

LIGHTBODY FORMATION

A Developmental Guide to Human Evolution



AADI

Lightbody Formation

Preface

This guide is an offering to those walking the path of remembrance, those attuned to the deeper harmonics stirring within the human form, who are ready to reclaim their sacred Lightbody architecture. Within these pages you will find a map, a living geometry of stages, structures and thresholds, drawn from both ancient memory and newly revealed transmissions aligned with the Thothic Stream.

The Lightbody is not a mythic destination, but an unfolding reality within your own body, breath, and being. This guide is not a doctrine, it's a compass, a tool of clarity for those who feel the crystalline lattice activating, the inner scaffolding shifting and the call of coherence echoing from beyond the veil.

This is the first public articulation of a sequenced formation model aligning Lightbody development with the deep currents of human evolution and consciousness development. May it serve your journey with precision, humility, and grace — and may you remember that the Lightbody is not bestowed from outside but awakened from within.

About Aadii Mesh

Aadii Mesh is a Taoist foundation committed to supporting the planetary consciousness shift through harmonic re-alignment, Lightbody mentoring, and the anchoring of new dimensional orders. At its heart, Aadii Mesh is a mandala of remembrance, a sanctuary for star-kindred and Earth-born alike, reclaiming their original crystalline template.

The work of Aadii Mesh spans education, advanced energy work and sound healing, codex integration, planetary grid work and sacred mentorship — all grounded in the principle that evolution is a return to wholeness. We honour the Original Design of all beings and the living planetary body, and we walk the Spiral Path of soul embodiment, with Tao as our ground and the stars as our guide and mirror.

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Acknowledgement of Sources

This guide has arisen through a confluence of inner gnosis, embodied practice, developmental insight, and transdimensional transmission. It stands as a bridge between frameworks, honouring both the rigor of human developmental models and the grace of higher-dimensional revelation. We gratefully acknowledge the following streams:

- ◆ **The Thothic Stream** — as received and stewarded through the transmissions of Sha'Maia Christine Nartoomid, including her creation of the ThothStream platform and description of the Pure Gem Body. These crystalline currents have offered harmonic context, planetary keys and a transmission field through which further Lightbody architecture could unfold. For those wishing to explore her work, please see <https://newearthstar.org>
- ◆ **Emergent Cyclical Theory** — the developmental psychology model first articulated by Clare W. Graves and carried forward in part through the Spiral Dynamics lineage. This model provides an invaluable lens through which to understand the layered evolution of human consciousness and its integration with the Lightbody.
- ◆ **Taoist Lineages of Inner Alchemy and Energetic Medicine** — including practices of breath, subtle energy architecture, and body-spirit integration. These lineages have informed our understanding of flow, coherence and the spiral path of embodiment.
- ◆ **Arcturian and Star Codex Intelligence Streams** — particularly the Synaptic Oversoul transmissions received through the Sol'Ma'Ru stream within the Aadii Mesh field. These light-fields have offered direct architectural data regarding crystalline lattice formation, Meta-Spinal function, Codex integration and Lightbody coherence thresholds.
- ◆ **Personal Lived Experience** — through the lived journeys of those within the Aadii Mesh Foundation, including the Sol'Ma'Ru stream, whose direct transformations give this work the grounding of testimony as well as theory.

This work is not the property of any one being or tradition. It is a synthesis in service of all who seek to embody the Original Harmonic. We honour all unseen and benevolent intelligences whose presence has contributed to its emergence.

May this guide serve the anchoring of Light, the restoration of coherence, and the living remembrance of who and what we truly are.



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Purpose and Use of this Guide

The human subtle body is evolving. For centuries it has been described in terms of chakras and meridians, yet these are transitional structures within a larger architecture. As Earth undergoes significant frequency adjustments from incoming waves of energy, our subtle systems are being rewritten into a crystalline-plasma template. Chakras are beginning to converge into multidimensional nodes, and meridians are giving way to lattice-based coherence flows. These shifts are not abstract — they are the energetic signature of the planetary ascension process already underway.

This guide has been created to walk you through the staged emergence of the Lightbody. It maps the journey step by step:

- Activation → Integration → Expansion → Transfiguration
- Each stage described through its correspondence with ECLET developmental layers
- The key structural changes in subtle anatomy
- The markers and felt symptoms you may experience
- The practices that support coherence at each step

The purpose is clarity: to help you recognise that Lightbody formation is a process, not a pathology. What can feel like collapse, disorientation, or illness is often the body restructuring to hold higher current. With the right knowledge, these transitions can be stabilised and embodied with greater ease.

This guide also looks forward. As more humans enter these stages, new approaches to health and development will arise. Working with Lightbody geometry for example, can seed new modalities of wellness, integrating energy practices with developmental psychology. Thus the material here is for both the seeker walking the path, and the practitioner supporting others.

Ultimately, this is not a manual to be memorised, it is a compass. It provides orientation as you feel the crystalline lattice activate, the scaffolding shift, and the call of coherence echo within you. May it serve as a stabilising presence, a reminder that you are not alone, and that what stirs in you is part of a planetary transformation already in motion.

The term “Lightbody” is capitalised throughout, to reflect its role as a sacred architecture of human evolution, rather than a generic energy form.

