



*Mastering the Master*



*Tamra Oviatt*

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Editor: Anne Whitehouse

2nd Edition



## Introduction

In Idaho, summer 2013, I was floating in the mineral baths and Lord Metatron came to me. He said I had to learn how to really embody his energy, and I could feel his energy coming over and connecting into mine.

This is what the course is all about. We learn how to connect into that master energy and learn how to really embody the energy of the Ascended Masters. We learn how to hold and vibrate at that high frequency.

We need to be in this vibration at this time on the planet, to do what we need to do. Without this, the human element gets in the way and holds us back. We need to find that energy of total trust that we really can do this work! Nobody else is going to step in and do this work for us. It is up to us to do it ourselves for our planet. The only thing preventing us from doing this work and shifting the Collective Consciousness, and consequently the world, is our beliefs that we can't do it.

In this two-day course, we'll be clearing out the limiting beliefs and programmes preventing us from truly holding the vibration of the Masters' energy. We'll be spending a lot of time in the energy of the different Ascended Masters. There are some amazing activations which will help you hold this high vibration and also connect you to amazing wisdom and truth. It's a wonderful experience.

With much love,

*Tamra*

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## Advanced Use of the Energies

During the course we will be using the Sacred Energies for advanced techniques, readings and healings. These are designed to expand your consciousness, raise your vibration and clear your blocks to expansion. Don't worry about the results you get, it's the expansion which is the important thing! As with any new technique, the more you practise it, the easier it will become.

Feel free to experiment with the energies. Remember you are protected whilst using these high vibration frequencies. Anything is possible.

### Readings in the Akashic Records

You can visit the Akashic Records to give readings, receive healings and speak to Ascended Masters.

We do have the power to change things here. Often it is a good idea to update the Akashic Records after a healing, especially if there were contracts vows and commitments involved. Just ask that the Akashic Records be updated in alignment with the changes which have been made, and then witness these happening in whatever way is right for you.

Connect to the Central Sun, then go through to the Akashic Records. Once in the Akashic Records, you can ask to speak to the Ascended Master of your choice. You can also ask to speak to a person who is in spirit (although we won't be doing that on this course).

You can also ask an Ascended Master to activate virtue within you.

### Visiting Different Locations - Bilocation and Trilocation

From the Akashic Records ask to be shown the doorways to the locations you want to visit. (You can see how accurate you are by checking with the people who were there afterwards to see if you saw things correctly.)

Then, keeping part of your consciousness in the Akashic Records, step through the doorway to the first location and see what you can see. Now keeping part of your consciousness there, step back into the Akashic Records and then take yourself to the second place. See if you can keep your consciousness present in two and then three places at the same time. This is an amazing exercise for expanding your psychic abilities, expanding your consciousness and your focus and control. Don't worry if you can't do it to start with.

### Visiting Past Lives

From the Akashic Records you can connect to different times, visit past lives. The point of this is not to relive traumas, but instead you can gain clarity, wisdom and heal things in those lifetimes.

Take yourself to the Akashic Records, and ask to be shown the lifetime you want to visit. This may present itself as a screen or a doorway. You can then step into that lifetime. Once there you may heal or complete things as appropriate, then return to the Akashic Records before grounding yourself.

### **Visiting Your Own Future**

It can be useful to visit your own future to see what you are setting up for yourself. You can change a lot of things in your future. Go to the Akashic Records and ask to see what you are creating in say, one year, then five years, then ten years. See it as a screen or a doorway, or any way that works for you. If, when you connect to the future, you see or feel things you don't like, you can clear them. Remember those energies are not yet set in stone. Send what you don't like to the Central Sun, see those energies being incinerated in the sun and being transformed into light. Anything you see that you do like, anchor those energies into Mother Earth so they manifest.

Don't worry if you can't see much to start with – many of us have blocks around seeing into the future. This is usually simply because of old programmes that it's forbidden to be clairvoyant.....it may trigger past life trauma. If it triggers fear for you doing this, then it's just programmes you need to unplug from and beliefs you need to release.

### **Expanding Your Light**

It's very important for us to keep aligned and connected. Unfortunately, it's typical for us to fall into being disconnected and allowing fears and negative energies to overwhelm us and get us off track.

This exercise is very powerful and should be done daily if possible.

Centre yourself and then connect up and start the Sacred Energies in the usual way. Then now see your energy expanding and expanding getting brighter and brighter. Send your energy up and connect to the Central Sun, and down to the centre of Mother Earth, in a huge pillar of light linking through you. Now expand your energy further and further right around the earth and beyond. If this triggers fear in you, then clear it.



