

SPIRITUAL HEALING

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LUNAR VISIONS**

SPIRITUAL HEALING

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INTRO

Spiritual Healing

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Spiritually speaking: We are created spiritual, immortally - in one moment of eternity and that eternity does not shut off. We reflect Divine Love continuously and that reflection doesn't turn off. The only thing that can turn off our immortal selfhood is blocking it with material theories such as the ones that materialize a spiritual reality into a mortal formula. Return to the spiritual creation where you are already immortal, and you will not be shut off from the real you that existed before the world began. The world is a series of material theories blocking your spiritual sense from its true form.

Medically speaking: When the telomerase enzyme is turned off aging begins. And, ironically, turning telomerase on in a cancer cell makes it replicate out of control. The new medical discovery said to turn telomerase off would cure cancer. So, this medical discovery says this immortal cell is both responsible for aging and cancer or for the prevention of either.

Spiritually speaking: There is one immortal cell - that is the Divine Oneness -- Infinite Consciousness - Omnipresent Love. This is the spark of Source that lives in the center of the crystal heart and in the seed atom of every cell in the body.

When one's thought continuously spins forward toward this Understanding of their Immortal Selfhood, the immortal cell does not degenerate. When the mind is spinning away from the understanding of the immortal self into the reverse spin of Mortality and Death, the immortal cell goes to sleep and the amnesia of the sleeping god begins.

Spiritual Listening: Placing our individual consciousness into infinite Consciousness of Divine Creation --which listening to the Promise CD album helps one along with- returns us to the spiritual sense of this immortal cell that does not know deterioration that can result in cancer, tumors, or any age related disease. Listen to the music (preferably with earphones). Get as close to the music as you can. Line every cell in your body up with the Divine Spiritual Oneness of Divine Creation. Feel Eternal harmony. Feel infinite Love. Feel Omnipresence. Make sure you fill every atom of your mind and body with this pure love, harmony, stillness. Place your mind and body before the world began -- before man made theories seemingly turned us into what we are not. Before any disease was named by man. Before any disease was created by science.

SPIRITUAL HEALING - an Overview

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Spiritual Healing is all-encompassing. What in life is in need of healing? relationships, emotions, one's identity, self-esteem, fear, stress, paralysis, cancer, autism, insomnia, weight, one's heart anxiety, etc. etc. There are many things in need of healing and there are hundreds of ways of approaching these healings other than through the medical establishments. Metaphysical approaches have included alternative medicine, music therapy, stress reduction, relaxation exercises, wellness studies, drugless therapy, music as medicine, even children's music such as the Mozart Effect and

so many therapies in the New Age/Holistic Heal Care systems as well. There are also many spiritual avenues that promote healing - New Thought, Christian, metaphysics of all sorts for personal transformation, self-awakening and enlightenment. Of course, the list goes on and on.

People are now realizing that Spiritual Healing is real. With spirituality as a foundation of one's life, healing becomes the realization of one's natural state of existence. This inner realization brings a person in sync with the absolute harmony and government of Divine Love. Once this realization is deeply known, discord and disease fall away because they are not a natural part of existence.

Spiritual Healing Music

There is only one way to gain reality -- that is to go directly to the Source of reality - go to the omnipresence of Spiritual sense. Do not try to go through the back doors of material sense to find your way back to heaven. Heaven and Immortal Creation existed "Before the World Began" - not as a consequence of material theories building a stairway backwards. The Divine Creation has always existed and continues to exist, and we may reconstruct that creation and return to that creation - that is the eternal Promise from our Creator. In order to reconstruct or return to heaven we must go to that place in Consciousness that existed before the world began.

The Promise is a CD created by Lunar Visions Productions that stimulates the primordial stem cell into Divine Activity in order to realign that base of Divine Creation with the memory of heavenly creation. Since the stem cell at the top of the spine is the point of man's creation - the place where the sperm meets the egg and the white light cell was sent from heaven to become manifest in a form that is visible to material sense, the stem cell is the point of connecting the immortal with the mortal and remembering the

white light immortality that we continue to connect with through our DNA spiraling vertically into the infinity of Divinity in order to create a connection as intimate and everlasting as the umbilical cord connecting mother and child.