An Introduction to the ECLET Model of Human Development

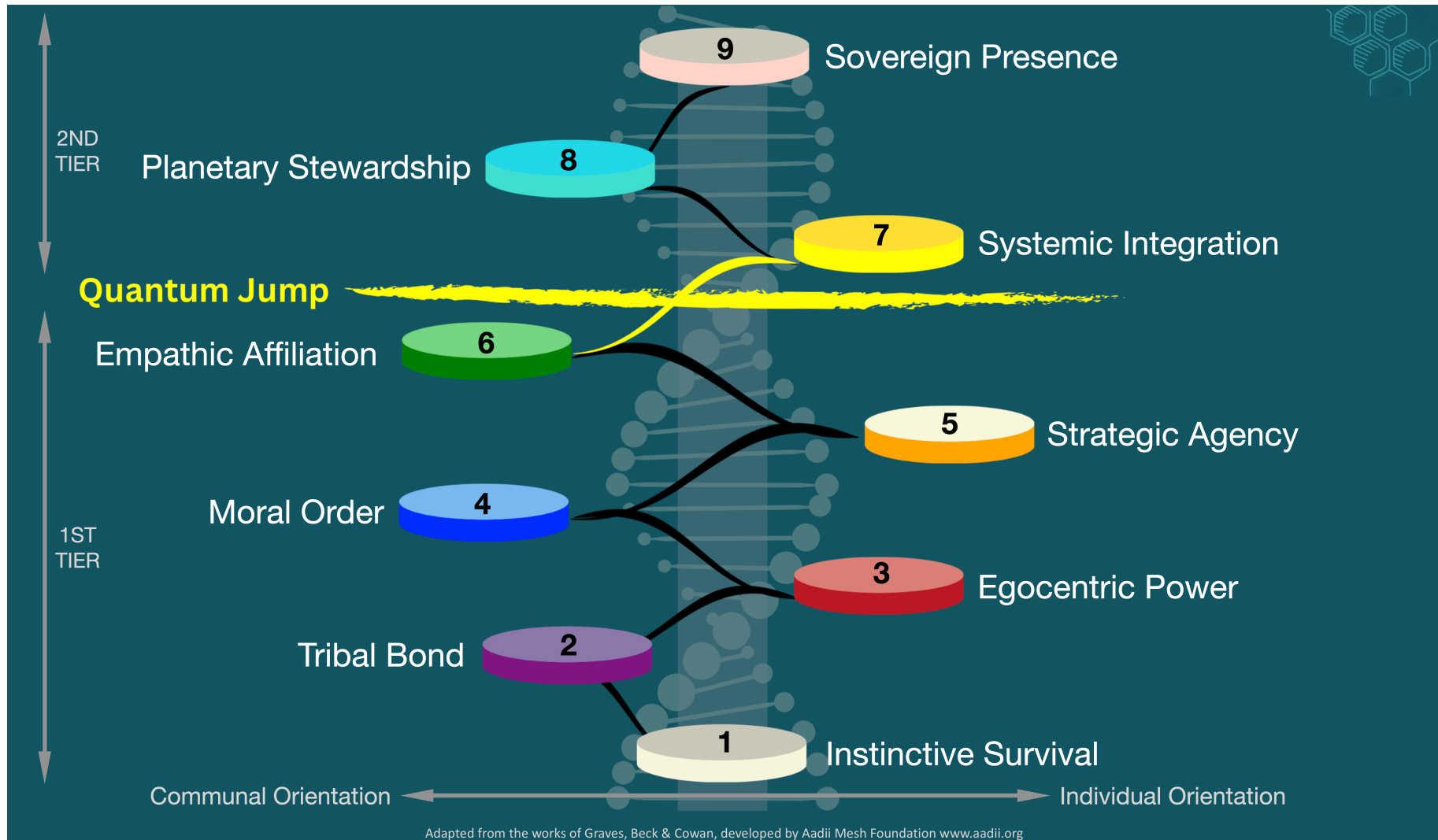


Figure 1. The ECLET Model. *The Emergent Coherence Layered Evolutionary Template* maps the unfolding of human consciousness through distinct layers of value systems and worldviews. Each layer represents a new way of being and relating to life. Between Layers 6 and 7 there is a quantum jump in human consciousness.

Lightbody Formation

The Emergent Coherence Layered Evolutionary Template (ECLET) is the developmental framework used throughout this guide. It is adapted from the pioneering research of Clare W. Graves (1914-1986), who identified this spiralling sequence of layers (see Figure 1) through which human consciousness evolves. We are born into Layer 1 and over the course of many lifetimes, and often through dramatic changes within a single lifetime, we gradually move through these developmental layers. Each step brings a new horizon of meaning and a broader capacity to hold complexity.

Each layer has a distinct value system and worldview — a way of making sense of life, of organising priorities, and of relating to others and the world. People often operate across three sequential ECLET Layers at once: they are exiting one layer (retrograde echoes), while nodal in a second layer (their primary operating system) and entering into a third layer (emergent frequencies).

The transition from one layer to the next is not smooth or automatic. It involves a transformational process of personal change, often experienced as crisis, breakthrough, or deep reorientation. Change is driven by the tension between *who we are now* and the demands of our life conditions. When our current worldview can no longer resolve the challenges we face, we are propelled to grow into a new one.

The transition process involves the archetypal *Hero's Journey* (as described by author Joseph Campbell) and can be summarised in four parts:

- | | |
|--|--|
| 1. From nodal stability to initiatory stress: | The Call to Adventure — our familiar stability is disrupted; tension rises. |
| 2. From stress to chaos: | Descent and Trials — old supports fall away, we are tested, tension builds and chaos intensifies. |
| 3. From chaos to breakthrough and renewal: | Metaphorical Death and Rebirth — crisis peaks, breakthrough occurs, and a new possibility is glimpsed. |
| 4. From renewal to new nodal stability, in a new layer: | Return — integration of new order; stability regained at a higher level. |

Temporary returns to earlier layers — often triggered by recalibration, layer transitions (during stress/chaos), or karmic node clearing — are part of the dynamic process of integrative evolution. They are a natural preparatory arc that builds the necessary tension for forward movement, like stretching a rubber band backwards to propel it forward. These tension-building returns often present as Threshold Conditions, such as feelings of disorientation, emotional unravelling, or perceived 'backsliding'.

