



# ENERGETIC SYNTHESIS

## Ascension Class Four

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### DISCLAIMER

*This Workbook is for your informational reference only and is not intended to be a construed as medical advice or replacement of medical advice from your doctor. Please consult your physician for professional medical treatment if you are having any serious health issue. By purchasing this Workbook you agree that you understand the above statements and you agree with them.*



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## **Ascension Class Introduction**

Many of us have become aware that something incredibly profound is changing on our planet. We are sharing an amazing time of expansion and growth on the planet which affects us all at very deep cellular level. These times have been described in many of the metaphysical circles as The Great Shift, The End Times or The Ascension.

As a result of this transformational period during this Ascension Cycle, many people will experience changes and symptoms in all levels of their Multidimensional bodies. This will be experienced at the physical, emotional, mental and spiritual levels of their being. I refer to these changes and their related symptoms as the “Light Body Activation or Ascension Symptoms”. In my experience as an energetic practitioner, I have found that meditation, invocations and emotional clearing techniques have become necessary for people who have begun to manifest difficult light body systems. It makes the process much easier when we are informed and know how to manage these symptoms and the changes we are going through.

When we have an informed awareness of our own soul evolution process we can begin to develop a framework and understand how the Ascension Cycle impacts us personally and then, globally. Knowledge is power, and this will assist you to overcome limitations and realize your soul authentic path and live the miracle of a divinely inspired life.

The purpose of these classes is to share with you the information I have compiled about the Ascension process, along with most effective techniques I have learned through my practice as an Ascension Guide and Spiritual Intuitive. It is my intention to give you the tools to assist you in moving through the Ascension process, and the building of your higher light body as easily and smoothly as possible as you go through this time of transformation into higher evolution. I look forward to sharing this Ascension information with you and in love and blessings I thank you for joining me.

– Lisa Renee





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## A New Era Emerging

This time cycle has been nothing short of breathtaking with such life altering transformational force propelling us forward with such a speed of energetic intensity that we are forever changed. Feeling somewhat relieved, grateful and at times grieving, we have left much behind in our old world. Our “old world” that included layers of outworn belief structures, its erratic emotions and the painful “idiot compassion” that drew us into other people’s dramas, this has mostly been left to wither away from our lack of attention. Some people feel hurt that we no longer engage in their dramas. The experience of our inner light bears the true compassion for ourselves and others which surfaces to honor our new reconstruction and reordering. We are feeling quite humbled through all of these changes.

We have recently emerged out of an incredible phase of human species evolutionary development and therefore, a **New Era** of human consciousness is beginning for the human being at this density level. This density level meaning the 3D consciousness awareness that we as a species are moving through into an expanded awareness of our multidimensional nature. We have reached a stage of critical mass where we will bear witness to incredible changes coming to bear upon our external view refracted by the light shone upon a changed “hologram”. For many of us our lives will appear quite incredible as a new terrain will have risen for our earthly experiences.

Getting us to this stage has equipped us with existing in such a sweeping spectrum of frequency, that of which the likes we have never experienced before in our physical bodies. *It is all very New.* The “**Wheel Of Fortune**” archetype which governs the *Universal Law of Cycles* has built the momentum pushing us into the catalytic breakthrough leading us as a species to our new destiny. It is now that we begin *the New Era*. It is *so* uncomfortable birthing ourselves but now we are starting to recognize it is worth it.

*(To read the description and symbolism of the Wheel of Fortune please click on [this link](#))*

*The Four corners of the divine throne of God, the **Four Pillars of Man** by way of the New Elemental Command has returned to Earth. Please refer to the **New Earth Element Encryption**<sup>1</sup> see note at the end of article.*

## Planetary Activations

We have another **Ascension Wave Cycle** opening up for many more of us to reach the critical mass necessary to begin another stage of our personal “awakening” or “initiation” into higher frequency fields.

For those unprepared it will feel like an unbearable pressure cooker that has popped open their consciousness and forced transformation upon the individual’s old way of being. You may observe some beings within your external view that have been ignoring the Universe’s message that they need to heal or make adjustments in the way they live. The most common way the soul will utilize the reorganization of ego in these beings is through a healing crisis manifested by an emotional meltdown or being taken out of physical commission. It is important to honor



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these processes in the people around you and to not be caught up in the illusion of what the 3D labels may judge it. We will have many more opportunities to practice loving compassion with engaged detachment when observing the transformation of the people in our lives. It may appear to be a “dark night” but truly hidden behind it is the Light of the Soul coming into surface view. Bless everyone’s unique process and join the celebration of a new dawn of consciousness emerging from beneath the *dark ashes*.

As the **Agent of Transformation** you have become from having risen repeatedly from the very same *dark ashes* (as the “Phoenix Rising”) lending your strength, compassion and knowledge is very much needed and appreciated during these times. Give back your Go(o)dness to the world, Give your love, knowledge and blessings and expand your abundance through this service of sharing all you know about transformation. The soul’s true nature is of Oneness, one with abundance, joy and fulfillment, found through this purpose of service.

The next paragraphs of information describe what is activated on the planet and within our own energy bodies. It will help you prepare and to understand the direct nature and task of our transformation. In the months ahead one will be able to see clearly just HOW the governing processes of our transforming energetic biology is affecting the external manifestation, our life projection into this reality system.

*During the ascension cycle most of the surfacing “ego crisis” manifested in our global and personal view (the micro and macro) will be conflicts around the domination of personal will over higher will. These are the attributes and processes that govern the solar plexus function for the human species. The pressures of the transformational forces will increase likelihood of a breakdown of structures and/or will result in many egos jostling over power. Remember this is a necessary part of our planetary process to shift our consciousness. As you maintain your light connection with an observing consciousness, one can maintain neutrality and be totally unaffected by the external chaos.*

## Solar Plexus Activation

We have commenced an Ascension activation period referred to as the “**Pillar Three Star Cycle**”. On the planetary level we began these transmissions in 2005 to activate frequency and to open the Crystal Star seals governing each of the chakra complexes. This is the sequence of annual energetic transmissions that are influencing the planetary shift into ever higher frequencies by completing the *Seven Main Chakra* activations which end its cycle in 2012. This Pillar of energy will affect the masses and is relating to a re-alignment of our third chakra or our “Solar Plexus” chakra. As this frequency becomes available it will begin to release the 3<sup>rd</sup> Crystal Star Seal that governs our 3<sup>rd</sup> dimensional ego identity structures and then will begin to recalibrate the solar plexus functioning to a higher expression of its nature. It is the purification of lower dimensional expression and it will result in purging. Many of us have completed the levels of this ego and mental clearing to smoothly navigate this activation. However we will be observing the results of this activation globally in the masses and possibly in sections of our personal environment. This is the death of ego and ego structures.







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The 3D identity structures are the three mind matrices of our Subconscious, Instinctual and Conscious/Reasoning Minds. When the crystal star on the chakra center is released it also begins to build the 3D layer functions of our merkaba body. This begins to merge the next level of our soul family identities (the past/future lifetimes) with our consciousness here at this density.

The Human's Crystal Star Seal(s) grid is located on the main vertical spiritual current column (also called the sushuma or hara line) in our energy bodies of which our seven main (horizontal-coned) chakra system is built upon. The crystal seals grid is what governs the particle spin and levels of frequency accretion that is transduced and transmitted into the chakra itself. It serves as the function of the energy bodies that keep the human soul identities and the auric layers of the body in separate dimensions. Therefore the bio-energetic mechanics of the crystal star seals greatly impact to evolve the capacity of our ability to embody higher expressions of dimensional consciousness.

