

*From Red to Blue*

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Based on the  
version edited on  
February 18th, 2020

If you want to develop to a high level of consciousness - you need to switch your polarities in all of your maintenance levels. The polarity should switch from masculine, positive, yang -based supporting structure - to a feminine, negative, yin - based structure.

Yin: negative, female, night, passive, moon, intuitive, cold, soft.

Yang: positive, male, day, active, sun, logical, hot, hard.

*In the blood* - instead of it being red, hot, exited and working on high pressure and effort - to switch to a calm, slow, cool and blue. This is the first step.

*Then comes the level of the emotions* - that should be also; cool, allowing, calm, still and blue by nature.

*And then comes the mind* - that should move from being exited; working on high stimulations, and dispersed - to a focused, flowing, continuous and cool flow.

All three should have their center of gravity move from a masculine center of gravity to a feminine one.

Only when, and if, this three shifts would be done, then the road to the neutral vector is open. And only from the neutral vector can any connection to higher consciousness be made.

Useful Links:

<https://www.colormatters.com/the-meanings-of-colors/blue>

<https://www.empower-yourself-with-color-psychology.com/color-red.html>

<https://www.quora.com/How-did-the-term-Blue-Blood-come-about>

<https://theujunkie.com/blue-bloods-origin/>