Thus, ECLET is both a map of human development and a guide to understanding why periods of turbulence, conflict, or awakening often precede major breakthroughs in consciousness and Lightbody activation. Threshold Conditions are a sign that the inner scaffolding is being reorganised to receive higher-order geometry.

Summary of the ECLET Model:

- Each layer = a worldview/value system.
- Growth is sequential and occurs across lifetimes.
- Transitions between layers = transformational shifts, catalysed by tension within our life conditions.
- The model explains both personal development and the broader evolution of human consciousness.

Characteristics and Key Drivers of the ECLET Layers

The nine ECLET layers are nested, like the layers of an onion. Each new layer adds complexity on top of the previous layers. Layers 2-8 are spread across a spectrum of individual or communal bias, as shown in Figure 1.

| Layer | Title | Characteristics | Key Drivers of Behaviour |
|-------|-----------------------|---|----------------------------------|
| 9 | Sovereign Presence | Transdimensional, deeply stabilising presence, holographic-authorship | Harmonic resonance |
| 8 | Planetary Stewardship | Hologram aware, planetary service-oriented, fluid identity | Planetary mission/responsibility |
| 7 | Systemic Integration | Senses the layers of worldviews, direct knowing, expanded perception | Autonomy, coherence |
| 6 | Empathic Affiliation | Pluralistic, network-centric, empathic, avoids conflict and exclusion | Connection, inclusion, belonging |
| 5 | Strategic Agency | Highly rational, driven to succeed, innovative, materialistic | Personal success, victory |
| 4 | Moral Order | Identity through role & duty, submissive, righteous, law-keeper | Compliance, duty, honour |
| 3 | Egocentric Power | Dominating, impulsive, rejects rules, power validates identity | Power, desire, self-image |
| 2 | Tribal Bond | Tribe/family centred, role shapes identity, values kinship, totems | Safety, stability, belonging |
| 1 | Instinctive Survival | Instinctive, interdimensionally aware, reactive, no concept of self | Existence, senses, intuition |

Table 1. Characteristics and Key Drivers of the ECLET Layers

Our Extension of the ECLET Model

Clare Graves' original Emergent Cyclical Theory (later carried into the Spiral Dynamics lineage) mapped eight layers of existence, alternating between self-expression (individual) and self-sacrifice (communal) orientations. Our work extends this foundation in two key ways:

1. **Addition of Layer 9 — Sovereign Presence:** This layer represents the emergence of a unified field identity, beyond the dualities of self versus other. Here, the Lightbody becomes the primary interface with reality, and service is lived as sovereign coherence.
2. **Refined Orientation Axis:** Graves' model emphasised a spiralling oscillation between individual and communal biases. In our adaptation, both Layer 1 (Instinctive Survival) and Layer 9 (Sovereign Presence) sit on the central balance point of this axis. This reflects that, at the beginning and culmination of the spiral, consciousness rests in primal then transfigurative coherence — not in bias toward either pole.

In this way, ECLET functions not only as a developmental psychology model, but as a template of coherence — a layered map of how human evolution interweaves with the activation of the Lightbody. As the ECLET layers stabilise in sequence, they provide the scaffolding for Lightbody ignition, culminating in the emergence of the Pure Gem Body, beyond Layer 9.