Along with this solar plexus activation, this particular 3<sup>rd</sup> level of our Yellow Crystal Star Seal is a primary crystal seal that relates to certain bio-energetic functions in our bodies. This means that the processes that relate to corresponding physical functions and its systems may have periods of change or adjustment to upgrade the body into higher functioning. The main physical upgrades will be focused on an improved cardio-vascular and pulmonary system functioning and the ability of the body to convert nutrients into usable energy management for the body. This means we may experience radical changes with our food, food consumption and how our bodies convert food into energy. We will require less consumed food as our bodies use light source as a nutrient to convert energy for our bodies.

This particular Crystal Star seal will also unlock upgrades in the etheric nadial structure which is the energetic blueprint for our physical body's Central Nervous System (CNS). This means upon completing the star crystal seal release our CNS will have an upgrade that will allow greater capacity of electrical functioning and prepare the bodies to receive whole new levels of conducting, transmitting and holding frequency that is of the Soul Matrix. The natural sequence leading us through this cycle of mass Solar Plexus activation is to begin to merge the Three stations of 3<sup>rd</sup> Dimensional Identities (1D-Subconscious, 2D Instinctual, 3D Conscious or Reasoning/Ego Minds) and as these bodies combine into one 3D energetic grid level of a body, together they form and create a "Shield". This formed Shield is akin to an energetic completion of the 3D experience for the personality and the 4D Identities of the Soul Matrix and its Frequencies start to pour into the energy bodies. It is the 4D Etheric Nadial Complex that is a final function of the upgrades governed by the Yellow Crystal Star Seal being released in the masses at a planetary level. This allows the Soul matrix and its 4D-5D-6D frequencies to be physically embodied.

As you may begin to understand this larger picture, this portends humongous changes in the masses of human consciousness by virtue of the mechanics of these particular activations and the star crystal seals functions. It is going to be a wild, magical ride into a space of which we as a species have no framework, benchmark or template. This promises amazing opportunities for us as we stay in the light of our implicit connection to our Higher self – God self. We must maintain flexibility, expansiveness and surrender to the highest expression of our being at all times.



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*Please note that in a being resisting the change into its soul expansion you will observe that there will be a failure of these systems to function properly. If during this time you are exposed to any of the malfunctions of the solar plexus and its corresponding crystal star seal, meditate, ask for help and bring in your healing teams to recalibrate these areas for you. As an example: Call upon your Light Family of healers and ask all miasm imprints or blockage to be released out of your solar plexus and to activate the perfect functioning release of your star crystal seal. Know that all requests are fulfilled and all you need will be given, as you keep your consciousness steady in the light and invite the help in.*

## **More about the Solar Plexus**

Some more basic information about the 3<sup>rd</sup> Chakra as it will help you in order to reframe the outward manifestations you may observe relating to its issues

This Energy Center has the attributes of our consciousness that governs our mental functioning and issues around power, control, the freedom to be oneself, and our chosen career. The greatest need of this Chakra is to live in an organized world where everything is orderly and disciplined, to be an intellectual and be an individual.

We are leaving human order into divine order which has no reasoning in linear sequence to satisfy the ego, so this sets a world stage of confusion for many not aware of what is transpiring.

This Center is the foundation of the ego and its personality and where we carry anger, hostility, rage and issues that arise when we feel threatened in our personal power or ambition. This area is a clearinghouse and receptacle for repressed emotions.

The [solar plexus](#) chakra is related to the transition from base to higher states of emotion, as well as the exchange of energy, assimilation and digestion. This Chakra supplies the energy to all digestive organs such as the stomach, [pancreas](#), gallbladder and liver which play a valuable role in [digestion](#) and the conversion of food matter into energy for the body. Digestive problems come out of imbalances or damage held in this Chakra.

In closing, things may get to look pretty odd or surreal at times during this cycle of transformation. More of the masses will be initiated into leaving human order into divine order which has no reason in linear sequence to satisfy the ego, so this sets a world stage of confusion for many not aware of what is transpiring.

*Your knowledge will be ready to be received during this time and you will be asked or encouraged to speak your Truth as the Agent of Transformation you are! Just BE it! You will BE supported in your Truth.*

Until next, stay in the luminosity of your Heart and Soul Path! We are here as One!





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## **'New Earth Element Encryption**

The latest evolutionary shift developing is that the elemental physical body is getting upgraded at the subatomic and molecular level. This subatomic level of our elemental-physical body blueprint commences at the first layer of our "core manifestation template". This "template" is the 1st dimensional layer that consciousness utilizes to manifest in the physical worlds. Also, this first layer is at the 1st Dimensional level of the Earth plane and its energies (Chi) are synthesized and transmitted through our bodies via our Root Chakra. Those ready to receive these new elemental encryptions are starting the process of being released from the old energy structures (this includes the timelines of its cellular record in our bodies) that existed in the 1st dimensional level and are being reorganized with the new elementals, new divine particles from the 12 D Blueprint levels of the future/original planet Earth. The Elemental Command is also referred to as the Four Faces or ***Four Pillars of Man*** that encompass all of the chemical constituents of DNA comprising the instruction set within the physical elemental vehicle.



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## Surviving the Ascension Process Genetic Pathcutters

**LAST CLASS WE ADDRESSED THE MEANING** of “Ascension” and why we, as humans, are experiencing various awakening symptoms at this time. During the past few months many of us were working with the incredible activation forces and, consequently, many of us went through a myriad of transmutational symptoms. Many of us felt physically ill and had many people around us feeling sick, getting sick and last minute hospital emergency room trips. This is a time of profound cellular reorganization and many of us are physically dropping density to shed these lower emotional patterns - old genetic patterns - through our physical selves by manifesting a particular illness.

This is a time to pay attention to the messages around you, stay alert and present, and take care of our bodies more than ever. It is important to prepare mentally for this process with peace and surrender in order to relax.

We are in an accelerated cycle of Ascension Activation and exposure to an incredible array of Electromagnetic Frequencies. This is like a broadcast of our truth patterns of who we really are as God Self Unlimited Beings. These energetic activations on the planet are of very high frequency, and when it is our time to integrate these energies we may experience some physical down time. It is an unraveling of the dark layers that cover our personal truth and the light of our inner essence. Many of us feel fear that something intense is happening to us; as this ascension process can have an “unknown” quality to it.

### **Some are here as “Genetic Pathcutters”**

Recently, a rapid increase in a particular evolution pattern is occurring for those on the “Ascension” timeline. I would like to share these experiences so that it may shed a new perspective on why many of us are feeling exacerbated symptoms that are “viral” in nature. Some of the souls experiencing this are here on the planet acting as “**Genetic Pathcutters**”. Dear lightworker, are you one of these?

A “Genetic Pathcutter” is an incarnated soul with a specific contract to work with various levels of clearing and releasing old cellular patterns held in the human DNA and, consequently, the planetary grids. I mention “incarnated,” as one must be in a human body to do this particular work for the good of the planet, which is incredibly important at this time of Ascension. There are many levels to this contract and it is unique to each soul’s energetic signature. However, I want to be specific as there is one level of patterning that many lightworkers are aggressively working with at this time. This is within the levels of planetary microbial balancing particular to the ancestral “viral” patterns held in the human biology.

A while ago during a session with my guides they informed me that there were going to be new viral strains introduced to and discovered on the planet. They explained there was an evolutionary purpose for this, and that this was designed to burn out and clear old disease patterns in the ancestral and karmic lines. Apparently, these distortions were created by fear and belief systems which, over time, were genetically encoded in human DNA, and resulted in





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various forms of dis-ease or imbalance. These dis-ease patterns were then encoded and passed down from generation to generation. Levels of the passed down distorted or flawed DNA would result in a dissipation of the original form of the disease. The disease and its pattern would sometimes skip generations. The dissipated pattern of the original disease would then manifest in future generations in lesser forms. This inherited genetic disease patterning is known in homeopathy or in spiritual language as a “miasm”.