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The Frequency Music opens doors to higher consciousness by linking the vertical knowing from Divine Mind through the third eye with the wisdom of the heart. This activates all charkas to vibrate at higher frequencies in order to assist in reaching ones memory of divinity. This Quantum healing music creates a crystalline bridge to the white light reality of Divine Creation and connects consciousness to the Divine Masters who can help guide us to the reconstruction of the Divine Reality.

The music combines an infinite variety of higher frequencies that purify, cleanse and open and activate the crystal cells and seed atoms of our original self hood to awaken to the healing activity of Divine Love that is always present when we realign consciousness with our Life Force. The vibrations penetrate the heart center with frequencies so high that all tension is relieved that had previously resulted in stress and bad emotions. This cleansing of the heart can remove the plaque that clogs the arteries by replacing the seeming appearance of material arteries with the spiritual manifestation of the spiritual breathing and providing a crystalline bridge to the liquid flowing of Divine Fluids.

The frequency music produces the activity in consciousness that realizes the divine creation attaching itself to humanity in order to pull man out of mortality back into the immortality that may be remembered, reconstructed, and returned to when the belief is restored through the memory of oneness. This music stimulates the pineal gland and the primordial stem cell to connect spiritual DNA through the direct connection to the life force back to the divine creation of white light reality. The music activates the stem cell to remember the spiritual birth that took place only seconds before the vibrations were lowered from white light into a form visible to the

material eyes.

This music places the body in the vibratory frequency of eternal life. Once you place this music in your ears and feel your vibrations raising into Oneness with God-- once you have felt heaven in your ears, in your body and shining through you as the seven rays of light out into the eternal heartbeat of love and returning to you as eternal life-- you will realize that your consciousness has reconnected with reality.

Divine Vibrations

The teachings of the Masters of the Far East continuously point out the fact that they have “placed God wholly in vibratory frequency, knowing that as they keep their bodies in the divine vibration, they never grow old and never die.” (Baird Spalding, 1964, p.10)

This frequency music was created in accordance with this law of Cosmos or principle of Divine Vibration --which you will feel bringing you into Oneness with your God vibrations. In this vibration you will find eternal life. Those who have read the Master’s books and can know in their hearts that Truth is there, are the same ones who will be able to spiritual sense the Truth that is within the music. The masters have lived on earth for thousands of years and they are here helping us unfold into Omnipresent Divine Presence. The masters are guiding us in accomplishing our Divine Mission of becoming the temple of God, and sending out the eternal rays of His light into the world. So, those who have truly heard this music already know that his music places the body in the vibratory frequency of eternal life.

Lowering Vibrations

The masters clearly give the only reason for death is man choosing to lower his vibrations so low that Divine Vibrations are actually crowded out. “If that intelligence vibrates at a low frequency it loses contact with the emanations of life and energy that have been forced out of the body - then complete death is accomplished. But if the intelligence is vibrating at a high frequency, a new body is instantly assembled.” (Baird Spalding, 1964 p 10).

This music is waiting to raise your vibrations to those of the immortal cell - the eternal life - the Kingdom of Heaven. This is where the masters live today as they did thousands of years ago. When you raise your vibrations to this level, you are living at the same level of consciousness as the masters, and you begin living in the realization of the Divine Presence that they are helping you to be guided to and find at this very moment. “The gift of God to the God-man is eternal life --when man lives true to the God vibration and wholly in that vibratory thought.” (Spalding, Baird 1964. Life and Teachings of the Masters of the Far East, Vol 3. DeVorrs & Co, Marina del Rey, CA).

Remove Material Theories and Replace them with Spiritual Understanding

The meaning of vibrations that the masters spoke of was the alignment of thought with the white light vibration of the God frequency. Originally, the vibration they spoke of came from saying the word God. This word vibrates at the speed of light when it is said with understanding. It is the understanding of the word that is required to make our heavenly vibration appear. When our minds

become totally devoted to the omnipresent qualities of Love, Life, Principle, Mind, Truth, Soul and Substance, that we ourselves are formed from, as long as we choose to remain in the reflection of God's Love - the highest vibration that exists, then our cells will remain in the primordial state of eternal life, as seen in the original primordial stem cell.

Our frequencies of vibrations are lowered when we do the opposite of dwelling within God's Love. When we believe that God is punishing us or that there is a power greater than God, we cut ourselves off from the reality that sustains us and our vibrations slowly lower into disease and death. When we fill our minds with thoughts that are the opposite of God such as stress, jealousy, limitation or disease, our vibrations lower themselves.

