyst of which we speak will extend well beyond 2012 and has to do with the flow of what we call the *solar winds*. These are distinct flows of photonic and magnetic energy that pass through and around your Earth. By opening yourself to these distinct forms of energy, and by incorporating them into your KA body, you strengthen your KA and greatly accelerate the ascension process for yourself.

As these solar energies increase, so will the volatility and uncertainty of your physical world, as well as your mental and emotional worlds. Irrationality and impulsive behavior will be on the rise. Challenges to cognitive functioning and memory will also take place during heightened cycles of solar activity.

The first step in utilizing these solar energies for your ascent in consciousness is to understand their nature and not to resist their effects.

It is important to understand that the causative agent in the increased solar activity at this time is not originating from within the Sun itself, but rather it is originating from the Central Sun of your own galaxy. This flow of highly catalytic energies from the Central Sun to your Sun is the primary reason for the evolutionary potentials of this particular cycle of solar activity. In turn, the Earth herself is also being affected, especially through her KA—her own etheric body.

So the first thing to understand is that there is no escape from this evolutionary catalyst. You are here to ride it out, whether you like it or not. So the first step is not to resist that which is imminent.

The second step is to embrace it and to utilize these energies with mastery—to ride the *tail of the dragon*, so to speak. In this instance, the dragon is referring to the Sun itself and the tail to the solar winds. You can ascend to great heights in this period, if you but find the courage and method to do so.

The third step in this utilization of the solar winds is to allow them to affect your KA directly, through an invitation, and this is done through your heart. Specifically you choose, through an act of personal will, to enter into the vibrational harmonic of appreciation or gratitude.

It is important to understand why we are suggesting this. You are not expressing appreciation or gratitude to the universe for the solar winds, per se.

You are choosing to enter into one of these high emotional states because they will create an *Energy Attractor*. In other words, you are entering into a state of appreciation or gratitude for pragmatic reasons.

These emotional states increase the receptive harmonics of your KA, which transforms your entire KA body into a receptive vortex, drawing to itself the photonic and magnetic energies of the Sun, rapidly accelerating the rate of vibration within your KA, your own etheric body.

And it is through your KA that you enter into the ascension process. There are, needless to say, many paths and ways to enter *the ladder that leads upward* into higher states of consciousness, but regardless of how it is done, or through what spiritual lineage it is accomplished, the KA, your KA, is the foundation.

Creating an Energy Attractor

In this simple but highly effective method, you place your awareness in your *second body*, your KA. This energy body is the same shape and size as your physical body, but it is energetic in nature, rather than made of flesh and blood. It permeates every space of your body, and thus every cell of your body is within the KA. Your KA is also highly receptive to subtle energies especially to all forms of light and to the charged photons and magnetic energies that comprise the solar winds.

As you rest your awareness in your KA, you consciously and intentionally generate the *feeling-state* of appreciation or gratitude through an

act of personal will. This shifts the harmonics of your KA to a higher vibratory rate, which is necessary for it to become an Energy Attractor.

As you continue to hold yourself in the emotional harmonic of appreciation or gratitude, know (realize) that you are immersed in the photonic and subtle energies of the solar winds. You are literally bathing in these energies whether you are consciously aware of them or not. As you hold this awareness, along with the emotional state of appreciation or gratitude, your KA will automatically draw into itself the ascension-enhancing energies of the solar winds.

Spend as long as you can in this state of high receptivity, partaking from the solar winds, and allowing your KA to receive these potent transformational and uplifting energies.

You will benefit greatly from the solar winds if you regularly and often engage this simple method.

The Crystal Palace Within Meditation

We also suggest that you experiment, from time to time, on a regular basis, with the sound meditation we gave previously entitled *The Crystal Palace Within*. (Links to the instructions for the meditation, which include the audio track for this sound meditation appear at the end of this message.)

Summary

As we view your current probable future, you collectively stand before a great storm. The birthing of this tempest is from the very heart of the cosmos and is nothing less than the harbinger of immense change. Do not fear its intensity. Embrace it and ride it to the heights of your own consciousness. By doing so, you will become a light to yourself and to each other.

The Hathors.

January 3, 2011

(Information given January 3, 2011; posted January 27, 2011.)

[Link to the Instructions and audio file for the Crystal Palace Within Sound Meditation](#)

Tom's Thoughts and Observations

The Hathors' method for *Creating An Energy Attractor* is the central crux of this message. Having worked with it many times and in multiple situations, I can honestly say it *delivers the goods*. And it is well worth the attention of those who wish to experiment with *ascension energetics*, especially during such optimal times as these for accelerated evolution (a' la the solar winds).