However, there is still much of this “miasm” patterning on the planet and in the human DNA. Now that we have reached a time of such energetic acceleration, a tipping point is occurring. We now have opportunities to really clear and transform many of the old ego patterns of humanity, including disease. Many lightworkers are stepping “up to the plate” in this regard and honoring their spiritual contracts to clear these patterns, not only for their ancestral genetic line but also for planetary purposes. We are currently witnessing huge upheavals forcing the transformation and restructuring of the many imbalances within our society. It is widely reported that there are new levels of disease appearing due to the microbes and toxins in the air and water. Mother Nature has now made it very clear to humanity that she is actively involved and calling for our transformation.

Over these many years, I experienced quite an intense time of constant personal activations, and a series of traumatic events that forced me to train my mind to be in the “now” moment. I have learned much of this trauma was related to my contract of genetic pathcutting. One such experience was that I devoted a weekend for myself to work with one special spiritual clearing exercise. I specifically requested assistance in the healing of all of my “heart scars” from my heart chakra and heart complex in simultaneous time. It was a rather powerful meditation for me. That evening I woke up in the middle of the night sweating, feeling sick, flu-like and restless. Sticking to my pillow, I thought to myself, “Wow! I am really sick” and passed out until the morning. I woke up covered with a red crawling rash all over my upper body. Alarmed, it had me scampering about, somewhat disgruntled, as I was determined to inquire why this had happened. I realized that I had released some heavy trauma impacts from my heart chakra, but why this?

I had come down with a case of shingles, the herpes zoster virus (the varicella virus of chicken pox). I had never had shingles before and, as careful as I am to maintain my health and immunity, I was surprised at this manifestation. When I asked my guides, they maintained that I had volunteered to run some extra virus through my energy field and transmute a unit of this viral pattern. Apparently, I had contracts with the “virus”. This at first sounded a bit too “messiah complex” for my ego so I continued to ask them questions. Could this be plausible?

They continued to tell me that in earlier weeks in the Los Angeles to Malibu area there had been “retro-virus” patterns installed or anchored into the planet ley lines. This virus pattern was rather evolved in nature, and would cause auto immunity dysfunction in a segment of population. Many lightworkers had taken a unit of this viral pattern to dissipate its strain and its relative strength so that it would not be as harmful to those of the population with a lowered immunity and capacity to handle such a strain of virus. This viral pattern was here to begin a clearing and recoding in a way that would force evolutionary balance into our human fields and bodies. It would force us to look at negative emotional patterns deeply imbedded in our





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subconscious that were causing disease. If we do not pay attention to these messages these patterns will intensify until we do.

This information rang true to me and my heart was expanded on hearing it. I was immediately humbled and went about the business of peacefully getting myself healed. A few days later my dog became alarmingly ill. I scanned his energy field to find he was covered with viral patterns too! It was the first time I realized how intricately involved our animals – indeed all the animals - are, in participating in this planet's evolution process. My dog had been running some of these energies for me as well! Now I had us both under energetic and spiritual care and shortly we were both feeling as good as new. Once I surrendered to this process and focused my healing with peace, I was healed up in half the time it would normally take for the average person. When I had this realization I felt fully honored by my contract. I felt aligned and fully supported by spirit.

A week later a dear soul sister called me to inquire what impressions I was getting and feeling about the current cosmic weather. (*I have a wonderful network of lightworkers around me. We all share events and impressions among ourselves to help us verify and witness each other's experiences. Sometimes these incidents are so far away from the average 3D experiences that we need a nonjudgmental soul family member to bring us back to the ground if need be. It is like an internal checking system.*) My friend went on to tell me that her guidance teams had asked her to work out and clear some viral patterns in the San Diego grid system. She had never encountered this before and felt a bit surprised at such a request. I was immediately animated and told her all about my recent event in Los Angeles and my discussion with the guides. It totally verified her experience and we were able to share and complete our mutual understanding in participating in this "viral" cleansing.

A month later, I had a series of clients show up at my office with the shingles or some other viral-related outbreak. All of them were from the Los Angeles area. Some mentioned their animals had been sick too with some weird mystery virus. Several of them had friends or family with some current viral condition. I passed out my viral protocols, began furiously zapping my clients energetically and those that were ready to hear about "Genetic Pathcutting" got the full uncensored story. Upon hearing the offering, many of them felt relieved, as it felt resonant for them as well. Clearly, once you have an explanation for some of these symptoms you can relax the mind and just get down to the business of healing and moving through it, knowing it's all a part of the divine plan. Many of them healed so quickly that it reduced their downtime considerably. The key is to bring in peace and RELAX!

As the months have continued, I have seen the viral patterns spread out even further. This last month has been unbelievably intense and I have really seen an acceleration of flu and viral-type symptoms manifesting in people. People from all over the state started to call me, asking what the heck is happening? Many felt really scared, concerned that something was seriously wrong with them. It seems that some of the patterns we are experiencing here on the west coast are now starting to reach a critical mass in other places as well. Certain vortices on the planetary lines are in need of rebalancing and cleansing, and many more of us are getting called to work with the viral patterns in our own demographic areas. This will continue, and I want you to be relaxed and aware if and when this becomes a possibility in your reality.





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To find peace during this time of “lifting your veil”, I began to really grasp an understanding that surviving and enjoying our material reality requires knowledge of the “Symbolic Meaning of Things”. It greatly behooves us to have an accurate relating with these “things” and their circumstances as symbols, rather than just relating to these events from the surface level of how they appear to the conscious mind. This surface perception of our conscious mind is truly “spiritual blindness”; if we give our power to this we then view physicality as a purposeless fear-based mundane reality. When, in truth, nothing in our experience is random and EVERYTHING is “Intelligent”! Physical matter (including our physical body) is a set of 'spirit dream-symbols' composed only of ENERGY behaving in fixed patterns. These patterns obey the symbolic structure of the great “Dream” that we, as spirit, have dreamt for ourselves. When we utilize such intelligence in relating with these material forces it leads to accurate material results; our health and wealth improves and it allows peaceful integration into nature.

## ***So what is the energetic symbolism of Infections, Fevers and Virus?***

*Ego-Transcendence; releasing old patterns of self-identity and behavior. Well, isn't that just fascinating! Certainly, it helps us to ease into our evolution process with a greater understanding.*

Further, if you are resonant with being a “Genetic Pathcutter” there are many possibilities to work with to make yourself more comfortable with this process. Sometimes it is just the conscious awareness of this understanding that makes it so much smoother. I have found flower essences, vow releases, and asking for guidance and support from the spiritual hierarchy is priceless. I do suggest and advocate that keeping your physical body in harmony with healthful food, water, supplements and habits is essential. Building your immunity and core physical foundation is key right now. Know that you can ask away and tune in to get all the help, information and guidance you need.

Stay in the luminosity of your heart and soul path. We are here as ONE!



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## **Coping with EMF Radiation**

**MY DEAR FAMILY**, due to the intensity of our current energetic terrain and the related Ascension Symptoms this article is overdue. There are physical symptoms that have been rather accelerated and many of us feel completely disoriented and exhausted. If you have been feeling this way then this article is for you! This is a primer for describing EMF fields and the dynamics as to why Lightworker's are experiencing EMF radiation over exposure and its related symptoms, NOW!

