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The Holon of Ascension

A Hathor Planetary Message through Tom Kenyon

January 28, 2009

You are about to enter into a highly volatile period, full of extraordinary potential, yet fraught with hazards.

In March of last year we indicated that your earth's magnetic field was experiencing perturbations and a *morphing*, or changing of its configuration. Your science has now discovered that this is, in fact, a reality.

In its most simple terms, there is a breach in the magnetosphere, which surrounds earth, protecting it from solar winds. Such a breach is a naturally occurring cycle, but the breadth and magnitude of this opening is quite large. It is allowing, and will allow, large volumes of plasma from the sun to enter. This will increase magnetic storms, disruptions of telecommunications, disruptions in bio-electric circuitry (such as human nervous systems), and climate change. The results of this breach and the increased charging of the magnetosphere will increase over the next several years.

Our focus in this communication is not upon the negative impacts of this breach, but upon the positive effects it opens for those who are ready.

Your subtle energy body, which was known as the *KA* by ancient Egyptians and called the *etheric body* by Yogis, is highly sensitive to, and affected by, solar plasma. An increase in the flow and quality of solar streams increases the vibratory rate of the *KA* body. This is a very beneficial and auspicious opportunity for those who are consciously participating in their ascension process. Let us be precise by what we mean by the term ascension, because it has many different connotations and ways of being viewed.

By ascension we simply mean a movement upward in consciousness. You do not "go" anywhere. You do not "leave" anywhere. But your perspective, your perception, is radically altered. You begin to see through the *maya*, or the illusion of this world, which is created through the dance of subatomic particles and into a configuration of what you call matter. Through the ascension process you realize that you are the creator of your experience of that which you call "the world." It does not mean that you leave this world, but it does mean that you have transcended it—while still being a part of it—for you see through the lens of perception that life is a movie that you are projecting.

One could say that you are at a crossroads. As the solar streams enter into your magnetosphere, the *KA* bodies of all humans will increase in vibration. But for some, this will lead to disturbances and dissolution, while for others it will lead to ascension—a movement upward in consciousness.

This communication is specifically for those individuals who have chosen the upward spiral. Your challenge in these times is to allow the activation of your *KA* body to move you upward, even as many around you seem to be spiraling downward. It is, essentially, a question of vibration, joined with expectation and belief. It is the union of these three that births the creative impulse for a new destiny.

What do we mean by this?

It takes tremendous energy to transcend or transmute a negative condition or a limitation that has been placed upon one. You have been collectively hypnotized into a view of reality that is fixed, confined, limiting, and nothing short of imprisonment. When one sees through the lies and the manipulations, the old world does not look the same and yet the perception of the lies does not free one from them. They have a life of their own and a tendency to continue. It takes new energy—an increased vibratory rate—to overcome the lethargy and inertia that are intrinsic to your cultural limitations. This is the gift of the solar streams—the solar plasma that is flowing and will flow in greater quantities into your magnetosphere—for they will increase the vibratory rate of your *KA* body.

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But here is the “cross-hair,” shall we say, in “the sight” of your destiny. For those of you who accept, or at least are beginning to see through the lies of limitation that have been imposed upon you and have made a choice to move upward into the ascension process, this activation of the KA body is a beautiful, exquisite miracle to behold, for your life will be graced with the power to transcend your own limitations in ways that have not been available to you before. It shall be as if the cosmos itself is joining you in the dance of your freedom.

But for those who do not choose to live upward in consciousness—who choose to remain imprisoned by the limitations, who seek to blame others for their misfortune, who choose to find scapegoats for their lack of happiness, for those who insist upon living the old world of conflict—this increased vibration of their KA body will not be a blessing; it will be experienced as a curse. Because they will have to work very hard to keep things the way they are.

The fabric of your old realities is being unwound at the same time that new realities are being woven. This is, indeed, an odd state. And what we wish to convey most clearly is that you have the innate power and ability to weave new realities for yourself, new freedoms of mind and spirit, regardless of what is happening around you.

From our perspective, we see this situation escalating over the next several years, and we would characterize it as a *dual state* in which many of you will ascend, meaning moving upward, while others will move into dissolution, a falling apart. This is, essentially, based upon a personal choice.

