



COSMOTUNE SOLFEGGIO CHIMES

Handmade In Tasmania Australia

by Gary Martin

Contact: Gary@cosmotune.com

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or <https://www.facebook.com/Solfeggio-Sound-Healing-116225829783792/>

Victoria Cochrane

Psychic Communicator and

Spiritual Healer



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<https://www.facebook.com/reachingoutspiritualnews/>

Music: "Purity"

Composer : Christopher Lloyd Clarke

<https://enlightenedaudio.com/>

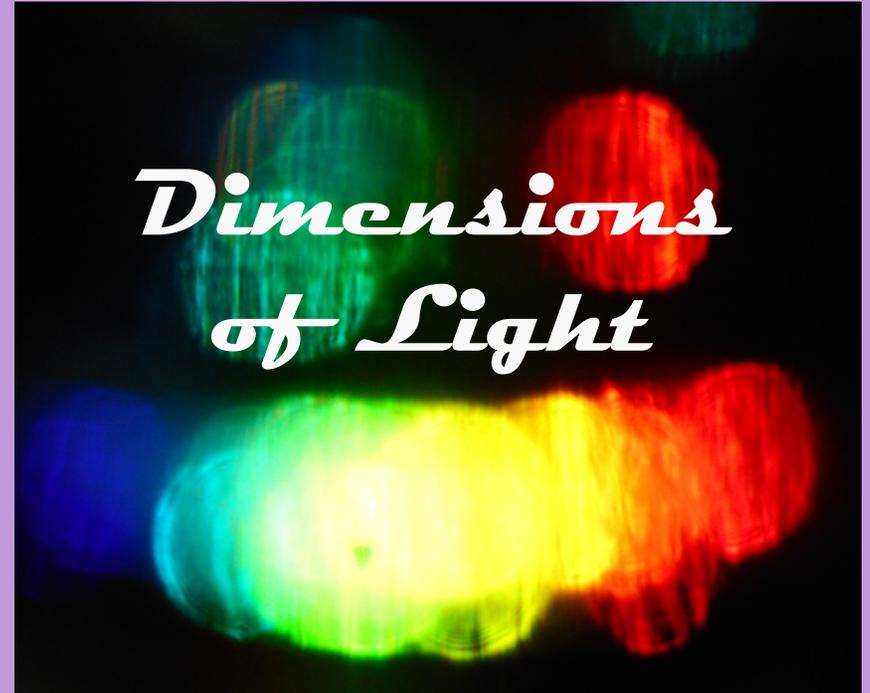


DVDs by Gary Martin

Lightsource Meditations featuring

Channelled Messages by Victoria Cochrane

Prismatica



Dimensions of Light

Meditative Journeys

by Gary Martin

with

channellings by

Victoria Cochrane

Featuring Music by

Christopher Lloyd Clarke





How far outside of our own consciousness have we travelled? How much are we aware of without subconsciously without ever bringing it into our conscious mind? If we could travel back in time, what would

we discover about our soul journey that we may never otherwise know?

The golden light represents our higher, Christed self which anchors all the wisdom and knowledge we carry from all of our lifetimes and our intrinsic connection to the Divine. We are all divine beings who have chosen to experience the dense energies of life on Earth in a human body. If the bright light could be seen to represent our physical body and the light blue light our consciousness, the indigo and violet lights represent our spiritual connection and the ability to expand our awareness far beyond physical life on Earth.

We are all a part of the greater universe that teems with a diversity of life spanning planets, solar systems and galaxies. Although the human mind has gained a vast amount of knowledge about life on Earth, the structure of the solar system and galaxies beyond our own over time, the deeper mysteries of life beyond Earth may never really be known. Yet, if we can see ourselves as part of that mystery, as an intrinsic part of the fabric of space and the story of the universe, we may begin to believe in more than mere evolution.

The human spirit is the greatest mystery of all, because it is resilient when the physical body fails. It strives to keep going when the body has all but given up. The human spirit recognises that love is the greatest gift of all and shines its light even in the face of the darkest hour. The human spirit is Spirit; there is no separation at all.

Where are you going? Where have you been? What have you learnt? Why are you here?

Trust that you know.

About the Authors

Gary Martin



Gary Martin is a mechanical engineer by trade with a background in aviation, breweries and hotels. Gary has a strong interest in hidden knowledge and metaphysics and is currently making healing Solfeggio chimes under the name 'Cosmotune' He has also been pioneering a new photographic method called 'Prismatics', which is the filming of the mechanical behaviour of light at its smallest level using a glass of water, sunlight and a camera, which has been producing the most amazing colours and patterns.

'Dimensions of Light' is Gary's 2nd meditation video with Victoria Cochrane providing divinely guided messages of inspiration and his hope is that it helps people to bridge the gap between science and spiritual consciousness.

Victoria Cochrane



Victoria Cochrane (M Ed. Hons) was the Tasmanian Psychic Expo's 2019 Psychic of the Year. A certified member of the International Psychic's Association., she is a regular presenter of The Spiritual Wisdom Hour on the Spiritual Events

Directory Facebook page.