### **Current Stellar Energy Activation Dynamics**

As many of us are aware, we have experienced some intense Stellar Energy Ascension Activations from the recent 11:11, 12:12 gates and beyond. These frequencies are being accreted (absorbed) and integrated into the larger level of the planetary and unified energy fields over the last weeks. This will continue. As these new energetic forces settled and began anchoring into the planetary grids, we began to feel a significant energetic and "timeline" shift that gave many of us odd, disorienting, out of body and unpleasant bodily sensations and experiences. The energetic layers within our personal Auric Fields are progressively undergoing transmutation of form. This may cause various physical symptoms from this adjustment in our energy fields of which I will discuss further below.

The expansion into the greater realities of the higher frequency dimensions reached an important milestone at that moment of "Time and Space" approximately on December 21, 2012. This event is a "time vector" code sequence activation for our dimension, that included an outpouring of energy wave infusions that anchored us and further attached itself to the next higher level of frequencies/dimensions/Universe (i.e. The New World, the Next Universe). This event is acting as a new information exchange and high frequency energy "hub" that is accessible to all of humanity. It is an entirely new energetic frequency band, reality and species introduced and available to this plane of Earth existence.

Things will be moving even quicker from this time forward for us, those that have chosen to be on this Ascension "timeline". Thus, our relationship to time and space will feel disorienting and unstable at times. We have soul contracts and agreements in place for this purpose. It is that specific group of servers that will experience the most intensified or emphasized symptoms as YOU are the conduit of this "New Energy"! It is a very exciting time, yet we are feeling the growing pangs of giving birth to our new creation.

To understand our symptoms we will need to understand some basics about the Stellar Activations and what the "EMF" stands for.

### **What is A Stellar Ascension Activation?**

The process of dissolving the lower-dimensional energy layers within the Auric Field and transmuting their particle content into the next dimensional band of frequency is referred to as a Stellar Ascension Activation. As the planetary body or human body evolves through these multiple levels of frequency accretion, the energetic layers within the Auric Field progressively





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undergo transmutation of form. Once a personal energy or Auric Field has accreted most of the frequency bands from the dimensions that compose one Harmonic Universe, (i.e. The Earth's Field) the energy layers that correspond to these lower dimensions begin to dissolve. The particles contained within the dissolving auric layers open into the auric layers of the next highest dimensions, in the next Harmonic Universe up. This is the energetic Ascension Dynamics by which forms and consciousness progressively evolve from one dimensional span of experience to the next.

These Stellar Ascension Activations are a natural part of the light accretion/evolution process, and occur as the pulsation rhythms of particles in the lower dimensions speeds up into the rhythms of the next dimensional frequency bands.

Through the process of Stellar Ascension Activations the levels of the auric field progressively open up into each other, dissolving the dimensional frequency barriers that kept the levels separate at one time within the auric field. The levels continue to dissolve as these energetic and auric fields progressively draw in more frequency patterns from the higher dimensional "Unified Fields". As these levels dissolve, progressively more energy and awareness merge with and become held within, the matter-life form, and the matter-life form shifts from one set of dimensional time continuum cycles to another.

## **What is an EMF?**

EMF stands for ElectroMagnetic Field. An electromagnetic field is composed of two related vector fields: the electric field and the magnetic field. When referred to as the electromagnetic field, the field is imagined to encompass all of space; typically an electromagnetic field is considered to be limited to a local area around an object in space.

We are ElectroMagnetic Field, Multidimensional Beings of Light. So a way to visualize this is to think of our personal energy field and the planetary energy fields, along with all of the collective fields of many other objects, people and the planet. Etherically, it would appear like a huge web of layers, upon layers of electrically charged particles of energetic fields of colored light wave spectrums - all connected and interacting with each other. We would see millions of variations of colors, frequencies and octaves in a movement of swirling patterns held within an dimensional grid matric giving it form in a level of time and space.

We then could visualize our personal electromagnetic battery bodies, also known as our Auric body, as it consists of many vast layers of subtle energetic bodies, as our Personal EM Field. We could consider our planetary bodies with its various layers as the Planetary EM Field, and so forth and so on for all objects and beings.

All of these Electrically charged particles, all of these EM Fields are constantly emitting (or absorbing) photonic fluid, which is more commonly known as Light!! So how is light related to the electromagnetic field? Electromagnetic (EM) waves are the undulating movements of light, which can always be observed to be emitted by electric charges undergoing acceleration from a source of which it has been propagated.



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So, this further takes us to understand the process of Electromagnetic radiation, as this is a propagating wave in space with electric and magnetic components (Our Stellar Ascension Activations). This term includes also, for example, as light traveling through an optical fiber, or electrical energy traveling within a coaxial cable. For our purposes of discussion this electrical energy is traveling to our personal EM Fields and the resulting Electromagnetic radiation carries energy and momentum which may be imparted when it interacts with us, conducted through our electromagnetic battery body and then absorbed into our physical cells, our body in matter. We are transforming from carbon based matter into silica based forms. This is occurring at an incredibly rapid and accelerated rate as we are exposed to these "New Energies" never before felt or experienced in these realities that we are sharing now!

Now if you have made it through all the basic Scientific Ascension technical data, congratulations! This is a huge step in comprehending the multidimensional process and Ascension Dynamics! The bottom line, is this - we are feeling fried, nervous, exhausted, and a bevy of "radiation"-like symptoms from our acute exposure to these huge Stellar Activations. Understanding the dynamics will help us cope and keep us out of fear - ready to run to the local doctor's office. Regretfully, we live in a reality where if you tell your doctor you have 'EMF sickness and kundalini flu' he will probably stare at you quite blankly. I have, therefore, compiled some support options at the bottom of the article. Here is more:

## **Electromagnetic Field Overexposure - Symptoms:**

1. Spaciness, dizziness/vertigo, disorientation, lost time spaces or voids, inner ear sensations like buzzing or humming, feeling out of your body, feeling like you are spinning or oscillating with your eyes closed (or open!), feeling light headed as if you are mildly drunk, cannot mentally focus, feverish or heat pulses that stop and start, blurred vision, seeing spots or flashing tiny lights, cranial aches or pain, (back of neck, third eye - pineal) wanting to lie down, taking excessive naps or sleeping from exhaustion for no apparent reason. The brain hemispheres (right and left, front back) and our neurological net are being adjusted and recalibrating. We feel all kinds of odd "neurological" stress.
2. Solar plexus discomfort brings, consistent nausea, digestive complaints, weird bowel, food needs change, (starving, you are scarfing down food at 3am, during the day nothing looks right or tastes right), weight gain or bloated feeling. Some muscle achy-ness generally occurs after you have passed through the first levels of "spaced out" and dizzy feeling. Patterns appear mostly in the lower body such as the sacrum, legs, lower body aches. A few days of this and intermittent symptoms. Much of this is dropping density and releasing the past ancestral issues.
3. Mild falls or accidents, hitting your head or toe several times in a row or in a short period of time. Clumsy - you are not! (Sometimes spirit uses this way to repattern and reorganize a "stubborn area" in your auric field. Say hello to your evolution support team next time you fall over! Do pay attention however... Sometimes your guidance is whacking you over your head to lay down, rest and listen internally.)





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4. Ancestral and family of origin issues or conflicts from the past come to a head, are surfaced, then cleared, resolved, or terminated. People are cut away and terminated from being an active part of your life.

So, my dear ones, stay in the luminosity of your Heart and Soul Path! Know we are in for an exciting ride and share this with, as they show up, any in your new light family that may need some clarity! It is important to support your physical body so listen, rest and do as you are guided.

## **Some EMF support Suggestions**

NOTE: Muscle testing and dowsing are always preferred when figuring administering and dosage, if you are able. You may need to use very high dosages and then curtail them dependent on your bodies personal needs. Listen to your inner guidance and consult your MAP team, healers, and evolution support guidance. Supplements have been useful and I suggest using them as needed and guided.

