

# Stabilizing the Realignment of Our Personal Light Grid with Quanta: The Divine Light Structure™

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All that we are and everything that we experience in this life has some foundation of natural order and organization that is reflected in systems and structures from the subtlest levels of our energy fields down into our physical bodies. Around us and within us, various systems and structures nourish and support us and allow us to function on all multidimensional levels. Even though we are unaware of much of what goes on within and around us, these systems and structures are critical to our existence, well being, and flexibility of functioning.

Fundamental to our capacity for connection to this life and to these various systems is the light grid. The light grid anchors in our bodies in the charkas and various glands that govern our intake of light, nourishing our entire body-mind-spirit through various step downs of light and energy, and providing us with a realignment for improved health, higher states of consciousness, and the next phases of enlightenment. The light grid connects us to the Universal Field of Light and allows us to download the daily gifts and frequencies that are here to support our full enlightenment and embodied ascension. Stabilizing and anchoring the light grid is not automatic. Humankind, having free will, has greatly affected the integrity of connection with the light grid. Life style, habits, predilections, emotional patterns and choices can in an instant affect the order and functionality of the light grid as it relates to our bodies and our energy and light fields. The increased daily influx of new frequencies of light and energies is also at times difficult for us to integrate as we are not always completely compatible with the new Universal Energies and Light we are being asked to assimilate. Reconnecting the light grid is not so difficult, with many immediate benefits, but stabilizing it takes applied focus and commitment. Quanta™ can assist. Everything Quanta™ does is in collaboration with your Soul. It's a partnership of the highest order.

In personal Quanta™ sessions and group workshops, the alignment of the light grid is reintroduced. The number of sessions needed to fully

stabilize this realignment varies greatly from person to person, and to what degree we are willing to embrace changes in our life style. The beauty of correcting the alignment is that when we are fully realigned, we have less interest in the behaviors and choices that led to the distortions in the light grid. Over time as the realignment is again stabilized, we develop greater flexibility in our system and structures and can tolerate some transgressions without our alignment being affected. Moderation is the key. Don't worry- it's not about perfection, it's simply about progress!

So what are the things that short circuit us? Simply put- poor choices in excess. Let's start with the obvious things that probably aren't problematic in our lives today: recreational drugs, excess alcohol, and nicotine. Now we'll take that to the next level- daily habitual consumption of meat, caffeine, sugar, synthetic and artificial sugar substitutes, preservatives and chemicals. In addition, not enough water intake, and too little rest over a long period of time will wreak havoc. Excess sex can also throw the alignment off. Remember, what is excess for one, may be moderation for another. It's all personal. Pay attention to how you feel (are you centered, symptom- free, vital, healthy, and full of energy and light?) and to your state of consciousness, and you'll have your personal answers about what you can really and truly tolerate, and what optimally supports your systems and structures. Collapsing into reactivity to Life and being caught in our emotional, mental patterns, can also create distortions in our alignment with the Light Grid. Remember, as you become more aligned and stabilized in that alignment you will not gravitate as readily to the behaviors that throw your personal alignment off- kilter, and similarly as you minimize your disruptive predilections, your alignment will begin to stabilize. It works both ways. Quanta™, with the assistance of your Soul's light, can guide, clear, and assist with the stabilization of the light grid.

When the light grid is stabilized and higher frequencies of light are integrated, the first phase of enlightenment occurs. When we have a stabilized light grid, and have done the work to clear discordant patterns, this allows higher and higher frequencies of Light to be stabilized. Quanta™ assists with the process of unfolding into all stages of enlightenment. This is accomplished through the Light Grid's stabilization, as well as the activation and anchoring of other structures of Light for embodied Ascension. This is the mission of Quanta: The Divine Light Structure™.

For more information about Quanta™ please visit:  
<http://www.QuantaTheDivineLightStructure.com> or contact Dianne at  
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