

**The Commonplacer:
Pinnacle Tool for Energy Management & Ascension**

*A Playbook to
Organize & Manage Your Self
with Tools for Energy Ascension*

*How to Awaken & Evolve Your Consciousness
in each Energy Center –
Empowering You with the Tools
to Structure & Organize your Inner Self*

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Dedication

This is dedicated to all the students I have worked with over the years who wanted and needed a tool to organize their Life and Self journey of waking up, activating and engaging each energy center in the process of becoming unified and in alignment with their higher Self and soul.

There is a saying that goes: “If you focus on Life, all you get is Life. If you focus on Self, you get both Life and Self.” Who doesn’t like getting more bang for your buck – two for one?

We are like holograms. Life is an outer/external focus. Self is an inner/internal focus. Life is an outer mirror reflection of the state of our inner Self. So the only way to truly shift things in our Life is to first shift things in our Self.

Working with each section of the Commonplacer for a few minutes each day focuses your attention, intention and awareness on engaging and activating each Energy Center. The goal is having all of them engaged and operating at optimum levels simultaneously.

Acknowledgments

This Commonplacer has undergone many different versions over the years – from deep and esoteric...to simplified...and now in this day and age where ‘DIY’ (Do it Yourself) is very popular...it is now a deeper and more comprehensive study of your Energy Centers and How to Awaken & Evolve Your Consciousness by empowering you with the tools to do this for yourself.

Every once in a while, when spirit’s timeclock deems that the time is right, the universe orchestrates a magical serendipity of people crossing our path at the perfect time and in the perfect way that impacts our life in such a way that we are forever changed and catapulted into a new trajectory, timeline and realm of awareness.

That’s what happened for me when Corina Basso and Ailanis Wiebe came into my life and were ready for more than what the simplified version contained. This level of upgrade to the depth and breadth of this work wouldn’t have happened without my experiences with both of them, for which I will be eternally grateful.

If you would like more information or studies on this subject, or others, please contact www.JumpInTime.org and let us know how we can be of service.

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Suggestions for Printing & Binders:

Commonplacer: 390 pages (195 double-sided pages)

The Commonplacer is designed to print double-sided, in color (draft mode to save ink and works fine). You can 3-hole punch the pages and put them into a 3-ring binder, with file dividers to organize each section. Then behind each printed section add your own paper to write on.

Typological Energy Balancing: 156 pages (78 double-sided pages)

The TEB program is designed to print double-sided, in color (draft mode to save ink and works fine). Each section of the Commonplacer lists the TEB articles to place in that section that give you more information and energy connections for the corresponding energy center.

Commonplacer & Typological Energy Balancing in same binder:

546 pages, 273 double-sided pages

How to Work with this Commonplacer

Since this Commonplacer is a multidimensional tool, I'll begin by explaining what that means.

Everything in this universe is energy – including you. That means learning how to 'read energy' and manage your own energies, as well as understanding the energetics of what is happening in our world, will allow you to maintain greater balance in an ever-changing world. It will also allow you to see a bigger picture instead of focusing on the human drama.

Working with this Commonplacer is designed to help you manage your own energies.

Life is outer and **Self** is inner. **Life** on earth is an experience of physical form. Understanding our true **Self** and who we really are is an inner experience of awakening and connecting with our higher **Self** and soul.

During a course called Initiation, Lee Harris and his guides the Z's said: ***"Earth is a Form game. Soul is an Energy game. Earth is becoming more soul based, so everything on Earth is getting more infused with soul energy."*** [Initiation 1]

Learning to 'read energy' is a way to see the outer forms on earth and in our **Life** from the inner soul perspective. As a society, we haven't been trained in energy awareness. Working with this Commonplacer focuses your attention and intention on increasing your inner awareness of energy. That process raises your levels of consciousness.

Sacred Typology is a symbolic energy language and medicine that empowers you with the tools to read energy, and expand your perspective to understand the deeper meaning of your everyday experiences. This gives you a way to move out of uncomfortable experiences and move into more serenity, peace, joy, love.

It is also a multi-level pathway to **ascension** that supports you in expanding into your **multidimensional Self**.

Humans are Multidimensional

Those who are on the cutting-edge of evolutionary consciousness and **ascension** are familiar with the concept that humanity is currently in the process of evolving from density levels (some call dimensions) 3D to 5D. This means from lower levels of consciousness to higher levels of consciousness.

Humans are **multidimensional** beings. One thing that means is that we are a combination of both divinity and humanity. That our soul poured itself into our physical body; and the path of the soul is to become aware of our connection to everything as much as possible while in the human body.

3D = Humanity, Physical Body

4D = Heart, Soul (how we connect with our divinity)

5D = Divinity, Spirit

Working with this Commonplacer expands your awareness to connect with seven aspects of your inner **Self** on a daily basis.

Crossing the 4D Bridge

The journey from 3D to 5D requires crossing the 4D bridge. This is where we have the ability to make conscious choices to look at parts of us that feel uncomfortable or painful.

