

The Magdalene Codes

The Wisdom of Mary Magdalene
Channeled By Lesley Crossingham



The voice is sweet, feminine.

“Come, come, enter the realm, The Divine Feminine, beloved. — *So it began.....*”

*I tried to ignore this gentle voice that described herself as Mary or Maryam but in mid 2005, when my work had dried up, close friends deserted me to follow their hearts, I finally allowed her story to flow through me, down my fingertips and into a computer. What followed was the book *Amma’na’Tha*, and then later this information.*

In the early part of 2007 I began to share/teach the first few Codes that had come through, and I was amazed at how often they made people angry. I had begun my big learning curve: I discovered that so many actually enjoyed the petty dramas of their lives — others enjoyed being “in process” and used spirituality as a social event rather than a place of transformation; I suppose what shocked me most of all is the discovery that, for the most part, people don’t want truth; they want their lives/current thought processes validated even though these very thought processes cause them constant pain; and the

Codes therefore shone a very bright light on this inner deception — controversial indeed!

At one workshop in NSW so many became upset that I thought I might have to finish the workshop early. This was triggering my frustration along with earlier fears that perhaps I wasn’t the right vehicle for this wisdom, and so round and round in circles I seemed to go.

In the middle of 2008 I stepped back from the regular sessions, travelled over to the South of France to re-connect to Mary in the land where she lived most of her life. Needless to say, what did come through surprised me yet again. (you’d think I’d be used to surprises by now!)

As I sat in the sacred Goddess places of France, I felt her present everywhere. Then, just when I had resigned myself to not really understanding why the Codes had come to me, why people often became angry and quite upset over them, I received the final three elements, making the Codes the Sacred 9 of the triple Goddess.

All I can say about the Codes is that it has been a very rocky road; but now I’m through it I can say they have been the answer to my prayers — see what they do for you!

What follows is a short version of the relevant information, I will be offering an “E-book” on a more in-depth view of the Magdalene Codes soon — please stay in touch!

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The PRINCIPLES

Principle One

Everyone you meet, see, communicate with, or come into any contact with is a Master.

This means everyone and definitely includes yourself. Every being, explains Mary, has chosen to walk in this world in the circumstances that align with his/her desire or self-perception. This may be hard to understand, particularly as you look at a disabled person, someone with a terrible disease, or a person who has committed horrible crimes, yet Mary makes it very clear that to view a person as anything other than a master actually cements their energy into the choice of limitation, rather than encouraging them to return to remembering their true, eternal self. It is important to remember, says Mary, that our thoughts define us, not our bodies.

Our essential nature has been created by the God-creator as an extension of the same energy. In other words our minds have “created” our circumstances and it is only through using the mind differently can we live in peace.

Principle Two

You Cannot Learn from the Past -

Mary makes it very clear that our propensity to mull-over, heal, process and analyse our past, including past-lives, actually gets in the way of our returning to full consciousness. The past is often repeated, again and again, not because we do or do not remember it, but because we do not live the truth of our being, which is that we are already Masters. So what if you were *Atila the Hun* in the past life, you are at mastery now; let it go! Forgive yourself, your mistakes and put all your energy into the now-present.

We energize or “make real” that which we think of. So if you are going back into your past, regurgitating it, worrying over it, or bargaining with it, you are energizing it. It therefore becomes bigger in your life, not smaller. It is important to recognise that there is only attention-flow, and that there is no such thing as positive or negative energy, all is neutral. That which you do not think about or attend to, will inexorably dissolve. For those with strong attachments to processing their stuff, this principle may seem a little hard to take. However, the proof of the pudding, etc., so try it, just for a week or so, and see how your life begins to flow.

Principle Three

Everyone you encounter, loves you!

Mary asks us to look at everyone as if they were an old, beloved friend, and you could feel the love wash off them and towards you. You may have to imagine this at first, but within a few seconds you will discover you are smiling and really feeling their love. What is actually happening is that your love is triggering their love.

A *Course In Miracles* states, every encounter is an expression of love or a call for love. Mary suggests that we not focus into lack, but rather remember love is always present in the moment. When love is present in your heart and you see the person before you, as a loving master, then what’s not to love???

This of course is challenging when you encounter someone who appears to be angry or vindictive or a thousand other expressions of fear. This is when you must resolve to continue to see the master before you and love him or her regardless of their actions.

The ATTUNEMENTS

An attitude is an alignment of energy. As you work more closely with the first three Codes, you will discover your life becoming more energetically filled, however, there will be situations or obligations you will find challenging, this won't necessarily change. However when you align or attune these situations become a learning tool rather than something to be "suffered."

Attunement One -

— Acceptance.