This is a very important point, to us, and we wish to convey it with as much clarity as possible. Each of you has the response-ability to choose the thoughts and the creations you desire. Some of you will choose freedom—because you cannot stand being contained any longer—the lies are simply too great a burden to perpetuate. Others of you will choose imprisonment—for the fear of freedom and the responsibility for personal choice is too much to bear.

This is a split in the road of evolution.

As your realities simultaneously dissolve and re-create themselves, and by that we refer to the economic challenges you are facing and the ecological and social challenges you are facing, some of you may experience very difficult times. But never lose sight of the fact that you are the creator of your life, and you can re-create it at any moment, regardless of the circumstances. Those who manipulate you do so through fear and perpetuation of cultural limitations—the belief that your life is dependent upon certain external factors.

What you will discover in the ascension process is that these external factors are actually projections from your own deepest consciousness. They are flickers on a movie screen, and you can change them in mind-bending quickness when you change them from the *source* rather than the effect, and the source is your very mind itself. The mystery of how this occurs reveals itself to you in the ascension process, as naturally as an orchid opening its blossoms. It is imbedded in nature itself, and this knowledge is self-revealing as you enter the path upward. We have said in previous communications that one of the keys is what you call appreciation or gratitude. These states of emotion are a *signature* and an expression of the creative powers you possess. What we mean by this will be clear to you as you move into the ascension process.

In future communications we intend to discuss the interdimensional physics of appreciation and how it affects your external reality. But in this communication we wish to give you a tool we feel will assist you in this period over the next several years, as the solar streams enter the magnetosphere and begin to stimulate your KA bodies.

There are a few fundamental points we wish to impart before we give the technique.

The first fundamental is that you must have made the choice to move upward in consciousness for this technique to work. *The intention by which you hold your KA imparts the outcome.*

The second point is that you need to be in the emotional state of appreciation when you do this method, because appreciation is the signature for this kind of creation.

The third point is that this is based upon a connection between the KA—your etheric body—and a higher aspect of yourself, dimensionally speaking, that was known as the BA by the ancient Egyptians. The BA resides in a place of consciousness that is outside time and space, as you construct it.

It's entry point is at a place above the head where your hands would meet were you to raise your hands together and touch them above your head. This interdimensional aspect of your self, the BA, is highly receptive to appreciation. And it is from the BA that you receive the energetic that strengthens the KA and prepares it for the influx of the solar streams.

We call this method the *Holon of Ascension*. Like the two previous Holons we have given, the Holon of Balance and the Holon of Healing, it is based upon a specific geometric form. *Geometry compels energy and specific geometries compel energy to flow in specific ways.*

This particular Holon is based upon a disc. It is much like a top, if you played with such toys as a child. You place yourself inside this disc. The top of the disc corresponds with the location of the BA, where your two hands would touch were you to extend them above your head. The lower part of the disc is the base of your spine if you were to sit cross-legged. If you do this standing or sitting in a chair, then your feet would be at the base of the disc. The center line that goes through the top of the head, through your body, and through the perineum is the central axis of the disc.

In your imagination, you spin the disc around the central axis. For most people the natural direction would be to spin it to the right, but it can be to the left—which ever feels right to you is the correct direction. The size or diameter of the disc is immaterial. You can make it as large or as small as you wish. The color of the disc also does not matter, but if you are a visual person, then we suggest experimenting with making the disc white. This movement of the disc in the imaginal world... the world of your imagination...creates a vortex.

Once you start the disc to spin, your attention goes to the BA above your head and you send appreciation to the BA—the feeling of appreciation. There will be response of some kind from the celestial soul, the BA.

At this point you move your awareness to the base of your spine, to the root chakra, as this is the ground that pulls the celestial energy into the KA body. Then, for the next five to ten minutes, you simply reside inside the disc, allowing it to spin with your awareness at your BA and at the base of your spine. There will be a flow of energy from the BA into the physical body and down to the base of the spine. At times it will be a very light sensation. At other times it will be like a laser light or a column of fire or a stream. It may take many forms.

And as this energy descends from the BA into the base of the spine, it radiates into the KA body, energizing it. You can do this as many times as you wish. We suggest at least once a day. There is a caution: if you practice this too often, or for too long a period of time, you can experience a healing reaction. This is caused by the celestial energies flowing from the KA into the physical organs of the body and causing them to release negativity, toxins and other negative material that constrains their life force. As the KA body becomes more energized over a period of time, it will be able to incorporate the solarized particles from the solar stream and this will greatly accelerate your ascension.