### **Nervous system support:**

- B-Complex 150 formula
- 5 HTP - Take 100-200 mg daily.
- Planetary Formulas, Mylein Sheath Support - Take 2 daily or as guided.
- Essential Fatty acids - Take a full spectrum Omega 3-6-9
- Health by Sun - Total EFA Take double dosage.
- Icelandic Cod or Fish Oils - liquid

### **Flower Essences:**

- Hyland FES - YES (Yarrow Environmental Solution) - Not only does it work to optimize physical health by counteracting EMF contamination; it is also an excellent boundary-strengthenener.
- Bach Flower (Rescue Remedy) - Use when feeling overwhelmed at any time. Good for bedtime sleep.
- Perelandra Essences - Rose Essences II
- Flower Essences of any kind are incredibly helpful for the etheric nadis. Consult your Flower essence specialist to make you a personal EMF brew.

### **Homeopathics:**

- Herbal healer - RadiAlgin drops (Sodium alginate)
- Liquid Iodine drops
- Hyland Homeopathic Bioplasma - Tissue Salts



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## **Bath Soak:**

The following is a Radiation Detox Recipe...

- 1 cup sea salt
- 1 cup baking soda
- 1 4lb. container Epson Salts
- Sodium Alginate capsules 2 times a day.

Section 1: On the first day soak in a bathtub of hot water (as hot as you can stand) filled with 1 cup baking soda & 1 cup sea salt for 20 minutes. (Do not do more than 20 minutes). Drink plenty of purified water before, during and after the soak.

Section 2: The next day soak in a bathtub of hot water (as hot as you can stand) filled with the full 4 lb. container of Epson Salts for 20 minutes. (Again, do not do for more than 20 minutes.) Drink plenty of purified water before, during and after the soak.

Note: If you are not feeling like you can do the Epson Salt bath on the 2nd day, then wait 2-3 days between soaks.

## **Nature and Crystals:**

- Stand in sea water at the ocean, or in any body of water as you are able. Let it wash over your legs and feet, keep submerged for a while.
- Walk and hike in nature, find a spot and meditate and align your energy fields to the new energy planetary life force.
- Use your crystals or find a new crystal to lay on your pineal gland and thyroid. Use crystal therapies as guided.
- Biogenesis - Bio Translator Crystal. Lay point up on your forehead and ask to recalibrate your left-right-front-back brain hemispheres in divine perfection and balance.





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## Ascension Tools Series

### MAP (Medical Assistance Program) Healing Teams

We continue to another level of exploring the members of the “Spiritual Hierarchy” that are contracted to help heal humanity in its shift to the Ascension. One of those members is **The Guardian Medical Assistance Program Teams are also referred to simply as “MAP Team”**. This is a particular “arm” of evolutionary forces that is comprised of several different levels of beings and energies working in synergy for the highest capacity of healing for human beings and the planet. Please note that the “MAP TEAM” is not of any indicator of creed, race or color. It is an energetic signature name given to a collective of “Masters of the Law of One” or “Guardians” working to serve in part as the evolutionary forces guiding this planet and humanity to greater light and increased consciousness. They are here to support our purpose and provide direction. They are available to any and all of us desiring assistance in our personal evolution and healing transition.

The Guardian Map Team is an immense support and can be called on for just about any healing issue you could imagine, nothing is too great or too small. If you are comfortable and resonate with this material, I encourage you to utilize this amazing healing tool. At the end of the newsletter is a sample healing session called a **“Coning”**. Your “Guardian Map Team” relationship will take cultivation and consistency to become uniquely aligned for your personal growth and healing. If you invest a genuine interest you will yield an amazing return on your investment of time, energy and love. Truly it is an amazing experience to feel so loved and supported by these magnificent beings. Let’s briefly discuss the various beings included as a part of the Map team healing process.

#### **Masters of Law of One**

The Masters of the Law of One are a very large group of Ascended Beings and Spiritual Masters and are composed of highly evolved men, woman and beings beyond gender from multiple universes. They exist on various inner dimensional planes and work as a collective consciousness in a singular yet varied purpose. Their purpose historically has been to assist us and the planet through forwarding the evolutionary processes. They have been the group instilling universal principals and law throughout creation. They have also assisted humanity in developing social, moral, and societal frameworks that are in accordance with the current age as well as assisting us in moving from one Age to another. They assist, support and influence Planetary Leadership during evolutionary cycles such as we are transiting now.

The Masters of the Law of One current project is to help insure a smooth transition from the Piscean Age to the Aquarian Age, navigating us towards our destiny of Ascension. The Masters of the Law of One or Guardians insure that our evolution and healing is in line with universal law and is appropriate and in agreement with the New Era energetic dynamics.

#### **Devas and the Devic Realm**

Devas are of angelic lineage. They are related to our Angelic hierarchy living in the Angelic Kingdom. The actual word Deva is from Sanskrit, which is one of the oldest and sacred languages



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on Earth. The actual translation of Deva from Sanskrit into English is the "shining ones", a term often used to describe the presence of Angelic beings. The two words are practically interchangeable. The only real difference between Angels in the traditional sense and Devas is the type of work they are involved in. Devas are a hierarchical order of Intelligences that oversee almost every aspect of creation. They are omnipresent and exist in a reality connected with but not part of our own. They interact and have mutual energetic impact with us every day.

The Devic Kingdom is quite immense and contains countless numbers of Intelligences. The Devas that we are working with are only a small part of the Kingdom. Traditionally, they have been responsible for creating and maintaining the blueprints for all natural forces, forms, laws and processes including solar, planetary and interplanetary. They create the architectural patterns that create order, organization, and vitality. Nothing can exist in this world of form without the direct supervision of a Deva and a Devic plan behind it. Their input is included as part of every form-template because they're directly able to adjust the Devic plan associated with any work being done. They also insure that all work is balanced and in accordance with the natural laws of the physical dimension.

Devas are exceptionally beautiful and magnificent beings. Generally they are beyond gender although they may take a masculine or feminine form depending on their tasks and our human expectations of them.

The Devic realm where the Devas live and work is quite immense. It is organized in a hierarchical system with many levels very similar to the Angelic realm. The Devic realm is organized like a large corporation with people operating within their own specialties. Generally there is only one Deva that oversees a given "team" and that Deva is called the Overlighting Deva. Healing, for example, is a fairly wide arena so within the part of the Devic Realm associated with healing there are many thousands Devas that work towards different forms of healing and would all collectively be known as the "Healing Devas." The Deva that oversees all healing forms, methods, and modalities is the Overlighting Deva of Healing. Underneath the Overlighting Deva would be a number of more specialized Overlighting Devas. In our healing example, a few would be the Overlighting Deva of Emotional Healing, of Physical Healing, of Energy Healing, and so on. Below this level, and again more specialized, would be Overlighting Devas of specific forms of Emotional Healing, Physical Healing, or Energy Healing like the Overlighting Deva of Psychotherapy, Massage, or Energy Healing.

The hierarchy is relatively arbitrary and just a convention for us. Every Deva knows and performs their individual tasks perfectly. The hierarchy is explained here as a guide to help you understand how Devas organize their realm.

## **Nature Spirits**

Nature Spirits could be referred to as "cousins" to the Angelic realms. Nature Spirits traditionally work in close partnership with the Devas and are actually part of the Devic Kingdom. Nature Spirits are the beings that work closest to the physical plane. The Devas create the blueprint or the plan and the Nature Spirits take the plan and put it into action. The Devas provide the order and vitality. As a whole, the nature forces provide the form, action and energy of creation or





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involution. Between the Devas and Nature Spirits the whole of Nature's creative power is represented. Nature Spirits are the workers and caretakers of form on this plane of existence. Their responsibilities within a form "template" include instigating any process outlined by the other "template" members and insuring that the proper amounts of form and energy are present as well as balancing all processes in terms of Nature and physical manifestation.