There will be days, moments, or experiences within your day that you do not enjoy, or find extremely difficult. An example might be a visit to the Dentist's chair, or perhaps driving a vehicle that breaks down in the middle of a dark lane, when it is raining, and you have a headache and a car full of screaming children. At this moment it is important to apply the Codes, but you can't find anyone, or anything to apply them to. Yes, you might say, I am a master, but the dentist is advancing on me with his huge injection and a whining drill! At that moment, adopt or embrace the first **attunement - acceptance!**

Acceptance helps you recognise that every experience in this world is a gift, including the experience of pain or suffering. When you are able to stop yourself falling into the lower energies of anxiety, distress, fear and annoyance by embracing acceptance, you will suddenly discover you are able to, often suddenly, bounce upwards towards love and joy. No matter how difficult the circumstances, it is vital that you do not criticise or judge yourself for "manifesting" a challenging or difficult situation. The key to all the codes and attunements is to maintain self-love, self-approval and self-joy, you cannot do that when you are hard on yourself. Life is meant to be a breeze, not because of circumstances, but because circumstances do not define you!!

Attunement Two -

— Joyous Action:

When you discover how easy it is to accept, joyous action becomes simple. In many cases, you may be given a choice. Follow your heart and select joyous action; walking along the beach at sunset; eating a juicy orange; holding a baby; these are all joyous actions. Yes, you could focus on the fact that the wind is cold, or that the orange has left your fingers sticky, or that the baby has just filled his nappy! But joyous action means that you also celebrate putting on that woolly jumper; washing those sticky fingers, or wiping the chubby baby-bottom. Through acceptance you will discover joyous action comes so easily and in all and every circumstance. Recognise that the awakened master does not allow circumstance to colour his or her vision, it is love that fills your heart with peace.

Attunement Three -

— love Is

At the highest level there are no explanations for this attunement. Love cannot ultimately be described, because words are essentially inadequate. As you accept, as you joyously take action, **Attunement Three** automatically washes through your being and suddenly - you are there - in the Queen-
dom of Heaven, where you discover you have never left.

Attunement Three often just happens on its own, but when, after following the first two Attunements you discover yourself still feeling outside of the Queendom apply your focus on "love Is" breathe it through your system and let any little barriers automatically dissolve.

The Magdalene codes.....

SHIMMER

The Serpentine Power

The Magdalene Codes gives us an easy to remember and yet affective method to align/realign with truth and thus enhance it in our lives. But it is not a pathway of denial (*you know, that river in Egypt!*) You are not being asked to become fluffy and refuse to see what is all around you. Nor are you being asked to become cold and superior and say things like “well, they are a master, but only I can see that!” that is not higher consciousness that is simply judgement dressed up in a pink frock. It is important to always remember that these **Codes** encourage you to constantly stay in touch with your heart and your feelings, not to numb or dumb them down.

As we progress through the **Principles**, and then the **Attunements**, gaining experience, and spiritual “musculature” by remaining aligned and resolute as we face life’s challenges, we gather enough fortitude to take the final step of **Awakening**. For many people, this final process comes quite automatically because as you re-align your mind with your truth, it stimulates/encourages your creation energy.

This creative energy is usually referred to as the kundalini, chi, ki or prana. For many people this energy begins to sweep through the body-mind as we cleanse and release erroneous and unhealthy thinking. It is in fact this erroneous thinking which prevents us reaching the highest level of spiritual truth.

Many already experienced this when you have worked with healing modalities such as Reiki and others. Ultimately they are all based on energy transference. It is vital to always remember that you cannot share what you do not have. This is why Mary has emphasised that the first six **Codes** must be employed within your mind to begin to purify (de-fear) your consciousness. Of course you continue to use the **Codes** as you work with the **Awakenings**, but you will discover that it becomes easier and smoother once your mind has begun to release error.

The final three **Codes**, when fully activated, allow you to share your energy with “others.” Of course this only occurs when you no longer see anyone as “another” but rather as part of yourself. When you begin this journey you may agree with the concept of “we are all one” but your mind constantly views and evaluates the world from the view of separation. Once your mind is retrained by removing judgement errors, you literally begin to shine

What follows is a basic overview which is useful to help you remember the elements, however, I recommend you participate in a workshop environment to ensure you understand the steps. The final Awakenings help energize and awaken the body-mind connection and each Awakening builds upon the previous one.

The Magdalene codes.....

Awakening One -

Light of Breath -

—*The Ourubus*

Although you *know* you are not a body, to deny that you are here and in this body is not a useful concept. Instead offer the body to your soul/spirit as its vehicle of awakening, rather than what your ego/personality has made of it, a barrier to truth. This amazing “purification of the mind” suddenly transforms the body into a new and an amazingly powerful mechanism.

We begin this journey through the breath.

If you study any of the ancient systems of belief, such as Yoga, you will soon discover the use of breath through controlled and deep breathing. This is because as you breathe, you take in certain gases, we call air, and use them to stimulate the body. We can actually get “high” on oxygen. Oxygen stimulates parts of the brain, particularly the pleasure centres. There are many books on breathing and the hundreds of systems available, but Mary makes it clear that the most important thing to remember is that a deep and slowly exhaled breath literally “re-boots” your conscious and subconscious mind!

