

# CASTLERIGG ACTIVATION TRANSCRIPTION ON OTTER

## 26th September 2025

Activation not all caught on transcription....

... allowing your eyeballs to go into those silken pillows the right at the back of your eyes say, thank you. Say thank you. You're just marvelous. I appreciate you so much for everything that you see and do for me, because we don't thank our eyes enough for everything that they do see and do for us. Let's just sit with that for a moment and breathe. Or your stretch, this activation is going to be a little bit more physical, so I'd really like you to just bring your hands up to your face, just gently rub your brow all the way through your hair over the back of your neck, back over your jaw and up your front, back down over your throat, over your shoulders, just allowing your body to feel safe right now, and just giving it permission with this touch that you are allowing it to be safe right now, just allowing it to come down into each arm, into each hand, to each finger, allowing your fingers to feel safe again, your hands have done so much for you, Just for today, just saying thank you to each finger.

Of your thumb, and then swapping hands and bringing that down, going into each finger, all the way down over your breasts, all the way down into your belly, all the way down into between your legs and your thighs, your knees, calves all the way down, and raise your feet up to you. If you don't want to bend down, just allow yourself to touch your feet, at least. But allow your hands to touch your feet. This is really important. We don't thank our feet enough and we don't touch our feet enough to actually let our feet feel safe. And your ankles, even if you just cross one leg over and you hold an ankle and your toes just say thank you to your feet, take you on your destiny and how they're going to be doing that on Tuesday, this connection of this bare foot, walk into nature.

Your feet on the grass, your hands on the grass, hands on your feet. So much information here, alone, if you want to do the other one, do the other one, yawning. Yourself now to just get really comfortable. You brought in that blessing just connecting mind absolute body and spirit and asking spirit to come in now and connecting you all the way down,

all the way down, all the way from Helios to the galactic federation. Connecting the divine masculine the divine feminine, Osiris ISIS Mary Mary Magdalene, Buddha, Yin Yang, knowing that divine masculine, feminine to converge in the left hand side and right hand side of the brain and the body, .....coughing, retching, yawning, allowing the contraction of that change to be acknowledged, because there is always a contraction as they meet in Whatever recognition of that might be a sneeze, down your nose, weaving that whole expansion of you into these spaces to deepen into and embody that divine, masculine and feminine energy, taking that down deep now into the whole of your root chakra, to your thighs, your knees, your ankles, into the crust of the earth, breaking down into the soil, letting your feet connect with the soil, feeling it between your toes, feeling the roots and the seedlings sprout between your toes, acknowledging how beautiful they are, allowing those tears in your eyes to congregate and fall and acknowledge that is the water, the emotion in your body coming up to say hello, allowing the heat of

your body to be acknowledged as you ask it to go down deeper down through the soil into the water, into the rock, into the sediment, down into the Crystalline Grid, and as deep as it needs to go for you as an individual, you as your spirit, you as your higher self, breathing into that and widening that breath going into Your heart, finding your light,

even if it's hiding, find your light and let it shine and let it twinkle at you, and let it blink at you and wink at you and play with you. And when it's bobbing and busy and moving and glowing and expanding becoming the most beautiful colors that you can possibly even begin To imagine, let that glow expand,

blowing like the wind.

Expand out through your skin in all directions. Let it sparkle and twinkle and dazzle and become the most beautiful colors and sensations that you've ever encountered, and let yourself glow from the inside out, and if that means that you are just even slightly unzipping your human suit right now to let your spirit play. Imagine that that's what you're doing, just allowing that zip to come down a little bit And that dazzling, oh. Oh, definitely good light shine.

Oh, Oh, my word you are so magnificent. Allow that to expand, allow that to expand into this circle of this collective that we have gathering today, myself and Sue Deborah, Julie, Holly, Claire, Natalie and those who haven't made it onto the call Paula Holly's mum. Mmm,

a feeling that connection deepen into this circle of divine feminine energy, allowing your hands to be outstretched to each other, feeling the essence of each other.

Maybe you've gone very cold. Now we deepen into this circle, and we're now at Castle rigg.

The circle is around us, and we are in the middle. You can turn outwards to look at the circle. We can walk around together, acknowledging each stone, each blade of grass, feeling your heart expand right underneath your rib cage, feeling those ribs, feeling that expansion, feeling it in your bones, feeling the stones in your bones, feeling your stones in the bones, and your ancestors, Bones underneath your feet, feeling the sunlight and the stones and the bones underneath your feet, making A connection. Maybe you can see your stone, the one that speaks to you, the one that you recognize as that knowing from before.

Acknowledge the text, the information it wants to give to you. Maybe that will come as a whisper,

maybe it will come later in a dream, knowing that it is meant for you, and being at peace and open to that suggestion of sharing that information together, acknowledgement of how that fits into the circle With all the other stones and our bones and our ancestors, Bones knowledge in the deeper connection of the Land, lays the lays the lays the lay lines and magnetic earth that lights up A beautiful beacon of light all the other ancient sites.

A neck deep within you now may feel like you want to lie down on your stomach, putting your tummy on the ground, in front of your stone, behind your stone, in the middle of the circle, outside of the circle, Wherever that feels appropriate for you. Allow that to happen. And allowing that laying down of you, laying down of you with your heart connected to Gaia, heart to heart with mother, heart to heart with our ancestors. Breathe. Let the wind pass through you be the wind. Feel the wind, the fire,

the fire connects within you, down deep into the very fiery depths of the planet, fiery depths of Gaia.

What does she want to ignite in you, regenerate in you, and allow the Phoenix to come through you, to be regenerated you?

Maybe you can feel the dew of the grass. Maybe the dew on your eye connecting with Gaia, the waters mingle together, telling their own unique story, sharing of information. I wonder what that means for you.

Be curious. Ask the question, be the water, be the air, be the fire, be the earth, grounded, taste it, smell it, touch it, breathe.

When we're ready, we sit up, we acknowledge each other. We connect telepathically together, sharing our knowings.

Me, take Time to welcome this connection. Mind, body, spirit, Castle rig, Castle rig, Castle rig, connect with the name Castle rig Cumbria Keswick,

maybe connections to ancestral names begin to reveal themselves to you, things that are already have tumbled away from

the last circle that we went to notice what is changing for this one for those that have the second part of this journey, And breathe,

allowing ourselves to be open to suggestions the information at exactly the right level for each one of us here

for our visit on Tuesday was to arrive in the most beautiful, sublime, safe, contagiously, wonderful day that we will spend together, collecting data, stories, resonance, regenerating ourselves a group And the land into this newer version, whatever that means.

Thank you. Thank you our ancestors for being there with us. Thank you the Galactic Federation, divine masculine, the divine feminine. Osiris ISIS, Mary Magdalene, the shepherding Buddha.

All the wise ones that have been with us on this journey, who are connected through the stones, through our ancient wisdom, be with us on this journey, keep us safe, insightful, wise for the greater good of humanity and Gaia let us move forward together into this next stage of our journey. Amen.

Like you to take notice of anything that has changed within you before you open your eyes any changes that you notice within this group here,

what's changed in the space of the land of the Room, and what is it that you want to count? To carry forward from this evening into Tuesday and beyond?

We invite you all back now into the room, back here with us, with me. Take a nice, deep breath, clean your fingering heart, giving yourself a nice big stretch, bringing gratitude In or sharing that experience together, starting the process together.

Every step, every story, every minuscule detail matters. And no, you're not going to capture all the minuscule details, but the ones that you do, you might just come in waves. Note them down when you can that's all.

Transcribed by <https://otter.ai>