This is the basic method. And as we suggested, once a day, five to ten minutes is all that is required, so long as your intention is clearly to move upward in consciousness.

We now wish to turn our attention to planetary service and to an energetic release we are calling [The Great Triad](#).

The first weekend of April (April 3-5, 2009) we are calling a gathering in Seattle, Washington in which we will utilize the Holon we have just discussed and in connection with the three sound temples that we established physically in New Mexico, Costa Rica and Nepal. The union of these three shall be for the purpose of increasing the light of illumination.

Before this event, some time in mid-March, we will release another posting, another Planetary Message, with instructions for those who are not able to join us physically in Seattle. These instructions will allow those persons who cannot join us physically, to join us energetically and participate in this action of planetary service.

From the standpoint of the Egyptian mythos and initiatory knowledge, your civilization is in the *Initiation of the Anmit*, which is essentially a passage from the pursuit of power, into love, and the higher realizations that come from the higher chakras. *It is a struggle between those who wish to perpetuate a world of conflict, as a stage whereby they can attain and sustain power, and those who wish to live a life of cooperation—understanding that all life is interconnected.*

The purpose of this gathering shall be two-fold: to impart a greater mastery of the Holon we have discussed and how to utilize the solar streams for personal ascension; and to release into the earth's emotional atmosphere a spiritual illumination that will benefit all life and add to the side of the scale that leads to cooperation over conflict.

Tom's Observations Regarding the Holon of Ascension

On March 24, 2008, The Hathors released a planetary message entitled *Earth's Magnetic Field*, in which they said that the earth's magnetic field was going through a perturbation and morphing (see the Hathor Archives for original posting).

In December 2008 NASA announced that the Themis Project had detected a massive breach in the earth's magnetic field, and that in the near future this would allow large amounts of solar plasma to enter the earth's magnetosphere. The magnetosphere protects earth from solar storms and the solar wind (plasma). But with the breach, scientists predict an increase in magnetic storms over the next few years. Such storms often impact telecommunications, which should prove to be "interesting" for a culture increasingly dependent upon such forms of communication (including the internet). To see the NASA report yourself, just go to—www.nasa.gov and type the word Themis in the search window. When that page comes up, you can click on Mission News.

I personally breathe a sign of relief when science validates something the Hathors have given, and I must say it seems to happen with remarkable frequency.

There are several things I find of interest in this current message. The most prominent is the statement by the Hathors that the increase of plasma in the magnetosphere will increase the vibratory rate of the KA body.

With this type of information, we are, of course, leaving science far behind us and entering a world of perception I personally call, "woo-woo." By woo-woo, I mean non-ordinary perception (especially of the psychic variety). Personally, I think it is possible to accommodate both logic and woo-woo, as long as we keep our wits about us and the edges between them crisp. Thus whenever possible, I like to draw a clear line in the sand between what is science and what is woo-woo. And we are definitely over the line with this latest message.

The KA

The KA body was known and utilized by ancient Egyptian alchemists. It is sometimes called the *etheric twin* and sometimes the *spiritual double*. It has the same size and shape as your physical body (called the Khat by the ancient Egyptians), but it is an energy-body. It is not made of flesh and blood, but is, instead, well, made up of energy, or mostly energy. If the KA has any mass at all, it would seem to have very little. I have been experimenting with the KA in meditative states for over two decades now, and it seems to possess a host of interesting abilities. Some of these abilities are due to its inherent nature, in that it appears to obey the laws of quantum mechanics and not Newtonian physics. This opens a door to a fascinating array of non-ordinary phenomena.

Ascension

According to the ancient Egyptian alchemical knowledge (as I interpret and understand it), the KA is crucial to the process of ascension. As the Hathors make clear in their message, ascension is about a movement upward in consciousness—an expansion of awareness. It is not about leaving the world or going anywhere. When one is in the process of ascension one is both living in, and transcending the world at the same time.