This is why we sigh when we are sad or at a loss in some way. This why we often take that deep breath to help us process shock or embrace grief. This is also why we take a deep breath when we are given news or information that challenges us.

Method:

The Ourubus

the Ourubus is the circular snake that bites its own tail and thus symbolises the circle of life.

Take one or two deep breathes and expel the energy of tension or anxiety. Then say: “I am light.” As you do, visualise energy entering your perineum from the universe. It slowly flows up your back (spinal column) and to your crown chakra, where it is joined by more light. Then it slips down in front of your face, down your neck, to your heart and then finally back to the perineum. There it is joins by more energy, more light. Again sweep this up and around the circuit. Each time you gather more light, more energy.

Continue to do this for a few circuits and then begin to store the energy in the solar plexus. Imagine a ball of light being wrapped by strands of light, like a ball of string. Feel this ball of light get stronger and stronger.

As you become better at this meditation you will be able to do it whilst driving a car, talking to friends, working in the garden. Whenever you feel depleted or stressed, do a few circuits and you will feel refreshed. Remember that the breath is the stimulus, or kick-start energy that encourages and gives permission for the energy that draws it up and through the body.

The Magdalene codes.....

Awakening Two -

Light of Focus -

Twin Serpentine Energy

When you have practiced the first Awakening and feel confident at pulling up the Ourubus energy you will start to feel inner shifts. You may begin to notice a shimmering, or shaking feeling within. This indicates you are ready to draw up the *twin serpentine* energy.

This energy is also called the kundalini which is a Sanskrit word. The energy divides into two serpents, one Ida and the other Pingala. One is feminine, silver and cold, the other masculine, gold and warm. After you have gained energy through the Ourubus circuit, hold it in the perineum area for a few moments, and then allow it to undulate up through the chakra system.

Notice any areas that do not move well, as they are places where you have not forgiven and released. Then allow the energies to both unite and divide as they flow up and through the chakra system. As they exit through the crown, you may discover that you are now beyond your body, yet still within your body. This is your universal body-consciousness which is closer to your eternal reality

Awakening Three -

Light of Flow -

The Uraeus

As you work with the *Light of Breath*, (the Ourobus) the *Light of Focus*, (*The Twin Serpentine energy*) you will become ready to discover the *Light of Flow or the Uraeus!!*

Work with the Ourubus system, and build energy. Then move into the Serpentine energy to energise and bring forth speed/timelessness. As the energy increases, combine and alternate the first two *Awakenings* until you feel a build up of energy. Then allow this flowing energy to flow across the skull like a cobra hood, and exit through the Third Eye in a column of light. This may take some practice.

This is a natural step that comes when the energies have built up by working with the first two *Awakenings*. You may discover the energy increasing to such an extent that you can share it with self and with others. This of course includes the planet, but also the cosmos, as well as your physical self.

However, a word of caution!!! We live in an interesting world that both supports and sabotages us. You may discover yourself taking one step forward, and two backwards. You may discover parts of your mind remain "unpurified" i.e. still thinking in old and fearful ways and can sneak up on you pulling you back into the fearful thinking. Forgive and love yourself when you experience this

The Magdalene codes.....

The Tribal Mind.

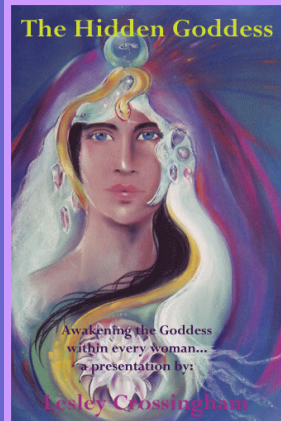
Much has been written on the tribal mind, or the collective unconscious. Suffice it to say that in order for you to step into the Goddess Wisdom and be a living example of it, you need to be aware of your link to this main-frame computer thought system. You may believe it has no influence on you, but that is impossible because you cannot separate from your brothers and sisters, for we are indeed all one. Instead, see your link to this computer system as a gift and a blessing. Recognise that you do not need to be fed by it – you need to feed it with energies that correct the lie of fear.

Of course you cannot share what you do not have so the diligent use of the nine of the Magdalene Codes allow you to first uncover, and then heal those errors. Then as you enter the world of the main-frame computer you can be the living change that you want to see in the world..

Where we go from here, of course, is up to us. Perhaps we will choose to create another Tribal Mind – one based on light, truth and one-ness. Wishing to be there, and imagining it in your mind is only the first step. Living it in your daily interactions is the pathway to full awakening

For deeper information and background material that may assist your journey, please see my DVD

THE HIDDEN GODDESS



The Hidden Goddess has two full workshops, including information on how and why you block the Goddess, plus bonus materials and interviews

It is available through the website!

I also offer a free Email Newsletter. Please go to the website and register.

A more in-depth book on the **Magdalene Codes** will be available soon, please email your interest!!

My contact details are on:
www.lesleycrossingham.com