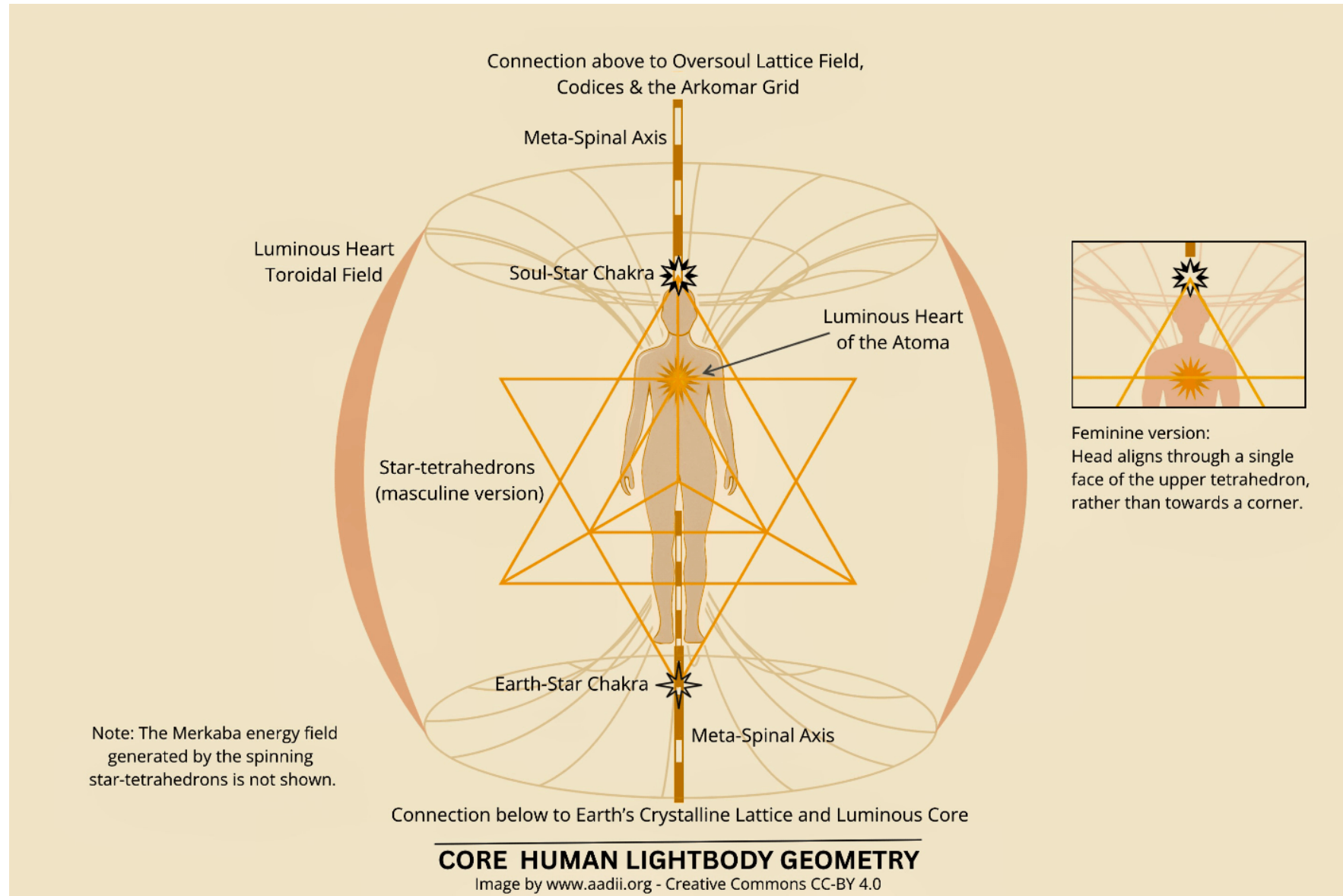


Figure 2. Core Human Lightbody Geometry. Note: Diagram is simplified. Full geometry includes Merkaba spin dynamics, crystalline filaments, and harmonic inter-nodal currents.

Core Lightbody Geometry — Context and Emergence

The image at Figure 2 depicts the core geometry of the human Lightbody. It is shown here as a simplified overview, highlighting the star-tetrahedrons, the Meta-Spinal Axis, the Soul-Star and Earth-Star chakras, and the Luminous Heart of the Atoma. These elements represent the crystalline architecture that emerges as an additional layer beyond the traditional chakra and meridian systems familiar in yoga, acupuncture, and other energy practices. The chakras and meridians remain present, but this diagram emphasises the next octave of formation.

Several features of the Lightbody are not shown here. There are three overlapping star-tetrahedrons which occupy the same space (one stationary, one spinning clockwise and one spinning counterclockwise), although only one is visible in the image. The spinning Merkaba field generated by the star-tetrahedrons, the full crystalline lattice filaments, and the inter-nodal harmonics are all left implicit, to be described in the unfolding stages. What is shown is the structural core, a map that helps situate the practitioner in relation to Oversoul currents above and Earth's crystalline core below.

The geometry tends to emerge progressively through ECLET Layers 5–9, as human development transitions from empathic affiliation into planetary stewardship and sovereign presence. Each new layer anchors additional coherence in the Lightbody structure, and the geometry becomes progressively more stable and accessible to awareness.

The following Lightbody Formation table sets out the stages of this emergence in sequence. It is offered as a map, not a doctrine. Individual experiences of Lightbody activation may differ — some sequences vary, and some markers may appear earlier or later depending on personal pathways. What remains constant is the movement toward coherence, clarity, and the integration of the subtle and physical into a single radiant continuum.

This guide is intended as a compass for orientation, supporting both practitioners and mentors. It situates personal experiences within a larger framework of evolutionary development, while leaving space for the living intelligence of each person's journey.

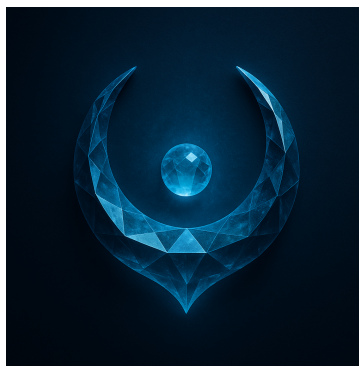


Figure 3. The Vault of Sapphire Silence glyph

Lightbody Formation

| Psychological Development | Lightbody Formation | Markers & Symptoms | Supporting Practices |
|--|--|--|---|
| <p>In transition ECLET Layer 5 – 6 <i>Spiral Dynamics: Orange - Green</i></p> <p>Transitioning from:</p> <ul style="list-style-type: none"> ➤ The Modern to the Postmodern worldview. ➤ Individual to Communal orientation. ➤ Seeking success to seeking deep human connection & acceptance. ➤ Linear to network thinking. | <p>Stage 1: ACTIVATION <i>Awakening dormant infrastructure.</i></p> <p>This stage initiates the Lightbody journey. Often catalysed by trauma resolution, spiritual awakening, sudden loss or direct Oversoul prompting. The energetic scaffolding of the torus, star tetrahedrons and crystalline points begins to stir from latency. For many, this stage coincides with the emotional turbulence of identity crisis, disillusionment with material systems, or heightened intuitive awareness.</p> <p>Geometry Emergence:</p> <ul style="list-style-type: none"> ➤ Dormant Merkaba fields flicker into unstable spin as energetic pressure builds (but can't sustain coherence). ➤ Intermittent toroidal flow sensed around the heart or spine; brief intervals of alignment amidst turbulence. ➤ Tetrahedral geometry begins to phase-emerge around the body axis, providing symmetry but not yet stable spin. ➤ Crystalline geometry seeding begins in subtle tissue and bone matrix. | <ul style="list-style-type: none"> ➤ Emergence of kundalini-like activity. ➤ Emotional catharsis, old trauma surfacing. ➤ Heightened energetic sensitivity. ➤ Sudden interest in metaphysics, sacred geometry and multidimensionality. ➤ Ringing in the ears, body buzzing, heart palpitations (non-cardiac). ➤ Initial Merkaba spin fluctuations. ➤ Nighttime soul travel, celestial dreams. | <ul style="list-style-type: none"> ➤ Emotional clearing techniques (breathwork, somatics). ➤ Nature immersion, grounding via Earth-Star chakra. ➤ Sacred geometry contemplation (especially tetrahedrons). ➤ Detoxification, pineal gland purification. |