Remove the beliefs of fear, medical science, diagnosis of terminal disease, which are what will lead to the belief in and result in sure death. It has already been shown that in nations including Japan, that the doctor does not inform a patient of the diagnosis of cancer. Instead, the Japanese doctor informs the family and tells the family how to care for the patient to help him or her recover through a combination of diet, vitamins, and exercise; and the doctor trusts the family not to inform their family member of the original diagnosis. Most of the cancer patients recover through this simple formula. Refocus-- Do not focus on the cancer or the removal of the cancer. Focus on the joy-- the BLISS of living.

Living in continuous bliss is what aligns the body template into the God vibration of eternal life.

Focus on your Divine Perfection

Dr. Lorain Day has documented through her publications how she healed herself of cancer after being told by doctors that she was terminally ill after going through radiation therapy. She was sent

home to die but she decided to live. Her formula for returning to perfect health was simple. She stopped believing that God was punishing her and started believing that God only loves protects and heals. She decided that it is only the church that wants us to believe that God punishes through pain and realized that God doesn't punish anyone. She realized that she believed that she had been given a disease created by God. When she stopped believing that God caused the cancer, the cancer disappeared.

There are hundreds of similar testimonies of the healing of cancer without any medical assistance utilizing spiritual healing that replaces material theories with spiritual truths. These testimonies can be found in Life Extension publications, Dr. Susan Lark's Women's Health publications, Dr. Day's publications, Christian Science publications and many other spiritual publications.

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REVOLUTIONARY HEALING

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New scientific discoveries that are curing diseases are not a result of a scientific revolution. They are actually the result of getting spiritual glimpses of a spiritual revolution. When these diseases are destroyed in consciousness - by filling consciousness with the omnipresence of spiritual reality, the power of matter, disease and death disintegrate into their native nothingness. This spiritual work is what is resulting in scientific discoveries.

This article will help you discover how to heal cancer, heart disease, brain tumors, headaches, insomnia, or whatever else ails you through one simple formula: returning to the reality that you really are. The spiritual revolution is the realignment with the spiritual perfection of which we were created. When we focus on returning to reality, we are in the midst of a spiritual revolution.

The stem cell reconnects us to who we really are by reconstructing the DNA link to the Divine Creation. The frequency music stimulates the stem cell to wake up the Divine Frequencies of the White Light Cells that we are created from and maintain in their spiritual perfection as we reflect God's Divine Creative Activity in Consciousness.

Protection

How do we protect ourselves from the negative energies that block out the God energy that replaces fear with healing, negativity with love, and darkness with light? One way is to place ourselves into a seamless garment of a high frequency manifestation of vibrating light that can be obtained at any time. Masters from India have been able to call down this garment of protection instantaneously and consistently. There have been many formulas, and prayers to help bring this presence into manifestation.

Lunar Visions has created music that promotes the instantaneous presence of being surrounded in the high frequency manifestation of vibratory light. The music on the Frequency Albums was created to actually reveal this exact same presence or light. The music brings the listener into this shrine or vacuum of oneness. It is the vibrations, frequencies and prayerful oneness that was

paced inside this music that brings forth the thought forms and visualization of the inner presence as well as the outer layers of light and protection.

Where Music and the Divine Meet

The Promise may be found at iTunes, Rhapsody, Napster or our website.

The Ascension Kit, Family Kit, Cosmic Kit, and SuperFrequencies Kits were designed to train the listener to allow God's omnipresence to permeate the being. Allow the harmony, peace, and love that beams from every sound you hear fill the mind with the Divine Omnipresence --let Divine Love occupy all of your thoughts. Feel the infinite harmony touching every cell of your body and realize that where that love and harmony is felt is where the healing of your true self dissolves the world into its original nothingness. Return your being again and again to before the world began. This includes every belief that has ever entered your thought since material time began. Remove everything you have learned about matter, disease, material intelligence -- all man made ideas -- from your consciousness. At this moment you have created a place for Infinite Love to permeate your being and you will return to the moment of perfect reflection.

