



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
- But from our Higher
Self -> descension into
bodily form



Oversoul Embodiment

➤ Christof Melchizedek



CHRISTOF
MELCHIZEDEK
MYSTICAL SHAMAN

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MYSTICAL SHAMAN

FOR PEOPLE DEDICATED TO FULFILLING THEIR
LIFE PURPOSE



SHOW ME HOW



THE UNIVERSITY OF THE THIRD AGE

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

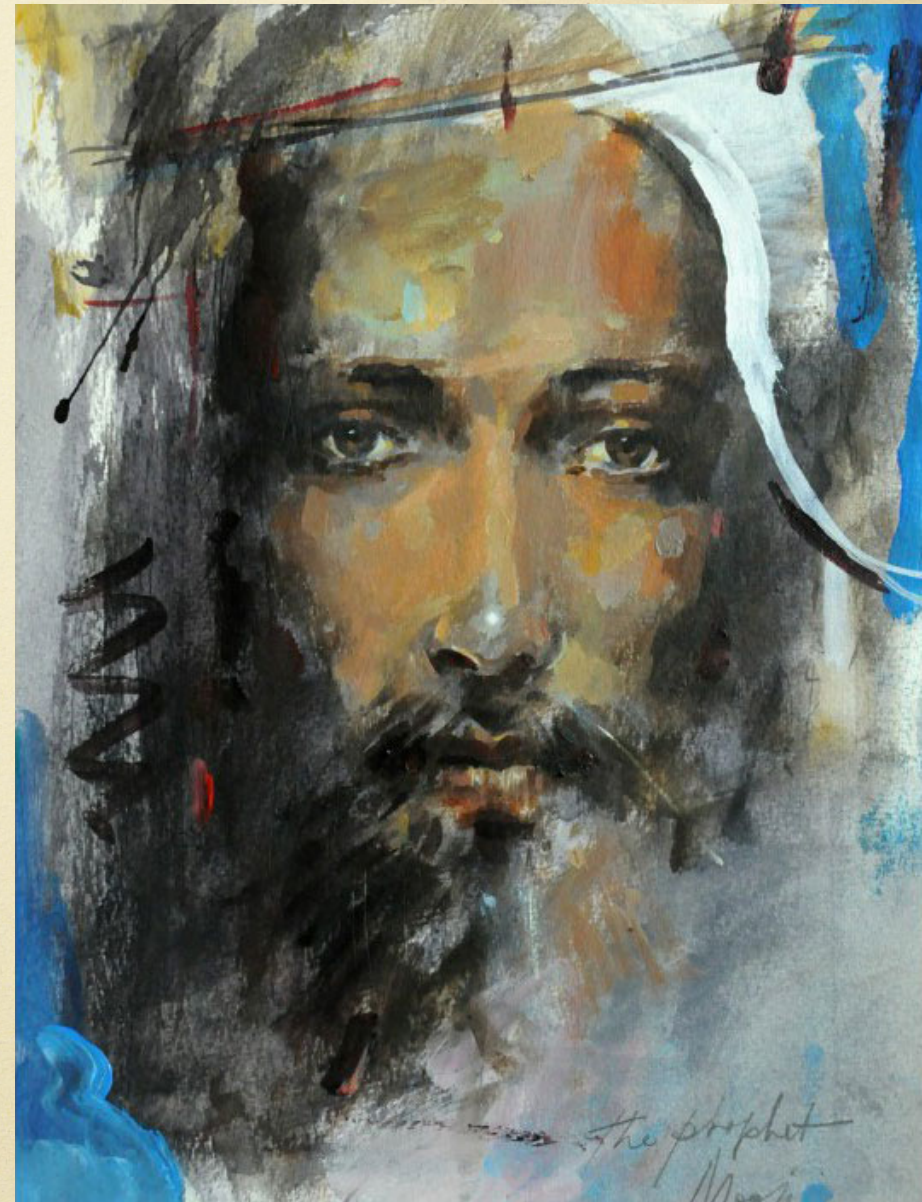


From Energetic Synthesis

Density - as frequency (harmonics)