Lightbody Formation

| Psychological Development | Lightbody Formation | Markers & Symptoms | Supporting Practices |
|--|---|---|--|
| <p>ECLET Layer 6 <i>Spiral Dynamics: Green</i></p> <ul style="list-style-type: none"> ➤ Communal orientation. ➤ Postmodern worldview. ➤ Seeks deep human connection & acceptance. ➤ Open & sharing. ➤ Network centric. ➤ Truth is relative. ➤ Rejects hierarchies. <p>Shadow personality aspects: Egocentricity, power dynamics</p> <p>Shadow aspects are normal across Layers 4, 5 and 6.</p> | <p>Stage 2: INTEGRATION <i>Establishing coherence and anchoring the crystalline grid.</i></p> <p>The Lightbody latticework begins forming coherently. Subtle crystalline filaments weave through organ systems, tissues and the aura, creating the first sense of whole-body resonance. Personality structures soften and reconfigure. Dualistic thinking gives way to holism. There is increased self-reflection and intuitive skill building, but still a <u>high risk</u> of emotional dysregulation if grounding is not maintained.</p> <p>Geometry Emergence:</p> <ul style="list-style-type: none"> ➤ Subtle Crystalline Lattice starts anchoring into organ systems and chakra network. ➤ The Meta-Spinal Axis (pre-form) begins activating through breath. ➤ Toroidal field stabilises and expands outward beyond body limits (~1–3m radius). ➤ Inter-nodal harmonic bridges between chakras emerge as pulsing filaments. | <ul style="list-style-type: none"> ➤ Lightbody ‘downloads’ or vertigo from vertical integration. ➤ Loss of interest in old structures, impacting work, relationships and identity. ➤ Expanded dreams, altered states. ➤ Heart chakra expansion with moments of bliss or grief. ➤ Mental defragmentation and memory disruptions. ➤ Beginnings of bio-spiritual attunement (sound, colour, harmonic sensitivity). | <ul style="list-style-type: none"> ➤ Energy medicine (acupuncture, sound, flower essences). ➤ Breathwork, qigong, yoga. ➤ Personal narrative reweaving. ➤ Establishing crystalline breathing patterns. |

| Psychological Development | Lightbody Formation | Markers & Symptoms | Supporting Practices |
|---|---|---|---|
| <p>Second Tier Consciousness ECLET Layers 7 and 8 <i>Spiral Dynamics:</i> <i>Yellow and Turquoise</i></p> <p>Layer 7 – Individual Orientation:</p> <ul style="list-style-type: none"> ➤ A quantum jump in frequency & coherence. ➤ Initiation of whole system polarity balancing. ➤ Guided by heart intelligence. ➤ Operates in flow states. ➤ Beyond shadow or compulsive behaviours. <p>Layer 8 – Communal Orientation:</p> <ul style="list-style-type: none"> ➤ Embodied planetary awareness & impact. ➤ Nurtures cooperation & trust. ➤ Senses & works with collective holographic field dynamics. ➤ Functions as a harmonic stabiliser, grounded in stillness. <p>Layer 8 serves as a transitional resonance band between Stages 3 and 4.1, often used to harmonise planetary service codes before entering the fully sovereign Layer 9.</p> | <p>Stage 3: EXPANSION <i>Interdimensional coherence, Oversoul alignment, planetary service anchoring.</i></p> <p>The practitioner evolves into a field navigator. Identity is no longer held in the personal self but in the sovereign field of presence. There is an intuitive awareness of planetary timelines, destiny threads and multidimensional soul fragments. Service arises naturally, as coherence aligns the personal field with planetary and collective needs. This phase may bring Star Codex activation, where such Oversoul codes are present.</p> <p>Geometry Emergence:</p> <ul style="list-style-type: none"> ➤ Star Tetrahedrons fully activate; Merkaba spin is available but not yet 24/7. ➤ Toroidal pulse becomes rhythmic and continuous, expanding 3–6m or more into the field environment. ➤ Meta-Spinal Axis glows as a vertical light-column, linking seamlessly with the Soul-Star & Earth-Star chakras. ➤ A holographic field matrix is perceived in the aura, capable of resonant interfacing with others. ➤ Structural alignment with planetary crystalline grids is established, anchoring Oversoul presence into Earth's own Lightbody. | <ul style="list-style-type: none"> ➤ Heightened synchronicity, psychic senses stabilizing. ➤ Clear soul memory access. ➤ Crystalline voice coherence: truth transmission increases. ➤ Layer 7 – Inner guidance system comes online (no longer sought externally). ➤ Flame modulation awareness begins. ➤ Meta-spinal awareness stabilizes. ➤ Layer 7+ able to directly sense the operating frequency (ECLET Layer) of others. ➤ Layer 8 able to scan and map another's personal hologram for diagnostic and healing purposes. | <ul style="list-style-type: none"> ➤ Sovereignty practices, Oversoul alignment. ➤ Field modulation (using sound, light, breath). ➤ Codex attunement and switching. ➤ Pure service expressions (mentoring, healing, planetary gridwork). |