Ascension vs. Dissolution

Another point I found of importance is the idea that we are entering a period of both potential ascension and/or potential dissolution simultaneously. The strain of moving beyond our culturally imprinted limitations can often be downright exhausting for many of us. And the news is increasingly full of stories about people who have flipped out, to use a good sixties term. Today as I write this, I read an account of a man and wife who both lost their jobs and, as a result, decided to kill them selves and their five children.

I fear that such mental instability will be on the rise, and the Hathors urge us to realize that we have both the innate ability and the response-ability to live upward (ascension), even if those around us are breaking apart (dissolution).

The Holon of Ascension

The fundamental *tool* or inner technology the Hathors are offering us in this message is a specific type of Holon that strengthens the KA to withstand the mounting energetic pressures and to assist us through the ascension process.

For those who are new to the idea of Holons, I would strongly suggest you go to our website—www.tomkenyon.com—go to the Archives section, and click on the messages dealing with both the [Holon of Balance](#) and the [Holon of Healing](#). These two geometric forms are highly beneficial and quite easy to utilize.

The Holon of Ascension is a little more complicated affair than the other two Holons given by the Hathors. This is

because it coordinates the creation of an imagined geometry, in tandem with an emotional state (appreciation), and the direction of an energetic flow within the KA.

As the saying goes—a picture is worth a thousand words—so the first thing I would like to share with you is a little drawing of the geometry and a point-by-point description of the process.

The Geometry

Do realize that I am retarded when it comes to artistic ability, so do your best to transcend my personal limitations when it comes to drawing things. Nevertheless, you will note in the diagram below that there is a human figure (you) sitting inside a disc. You will see two dotted lines that go up from the shoulders to a point above the head (the BA point). The dotted lines represent your arms if you were to extend your hands above your head. Where your hands would touch is the location of the BA point. This is also, you will note, the top of the disc.



In this diagram, the figure is sitting cross-legged, which means that your rump will be at the bottom of the disc. Please note that there is no requirement to sit cross-legged when doing this. If sitting in a chair is more comfortable, then the base of the disc would be at your feet. This would also be true if you chose to do the Holon standing up.

The size of the disc is personal preference. You can have a short stubby one or an elongated, elegant one. Personally, I make the radius of my disc about 25 feet in diameter, giving it a total diameter of 50 feet across. I also imagine it to be a luminescent white color, but there is no need to make it any particular color, or even to see *it* in your mind at all. Just sense this disc in whatever ways feel natural to you. Looking at the disc from above or from below, it would, of course, appear as a circle.

After you establish the disc in your imagination, start to spin it around the central axis (which passes through the crown at the top of your head, through the center of your body and out the perineum—a point midway between your genitals and your anus). I usually spin mine in a clockwise direction and change it from time to time for variety sake. Most people, according to the Hathors, will naturally spin it clockwise. But spin the disc in the direction that feels right to you. This spinning motion sets up an energetic vortex in the subtle realms and facilitates the movement of *celestial energies* from the BA into the KA.

Once you have a sense that the imagined disc is spinning, you are ready for the next step.

Move your attention to the BA point (above your head at the top of the disc). Direct feelings of appreciation or gratitude to the BA, as this opens the gate for the flow of celestial energies. It is the actual *feeling* of appreciation or gratitude, not the thought of appreciation that activates the flow from the BA.

As you continue to send appreciation/gratitude to the BA, you will sense a downward movement of energy from the BA in response. It could take a few moments for this response to occur or longer, if you are new to sensing subtle energies. But eventually you will feel a response from the BA to your directed appreciation. When this occurs, move your attention to the base of the spine.

Energy follows awareness

As you move your awareness to the base of your spine, the flow of celestial energy from the BA will move down to the root chakra where it is *grounded* into the KA. At this point, all you do is to rest inside the spinning disc while keeping your awareness at the BA point above your head and the root chakra at the base of your spine. Allow yourself to sense and feel the movement of celestial energy into your root and from there out into your KA body. When your mind wanders, just bring your attention back to the spinning disc and the connection between the BA and your root. If your attention wanders off too long, the flow of energy will stop. If this happens, just re-send

feelings of appreciation up to the BA, as you did when you started. As the flow starts up again, keep your attention on the BA, your root, and the spinning disc.