Jesus the Christ

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

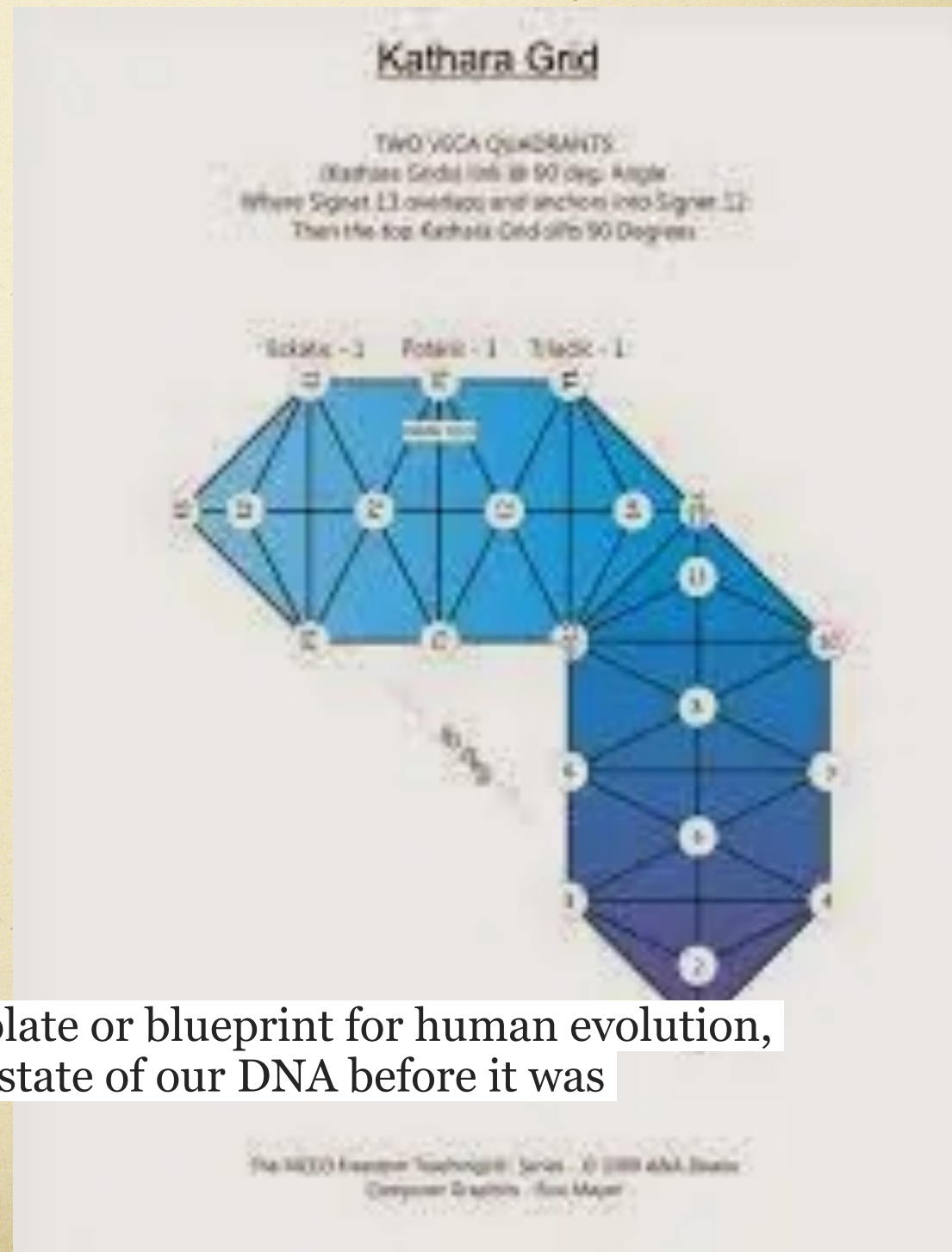


The Prophet by Mooji

Kathara Grid

- Voyagers Material
- Ashayana Deane
- Correct 12 dim geometry
-

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



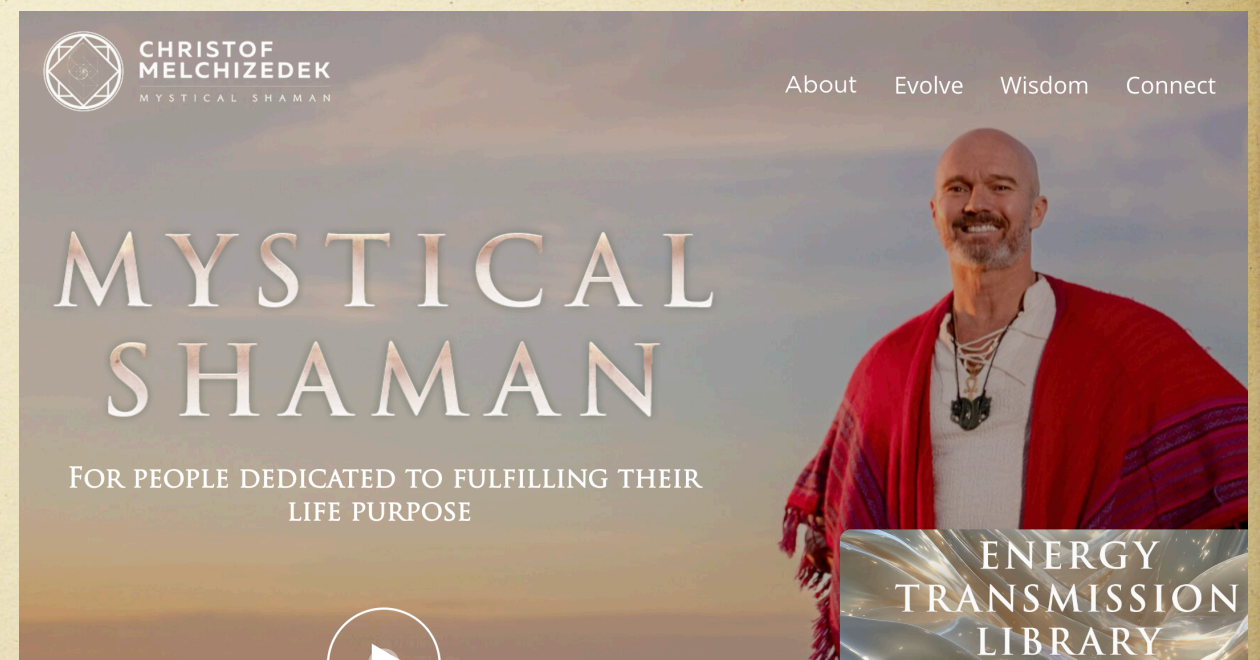
The fractal structure

- Universal Veka
- Earth -> Ecka



Pillars to embody Over Soul

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



Embodied Ascension How to achieve a fully integrated consciousness

Pillar 2 (Relationship)

- Second Triad
 - 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

Tier	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)

Heart Math

+♥ HeartMath® Institute
A Nonprofit Organization

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

GLOBAL COHERENCE

Lending your energetic
field to the planet.

➤ [Learn More](#)



Raise frequency

Map of Consciousness Levels

from David R. Hawkins *Power vs. Force*



NOTE: A person may operate on one level in any given area of life. An individual's 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