Historically many cultures have been aware of these beings. Some other names that Nature Spirits are known by include: elves, fairies, undines, salamanders, gnomes, slyphs, fauns, trolls, and elementals. Nature Spirits tend to be very regionally based. The Nature Spirits that live and work in Los Angeles are not the same ones that live and work in Chicago. The head Nature Spirit and guardian of that dimension is named Pan, The Overlighting Deva of the Nature Kingdom. The name Pan is from the Greek word pan meaning "all, everything, or all encompassing."

## **Higher Self**

Your higher self represents your own personal evolutionary contact. Within your higher self are all the evolutionary patterns and plans for you personally. Your higher self is part of these form-templates to insure that your best interests are represented and that the processes and energy dynamics of the form do not violate your timing or balance. Further, that all adjustments are in alignment with your soul purpose, evolution and in harmony with the divine plan.

## **Facilitator**

Yes, you are a member of the Healing Team!! You represent the physical plane. You can form the bridge between this world and the others. You are the anchor, the grounding point for the all the energetic form in this plane of reality. Remember that You are a valued and important member of the healing team!

## **Energetic Forces/Intelligences Involved in this Process**

Intelligent Forces

1. The Masters of the Law of One or Guardians
2. The Devic Kingdom
3. The Nature Spirits
4. Higher Self
5. Bridging Forces
6. The Facilitator (you!)

Machaelle Small Wright is an extraordinary woman that was able to see and hear the invisible forces of nature back in 1976. She began an amazing body of work writing books describing the "MAP" teams and developing the "Perelandra Center for Nature Research". She has a 45 acre farm in Virginia dedicated to a co-creative relationship with the Devas and Nature Spirits. The below MAP Coning Healing session is directly from her website of which I have included the direct link below for your research. [www.perelandra-ltd.com](http://www.perelandra-ltd.com)



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## **Healing Tip – How to Open a MAP Coning Healing Session:**

**Prepare any modality with your 12 D shield technique before opening session**

### **Perelandra Coning Session - by Machaelle Small Wright**

A coning is a balanced vortex of conscious energy. The simple way to explain a coning is to say that it is a conference call. It is as simple to create and activate a coning as it is to connect with a single nature intelligence. But, with a coning, we are working with more than one intelligence force simultaneously.

A coning, by its nature, has a high degree of protection built in. When working with more than one intelligence, it is important to define exactly which ones are involved. All others are excluded by the mere fact that they have not been activated. In essence, a coning creates not only the team but also the room in which the team is meeting. The coning is created and activated by us—the human team member. Only those with whom we seek connection will be included. Others will not "slide" in and out of a coning on their own. This adds to the exceptional degree of protection contained within the coning.

For clarity and strength, it is important that a balance be maintained between the involution dynamics and the evolution dynamics within the coning. A 4-point coning maintains that necessary balance between (a) involution or nature, through its connection with the devic and nature spirit levels and (b) evolution, through its connection with the White Brotherhood level and the higher self of the person working in the coning.

Different conings are set up for different purposes. The balance between involution and evolution remains but the team members change, depending on the work to be done. For example, in a Healing Coning, the Deva of Healing is activated along with Pan, a general connection to the Masters of the Law of One and the higher self of the person doing the work. In a Garden Coning, the deva of a specific garden is activated along with the other three team members.





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## **TO OPEN A CONING Healing Session:**

To open a coning, link with each appropriate member individually. Simply state:

*I would like to open a coning. I would like to be connected with:*

1. **The Deva of Healing** Either wait 10 seconds for the connection or use kinesiology to verify the connection.
2. **Pan.** Wait 10 seconds or verify with kinesiology. (Pan maintains consistency in the coning and gives assurance that the nature spirit activity and input is fully covered at all times.)
3. **Masters of the Law of One (Guardians).** Wait 10 seconds or verify.
4. **My higher self.** Wait 10 seconds or verify.

You are now ready to do the work you wish. Simply follow the rest of the steps of any process that includes a coning.

## **TO CLOSE A CONING**

Once the work or process is complete, thank your team for its assistance and ask to be disconnected from each member one at a time:

1. **The specific deva.** (Either wait 10 seconds for disconnection or verify you are disconnected by asking, "Am I disconnected from the healing deva?" Then test. If you receive a negative, simply refocus on the coning and again request to be disconnected. You simply lost your focus the first time. After the second time, you will test positive.)
2. **Pan.** Wait 10 seconds or verify.
3. **Masters of the Law of One (Guardians).** Wait 10 seconds or verify.
4. **Your higher self.** Wait 10 seconds or verify.

It is important to close down a coning because it is a physical energy reality that interacts with you while it is activated. If you leave a session without closing the coning, you will feel an energy drain shortly. It is no harder to close a coning than to open one. No member is going to resist a disconnection any more than a member would resist a connection. You are the one in command of the creation, activation and dismantling of the coning.

**IMPORTANT:** For more information on creating and working in a coning, I recommend the books *Co-Creative Science* and *Perelandra Garden Workbook II: Co-Creative Energy Processes for Gardening, Agriculture and Life*. This book has a chapter that is especially important when working in conings other than a Healing Coning. For complete information on how to work in a Healing Coning, see the Perelandra Paper: [Calibration Process](#) and the second edition of [MAP](#).



# ENERGETIC SYNTHESIS

## Ascension Biology and Cleanses

We have had such intense accelerations of Frequency, Stellar Activations and Downloads since our Ascension Plan B Cycle and ongoing that this time has been equated to a nine (9) year increase of Activations from the natural evolution Ascension Cycle. This speeding up of the “Ascension Plan” was for various reasons primarily that we (the Starseeds and the ones jumping on this Ascension wave) are embarking into a mass Planetary Ascension Wave. The last months have many of us on a crash healing course with such intensity of emotional and physical releases that it created a lot of self-doubt. Many people on the ascension pathway really experience levels of dark depth we worried it was manic or bi-polar behavior or if our bodies were very ill. This is called the dark night of the soul and with ascension awareness this is very common. We have to learn how to take better care of our bodies and consciousness. This is par for the course when on the Magical- Mystery- Spiritual-Ascension-Tour!

What I would like to offer now is that this emotional release, this ancestral and genetic cleansing may be taxing on the physical body, **namely the Liver and Kidneys. It is important NOW to monitor and support our detox organ systems and our neurological systems.**

The Loving Group (Guardians) have asked to share this information. However, please consider a little spring cleaning detoxification as they have emphasized we are hitting the big accelerations of frequency, especially now. **THIS WILL REALLY HELP** negate the effects of emotional, ancestral releases in the physical cells and make for an easier, smoother process.

**Remember the main emotional storage in these detox organs: Liver is Anger, Kidney is Fear, Gallbladder is Injustice. (karmic patterns) See the below organ analysis.**

Loving and supporting our physical selves makes this transformation easier. Otherwise what happens is when you do these deep layers of emotional clearing your physical body will need to become ill to eliminate the toxins to shift the cells into higher frequency patterns. When you detox you can circumvent this as you are actually “working with” and being in tune with the transformational forces. Surrendering without resistance is the key antidote.

If you are interested more in the organ relationship to the emotional pattern, that is at the bottom of this article.

Also, here are some suggested detox cleanses and web links to explore below. **Also see the Kidney Drink, the Master Cleanse and Liver Gallbladder Flush articles below.** Happy Detoxification!