One of the beauties of this simple, yet elegant method, is that it builds the KA quite rapidly, and it can be done without any hocus pocus, meaning you can get right down to it in a few minutes without any preliminaries. But there are some critical transition phases in the method that I think would prove helpful to elucidate further.

A bit of caution is advised.

Before we continue, I feel it would be good to insert a caution here. This is not a method for idle curiosity seekers. Charging the KA body with extra energy is a potent and profound undertaking, which should not (in my opinion) be entered into lightly.

One reason for this is that as the KA becomes energized there will be a marked increase in the likelihood that you will experience the physical world as illusionary.

For instance, after particularly strong sessions with *the Method* (i.e., Creating an Energy Attractor) I often (though not always) experience my KA as just as vividly real as my physical body. In these instances, I am aware of my physical environment as usual (through my five senses), but it has a surrealistic tonal quality, and I sometimes have the distinct impression that I am in two bodies simultaneously—my physical and my KA.

This is, in point of fact, one of the primary shifts of attention that can take place when working with the KA. And I think one would do well to be aware of this possibility. Thus, when/if it arises, you won't think that you are losing your mental grip on reality—which is why I am belaboring this point.

I think it is fair to say if you practice the Method, you will eventually sense physical reality in new ways—especially when your KA reaches *critical mass*. By critical mass I mean those moments when your KA has been charged to such an extent that it affects your perception of reality.

In these moments, you may continue to, and probably will, experience the world through the five senses, but you might also see through the play of *Maya* (the illusion of the senses and the sensorial world). This can be amusing, exhilarating and blissful, or quite disorienting, quite frankly.

In point of fact, charging the KA can result, as I mentioned earlier, in the very odd perception of having two bodies simultaneously—one physical and the other energetic. While this is actually a sign of progress in terms of the KA's development, it can be mentally challenging if you aren't prepared for it.

Mental disorientation caused by seeing the world as an illusion should not be underestimated, especially if you are not prepared intellectually and philosophically for such a perception.

This, of course, brings us to a philosophical conundrum—is the world real or is it an illusion perpetrated by the dance of subatomic particles driven by the quirks and quarks of the quantum realm? For me, it (the world) is both real and unreal. And what determines our perception of it depends upon what is happening in our brains, and in the case of the KA, our *etheric twin* as well.

The Niyama of ethical constraint

I personally feel that anyone who chooses to charge his or her KA with ascension-energetics needs to have some philosophical underpinning regarding personal ethics—i.e., what you will allow yourself to do, and what you will not allow yourself to do.

The reason for this is that as your KA becomes energized, certain types of mental/spiritual powers will naturally arise. It is also vital to understand (in my opinion) that sometimes life-negative aspects of your consciousness may also arise as well. This inherently uncomfortable situation (i.e., the humble realization that there is something negative within you) is actually an opportunity for greater self-insight (if you choose to embrace self-awareness over unconsciousness).

Very simply put, the *Niyama of Constraint* helps you by placing a boundary on behavior, whether overt (meaning in the outer world) or subtle (meaning in the inner words).

It is up to you to determine what ethical constraint you choose. But for those who have not thought about this much, I offer a simple, highly beneficial niyama:

“I shall strive to remain harmless to myself and others.”

By striving to be harmless to yourself and others, you create a mental ally that will serve you, and others, as you climb *the Ladder* of your own consciousness to higher states of being.

But... if you are unwilling or unable to embrace this simple constraint on behavior, or another of your own choosing, then I strongly suggest you stay away from this way of building your KA.

Practical Suggestions

According to the Hathors, everyone alive is going to be affected by the solar winds, whether they invite the energetics or not. For some of us, these energies are going to be downright maddening and difficult to contend with. Others of us will use these same energies to elevate and move up the tonal scale of ascended awareness.

There are many degrees or gradations of the ascension process, and if you have not previously read the Hathor message entitled *The Art of Jumping Timelines*, I suggest you consider doing so. It explains the basic concept of ascension and how to engage it. You can find it in the Hathor Archives of our website.

If you are prepared for the rapid expansion of awareness and activation of your KA that this method brings, I have a few practical suggestions.

First of all, find your balance point. As you work with the Method you will find your own personal comfort zone, meaning how much increased energy in your KA you can tolerate. As you continue to work with the Method, you will be able to handle more energy. But don't push the river, so to speak. Be gentle with yourself and be moderate.

I also don't suggest doing this just before going to sleep, or you might not sleep! Again, each of us is different, and some of you may find it to be a great sedative. I do not.

Transition Phases of the Method

There are three fundamental phases in this technique.

First Phase

Place your awareness in your KA body, your *spiritual twin* or your *etheric double* as it (the KA) is sometimes referred to. Since the KA is the same size and shape as your physical body, the inner space of your entire physical body is interpenetrated by this energy body.

