

A LIFE LIVED IN PURITY

**Enter the Golden Spiral and resolve the internal
battle between light and darkness**

Gaitana Yantal



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Enter the Golden Spiral and resolve the internal battle between light and darkness

Teachings of Gaitana Yantal

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Note: The pronoun 'He' is used for God throughout this work for convenience and tradition, without implying any human gender or limitation.

ACKNOWLEDGMENTS

As I was meditating one morning, I heard my Guru say: 'Prepare for the Ascension.' I knew it did not mean 'ascend right away', but that I had to align with the ascension currents to open higher portals of light to facilitate the collective reunion with Source.

Many lightbearers are completing this full transition into the Age of Aquarius, which can only be done through genuine compassion. We need to accept and forgive our past choices and reinvest that energy in creating the new life. True compassion embraces everything and holds no resentment. To move into the Golden Age, we need to go through a deep process of illumination to make sure we don't carry darkness from one cycle to the other.

As I am writing these words, I can feel an intense wave of compassion clearing all my past records and memories and preparing me -and us- for the journey ahead: a life lived in purity.

Purity is the absence of evil - the energy *veil* that obscures our essence. It is the result of a cleansing process that shatters our fragmented vessel so that we may create the permanent container that can hold divine light.

I am ever grateful to my Guru, the teachings of the Ascended Masters, and all the spiritual communities who dare challenge evil and reveal the new heaven and the new earth that God has ordained for Humanity.

I AM the Victory of the Light,
Gaitana.

INTRODUCTION

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." (St. Francis of Assisi)

Are you ready to live a fulfilling life? What does this mean in the Age of Aquarius? Start by visualizing a conch shell, which represents *the sound of dharma*. We invite you to purify body, speech, and mind to be able to listen to the voice of the Presence within and start treasuring all the time that you spend in inner communion while still being aware of the needs of the *outside* world. The consciousness of God is present everywhere -though it is not equally present everywhere- and can provide for its entire creation, effortlessly.

As you achieve a state of inner attunement with the divine, you will dwell in the Great Silence and remember how to precipitate light without the need to manipulate external reality. You live in an ocean of energy that is waiting for you to command it into manifestation (form). This requires removing the veils that separate you from the matrix of infinite perfection so that you remember how to bring forth divine patterns (creative frequencies) for the upliftment of Humanity.

What is the Source of All Life? How is everything created? From the field of emptiness arise divine thoughts, which then become feelings, so that the Word can be made flesh. The union of thoughts and feelings releases the perfect vibration to help us build the reality that can guide us back Home.

We invite you to explore the blessings of divine consecration and bow to the sound of the dharma. Let love inspire you to come up higher and accelerate your reunion with God.

Let it carry you to the highest planes of consciousness to embrace the Divine Taichi, the dance of energies that will fan the sacred fire and inspire you to rise to new spiritual heights. The Age of Aquarius is a time of joy and celebration. It is the fulfilment of the teachings and prophecies of Master Jesus and all the avatars and prophets that paved the way so that we could balance our karma and live our dharma. It represents a creative cycle that promotes prosperity and boundless expansion. We are meant to unlock our hidden potential and experience ourselves as GOD.

When you have a creative desire, you need to *dedicate* yourself to it. Whatever you intend to experience will require your full investment of time, money, and spiritual-physical disciplines. *Miracles* are possible but don't come out of the blue; they happen when you create the right alignment and are willing to do the inner work. Miracles are the result of the application of the Cosmic Law; they are not random, but the predictable outcomes of attunement with God. Every experience requires an investment of multiple resources. Nobody will create your desired reality for you. You need to be willing to cultivate enough energy to inspire you to commit to your ultimate vision.

We are mostly used to conforming to impure creations, but GOD can teach us to illuminate our lives as we walk the path of the adepts. Are you longing to master the spiritual laws, embrace higher disciplines, and surrender to a lifelong journey of constant inner refinement that will allow you to unveil the mysteries of the universe?

