

Cosmic Consciousness

Bob Ocean

Oversoul Embodiment - Year 1 Talk 3



U3A Talks

- My Truth not asking you to change your beliefs
- The Deep Mystery as it is all One
- Ask questions at any time
- Acknowledgements to my teachers



Talks sponsored by the OM Peace Foundation



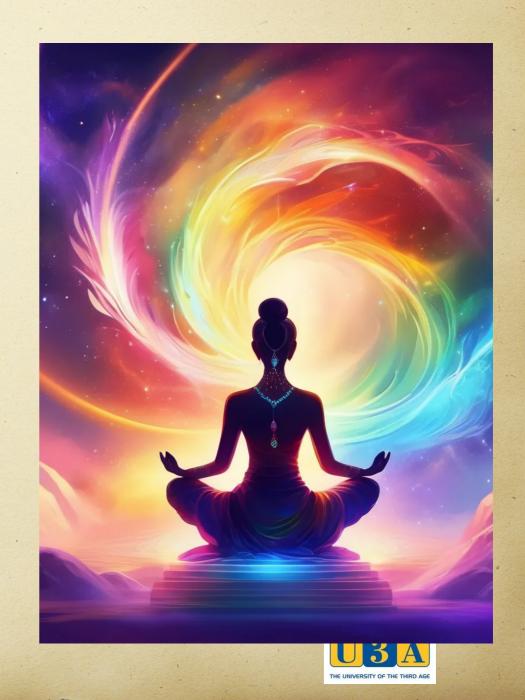
Dates of talks

Date	Topic
4 September 2025	Talk 1 – Cosmic Consciousness
2 October 2025	Talk 2 - Science of Consciousness
6 November 2025	Talk 3 – Oversoul Embodiment
Merge with	Meditation Workshop



Format for our talks

- > Topic(s) and discussion
- > Tea Break (c 11am)
- Meditation
- Closing remarks



Ascension = Descension

- > Introduction to Cosmic Consciousness
- Science of ascension
- Oversoul embodiment





Oversoul Embodiment

- > From 3d perspective Ascension
- Self -> descension into bodily form





Oversoul Embodiment

Christof Melchizedek



Structure maps

MCEO - Melchizedek Cloister Emerald Order

- 3D Avatar in a polarised world (HU1)
- > 4-6 HU2 Soul
- > 7-9 HU3 Oversoul (Monad)
- > 10-12 HU4 Avatar
- Above this Rishi



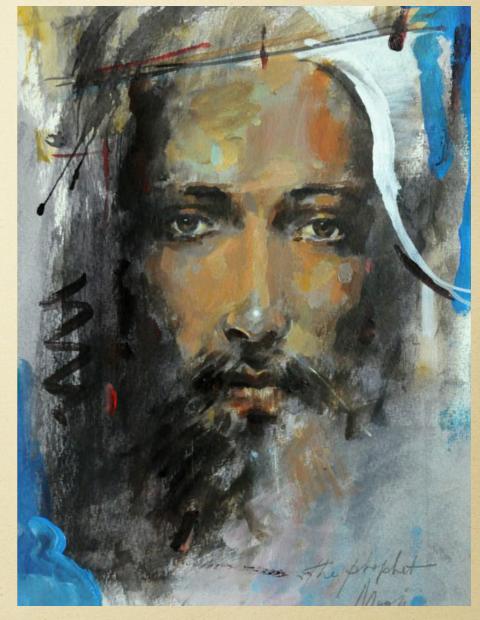
From Energetic Synthesis

Density - as frequency (harmonics)



Jesus the Christ

- Saptism embodied oversoul (Pillar 1/2/3)
- > Your will, not my will
- > Ego will as the block



The Prophet by Mooji

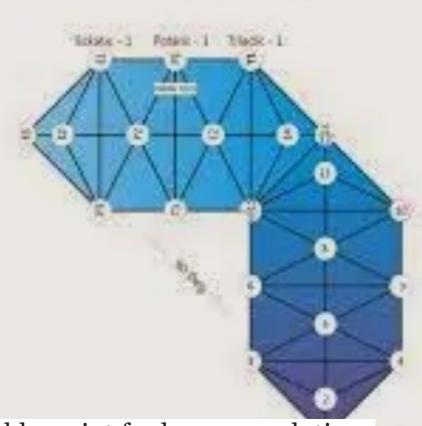


Kathara Grid

Kathara Grid

TWO YOCA QUINDRANTS.
(Kerhare Sedul link 89 90 dep. Angle.)
Where Signet L1 averlaps and anchors into Signer 12:
Then the top Kerhata Ond sife 90 Degrees.