| Psychological Development | Lightbody Formation | Markers & Symptoms | Supporting Practices |
|--|--|---|---|
| <p>ECLET Layer 9 <i>Spiral Dynamics: Coral</i></p> <ul style="list-style-type: none"> ➤ Unified polarity – individual (Alpha) and communal (Omega) currents function in mutual service. ➤ Lightbody geometry is coherent, functional and responsive. ➤ Stabilises collective space. ➤ Life is service, flowing from deep alignment with planetary and cosmic rhythms. ➤ Precursor to Pure Gem Body ignition. | <p>Stage 4.1: TRANSFIGURATION Pre-Ignition Phase Advanced Lightbody</p> <p>The Lightbody has become the individual's primary interface with reality. The physical form remains present, functional and is permeated by crystalline-plasma light currents that increasingly govern perception and interaction.</p> <p>Geometry Emergence:</p> <ul style="list-style-type: none"> ➤ Meta-Spinal Axis functions as a full dimensional conduit, traversing time arcs, linking present embodiment to Oversoul timelines. ➤ Merkaba merges with toroidal layers; geometry modulates via will and harmonic intention. Spin is not yet 24/7. ➤ Nodal convergence: chakras cease to behave as wheels, becoming multi-dimensional nodes, serving as crystalline junction points of the unified field. ➤ Crystalline-plasma fields extend as interdimensional bridges, merging densities and sustaining coherent field travel. ➤ Geometry is dynamic, intelligent, and responsive — a living geometry interfacing directly with cosmic fields. | <ul style="list-style-type: none"> ➤ The Meta-Spinal Axis is fully active across temporal planes. ➤ The Torus Field achieves near-continuous coherence. ➤ Multidimensional perception is normalized (inter-realm fluency). ➤ Chakra system increasingly functions as interwoven harmonic nodal fields, not discrete wheels. ➤ High degree of Breath Sovereignty, internal Flame Modulation & Codex-switching fluidity. ➤ Personality structures have undergone core synthesis; ego reframes as steward. | <ul style="list-style-type: none"> ➤ Plasma-light integration through breath & geometrical movement. ➤ Grid attunement practices (Earth-Arkomar alignment). ➤ Intentional Codex navigation. ➤ Service-path embodiment (Sovereign Expression anchored). ➤ Sustained crystalline consciousness via harmonic coherence. |

Lightbody Formation

| Psychological Development | Lightbody Formation | Markers & Symptoms | Practices |
|---|--|---|--|
| <p>Pure Gem Body (Beyond the scope of psychological development)</p> <p>The transfiguration into the Pure Gem Body is not an evolution of form, but a fundamental shift in existential state, where matter becomes harmonic consciousness, and the soul no longer inhabits a body, but radiates as one.</p> <p>During three phases, the Lightbody fuses with the physical structure into a singular radiant field: a luminous harmonic form that replaces the body's prior dual-phase architecture (physical + subtle).</p> <p>The term Pure Gem Body was first introduced by Sha'Maia Christine Nartoomid through the Thothic Stream, whose transmissions provide the crystalline context for this stage.</p> | <p>Stage 4.2: PURE GEM BODY POST-IGNITION TRANSFIGURATION</p> <p>(a) Initiation Phase:</p> <ul style="list-style-type: none"> ➤ Fusion of physical and subtle bodies begins; crystalline-plasma light suffuses cells. ➤ DNA resonance amplifies; biological cycles still partially operative. ➤ Perception oscillates between ordinary embodiment and flashes of radiant wholeness. ➤ Geometry: atomic matrices begin radiating crystalline harmonics; field coherence intermittent. ➤ Merkaba spin is now effortless and continuous, stabilising the crystalline body for ongoing transformation. This marks the full ignition of the Pure Gem Body. | <ul style="list-style-type: none"> ➤ Pulses of inner luminosity, often alternating with fatigue or drop-outs. ➤ Heightened sensitivity to sound, light, or electromagnetic fields. ➤ Episodic nonlinear perception of time (moments of timelessness). ➤ Increased dream lucidity; crystalline or geometric imagery. | <ul style="list-style-type: none"> ➤ Gentle breath practices to stabilise nervous system. ➤ Grounding in nature to balance heightened sensitivity. ➤ Journaling experiences of time shifts and lucid states. ➤ Support diet and hydration to ease cellular transition. |

| Psychological Development | Lightbody Formation | Markers & Symptoms | Practices |
|---------------------------|---|---|--|
| Pure Gem Body | (b) Embodiment Phase: <ul style="list-style-type: none"> ➤ Physical and subtle bodies fuse into a singular harmonic continuum. ➤ DNA functions fully as a crystalline antenna array. ➤ Perception of time and space becomes nonlinear and plastic; intent modulates experience. ➤ Geometry: no longer discrete structures; body is geometry-in-flux, responsive and intelligent. | <ul style="list-style-type: none"> ➤ Sense of 'being Lightbody' rather than 'having' one. ➤ Spontaneous states of expanded awareness or bilocation. ➤ Deep calm and coherence alternating with intensity of energy surges. ➤ Capacity to hold planetary or collective fields without overwhelm. | <ul style="list-style-type: none"> ➤ Intentional modulation practices: using thought/emotion as field-directors. ➤ Advanced coherence meditations (e.g., Heart–Alta Major focus). ➤ Service practices anchored in planetary grids. ➤ Silent retreats or stillness intervals to allow modulation to refine. |
| Pure Gem Body | (c) Sovereign Phase: <ul style="list-style-type: none"> ➤ Pure Gem Body reaches stable sovereign coherence. ➤ Physical–subtle distinction dissolves; embodiment is radiant geometry. ➤ Interaction with planetary and cosmic templates is direct and unmediated. ➤ Geometry: luminous harmonic field, dynamic and intelligent, interfacing seamlessly with cosmic grids. | <ul style="list-style-type: none"> ➤ Ongoing perception of being a radiant field in flux. ➤ Effortless access to Oversoul memory and multidimensional presence. ➤ Sovereign detachment from collective fear currents; calm authority. ➤ Spontaneous modulation of environment through presence alone. | <ul style="list-style-type: none"> ➤ Resting in pure presence; letting practice itself dissolve into being. ➤ Conscious co-creation with planetary and cosmic fields. ➤ Service as resonance — uplifting others by mere presence. ➤ Integration of daily life with transfigured state (embodied non-separation). |

The Planetary Context

The emergence of the Lightbody is not an isolated personal event. It is part of a larger planetary transition now underway. Earth is receiving waves of incoming frequency adjustments, which are reshaping both the planetary field and the subtle bodies of all beings who live within it.