The **linear** (3D perspective) is a **horizontal** experience. The 3D illusion is that the outer tangible form is the only reality.

The **multidimensional** (4D perspective and beyond) is a **vertical** experience of **ascension**. What is happening right now is we are adding new dimensions to our linear form of experience with new levels of internal awareness.

Our experience expands into **multidimensionality** when we become aware of multiple levels, layers, meanings, parts and aspects all happening simultaneously. This **Commonplacer** is structured by your seven energy centers, which are seven levels or different dimensions of experiencing your inner **Self**.

As the veil thins and barriers of time and space dissolve, this is where we are going to experience most of the expansion with the ability to move between dimensions and states of Being that are aware of multiple things concurrently as everything is interrelated and interconnected. Exploring and expanding our inner **Self** allows new gifts and abilities to come online.

Working with this **Commonplacer** is where we can practice being 'in Life but not of it'. The more we allow our higher **Self** and soul into our body, the more we can live in the 3D world of form while experiencing the 5D world of energy, and live from both places most of the time.

The human and soul aspects look at things in different ways. The human perspective looks for differences and is the part of us that sees **Life** as a struggle. The soul perspective sees a bigger picture and looks for similarities, sees **Life** as magical, and sees the progress that is being made. We get to choose our perspective and which world we live in.

Seeing things in a wider way, from a broader perspective, is **multidimensional**. The first step is to broaden our own understanding for our **Self**, which is what working with this **Commonplacer** can do. Only after we have done this for our **Self**, can we then share that broader perspective with others, which is a service both to our **Self** and others.

Historical Commonplace Books

What is a Commonplacer? Historical ‘commonplace books’ have been a tradition spanning from the Middle Ages to today. The concept originated from ‘commonplaces’ in ancient Greece and Rome, with **categories** that orators could place ideas, arguments and rhetorical turn of phrases for later use. ***This Commonplacer uses seven categories.***

In fourteenth century Italy this concept was repurposed for merchants to **keep records of daily life and activities**. According to Harvard Libraries, it’s height of popularity was during the Renaissance and early modern period where “students and scholars were encouraged to keep commonplace books for study, and printed commonplace books offered models for **organizing** and arranging excerpts.” ***This Commonplacer helps you understand how your energies are organized and record your daily progress.***

Although these were focused on the individual, commonplace books have been both published and passed down to later generations as a sort of **autobiography of the mind**. ***This Commonplacer tracks the autobiography of your experiences as you connect more deeply with and increase your awareness of your energy, senses, body, heart, mind, light, spirit.***

Writer and poet Jonathon Swift explained in “A Letter of Advice to a Young Poet,” that the commonplace book **keeps the remarkable in our memory**. ***This Commonplacer is a place to record your flashes of insights so that you ground them into the physical world and can remember them.***

The commonplace book has been used by readers, writers, leaders, philosophers, teachers and scholars. Some of the greatest minds in history include Marcus Aurelius, Thomas Jefferson, Ralph Waldo Emerson, John Locke, Bill Gates.

A main characteristic of a commonplace book is having **a central location where you write and collect information**. It’s a way to compile knowledge, ideas, anecdotes, quotes, observations, facts, and information that you come across in life. It is like a written scrapbook that contains nuggets of wisdom that have resonated with you personally. ***This Commonplacer is the central location for the development of your seven energy centers.***

It was the original information management tool before computers existed. The purpose of the book is to **synthesize knowledge into the essential wisdom** that can be used later by the creator. ***This Commonplacer can help you turn information into wisdom.***

I love what the philosopher Seneca said about the practical application of ideas and concepts: “We should hunt out the helpful pieces of teaching and the spirited and noble-minded sayings which are capable of immediate practical application ... and learn them so well that **words become works.**”

Practical application is required to integrate ideas and concepts into our Being. ***This Commonplacer helps you practically apply the concepts so you can make them your own.***

This Commonplacer

My teacher, Bob Hess, created the Commonplacer (with an ‘r’ on the end) to organize self-development work. Using the language of the Ascending Ray, this is the La-Note Structure and Order of inner **Self** work.

What that means is that the structure holds the order of how these energies are organized in your own Being. It also serves as a central location that organizes your place to practice tools for energy ascension.

Instead of just doing a little bit of this and that in a random fashion, it holds the form of all the areas for you to methodically pay attention to, activate, engage, develop, organize, document and track your own personal development journey in seven areas of your inner **Self**.

The intention of this Commonplacer is that **words become works**. Nothing much will change if all you do is read this material and let it mull around in your mind, except that you’ll have some interesting information to talk about.

Everything will change when you spend a few minutes in each section every day, journaling your observations and what you notice about each area of your inner **Self**, recording your inner insights and connections, working with and practicing the techniques and tools presented here, as well as adding new techniques as you come across them.