- Voyagers Material
- Ashayana Deane
- Correct 12 dim geometry



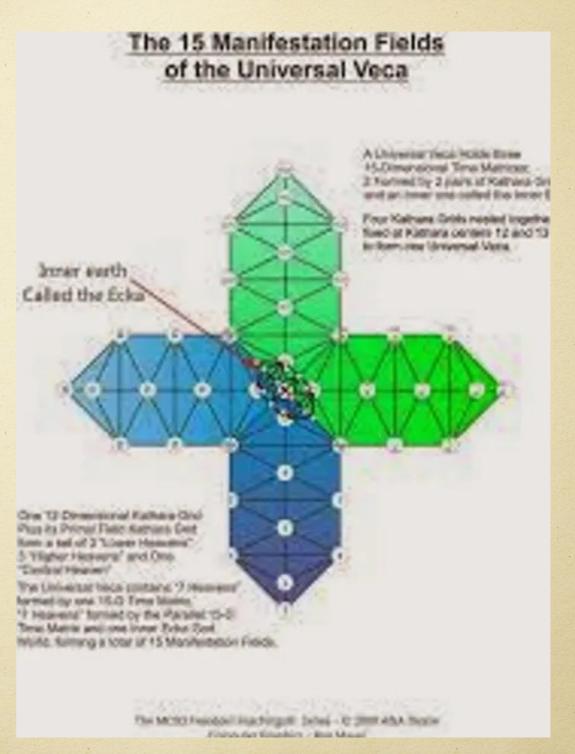
Componer Bragititis - Rose Magner

The Kathara Grid is a divine template or blueprint for human evolution, representing the original, perfect state of our DNA before it was fragmented.



The fractal structure

- Universal Veca
- > Earth -> Ecka





Pillars to embody Over Soul

- > First Triad Stabilisation
 - Descent of incarnation purpose
 - 2. Authentic expression
 - 3. Harmonic identity



Embodied Ascension How to achieve a fully integrated consciousness



Pillar 2 (Relationship)

- Second Triad
 - 3 4.Linage of Ancestral Flame
 - 5. Sacred mirror flame (clear all trauma)
 - > 6. Collective Re-weaver (working with large groups)

Embodied Ascension How to achieve a fully integrated consciousness



Current Status

Tie	Summary	Earth Pop
1	AI hosted - Mimic dominates	44.1%
2	Fragmented oversoul spiral	30.8%
3	Source connected, but still AI entangled	15.7%
4	Oversoul embodied	7.6%
5	Full Flame bearers	1.8% (1.4m)

From Christof's info from the Melchizedek Mystical Library

Target 2025 to 2032 (Aug Lions gate) -> T3-T5 Tier 3 to 5 = 62% (current 25%)



Cosmic Heart

- > Forgiveness is the key
- Wisdom and compassion
- Heart Coherence
- > -> meditations



> 3I Atlas Just Triggered The EVENT Countdown..." | Arcturian Council Of 5 - T'EEAH (GFL Station 13)

Heart Math

+ HeartMath Institute

A Nonprofit Organization

- Close eyes
- Deep breath and relax
- > Hand on Heart
- > Feelings of Joy, Gratitude, Love





Raise frequency

Map of Consciousness Levels from David R. Hawkins Power vs. Force 100-1000 | ENLIGHTENMENT | Powerful Inspiration | Attractor energy fields that Influence all of mankind | Influence all of mankind | Powerful Inspiration | Attractor energy fields that Influence all of mankind | Influence

540 Realers, Advanced spiritually

600

ativity 500

400

350

310

250

LOVE

REASON

ACCEPTANCE

WILLINGNESS NEUTRUALITY

COURAGE

pride

anger

desire

fear

grief

shame

200

175

PEACE • Transcendence, God-consciousness
• Great contributions to the world
• You have a notable effect on others

Individual will merges into divine will
Effortless / Synchronicity
Purity of motive - from the heart

Intelligence & rationality
 Knowldedge & education

True happiness Intuition

 Major transformation - you are the source & creator of life

Success Growth is rapid
 Overcome inner resistance to life
 Energy becomes very positive

Beginning of inner confidence
 Level of Empowerment

Life is exciting

Worry & Anxiety

Dependant upon external conditions

Hate / Aggression - A moving energy
 Greed / Insatiable

Sadness / Regret & Depression

· Miserable / Humiliation

apathy • Helplessness / Hopeless
guilt • Victimhood / Blame

NOTE: A person may operate on one level in any given area of life. An individuals overall level of consciousness is the sum total effect of all levels.

















Break

- Tea break
- Meditation
 - > 20 min meditation with Heart Coherence
 - > Plus open to OverSoul
- Sharing