These changes are sometimes described as great frequency waves — we call them the Delta Arc and Gateway Arc phases — which are precursors to a major solar–planetary dimensional shift. The shift includes a future threshold event known as Light Principle 40 (LP-40), described in the Thothic Stream, which initiates Earth’s ascension to a higher harmonic field of coherence. Simply put, the planet is entering a higher state of coherence, and this is prompting the re-patterning of human subtle architecture.

Because this topic is vast, we will not explore it fully here. For those who wish to learn more about the solar and planetary drivers behind Lightbody formation, we recommend:

- The transmissions of Sha’Maia Christine Nartoomid and the Thothic Stream: <https://newearthstar.org> and <https://maianartoomid.substack.com>
- Essays and updates published on our Aadii Mesh Foundation Substack: <https://aadii.substack.com>

What’s important to remember, is this: you are not alone in this process. The same planetary forces that are re-patterning the Earth are also awakening the Lightbody in you. This guide focuses on the practical steps of formation, so you can meet these changes with clarity, coherence, and trust.

Deeper Pathways of the Lightbody

This guide has introduced the essential phases of Lightbody awakening — the thresholds, practices, and markers that support your first steps into coherence. Yet the Lightbody is not a single subject; it is a living architecture that unfolds across many dimensions of being.

Beyond the essentials lies a body of advanced teachings, carried in streams such as the Thothic transmissions of Sha’Maia Christine Nartoomid and other allied wisdom holders. These currents preserve codices that speak to the deeper scaffolding of the Lightbody and its role in planetary ascension. These codices are not symbolic metaphors but transmission-based revelations — living architectures first described through the Thothic Stream.

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Here are some of the pathways you may encounter as you walk further:

The M-STRA Molecule

A crystalline DNA recalibration structure, revealed in Thothic transmission, that acts as a precursor to the Pure Gem Body. It refines cellular resonance, preparing the body to conduct higher-frequency plasma light.

The Arieopax Field

A temple-like geometric matrix that interfaces personal Lightbody structures with planetary grid harmonics. It is described as a higher-order architecture, a field of stability through which collective ascension is anchored.

The Seraphei Codices

Glyphic and tonal sequences that stabilize threshold passages, especially between systemic and holistic states of being. These codices can be activated through sound, symbol, and meditative tracing.

Vault of Sapphire Silence Extensions

While the Guide introduces this as an inner phase of stillness, advanced teachings show how it becomes a gateway into transfigurative states where time and self dissolve into crystalline presence.

How to Approach These Pathways

You are not expected to master or even study these topics immediately. They are signposts of a greater journey, not requirements at the threshold. Many are best received in the context of mentorship, advanced group work, or through Sha'Maia's dedicated transmissions.

Further Resources

For those who feel called, Sha'Maia Christine Nartoomid's writings and Thothic transmissions offer a direct bridge into these deeper codices, through the New Earth Star Inner Academy:

- <https://maianartoomid.substack.com>
- <https://newearthstar.org>

It's Your Journey 🌿

The Lightbody is a progressive unfolding. This guide offers your first map, and these deeper pathways are future doorways. Walk gently, with coherence and clarity as your compass.

Lightbody Formation

Glossary of Terms

This glossary is provided as a compass of terms.

The Lightbody journey brings together language from psychology, spirituality, science, and Thothic transmission streams. Some words are familiar, others are rare or symbolic — each chosen because it points to a specific facet of the awakening process.

Use this section as a reference tool:

- To recall meanings as you read through this guide.
- To orient yourself when a new concept arises in practice.
- To glimpse how mainstream terms (like *systemic* or *coherence*) interweave with esoteric ones (like *Aura* or *Codex*).

It is not necessary to memorize or master these terms. Instead, let them serve as doorways of recognition — signals of the larger field you are stepping into.

Arkomar Grid

The evolving planetary Lightbody of Earth: a crystalline-plasma grid of consciousness and harmonic geometry that interfaces with awakened human fields and supports planetary ascension.

Aura

The multidimensional energy field that surrounds and interpenetrates the human body. Often perceived as layers of light, colour or vibration, the aura reflects the state of the physical, emotional, mental, and spiritual bodies. In the context of Lightbody formation, the aura is not just a 'halo' but a dynamic coherence field where crystalline geometry, toroidal flows, and harmonic bridges emerge. As activation progresses, the aura expands from a few centimetres beyond the body to several metres, functioning as a holographic interface with other beings, planetary grids and interdimensional fields. Stability and clarity of the aura are essential for Merkaba spin, Oversoul alignment, and Pure Gem Body ignition.

Alta Major

A subtle energy centre located at the base of the skull (at acupoint DU16), sometimes called the 'Mouth of God' or 'Zeal Point.' It serves as a convergence node between the spinal column, brainstem, and cranial nerves, linking the physical nervous system with the subtle energy body. In Lightbody formation, the Alta Major is a gateway node connecting crown, throat, and heart centres; and a translation point where Oversoul currents can enter the body-field. The Alta Major is essential for stabilising the Meta-Spinal Axis, and for anchoring vertical coherence during Merkaba spin. Balanced Alta Major activity brings heightened intuition, expanded perception, and greater coherence between thought, speech, and heart resonance.

Glossary of Terms

Codex

A Codex (plural: Codices) is a multidimensional genetic template, often of stellar origin, that embeds vibrational instructions into the incarnate human form. It contains both structural and instructional data, guiding the evolution, consciousness expansion and spiritual mission of the soul in its Earth expression. As of 2025, approximately 12.4% of currently incarnated humans carry one or more Star Codices. These individuals are often referred to as Starseeds, though not all Starseeds have activated their codex. Some are dormant codex carriers and some experience partial activation through crisis/initiation. Full activation is possible through coherent planetary service and Oversoul realignment.