### **Master the Master Sacred Activations**

Some of these activations given here are the ones which Tamra was given before and during the first Mastering the Master course in January 2014. Others have been channelled since. These are not activations which you would offer as standard to your clients, but are for your own personal growth and journey.

It is beneficial to repeat these activations often as they will help you increase your vibration and bring the energy of the Masters into your life.

### **Activation of the Sun Gods**

This activation enables you to increase your vibration, so you can hold that energy of the Masters. At this time, we need to wake up to this energy and the reality of where you are supposed to be. To do this, it is essential that we learn to embody this master vibration. The more we grow, the more we can handle and the higher we are able to vibrate. In this vibration we are able to create instantaneously. It is beneficial for you to repeat this activation again and again.

Of course, with this comes responsibility and it is essential that we become more and more aware and impeccable with our words, thoughts and deeds.

### **Angel Power**

We are all angels in human form. We need to accept this fact now. By going through the darkness it taught us what our job really is. Our job is to have compassion for humankind, and facilitate the raise in vibration of the whole planet. When we hold this space, we bring in this energy and shift the Collective Consciousness. Our energy is shifting towards world peace. This is the direction we are going. The truth is that we have the power and the support of the Angels. This activation enables us to hold this vibration and be who we have always been.

Embracing the energy of the Angels is the first step to take before we can embody the Masters' power. Practise asking for help and embodying the energy of the Angels. Ask to see things from the Angels' perspective and understanding. Practise being in this vibration often.

### **Total Body Connection**

This activation truly connects you to your body so that you can fully know it, love it and see the detail. So many of us go through life without really acknowledging our body as the miracle it is. However, we need this connection with our body and through it with Mother Earth to do the work we need to do here on the planet.

When giving this activation first connect to Mother Earth, then connect to the 7th Plane and go into the Sacred Heart. During the activation the love and appreciation will go around the body, and resentment and hatred towards parts of the body will be cleared. Allow yourself to feel that connection and let the negativity be released. You may be shown amazing details of your bodys structure and processes. Let the activation do what needs to be done for you. Repeat this activation often as you will continue to get the benefit.

### **Buddha's Compassion Activation**

This activation connects you with the high virtues of love and compassion held by Buddha. This energy helps us to heal ourselves and help other people to heal.

### **Whales, Dolphins & Mermaids Connection Activation**

This activation connects you to the energy, wisdom and love of the Whales and Dolphins. Some believe that these amazing creatures came here to help the world and to raise our vibration.

## **Mayan Connection**

This activation connects you to the wisdom and knowledge of the Mayans. It frees you from any curses which were attached to the Mayan people, and enables you to hold that knowledge in safety.

## **Atlantean Power Activation**

This activation reconnects you to the power, knowledge and wisdom of Atlantis, but this time it is clear of any trauma or programmes around abusing the power or destroying the world. This time we have the connection to Unconditional Love and can use this knowledge with love and responsibility. It is safe to have it this time.

## **Embodying the Masters Activation**

This activation connects you to each of the Masters in your Sacred Heart. In the past we have had negative emotions and judgements about the Ascended Masters. This activation clears those old programmes and replaces them with Unconditional Love.

## **Follow the Stars Activation**

This activation should be given after Planetary Alignment, Embodying the Masters and the Mayan Connection. First connect to Mother Earth, then bring up the energy into a ball of light and take yourself out to connect to the Universe. Really allow yourself to feel that phenomenal energy. When you are finished go back down into Mother Earth and make sure you are fully grounded.

## **Saint Germain and the Violet Flame**

The Ascended Master Saint Germain brings with him the high vibration frequency of the Violet Flame which is a transformational energy, transmuting low vibrations into high ones. Use this activation for really shifting blocked issues and transforming darkness into light.

## **Connect to the Prophets**

This activation connects you to the power, the knowing and the wisdom of the prophets. This is for any of the prophets with whom you resonate.

## **Book of the Dead**

The Book of the Dead Activation is about clearing our fears about dying and making our transition when death comes. It connects you to the wisdom that you understand the process and gives the faith that all is well. Remember that you only ever make your transition at the right time for your soul. All is as it is meant to be.

## **Embodying the Energy of the Masters**

This activation raises your vibration to that of the Ascended Masters, enabling you to hold that vibration of mastery in your life and your body.

## **Wisdom of the Trees**

This activation connects you to the wisdom of the trees and connects you to the grid of trees throughout the planet.

## **Divine Virtues Activation**

Ask for your divine virtues to be activated and feel that energy resonating and growing within you.



## **Additional Sacred Activations**

We will be giving these activations during the course to help clear your blocks to mastery, leadership and shining your light in the world. We will also be adding activations as appropriate, so be prepared to add some notes. Many of these are self-explanatory and some you will have received in previous courses.