A trained Advanced Theta® Healing practitioner and Usui Reiki Master, Victoria uses her psychic clairvoyance, mediumship and channelling abilities to help people to lift their past trauma and limiting belief system to heal aspects of their lives in order to move forward. She also tutors people to step onto their own spiritual path, to connect to their guides and to embrace their own particular gifts.

A gifted psychic channel, Victoria has authored 3 books channelled from the masters of light that contain positive messages about Ascension, our soul journey and other worlds. She is currently working on her fourth book. 'Dimensions of Light' is her second collaboration with Gary Martin.



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heaviness of the physical body and to see things from a perspective of learning for the greater good. As you begin the transformation back into your ethereal state, your lightbody, remember all you have accomplished and give thanks. Be in a never-ending state of gratitude, for whatever you focus on and give energy to will take form in your reality. Be guided by your higher self, that inner voice that leads you to believe that anything is possible, should you believe it and give attention to it.

To be able to shine your light to the world you must first fill yourself with the unconditional love of the Creator. Take the time to tell yourself how worthy you are and that you are deserving of being loved because, until you feel love for yourself it is impossible to give it to others. The Creator loves you unconditionally and without reserve, no matter your history or your feelings of discontent. You are one with Him and therefore have access to his light and love within your being. Take yourself inwards and find the light of the Creator in your soul space. No matter how small it is, as you feed it with love and worthiness for yourself and gratitude for everything you have, this light will grow exponentially until it bursts forth out to the world of its own accord.

Shine your light, dear ones, and feel the joy of creation bubble up inside you. Manifest your dreams into reality by dreaming big and giving thanks for all that you have and all that is to come. Be mindful of your thoughts and stay away from the day-to-day drama that draws humanity down into fear. Be the light that you wish to see in the world and know that, with every passing day, your light is helping the world to ascend to its rightful state; that of oneness with the Creator and the Universe and the highest consciousness of all-that-is.

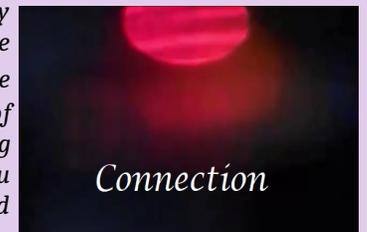


The sun shines brightly on the world at all times, even though it is hidden at nighttime. Its light and heat never diminishes, burning brightly in the sky, giving life and light to the planet Earth. There is never any doubt that it is there, nor in its power. It just is.

So it is with the light of Source, the Creator of All That Is. His light burns brightly in the souls of every human being on Earth, their spirits one with His spiritual essence. No one is separate from his light and unconditional love, despite any beliefs they may hold to the contrary whilst in human form. No matter which path a soul may take, all paths lead to the light eventually, even if the soul has chosen to follow the darkest desires of the ego. No-one is loved any less or denied their connection to the light, no matter what they believe or what they have done, because everyone and everything in the Universe is connected to Source and thus, to each other. In this energy of oneness there is no darkness, no separation, no duality, no exclusion and no sacrifice, despite the choices made on the journey of reincarnation in a human body.

Disconnection from the light of Source is an illusion that can lead people to believe they are alone. When this happens, the person may feel there is a void in their life that they cannot explain, leading them to look outside of themselves to fill it through things like substance abuse, smoking, overeating and such. It may also leave a person feeling lost. The light is always there, however, and finding it may be as simple as connecting to a caring person, getting a job that leaves you feeling fulfilled, joining a service group or engaging in yoga and meditative practices. Anything that connects you to your heart's desire, to the Earth and to like-minded people is a good way to lead you back to the light of Creation and to yourself. After all, your light is one with the Creator, with Mother Earth and with every other person on Earth. Connection leads to feelings of belonging which in turn leads to purpose.

When you incarnated on Earth your soul was infinitely connected to its purpose for being on Earth: to serve humanity and to learn to love yourself and all others, despite any adversity or trauma you may have experienced along the way. Now is the time to connect back to the light of Source and to feel His love coursing through your veins. Remember that you are a spoke of the Divine wheel and loved immeasurably.



Connection





Conversation is a two-way street, but there are many who are good at talking but not so good at listening. To be heard, you must also listen. If you listen carefully enough, you may hear a lot more than what is being said. We listen with our ears, but we also listen with our eyes, because body

language tells us much about the other person and the story behind their words. When we speak, we must also watch, because the person listening will tell us with their expression and reaction whether they are really listening or not.

Communication through conversation is more than talking and listening. It is interaction and connection between people on a much deeper level which can lead to the forming of close friendships and loving relationships. When people communicate on this level, they make eye contact, smile, nod, give full attention and even touch each other to ensure the person knows they understand. Each person feels acknowledged, valued and appreciated and will most likely come away with a positive feeling towards the other person, even if they did not feel that before. Connection through conversation is an artform that many people do not have or know how to do and this can lead to feelings of disconnection, not belonging, rejection and loneliness.