Second Phase

As you hold your focus of attention on the entire KA body (from your head to your toes) shift your emotions into the harmonic of appreciation or gratitude. You do this by simply remembering the feeling of appreciation or gratitude. This creates the harmonic required for building the Energy Attractor. This emotional tone is absolutely necessary for creating the Energy Attractor as the Hathors describe it in their message.

Third Phase

Continuing to focus your mental awareness in your KA and simultaneously holding the harmonic of appreciation or gratitude, realize (know) that you are in a sea of photonic and magnetic energies. You are immersed in the solar winds without having to do anything. Once you

successfully hold this concept along with attention in your KA and holding the harmonic of appreciation or gratitude, your KA will automatically start to draw in the ascension-enhancing energies of the solar winds.

This may be a tricky phase for beginners since the photonic and magnetic energies of the solar winds do not present themselves through the five senses. These energies are too subtle to be detected via the senses. However, the KA body can and will detect them and will draw them into itself much like (to use a biological metaphor) a plant senses the presence of water and draws the water into itself as needed.

Again, each person is unique in how he or she perceives the physical world and the subtle worlds of consciousness. Part of the discovery process that comes with the creation of an Energy Attractor is to find out how these subtle photonic and magnetic energies present themselves to you. As you continue to work with the Method you will become more familiar and comfortable with how you personally experience these unique subtle energies.

An Experiment in Consciousness and Healing

One of the fascinating things about this method of drawing energy to the KA is that it can be used to send healing and transformative energy to the physical body as well.

Since the KA interpenetrates every space of the physical body, there is no tissue, organ or system that is outside the KA. As a result of this, it is possible to draw ascension-energetics (i.e. via the solar winds) not only into the KA, but also into the physical body. This is, of course, a theoretical statement that will need to be proven as true, or not, by you through direct experience—your experience.

I call this application of the Method (i.e. Creating an Energy Attractor) *An Experiment in Consciousness and Healing* because each of us will find our own way to work with the healing potentials of this that are unique to us.

Perhaps a few things I have noticed when working in this way with myself will prove helpful to others.

My own personal experience is that after I draw the energetics of the solar winds into my KA and let my KA body build itself for a while, I just shift my attention into any area of my body needing “healing,” and since energy follows awareness, the subtle energetics move from my KA into the area where I am focused.

This is not concentration. I repeat, not, concentration. It is as easy as taking a breath or lifting a feather. The subtle energetics in your KA will move effortlessly anywhere in your body you move your attention to—if you allow the movement.

As the flow of subtle energy flows from my KA into an area of my body needing “support” or “healing” I feel the tissues in those areas being energized somewhat like, though considerably less intensely, than when my KA is being energized by the solar winds (i.e. via the Energy Attractor). For me this energizing of my cells shows up as a physical sensation that is either comforting and/or energizing in the area where I am focused. Sometimes there are various presentations of interdimensional perceptions such as light and sometimes even inner (or psychic) sound.

If you choose to explore this realm of possibilities for yourself, you will, no doubt, become familiar with how you experience the subtle energies of healing as they flow into your physical body from your KA.

One thing to take into consideration is that healing and transformative energies from the KA have a faster vibratory rate (in relation to the physical body). Thus, you may find a type of psycho-spiritual detox taking place if there is a lot of *energetic-congestion* in an organ or area of the body where you are focusing.

It is certainly possible to send healing and transformative energy from the KA to an area of your physical body without having any

uncomfortable reactions. However, if you do experience discomfort, especially of the mental/emotional kind, you might consider reading an article I wrote some time ago entitled—[Psycho-spiritual Detoxification: Thoughts and Observations](#)—which you can find in the [Articles](#) section of the website.

My other suggestion is to drink some water if you have experienced a particularly strong response in your physical body after doing *the Experiment* (in *Consciousness and Healing*).

Final Thoughts

I suggest experimenting with the Method (just building the Energy Attractor by itself, as described by the Hathors) in short sessions to begin with. Find a time and space where you won't be interrupted. Five to ten minutes is more than enough time to begin with. After you charge the KA, spend a few minutes sensing your KA, your physical body, and your immediate environment as it presents itself to you through your five senses. This sensing of your KA, your physical body and the environment will help you to integrate the charged energies more effectively. Remember, the reality of the KA does not circumvent the reality of the physical world or your physical body. It is an enhancement to the physical; it is, in fact, another dimension of consciousness.

It is a totally subjective call on your part as to how long and how often you work with the Method. Besides entering this work with curiosity, I think one of the most important things is to be joyful when creating an Energy Attractor. After all, as a creator, wouldn't you want joy to be part of what you create?

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