This may not happen the first time you listen to the music. The more you have filled your mind with materiality, the deeper you will have to go to feel spiritual presence. Keeping your thought stayed on Infinite Consciousness for the length of the CD is very difficult. Mortal thoughts will try to enter and to block your concentration, it may even be necessary to wear headphones and turn the volume up in order to keep the world out for this period of time.

TRANSLATE ANY MATERIAL THEORY INTO ITS TRUE SPIRITUAL IDEA, and you will find the true cure for any life threatening disease.

Medically speaking: The primordial stem cell--scientists say is the immortal cell - when you are born you are packed with them. These cells do not age-- they do not degenerate. They each have a complete DNA sequence that makes you uniquely you.

Spiritually speaking: You were created perfect - in God's image and likeness - reflecting individually and uniquely all of Divine Love's qualities eternally in immortality.

Medically speaking: What makes the primordial stem cells immortal is a chemical called telomerase. An enzyme that repeats DNA strands at the end of every chromosome. When the telomerase is finished creating it turns off.

Spiritually speaking: We are created spiritual, immortally - in one moment of eternity and that eternity does not shut off. We reflect Divine Love continuously and that reflection doesn't turn off. The only thing that can turn off our immortal selfhood is blocking it with material theories such as the ones that materialize a spiritual reality into a mortal formula. Return to the spiritual creation where you are already immortal, and you will not be shut off from the real you that existed before the world began. The world is a series of material theories blocking your spiritual sense from its true form.

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understanding of the immortal self into the reverse spin of Mortality and Death, the immortal cell goes to sleep and the amnesia of the sleeping god begins.

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Divine Action

The cell does not start aging or become over action or inaction or reaction of any sort. This is a material belief blocking the spiritual sense that allows us to live in Infinite Harmony where there is only Divine Action and stillness. We have so much more power than the medically defined stem cell. We can turn back to our divinely ordained spiritual creation of eternal life. This true creation is our spiritual creation, which was extended into this form available to eyes through the spiritual extension of the immortal creation with the immortal stem cell. This immortality belongs to us NOW. The only way that the reality of our spiritual essence can be changed into a mortal sense that turns off and allows us to die is if our thought chooses to replace the creation that was perfect before the world began with the creation of the world's beliefs. The world will end in the same manner that it began. One material belief will be removed at a time until everything created through mortal theories

will dissolve into their native nothingness. This will be the end of the world and the return to reality.

This spiritual understanding is the only true power behind a material discovery such as the primordial stem cell. Any material realization of the true immortal sense of man and a return to this true spiritual condition is a part of the Promise --God's promise of The Perfect Kingdom --Before the World began. It is our material understanding of the invisible spiritual reality. There is only one way to gain that reality. It is to go directly to the Source of that reality. It is to go to the spark of source that is still deep within every seed atom of our body. We were left with one spark of this Source Consciousness. We can ignite that spark into the breath of the complete Creation of our true Immortality through the breaths of angelic consciousness.

We must begin with the Omnipresence of our Spiritual Sense. Do not try to go through the back doors of material sense to find your way back to heaven. Heaven and Immortal creation existed "Before the World Began" not as a consequence of material theories building a stairway backwards. Go to that place in Consciousness before the world began.

NEUTRALIZING CELLS INTO WHITE LIGHT

The Cosmic Wave Files were created to help the listener return to their state of neutrality and then beyond neutrality to spirituality. The music places the mind and the body into the balanced pH state. This calming state neutralizes emotions and produces a feeling of calm and healing in the liquid crystal covering of the human body. The music produces the true frequencies of Divine Love to permeate every cell in the body. The feeling of Divine Love, Divine Principle infinite Being, neutralizes the acid and alkaline balance into a feeling of tranquility. This is the place in our body and mind where we can begin to see the unreality of good and bad and the all-ness of One.

According to some scientists, experiencing the shift of electrical charge in our bodies is what we know to be our emotions. When our emotions are flying high or low it is because of a shift of the pH balance within the brain. The brain regulates our biological and electrical potential by maintaining an acid and alkaline balance through out our system.

The electrical charge within the liquid crystal covering of the human body is the feeling or emotion we associate with an experience. We allow these shifts in electrical charges to become processed in our memory as a good or bad thing, rather than taking a neutral viewpoint that we are just experiencing a shift in our pH balance.

