

22 QUICK START (Bare Essentials)  
PRACTICAL STEPS FOR  
INITIATING A CHAMBER OF CONSCIOUSNESS

You are encouraged to read the expanded book  
***ChAMbers of Consciousness –  
Assemblage Points for Self-Governed Planetary Community***  
by Leah LaChapelle  
*for becoming adept  
at initiating and participating in  
a 5D transformative gathering.*

FORMING AND PREPARING FOR YOUR CHAMBER:

- ⊙ Make the commitment to evolve in vibrational community with others. This is guaranteed to stretch you.
- ⊙ Feel good about your choice of receiving no monetary compensation. Just be in the natural flow.
- ⊙ Set an intention and allow like-frequenced people to be attracted to you. Be a galactic pioneer.
- ⊙ Choose a host partner, or not. Either way is fine but help is nice.
- ⊙ Establish place, meeting time, frequency of meetings. Weekly, same day, same time is easiest.
- ⊙ Invite/attract people by word of mouth only. Do not “market” or use social media. Get people’s contact info.
- ⊙ Have no formal membership. Include anyone genuinely desiring to attend. All it takes is 3. Trust the Process.
- ⊙ Email/text/etc. a blind copy reminder the day of, with time and address, directions, maybe some inspiration.
- ⊙ Provide good drinking water, maybe hot tea, let people bring light snacks to share. Eating together is good.
- ⊙ Provide seating, and at the least, a relatively clean, clutter-free space.
- ⊙ Consecrate the meeting area before arrivals. You’ll be glad you did.

FACILITATING YOUR CHAMBER - experientially over conceptually, multi-dimensionally,  
with Allowance and Balance, interconnecting with other chAMbers:

- ⊙ Gather in a scircle where everyone can see one another.
- ⊙ Socialize casually at first.
- ⊙ Begin with someone opening the chamber vortex with a vibrational attunement/short opening meditation.
- ⊙ Have people *briefly* introduce themSelves by possibly have a conversation starter question (or not).
- ⊙ Establish gentle Guidelines together, based on the 4 Universal Laws\*. “Rules” are old paradigm.
- ⊙ Offer light facilitation. All present are to Self-regulate as responsible 5D facilitators. This can be challenging.
- ⊙ Create conversationally, ushering in and grounding 5D reality, from the heart. Practice non-judgement.
- ⊙ Have an expanded meditation, raising the vibration for the planet, transmuting specific situations/concerns.
- ⊙ Ask if everyone is “complete” with their experience.
- ⊙ Length: 2 hours minimum - 3 hours. People may depart as they need. Help straighten and disperse.
- ⊙ Know your chAMber is making a true vibrational difference in Our world, as an assemblage point of planetary (and galactic) community.

\*Attraction, Intention, Allowance, Balance