The Flow

As the flow of celestial energy from the BA to the root chakra proceeds, it is important to realize that it is this flow that is feeding the KA body. The root chakra is used to anchor the energy, but the energy, itself, moves in various forms throughout the KA strengthening, revitalizing and raising the vibratory rate of the KA body.

My personal experience of this *flow* from the BA into the root chakra takes many different forms at different times, depending upon—I think—the state of my own energy system and my mood at the time I actually do the meditation.

Sometimes the flow is very gentle, barely perceptible. At other times it is like an intense laser beam of light pulsing energy from the BA into my root and then throughout my entire KA body. Sometimes it takes the form of a swirling pillar of etheric fire that funnels down from my BA into the root and pulses energy and light throughout the KA from the column of fire itself. And at times, it is a stream of liquid-gold light that moves down from the BA. In all cases, there are distinct physical sensations of intensification, but in varying degrees. I suspect that each person practicing this will have his or her own variations of experience.

I do find, incredibly, that five to ten minutes, as the Hathors suggest, is all that is needed to charge my KA body. And there are, at times, wonderful experiences of the celestial energy over-flowing from the KA into my physical body (the KHAT). When this happens, I feel that life force is being imparted to my physical organs.

I have also experimented with extending the meditation time up to twenty-minutes as of this writing, and I can report that I sometimes experience a cleansing reaction about fifteen minutes into it—just as the Hathors discussed. This isn't always the case, but often enough that I feel I should mention it. I imagine that this type of reaction would occur at different times for different people based upon many factors, so I am not implying, in any way, that you will experience a cleansing reaction during the meditation if you extend it beyond ten minutes—just reporting that I sometimes do. Such reactions are a result of spiritual and/or physical detoxification, since, in this model of energy, certain types of thoughts and emotions have toxic qualities. And if the incoming high-vibratory energy of the BA is brought into the KA body long enough, it will cause the body to begin releasing these types of toxic elements. Such releases are not dangerous, but they can be difficult to contend with since they could include such things as nausea, headaches, other bodily aches, and a sudden unexpected flood of mental and/or emotional garbage.

My suggestion to those undertaking this remarkable Holon is to find your comfort zone. Start with five minutes. See what happens. Then slowly increase the time.

For you overachievers and obsessive-types (me included), remember that this Holon is not a marathon. Doing more does not necessarily give you greater results. The goal is to charge the KA body, not fry its ass. So be temperate. Moderation is not the same as mediocrity in this case. As you continue to work with the Holon, you will find your natural comfort zone emerging. Perhaps it will be more than ten minutes, or perhaps less. Whatever it is, entering into this meditation once a day will bring you highly beneficial results.

Using Music

I have experimented with this Holon both in silence and while listening to psychoacoustic music designed to deepen altered states. There are times when I honestly prefer to do the meditation in pure silence, without any auditory input.

It is nice to feel the energies moving within the KA and psychically hear the internal sounds they generate without outside “interference.” At other times, I find listening to psychoacoustic music very supportive, and it often intensifies the experience. For me it is a matter of mood. Do I want silence or do I want to ride the waves of psychoacoustic sound to amplify the experience? If you choose to experiment with music, I suggest you listen to something that makes you feel relaxed and turns your awareness inward.

Since I know many people will ask me what my preference is, here it is. If I choose music, I like listening to [Lightship](#) or [Infinite Pool](#) while engaging this Holon. They intensify the experience the most. I have also found [Wave Form and Wave Form II](#) to be supportive of the experience in a more gentle way.

Final Thoughts

If the Hathors are correct that increased plasma activity in the magnetosphere will charge and activate our KA

bodies, then we are in for a heck of a ride in the coming years. Despite the immense challenges facing us on so many fronts, this time is also an immense opportunity—an opportunity for unprecedented spiritual evolution. I stand facing the future with both trepidation and a sense of excitement, the likes of which I have never seen before. May your chosen path through these times lead you upward, and may your days be filled with a great light, a great life and great laughter.

Tom Kenyon

Note: The Hathors will be giving an adjunct message sometime around the second week of March with instructions for those who wish to participate in *The Great Triad* from a distance. If you received this email directly from us, you will automatically receive the email notification in March.

If you are not on our mailing list, [go here and subscribe](#). We cannot add names to the Internet mailing list; only the person wishing to receive Hathor updates can add his or her name. We do not share names and addresses with any one else.

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