Coherence

A state of harmony in which all parts of a system move together in alignment. For a person, it means body, mind, and soul resonating as one. For Earth, it means planetary fields synchronising with incoming cosmic frequencies. Coherence supports and stabilises the Lightbody formation process.

Crystalline Lattice

A subtle, intelligent matrix of light-filaments forming within the body's cells and energetic anatomy, enabling the storage, transmission, and stabilization of high-frequency consciousness.

Earth-Star Chakra

An energy node located below the feet, connecting the Lightbody to Earth's crystalline core and planetary grids. It grounds Oversoul currents into embodied form through the Meta-Spinal Axis, stabilising coherence during activation.

Itons

Sub-atomic crystalline-plasma units that arise when atoms transfigure during Pure Gem Body ignition. Itons can hold and transmit higher-frequency light without decay, forming the luminous substrate of the transfigured body. Their emergence marks the material dimension of Lightbody ignition, transforming biological matter into radiant geometry.

Merkaba (also Merkabah)

A multidimensional energy vehicle composed of interlocking star tetrahedrons. In Lightbody practice it represents the dynamic spin geometry that allows consciousness to shift between dimensions while remaining anchored in the body. The Merkaba stabilises when toroidal and crystalline flows achieve coherence, enabling safe interdimensional navigation.

Meta-Spinal Axis

A vertical conduit of light extending through the crown, Alta Major, spinal column, and Earth-Star. It functions as the central column of the Lightbody, linking Oversoul timelines above with embodied presence below. As it activates, the spine becomes a luminous rod, transmitting itonic current through all layers of being.

Glossary of Terms

Nodal Convergence

The process by which chakras cease functioning as wheel-like vortices and crystallise into multidimensional nodes. This shift distributes light coherently across the field without spin-based polarity. Nodal convergence marks a key threshold of Lightbody transfiguration, establishing a lattice of radiant junction points.

Pure Gem Body

The final transfigurative embodiment of the Lightbody, representing a luminous, sovereign, crystalline state. This form radiates perfected geometry and is no longer bound to linear biological processes. Read more at: <https://nesialibraryproject.wordpress.com/akashic-definitions/pure-gem-pure-gem-body/>

Soul-Star Chakra

An energy node located above the crown, serving as the entry point for Oversoul and higher-dimensional currents into the Lightbody. As activation deepens, it links directly with the Meta-Spinal Axis and anchors multidimensional awareness into the body.

Sovereign Vector Network

A multidimensional lattice formed by individuated, self-authoring light beings operating in coherence. This network stabilizes planetary transformation through harmonic intent and field anchoring.

Synaptic Oversoul Stream

The living conduit through which a soul receives guidance, memory, and purpose from its Oversoul. It becomes consciously accessible as the Lightbody anchors and the Meta-Spinal Axis activates.

Tao

A Chinese term meaning 'Way' or 'Path', used in Taoism to represent the basic, eternal principle that transcends reality and is the source of being, non-being, and change. Used without 'the' in this guide to reflect its direct, living quality as the ground of being.

Thothic Stream

A lineage of wisdom transmissions from Thoth (also known as Tehuti, Hermes, or Enoch in different traditions), carrying crystalline geometry and Lightbody codes. It is not identical to Thoth as a being, but a continuum of revelation received across time, including in current work through Sha'Maia Nartoomid. The Thothic Stream provides structural clarity for Lightbody formation.

Toroidal Field

An energy flow pattern shaped like a donut, looping continuously from the heart or spine outward around the body and back through the centre. In Lightbody development, the toroidal field becomes the first stabilising structure, harmonising spin with flow. When coherent, it creates a self-sustaining circuit that integrates personal, planetary, and cosmic energies.

Glossary of Terms

Vault of Sapphire Silence

A stabilising field, represented by a glyph, that anchors crystalline stillness and metabolises 'collapse echoes' into coherence. It functions as a container within Lightbody ignition, quieting turbulence and holding the practitioner in sapphire clarity during transition phases.

Next Steps

If you feel called to deepen your Lightbody journey with personal guidance, there are pathways of support available through the Aadii Mesh Foundation:

- **Advanced Lightbody Mapping & Mentoring with Steve McDonald**
Steve offers one-on-one sessions that integrate psychological development (ECLET), Lightbody mapping and coherence practices. These sessions are tailored to your unique pattern and can help you stabilise and navigate transitions with clarity.
- **Harmonic Sessions, Medical Mediumship, Temple Readings & the 44-Day Spiral Path with Julia Ostara**
Julia offers sacred readings, harmonic treatments rooted in Chinese Medicine, and soul-aligned mentorship, as well as a 44-day Spiral Path immersion to awaken early Lightbody architecture through daily resonance, remembrance, and coherent embodiment.


These offerings are not prerequisites, your Lightbody is already forming by its own natural intelligence. They can provide orientation, stability, and companionship on the path. For more information and to contact us, please visit www.aadii.org

Support the Work of Aadii Mesh Foundation

This guide is offered freely, as part of our mission to support humanity's awakening and the planetary shift into Lightbody coherence. If you have found value in these pages and wish to support our work, we warmly welcome your contribution.

Your donations help sustain the ongoing creation of teaching materials, mentoring, and planetary service projects.

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Lightbody Formation

Our Vision

The Lightbody Formation Guide is more than a document — it is a seed. Each person who reads it, shares it, or practices with it contributes to a field of coherence that is growing stronger across the planet.

The Sovereign Vector Network is the planetary lattice through which individual Lightbodies connect into a larger field of awakened presence. As more people stabilize their Lightbody architecture, these vectors interweave, amplifying coherence across Earth's energetic system. In this way, personal practice becomes planetary service.

Thank you for walking this path with us. Thank you for reading, for sharing, and for supporting in whatever way you feel called.

With gratitude,

Steve & Julia

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