If so, you are ready to enter the Golden Spiral.

A handwritten signature in a cursive script, reading "Gaetano Mantel". The signature is written in a golden-brown color.

ENTER THE GOLDEN SPIRAL

You can't reach new spiritual heights without releasing density. You need to look into your shadow aspects and get to the very core of suffering: your seed of darkness. We all have an inner demon that tries to sabotage us, deplete our light and, ultimately, destroy us. It requires great courage and attainment to face it, but it can be accomplished. When you are determined to walk the path of light all the way you need to embrace the most advanced tests and lessons, which invite you to resolve the internal battle between light and darkness; reality and unreality.

Entering the Golden Spiral means rising in the light, even when your dark side seems to grow stronger and more relentless. You might feel the need to stop trying to fix external reality so that you can summon the strength to face the devil—the entity that perpetuates self-hatred, self-sabotage, self-destruction, and self-rejection while avoiding illumination. Even if you have created a beautiful life, you may still feel vulnerable and unfulfilled if you do not confront the entity that could eventually destroy you. You will realize that the inner foundation comes first. The light that you have cultivated on the journey and preserved in your crown chakra (*seek first the kingdom of God*) will need to descend to liberate Matter (*and all else will be added onto you*).¹ If your divine light does not activate the first chakra, you will not feel complete. Master Jesus foretold that the dark force would attack the woman and her seed. You need to destroy the seed of darkness that controls your root chakra to allow the Mother Flame to liberate you from material constraints.

¹ Matthew 6:33

This final stage on the path of soul liberation requires entering the deep silence and integrating the essence of the Ruby Fire. The Ruby Ray represents Sacred Love. It contains the frequencies that can destroy evil. Its quality of all-consuming love can deliver you from the karmic records that control your fate.

Embracing the next level -completion- requires your ultimate commitment. It takes everything you are and everything you've got to become Divine. The Golden Spiral is a staircase that accelerates your enlightenment; every upward step represents a *stripping* process so you must be willing to let go of karmic-ancestral veils to be able to uncover your light. Entering this spiral helps you remove unconscious attachments to lack, abuse, negativity, hopelessness and the deepest layers of suffering. You will feel the dissolution of the ego as well as the freedom to surrender to something greater.

How long have you been waiting to rise above the illusion of limitation and suffering? Has it seemed like an endless process of frustrating experiences, shattered dreams, intense discipline, and no seeming rewards? That has been the preparation for what comes next.

Not many get to this point because our motivation is tested over and over to determine whether we really desire GOD - no matter what. You can remember how to live a life of purity as you remove all the layers of pain that have been oppressing your heart and *shrinking* your reality.

Outstretch and go up the golden spiral.

JOIN THE SILENT MOVEMENT

As you rise higher, the golden spiral will silence you and take you closer to your Presence. In our previous eBooks, we shared tools and insights to illuminate four of the seven spheres of consciousness: *individual*, *family*, *community*, and *humanity*. We will now reveal the wisdom that can help you explore the potential of the other three: *planetary*, *galactic*, and *cosmic*.

The Silent Movement is not passive, but deep. It encourages you to get to the root of all *evil* to destroy the seed of illusion. The Silent Movement is not invisible; it is peaceful and leads to the perfect balance. It does not train you to fight, but to flow with all the forces at play and transform them by doing the right alchemy. It is the essence of the Tao.

When you are willing to detach from noise, agitation, useless activity, and your limited identity, you become One with the Universe and can let go of egoic programming and conditioning. You get to the point of *desirelessness*, i.e., no attachment to outcomes. You trust your Life Plan and how it needs to unfold, both in terms of timing and lessons.

Remaining in a place of emptiness is key to allow for the old reality to dissolve while the next level unfolds. It requires alertness and a high level of surrender to allow God to teach you in the way that *He* shall choose.²

² Psalm 25:12 KJV

Silence is one of the highest forms of attunement. What are its main benefits?