[Dr. Shulze](#)

[Bowel Detox](#)

[Dr. Natura](#)

[Blessed herbs](#)

[Renew Life- Paragone](#) **Anti parasite cleanse** (continue 4 weeks rest 2 – 4 weeks and resume) —

*\*Consider doing the whole Renew Life cleanse program.*





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## ORGANIC ANALYSIS: The Body

**THE LIVER:** THE ONE LIVING INSIDE YOU. The Soul or Spirit may not be a 'medically recognized' organ, but it DOES have profound implications for our health and wellbeing. Anytime we become 'dis-spirited,' self-judgmental or in any other way SOUL-SICK we may experience a sympathetic response from the inner organ which performs the same job for the body that the Soul does for the whole Self; the LIVER is the organ which purifies the body and stores-up the nutrients in our blood-stream for future use. Imbalances of Soul or Spirit can lead to blood-impurities, hardening or inflammations of the Liver and other potentially life-threatening conditions. The Liver is also the seat of our Ancestral and "Family of Origin" clearing agreements. The holistic recommendation is SPIRITUAL HOUSE-CLEANING; finding the areas of self-judgment, anger, guilt, shame, fear or other spiritual crises, and making Peace with one's Spirit. NOTE: a strong connection between such judgments and out-worn religious fears is often part of liver-related conditions.

**GALL BLADDER:** CRITICAL ANALYSIS: The Ability To JUDGE WISELY. Bile (or Gall) is a powerful analytic acid secreted by the Liver and stored in the adjoining Gall Bladder for later secretion into the digestive organs where it breaks-down (or analyzes) our food. Anytime we are under great stress to analyze things accurately in our lives we may experience a sympathetic response in the form of DIGESTIVE-ACID IMBALANCES leading to under or over-acid stomach, indigestion, pain or inflammation of the gall bladder (or the development of gall stones in the gall bladder.) The holistic recommendation is ACCURATE ANALYSIS OF THE STRESSES WE ARE UNDER. Often these will be found to be relationships or situations in which we have failed to be properly CRITICAL or discerning, allowing less than honest opinions to be expressed, and thereby damaging our sense of FAIRNESS. Honest expression of one's critical opinions and a full venting (cathartic release) of one's feelings is recommended.

**KIDNEYS:** HEALING THE BLOODLINE. Our bloodline or genetic family or household is just as capable of having things to let go of as the individual body is. Whether old traditions or such stresses as a child (or parental) abuse, religious opinions that make happy relating impossible or other traumatic family legacies, these problems may become intolerable and lead to a sympathetic response from the organs which perform the function of purifying the blood for the body, the Kidneys; leading to infections, kidney stones or even kidney failure. There is also a tendency of kidneys to hold unexpressed fear related patterns. The holistic recommendation is LETTING GO OF FAMILY-ENFORCED PATTERNS, beliefs or behaviors that one does not agree with. While this may lead to interpersonal stresses of its own, such Self-liberation may have a healing effect on the Kidneys. The issue to remember is that family traditions are only valuable if they are HEALTHY for all members of the bloodline.

**BRAIN & NERVOUS SYSTEM:** INFORMATION-PROCESSING. While there are many other things that we value highly and rely upon in life, INFORMATION or factual input and how we deal with it is a powerful influence in life. Anytime we are forced to deal with INFORMATION-OVERLOAD or CONFLICTING IDEAS ABOUT REALITY, we may experience a sympathetic response from our brain and nervous system which processes that information. From migraine headache to spinal meningitis or other brain and spinal conditions, Information-related crises require deep analysis of one's Information-Conflicts and how to restore a sense of ORDERLY COMPREHENSION OF REALITY.



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## Ascension Tools- Improved Health Upgrade Program

Before installing: quiet the body through meditative exercises to bring the mind to an relaxed and open state. To start installing, state the following: I state as my objective the installation of the "Improved Health Program" in all my parallel lives, when appropriate. Install the program by invoking each paragraph three times. To run the program after its installation, call upon your High-Self Spiritual Council to automatically check each paragraph for the requested adjustment.

1. Improve my general vitality - all energies within all simultaneous dimensions.
2. Increase the immunity of my local incarnation and improve my ability to resist infectious agents.
3. Eliminate all microbial infections throughout my body.
4. Eliminate all poisons, toxins, heavy metals, and drugs from my physical body.
5. Remove and/or transmute all negative imprints and implants in all my bodies at an appropriate pace that is most beneficial for my health and development and replace them with beneficial imprints, implants or energy.
6. Increase the harmony and communication efficiency of all my body parts with each other and give my thanks to all my body parts.
7. Increase the degrees of synchronicity in my daily activities fully in the Now state of mind.
8. Increase the grid connection to Source, to God's vital life force required for my health.
9. Increase the energy flow through my meridians, chakras, and central channel.
10. Increase the degree to which all my energy bodies are presently functional and efficient.
11. Increase the efficiency of my Endocrine system's ability to produce hormones.
12. Increase the degree to which all energy leaks are absent, closed, or sealed in my energy bodies.
13. Optimize the level of Oxygen within all my body parts.
14. Optimize the level of Hydrogen within all my body parts.
15. Optimize the level of Hydration (water) within all my body parts.
16. Increase the degree to which my addictions are removed and controlled.
17. Optimize the mineral composition of all my body systems, organs, and glands.

*Take some time to inhale and breathe deeply to feel complete and start the second phase:*

1. Improve the cell salt balance in all my body parts and the electrolytic efficiency in my cells.
2. Optimize the electrolytic balance and increase the electrical efficiency of all my metabolic reactions.
3. Improve my metabolic assimilation, release and use of energy from consumed foods.
4. Improve the conductive efficiency of beneficial chemical elements and compounds transfer into my blood.
5. Increase the efficiency of my body cellular computer and the current utilization of the computer.
6. Increase my level of Ancestral mind the accumulated knowledge available for my earthly related activities.
7. Eliminate inherited or self-induced genetic deficiencies within all my body systems.
8. Improve the removal of genetic codes for producing toxic poisonous compounds within my body.





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9. Increase the efficiency of my Auric energy mist in creating my conscious instructions.
10. Improve my emotional stability within all incarnations, dimensions, and realms.
11. Increase my capability to outwardly extend love, compassion, and patience to all of creation.
12. Increase the light flow quotient through all component parts of my bodies.
13. Improve my wellbeing, wellness state, to good health and ecstatic feeling.
14. Increase the degree in which tree radical oxidative damage has been transmuted in my bodies.
15. Increase the functional deficiency of all oscillating biological blood filters in my bodies.
16. Improve my spiritual status, connection to Spirit and level of unity consciousness.
17. Increase the functional efficiency of my Medulla Oblongata and Corpus Callosum and the light flow quotient through my bodies.
18. Increase the functional efficiency of all my body organs and glands.
19. Increase the energy level of the new matrix for brain structural anatomical rejuvenation on my bodies.
20. Increase the degree to which the Green screen of death has been removed from by bodies.