There are thousands of techniques, and this Commonplacer just gives you a few techniques in each area to share some examples of what kinds of things can be included in each section. As you continue to work, play with and add to this, it eventually develops into being a unique reflection of what you do for your own self-care and energy maintenance in each area.

You can learn a lot about your **Self** just by noticing which sections you are attracted to focusing on more extensively because there is always a deeper meaning and purpose. And which areas you feel drawn to can change, or go through different cycles as you focus on raising your Level of Being in different areas. There is no judgment about any of that.

For instance, for a while you may feel drawn to spend more time each day in the Fa-section exploring emotions and Heart connections. Then at other times you may notice your body needs more attention and you feel to focus more attention on the Mi-section and track your daily consistency with exercise and what you are noticing; or you may start a yoga class and record the new techniques you’re learning.

Although this is a workbook, I intentionally call it a ‘playbook’ because ‘work’ sounds and feels heavy and hard – and play sounds lighter and more fun. This is not intended to be busy work or feel like heavy drudgery work. You will get out of it whatever you put into it.

To experience the value requires a longing in your Heart to know your Self in a deeper and more expansive way. It is a tool that can help you create a deeper connection and relationship with your higher **Self** and soul to let it guide you through the process of inner discovery.

Personally, the experience of learning more about my **Self** and honing my **Self** into the most and best fine-tuned instrument I can be is nourishing and fulfilling fun to me. It just feels so good to keep getting better and better. That is the road to mastery with anything.

Sacred Typology shares how to read energy from multiple perspectives. Each chart and program is a piece of the whole bigger picture, and all are interconnected and interrelated.

Each one shares more information and detailed descriptions of the energies, and is an activation that awakens your remembrance, transforms your understanding, and empowers you to ascend beyond the limitations of the 3D existence to align with your true **Self** and who you really are. This requires inner exploration.

This Commonplacer can be used in conjunction with:

Typological Energy Balancing which focuses more on the energy centers and natural and typological health principles (uses typology language)

How Ascension Works which focuses more on the energies of the enneagram and what to release (uses enneagram language)

The Ascending Ray which focuses more on conscious action and manifestation (uses the Ray language)

Process of Re-Patterning

A process of re-patterning is required to shift from old 3D unconscious programs and patterns to consciously reprogram new 5D multidimensional awareness.

The organization and use of energy determines the state of your body, emotions and mind, the ability to connect with spirit, which then creates your level of reality and the quality of your **Life**.

Law of Seven in a Nutshell

All the Sacred Typology programs explore the **Law of Seven** from different angles.

- **Seven Energy Centers:** seven kinds of energy that determine your level of reality
- **Seven Natural Health Principles:** to heal and maintain balance in each energy center
- **Seven Steps of Ascending Ray:** conscious choices and conscious action (instead of reaction); seven step manifestation tool (The Ascending Ray)

- **Type by Seven:** how the energy manifests through Real Personality when conscious
- **Nine Key Areas of Energy:** integrates 7 energy centers + 2 bridges; expands the Natural Health principles to include how energy works for all four types (Typological Energy Balancing)
- **Law of Nine Enneagram:** how the energy manifests when reactive or unconscious (How Ascension Works)

Each program discusses the **seven energy centers** from a different perspective.

Typological Energy Balancing is a multidimensional perspective that expands and deepens your awareness by sharing the whole unified perspective to understand how all the energies are interrelated and interconnected for all types in each energy center and category. This gives you many personalized self-care tools and techniques that support you to maintain balance and alignment with your true **Self**, as well as help or work with others.

How Ascension Works is a multidimensional perspective that expands and deepens your awareness of the current ascension process that all of humanity and the earth are currently experiencing; the differences between 3D-4D-5D levels of reality and existence; and how to transmute the 3D shadows to unify and connect with the 4D-5D frequencies that are lighter, more expansive and heart-centered. This helps you simultaneously release denser frequencies, as you embrace and ascend into higher frequencies, allowing you to create and live in Heaven while your body is still here on Earth.

Once the **Law of Nine** (enneagram) has been used as a tool to identify and clear out old denser energies and make room for the new, then you're ready to **master** the **Law of Seven**, which is the premier manifestation tool. This tool provides the way to re-pattern the energy in the seven centers to function in optimal alignment – thereby raising your level of **Being**. Some call this a process of spiritualizing the physical, tangible material world of form.

The **Ascending Ray** is a multidimensional perspective that expands and deepens your awareness by using daily journaling to learn how to read the messages from your higher **Self** and soul that share the deeper meaning of your everyday experiences, and how to raise your level of Being and consciousness to co-create your reality in partnership with your higher **Self** and soul.

My own experience from practically applying the principles of the **Law of Seven** and the **Ray** into my daily lifestyle is that it is a living tool through which you can notice and observe more *consciously* what time it is by spirit's timeclock (instead of human's); where to focus your attention, intention and awareness at any point in time; how to know whether you are ascending or descending; and how to receive messages from your higher **Self** and soul that share the keys of how to get from how you are now to how you ultimately want to BE.