The blue ray is that of the throat chakra and can be used to aid communication and expression, listening and being heard. Blockages in this chakra can lead a person to feel disempowered and afraid to speak their truth, causing them to feel awkward in conversations, shy to speak in public or unworthy of expressing an opinion. Combined with imbalances in the base chakra, a person can feel quite socially inept and unaccepted.

The blue ray is seen to be connected to Archangel Michael, which is not untrue but is also not always the case. It is also indicative of a certain type of human who is compassionate, empathic and extremely sensitive to the emotions of others. Indigo children are one such example of humans who channel the blue ray.

If you have trouble communicating, which can include both being shy and uncommunicative or, at the other end of the spectrum, loud and overbearing, connect to the blue ray to help balance your throat chakra. Archangel Michael will be only too happy to assist with this task if you so need.



As days turn into months and years, how have we evolved and changed? Have we allowed the weariness of life to overcome us, making us just drift with the tide and losing our identity along the way? Or, have we used our experiences to learn our lessons and to shape our realities into something positive, wonderful and full of promise? Do the lights at the end of the tunnel blind and terrify us, or do we embrace them with renewed enthusiasm for the changes they bring? As we come to the end of our lessons and emerge from the cocoon, let us all merge as one, beautiful human race to shine brilliantly on the world and bring it out of despair, turmoil and terror. Let us, as individuals, unite as a force for good and bring the world to ascension once and for all.

The human race has been hiding behind its physicality and many other illusions for eons of time. It is only now that the spirit of man is emerging to claim its place within the human existence and to be recognised as the wondrous being that it is. Within every human lies a spiritual lightbeing with the abundance of the Universe at its fingertips. It is time to emerge from our slumber and use the powers of manifestation to create beauty in our existence.

So, bring your intentions of love, with purity of heart and willingness of mind, into all of your words and actions. Focus only on the good in all and dwell only on what is important. As you do so, your reality will begin to change as will the people around you, drawn to your love as a moth to a flame. Only you can change your reality by altering your perspective of the world. Do you see dark when others are focused on the light? Can you see the colours even when it is predominantly grey? Can you see the good even when others only see evil? Do you remember the happy times, or do you focus on how you made someone sad? When you turn your thinking around from the negative to the positive, suddenly you will see things very differently and your reality will begin to change ever so slightly for the better. Before you know it, your spirit will emerge from hiding and reconnect in oneness with the purest form of love that there is, that of the Source of all of Creation. All in the Universe is one and loved unconditionally.





Shine

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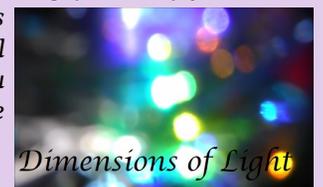


All light contains frequencies that are of a particular vibration. Each colour in the light spectrum affects human mood in a certain way, according to its level of vibration, which will be caused by its tone, shade and hue. The darker the colour, the deeper the mood and the more likely it is to suppress, rather than lighten a person's feelings. So, the lighter the colour is the more likely a person's mood will improve. The warm or cool tones of a colour can also help to change a person's appearance, particularly if they enhance their looks and compliment their colouring. Colour clashes can cause feelings of disharmony and imbalance, but sometimes they may help to rebalance a person's temperament and suit them, even though they are not to everyone's taste.

The brightest light in this spectrum is where all colours emanate from; it never loses its brightness, despite the changing hues of the colours flowing around it. This is what the Source of Creation is like -it never dims, changes or fades. It holds its centre even though the life-forces emanating from it ebb, flow, die and are reborn. If one were to consider this for a moment, one would realise that life is a never-ending journey of creation that brings joy, happiness, sadness and despair according to the vibrations of the energies emanating from the source of creation, which is you! Every thought creates, and the vibration of your thoughts will determine what is created and continues to flow through your life. Just as the colours can change, so can your thoughts. Are they dull, dark and heavy, or are they bright, light and luminescent? The way you think affects the way you feel, thus creating the energy you emit to the world and then attract back again.

The Violet Flame of Transmutation is a gift to the world which can be used to change negative thoughts to loving, positive ones. It can be seen here clearly emanating from the source of creation and across all of the colours in the light spectrum. Its presence symbolises how easy it is for all humans to transmute their thoughts and feelings by simply changing their perspective. How easy it is to see a glass half full instead of half empty! That is all it takes, Dear Hearts.

So, as the colours flow and change before you, allow the frequencies that resonate with you to permeate your being. Focus on the Violet Flame while you hold the intention to transmute any discordant energies that are keeping you in negative thinking and blocking your way forward. Consciously intend that your consciousness is raised in frequency to allow the unconditional love of the Creator to merge with you, heal you and bring you to Oneness and the ultimate connection to your own spirituality.



Dimensions of Light