*Take some time to inhale and breathe deeply to feel complete and start the third phase:*

1. Increase the functional efficiency of my autonomic nervous system, involuntary actions.
2. Increase the functioning efficiency of my central and peripheral nervous system.
3. Improve the structural completeness and functional efficiency of my body's hologram, Embryo and Etheric bodies.
4. Increase the efficiency of the Spiritual Umbilical cord's connection to all of my bodies.
5. Optimize the degree to which all my brain strings (cords) are connected and transfer energy to all my body parts.
6. Optimize the connection completeness of all my body systems to the Soul level.
7. Optimize the connection completeness of all my body systems to the OverSoul level.
8. Increase the functional efficiency of all my existing genetic codes on bodily functions.
9. Improve the sensing ability of my Third Eye, Pineal, Pituitary and Hypothalamus.
10. Add or activate the appropriate number of Codons (DNA codes to my bodies).
11. Install and improve the functioning of all 12 layers of DNA in my body.
12. Improve the operational efficiency of the Mer-ka-ba Energy light body for protection and energy balance of my bodies.
13. Remove the metabolic death phase and reverse physical termination in my bodies.
14. Activate the juvenile metabolic growth phase in my bodies.
15. Remove all discordant programs from my bodies.
16. Replace inefficient illusions with beneficial illusions.
17. Replace ego with heart guided thought forms.
18. Increase the level of Holy Spirit synchronization with all my other energy bodies and systems.
19. Activate, synchronize, and align all of my Spirit Energy bodies.

**ANCHOR LOCK AND SEAL THROUGH MY HOLOGRAM.**

**ANCHOR LOCK AND SEAL THROUGH THE TIME MATRIX.**

**And So It IS Beloveds!**



# ENERGETIC SYNTHESIS

## ES - KIDNEY DRINK

**NOTE:** You do not NEED to do a ten day fast as this program suggests, feel what is appropriate for you, 1 Day, 3 Days may be perfect for you. Please consider drinking this as well as a daily drink without fasting. This has a GREAT expunging effect on the kidneys and gets sediment passed.

### **Master Cleanse Recipe**

To start the cleanse:

The night before and every evening thereafter drink a gentle laxative tea such as Smooth Move by Traditional Medicinal. Every morning wake up and drink 1 quart (or 4 cups) of luke warm water mixed with 2 teaspoons of un-iodized salt, Hain's brand. Within about 1 hour you will need to use the bathroom a few times. There is no need to take any herbs or vitamins while doing this 10 day fast. You are allowed to drink peppermint tea and it is good for deodorizing the body internally. Our mantra is:

***I HONOR THE CHALLENGE AND THE BLESSING OF THIS MOMENT IN MY LIFE!***

### **Recipe for Lemonade Mix:**

For a gallon of water container follow these measurements:

WATER: 128 ounces = 16 cups = 1 gallon

LEMON JUICE FRESH SQUEEZED ORGANIC: 26 tablespoons or 1.625 cups

MAPLE SYRUP GRADE B: 26 tablespoons or 1.625 cups

CAYENNE PEPPER: 1.3 teaspoons (if using tincture, do it to taste a kick)

Drink every two hours or more. Drink if you're feeling hungry, it will stop hunger.

Recommended daily dose is 6 to 12 cups (8 oz. = 1 cup)

In the bottle add your crystal to help with the emotional side effects that some of us might feel during this cleanse.





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## Liver Cleanse and Gallbladder Cleanse flush

### Ingredients

- **1/2 Cup Olive Oil Extra Virgin**
- **1 big grapefruit (2 small) (Or 3 lemons)**
- **4 tablespoon EPSOM salts = (  $MgSO_4 + 7H_2O$  )**  
(EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate)
- **3 cups water**
- **Optional: Black walnut tincture**

You can substitute 3 cups water (=750 dl) (that is used in this recipe to dissolve Epsom salt) with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice. That way you will not feel unpleasant taste of Magnesium Sulphate (= Magnesium Sulfate = Epsom salt =  $MgSO_4 + 7H_2O$ ) If using lemon juice, do not blend juice with oil. Drink little oil, little juice, from 2 different cups.

If you mix oil and juice, it may (it doesn't happen always) slightly congeal, and get a slimy consistence that is not easy to swallow. It may become slimy. This will never happen with grapefruit juice!

Choose a day like Saturday for the cleanse since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they could prevent success. If you were detoxifying with other herbs, stop the herbs too, the day before.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

**2:00 PM.** Do not eat or drink after 2 pm. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 (three fourths) cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

**6:00 PM.** Drink one serving 3/4 (three fourths cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water now. You may add 1/8 (one eight) tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil (ozonated, if possible) and grapefruit out to warm up.

**Alternative Schedule 1:** Omit the first Epsom Salts dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time. ("The Cure For HIV and AIDS" By Hulda Clark pg.585 )

**8:00 PM.** Repeat by drinking another 3/4 (three fourths) cup of Epsom salts. Generally you haven't eaten since 2 pm, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.



# ENERGETIC SYNTHESIS

**9:45 PM.** Pour 1/2 (half) cup (measured) olive oil into the pint jar. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths) cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more time, even if it makes you late for your 10 pm drink. Don't be more than 15 minutes late. You will get fewer stones.

**10:00 PM.** Drink the potion you have mixed. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

**Next morning.** Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am. **2 Hours Later.** Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

**Alternative Schedule 2:** After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove.

**After 2 More Hours** you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered. **How well did you do?** Expect diarrhea in the morning.





# ENERGETIC SYNTHESIS

## Genetic Pathcutter Anti-Viral Protocol

During a breakout (such as herpes or shingles) take dosage every 3-4 hours and use your Zapper 1-3 times daily.

### **Daily maintenance as guided/needed :**

Drink 64-128 oz of Water-Lemon juice drink (water with fresh organic lemon juice)

Gaia Herb- Liquid Olive Leaf Extract in caps- 1500 mg

Quantum Health- Lysine Formula (with Echinacea) 1500 mg

Red Clover Blossoms Take 3-4 day, or steep as tea or take as caplets.

Anti-V Formulae- Echinamide and Astralagus tincture with herbs

Soloray Capisool Cayenne Tablets 40,000 units cooled take 1-2 tabs, monitor tummy/bowel

Start with one, if it burns the rectum skip a day. This increases circulation.

### **BLOOD BUILDERS (Without Iron)**

#### **[Pau d'Arco Extract](#)**

Immune system stimulant, general tonic, blood builder. Helps maintain healthy levels of yeast and fungus in the body.

#### **[Chlorophyll, Liquid \(16 oz.\)](#)**

Vital essence of living plants. Chlorophyll builds blood, improves blood oxygenation & helps cleanse the body.

#### **Cell Food (Lumina)**

Cellfood is exceptional as an overall delivery system not only for its own nutrients, but for increasing cell-absorption (by as much as 3-5 times) of any other nutrients or substances introduced into the body within the same 24 hour period. Notably, there is no known toxicity associated with Cellfood.

#### **Notes:**

Make sure you have NO constipation. Must keep bowel moving 2-3 x daily. If an issue , Suggested: Ultimate Colon Cleanse Caps as directed, or Intestinal # 1 Dr Schulze formula.



# ENERGETIC SYNTHESIS

## WHAT IS ZAPPING?

A Model A5 zapper emits low ELF square waves that neutralize certain low level microorganisms. It is suggested to wear the zapper a minimum of one hour daily to kill off overgrowth of basic microorganisms. The primary benefit of using the **zapper** is the elimination of **parasites, bacteria and viruses** from the body. However, the **parasite zapper** does not fully penetrate the whole body which necessitates the use of a selection of herbs.(Mentioned in the Hulda Clark's book- The Cure for all Diseases.)

### 1. Black Walnut Hull Tincture (Extra Strength)

### 2. Wormwood

### 3. Cloves

#### What is “zapping?”

Zapping is the electrocution of all parasites in your body, with the exception of those in the eyeball, testicles, stones in the gallbladder and liver, abscessed teeth and bowel contents.

Research the Zapper website at:

[www.petzapper.com](http://www.petzapper.com)

Research the BCX Ultra here:

<http://www.hymbas.com/rifebcxultra.html>



#### DISCLAIMER

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