



## Cranial Temple Activation: Become The Best Possible Version of Yourself

by Colleen Behan

I discovered the power of the Pineal Gland, a small endocrine gland in the center of the brain, in early 2009. I had been a healing practitioner for about 8 years at that point and while I held many certifications and experienced a wide variety of energy modalities, I had never worked with an energy so profound, so subtle, and yet so powerful. I would later learn why.

I got my certification to activate the Pineal Gland in August 2009 and received my teaching credentials in January 2010. After certifying over 50 practitioners by September 2010, the work began to evolve into the Cranial Temple Activation (CTA). It literally took on a life of its own.

### Science Meets Energetics

The evolution of the work began showing itself to me during private sessions with clients and I soon realized the profound nature of what was happening ... that this work is about re-patterning the actual cells in the physical body. My research on the brain and DNA has taught me that we can energetically effect the physical/biological body to generate transformation and higher consciousness on a cellular level and through all the energy bodies: mental, emotional and spiritual. And I was seeing the effects of this in my clients and students. Anytime we embody a higher state of consciousness, evolution takes place. There is evidence all around us that we are evolving as a species. The earth is evolving. How we think and feel and connect and integrate is all changing. The CTA is bringing to life the new *Template of Consciousness*, which lays the groundwork for our current shift in human evolution.

"From the Creator-All-That-IS, comes the spark or impulse for the creation of form. In form, this impulse ignites in the back of the eyes, located at the center of the forehead. It is known as the 'headquarters,' the 'primal eye,' 'the roots of heaven,' or 'residence of the Soul.' It is where the perfect reflection of the Creator-All-That-Is' One tone, or Sound and Light resonate. The 'primal eye' holds the blueprint for all the energy and movement within the body and contains the activating principle of Spirit, which helps connect Spirit and all elemental forms. Scientifically, it is known as the pineal gland. This is where the activation of the 'latent' DNA is witnessed - to complete our full genetic blueprint." -Vianna Stibal

The pineal gland is the physical body's command center and has direct connection to the nucleus of every cell. Because this gland communicates simultaneously with each and every cell, any changes in the pineal gland can be broadcast to every cell in the body.

### Master Cell

This is because within the Pineal Gland is the Master Cell. A Master Cell is an original cell in the body that holds the blueprint for the entire form and creates all new cells in the body, and this is where all information regarding cell generation is contained. The Master Cell contains the cell nucleus, chromosomes, DNA helix strands, codons and light-encoded filaments (LEFs). During the activation, the new consciousness patterns are installed in the Pineal Gland and imprinted in the Master Cell.

The Master Cell also contains old patterns of degeneration, damaged or

diseased cell patterns, and cell memory. These cell patterns and cell memory can be cleansed and purified from the DNA. The Pineal Gland is central to the Cranial Temple Activation work. Sometimes after an activation or weekend training, life can feel like a hurricane just rolled through. Being cleansed of old patterns can be like being turned upside down on your head. As the "old way" begins to fall away, there can be a period of "what now?" or "empty space." This is where the new life emerges from.

### What is the Cranial Temple?

After working so intently with the Pineal Gland for over a year, I began to see the Cranial Temple, which is the 3 glands in the brain: the Pineal, Pituitary and Hypothalamus. When these 3 glands are activated at one time they create a portal in the brain for the 5 Bodies of L.I.G.H.T. to enter the physical body on a cellular level, allowing us to anchor more light into our physical bodies. When this occurs, you are re-wired with a completely new system of consciousness allowing you to become the Best Possible Version of Yourself.

Each gland has a spiritual output that lays dormant in most modern humans. For example: the Pineal Gland is the bridge between physical and spiritual body. It's the transmitter of the Higher Self. The Hypothalamus maintains homeostasis in the body and returns the body to its highest level of spiritual/physical functioning. The Pituitary releases currents of Divine Will into the physical body when activated.

But that is just the beginning. The Temple is the gateway to light the dormant matrix that is in each one of us. This matrix lies below the conditioning



of this lifetime and is directly linked to the next stage of our personal evolution. It is in this "awakening of consciousness" that our lives begin to change beyond measure. Simply put, the CTA activates your next stage of evolution. For you it might be changing jobs, or redefining yourself in your relationships. Whatever your next stage of growth is, the CTA activates it, along with opening you up to many possibilities.