- ◆ **Integral fasting:** do an inner detox (body, speech and mind) to create more space for GOD. Spiritual fasting transcends food fasting.
- ◆ **Karma-Balancing:** become introspective to neutralize the momentums of gossip, judgment, cursing, idle speech, small talk, lying, condemnation, criticism and all forms of verbal abuse.
- ◆ **Deep listening:** silence the mind to discern the Voice of God and follow its enlightened guidance.
- ◆ **Preservation of energy:** choose to cultivate divine light instead of squandering it by yielding to self-gratification or being prone to overstimulation.
- ◆ **Divine Magnetism:** the right use of life force energy helps you absorb and amplify the light in your chakras and aura and attract all the resources that you need to fulfill your purpose-mission.
- ◆ **Healing:** non-interference with the flow of Life leads to deep restoration.

Previous spiritual movements that helped spread the teachings of the Ascended Masters developed a technology based on the I AM affirmations and dynamic decrees. They used the science of the spoken word to transform the consciousness of humanity. We were called to make our humble contribution to the lineage of light by sharing *Divine Codes*. They represent a simple and practical form of attunement that can truly shake the foundation of individual-collective reality so that we may embrace the next level.

We have a great mission ahead, since every time someone attempts to introduce new teachings and practices, they will be met with resistance and opposition. We can get so used to our way of doing things that it is very hard to surrender to a higher path. We are creatures of habit and feel safe by being set in our ways. Spiritual-material expansion, however, requires unconventional choices. To reveal more light, we have to cross boundaries and reveal what comes next. Otherwise, we keep swimming in an ocean of familiarity and comfort. We loop, without realizing the trap.

The silent movement is the path of *zero conflict*. You cannot run away from internal-external hostility, you need to process it until it is *distilled*, and you are only left with purity (a pure heart): the result of divine alchemy. Silence is a great mirror because it leads to self-illumination. When you are left alone, and there is nowhere to run, you must face God. Silence reveals everything; it is the best mentor.

Zero conflict is not the absence of creative tension, but non-resistance to God's Plan. It means that you don't interfere with life's unfolding. When nothing seems to be happening, everything is happening. Even if inner shifts are subtle, they are the ones that transform your life. You need to heal your psychology first; and all else will be added onto you. There is no better medicine than silence. Silence is emptiness, and nothing can attach to emptiness. The old identity will spontaneously dissolve and give way to the Buddha nature. As you transmute the records of ignorance, anger, pride, attachment, and envy, you realize that you are inherently pure. Rather than creating something new, spiritual practice reveals your essence: wisdom and compassion – all that you need to complete the path of light.

God is calling you back Home. That means that you need to let go of all the false desires and distractions that delay your journey. Ascending to God - merging with your I AM Presence- should be your priority.

Faith is essential to be single-minded. It gives you the right impulse to go through all the trials and tribulations that will eventually become your most cherished blessings. According to the Bible teachings, you have to believe in what you desire, be diligent, trust what you don't see, put your trust in God, and do the work. You need to develop active faith. When you don't, you take things for granted, daydream, or wait for a *magical solution* instead of co-creating with God. Entering the deep silence requires faith because you never know what you will find.

Silence is the absence of attachment and control.

Silence hides nothing and illuminates everything.

Silence is a tool to shorten the days for the elect.³

Silence is the way. Join the silent movement.

*"Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."*⁴

³ Matthew 24:22

⁴ Isaiah 1:18 KJV

The Age of Aquarius is a time of joy and celebration. It represents a **creative cycle** that promotes prosperity and boundless expansion. It is the perfect time to create your **personal dharma**.

Are you longing to master the spiritual laws, embrace higher disciplines, and **unveil the mysteries of the universe**? Enter the Golden Spiral and resolve the internal battle between light and darkness.

Discover the **practical approach to spiritual-material fulfillment**, which is the springboard for spiritual ascension and permanent freedom. You deserve to live a life of purity and let go of all the layers of pain that have been oppressing your heart and *shrinking* your reality. **Purity is the way.**