### **Disconnect From War Consciousness**

When you have this activation be sure to not only witness yourself being unplugged from this consciousness but the whole world at the same time. Witness the consciousness being changed in troubled parts of the world and then see peace and love bombs showering down onto the earth.

### **Fear of Your Power**

### **Fear of Being Seen**

### **Fear of Being Heard**

### **Fear of People Seeing My Truth**

### **Fear of Being Amazing**

### **Fear of Leadership**

### **Fear of Being in Authority**

### **Gratitude**

Holding the vibration of gratitude and appreciation is essential if we want to attract more love and abundance into our lives. Even when everything feels terrible, it is possible to find something to be grateful for. Using this activation can really help shift you out of negativity.

## **Peace Activation**

Activates the vibration of peace in your energy field, and plugs you into the consciousness of peace.

## **Excuses Be Gone**

## **Procrastination Be Gone**

## **Order and Structure**

Really helpful for getting your business and finances straightened out. Goes brilliantly with the excuses and procrastination be gone activations.

## **Bleeding Heart**

Releases the need to take on everyone else's suffering.

## **Sacred Heart**

The third love activation in the series after Christ Consciousness and Mother Mary.

## **Cultural Wounds Release**

Releases the need to suffer for those who came before you or hold the suffering of the world.

## **Mary Magdalena Sinner to Saint**

Helps you release self-blame and guilt. Allows the wisdom to come in instead. Helps you move on from past mistakes.

## **Wounded Child**

Helps We all have a wounded child within us. Some of us have a trauma that needs to be released in order for our gifts and skills to manifest. This activation clears that trauma allowing you to freely become the person you'd like to become with the many talents, skills and gifts that are rightfully yours.

## **Living In The Past**

Many people live in the past with regrets. This leads them to recreate past events which bring about a cycle of sorrow and pain. Working with this activation helps you to reset the cycle bringing about renewal and peace.

**Fear of Being Alone**

**Fear of Other People Dying**

**Connection to Trust and Faith**

**Crop Circles**

Connects you to the wisdom of the Crop Circles, enabling you to tune into their wisdom.

**Original Light Language**

**Fear of Logistics**

**Fear of Organizing Things**

**Fear of Instigating Change**

**Fear of just how brilliant your light is**

**Fear of Standing Out From The Crowd**

**Hopelessness Deactivation**

## **Black Magic Puppet Master**

Clears black magic, dark magic curses etc, and releases the hooks and control that the perpetrator may have over you. This can be conscious or unconscious, from this life, ancestors or past lives.

## **Dark Night of the Soul**

Helps you to come up again from the Dark Night of the Soul experience. When you embrace the wisdom that this gives you, you are able to come out into the light again.

## **Get Your Keys Back From People, Entities, Ancestors, Spirits, Sorcerers, Past Lives**

If you've given someone your keys they can come in energetically and harm you. This gets your keys back.

## **Mind Control Deactivation**

## **Body Control Deactivation**

## **Dark Energies Serve Me**

We only ever have something in our lives if it serves us on one level or another. If you have been attracting black magic, curses, psychic attacks or anything like that part of you needs it – probably because higher lessons are being learnt. Release the need to learn through being the victim of attacks of any kind.

## **Demon-Free World**

Do you feel you are under attack or possessed by entities? This deactivation clears the trauma and fear around this and clears the need to experience it in the future.

## **Monsters in the Closet (Under The Bed)**

This activation helps clear the energy associated with the fear of monsters lurking in your life. As children, we often let our imaginations take us to scary places and these can come back to us later in life as unresolved fear. Know there is nothing to be fearful of.

## **Stop Creating Conflict**

## **Learning Through Suffering Deactivation**

## **Competition and Lack Deactivation**

This activation should be given after Planetary Alignment, Embodying the Masters and the Mayan Connection) First connect to Mother Earth, then bring up the energy into a ball of light and take yourself out to connect to the Universe. Really allow yourself to feel that phenomenal energy. When you are finished go back down into Mother Earth and make sure you are fully grounded.

## **Good vs Evil, Light vs Dark**

This activation clears the need to battle evil all the time. The truth is that everything is one and duality is an illusion.

## **Disciples Return**

Clears the fear around being killed, persecuted, executed, tortured for doing God's work.

## **Witch Trauma Release**

Disconnects you from all the past life trauma of witch persecutions.

## **Defragmentation and Laser Focus**

Really helps with integration, distraction and getting yourself aligned and on track.

## **Order and Structure**

## **Heaven on Earth**

Disconnects you from the need to carry the Karma of others.

## **Brain in Balance**