My whole entire life changed after I started working with this energy. And like growth itself, the ride isn't always smooth. When we awaken the dormant matrix underneath, we inevitably will feel the dismantling of the 3D "conditioned" matrix. Our physical and emotional bodies can react in many ways. Depending on your own level of Self Mastery, inner spiritual practice and beliefs, life after the activation can feel like anything from total breakdown to a deep cleansing or anything in between. It is not necessary to get more than one or two per year. The activation works in a progressive manner, creating subtle to mass changes over a 6-12 month period of time.

### The 5 Bodies of L.I.G.H.T: Creating Miracles

So what is really happening during the activation? The major component is that we are working with the LIGHTbody. During the activation, the client's LIGHTbody is drawn out and re-installed through the Cranial Temple. The feeling of experiencing the LIGHTbody is indescribable. It is an honor beyond words. It is such a sacred experience to be in that raw Source energy. In order to understand its profound potential we need to understand what L.I.G.H.T. is.

What is Light? Is it really just a range of electromagnetic radiation that can be detected by the human eye? Is it just some scientific phenomena? Is it just about gamma rays and radio waves and photons and particles?

I, like many of us, have loosely used the terms "follow your light," "be in the light," "find the light within." We have "light workers," and "light beings," and "light language"...the light, the light, the light!!!

When I started doing the Cranial Temple Activations and was intimately introduced to the "Light body," I began to see light in a whole different way. I began to understand that light was a sentient being with characteristics and qualities and cellular activity ... an entire consciousness in and of itself!

I asked Spirit to take me deeper and let me get to know Light on a personal level.

What are you? How do you work? Why is it that you represent all things sacred and true? What is it within you that dissolves the shadow? How is it that you are so powerful yet so undefined? I was seeking to know Light on a human level. I was astounded with what I learned.

I was shown the L.I.G.H.T. acronym and understood everything all at once.

Love ~ Integrity ~ Gratitude ~ Humility ~ Truth

As I looked at the meaning and qualities behind each "body," I began to understand the immense power of L.I.G.H.T. I thought, no wonder we are so "drawn to the Light..." Each of these bodies alone has the potential to heal on mass scales. And if what it means to embody the Light is to embody all five of these bodies at once, then what is the potential here?

### Miracles!!

Miracles are the potential here.

Soon after learning this I had a meeting with my ex and we were at odds about typical "ex" things. I was feeling combative and righteous. And then I heard a voice say "APPLY THE L.I.G.H.T." and I knew exactly what was being suggested. So I applied the L.I.G.H.T, I spoke from Love Integrity Gratitude Humility and Truth, and a Miracle occurred. The results of that meeting were like nothing I could have ever dreamed up. Because of that there is a continuous harmony between us.

Truly living in LIGHT and embodying the LIGHT requires being grounded in these 5 bodies.

I promise you – Miracles will occur in your life.

### How It Works

CTA is a one-time activation that can be supported with a few simple tools in order to maintain a vibration at the highest frequency possible. Whether you are a practitioner looking to expand your skills or practice, or someone who is looking for realignment within themselves in order to tap into or reawaken your innate wisdom and life purpose, CTA promises a powerful means in which to achieve this. The Activation process is easy and comfortable. The entire session takes place while the client is sitting comfortably in a chair and takes about an hour. The certification course is done over a 2 1/2 day weekend. For more information, visit [www.thespiritoflight.org](http://www.thespiritoflight.org).

*Colleen Behan, Metaphysician, Spiritual Psychology Practitioner, and Vibrational Response Therapy Practitioner, began her healing journey in 1990. She is a Rebirthing Facilitator and has studied the Human Energy Field with many great teachers. She holds certifications in several modalities of Energy Healing, including Reiki and has developed and teaches a Self Mastery Program. She is the owner of The Spirit Of Light Wellness Studio in CT. "It is my mission to be a beacon of light to those that are wanting to see more of who they are, and to be an agent of change to help them become their greatest potential."*

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