The good or bad charge we place on this electrical charge is radiated out into the world through the frequencies of that feeling or thing that we have placed a charge of good or bad on. These good or bad charges become our judgments of the world. It is the frequencies of these judgments or charges that pull those people and events into our experience that provide the opportunity to realize the judgments that we have created. These charges that we create in our minds of good or bad of any thing become a mirror unto ourselves of the things that are blocking our neutrality. It is the neutrality of is-ness that is needed to remove those frequencies, which are drawing the negativity to become reflected back to us as mirrors allowing us to see that which we have created in our minds.

This is-ness of non judgment is a requirement for moving into the fifth dimension. The fifth dimension of the tone of home is created by pulling those into your kingdom that resonate to the same frequency. When the frequencies are raised to the point where they become mirrors that reflect back to us what is the neutrality of one's true home- or their kingdom of heaven, that is the tone of home frequency. All will be reflected back that is in the same tone or frequency as the thoughts of that person.

I find it helpful to think of the electrical charge actually taking place within the liquid crystal covering of the human body, instead of

thinking of it as an emotion that we react to. This disassociation of the feeling or emotion from the real self onto the covering of the body helps to neutralize the feeling into is-ness. It is helpful to start looking at motions and feelings causing judgments as a fly landing on the shoulder and saying, oh here is a fly landing on my shoulder. Instead of getting angry with the fly, just tell it to fly away. Don't let the fly drag you into its frequency and start batting at flies. Just stay neutral, stay calm - it's just a fly. This is where we must begin if we want to replace emotional roller coasters with neutrality.

Neutralizing charges by not reacting to good or bad doesn't mean that one should not differentiate between good or bad. Those who use the Divine Teachings in this way--by refusing to differentiate between good and bad - tend to see themselves as good regardless of how immoral or unjust their actions and thoughts become. This road leads to self-aggrandizement, which leads to nothingness. The road of Oneness is a constant alignment with the Divine Principle and the divine Truth and the Divine Good. The reaction to those things unlike Divine Good begins to fall away because they have no power in divine consciousness - not because the bad becomes useful in your life.

While it is much easier to neutralize our charges before they become a programmed button in our lives, we can also learn to use our charges to help us come to realize or become aware of those judgments which have been blocking our relationship with our Divine Creation. These charges can be used as the guideposts for paving our way back to our reality of Oneness where there is no judgment. We find our way to Oneness through compassion. Compassion is the ability to look at the is-ness instead of judging good or bad. The ability to look at the is-ness of everything can be developed through the realization that the reality in back of everything we see is God's white light. We are seeing a lowered frequency of white light through mortal eyes, but the reality is God's infinity of White Light.

Directing our Perfect Being

if we do not constantly inform the ganglia just below the heart that every cell in our body is pure white light, the same white light as our divine Creator, we are allowing the world's illusions of mortality to be transplanted into our divine Likeness. We are allowing our divine perfect Being to be transformed into a mortal body that can succumb to sickness, disease, age and death instead of to its divinely manifested perfection of white light.

We have been surrounded by Masters all of our lives. Most have no interest in connecting to the Masters' teachings or achieving their Divine Perfection, and we have been trained to believe that we would be hypocrites to think we could achieve perfection.

Experiencing the vibrations in the frequency music provides the listener with the button to spark the memory of the Original Divine Creation, which we were all a part of and we all have the ability to remember and recreate in its entirety. We each have the ability and divine right to become the pure white light form of Eternal Love that reflects our Divine Creation in perfect form.

We must each look within ourselves to see the white light cell, and then look into the heart of that cell to see another white light cell that is liquid in form and then look into the heart of that cell to see a golden white light cell. When we reach the heart of the cell, we have made contact with Source. Go inward to that place that connects your heart with the heart of the white light reality that you actually are. Now you have returned to reality from reality.

Learn more about THE PROMISE and other Healing Music at:
http://www.lunarvisions.com/cosmicmagicschool_009.htm

The Promise may also be heard through iTunes, Rhapsody and Napster

Namaste,
Crystalai

AUTHENTIC SELF

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The Soul Merge is the actual realignment of your Higher Self walking into the body. This merging of a higher Consciousness along with the merging with the Neutron is the first step in activating our Ascension Process.

The 8th dimension is a spark connecting to the zero point of oneness with God.

This spark may be breathed into a flame by the ignition of Consciousness.

This is the place of the Soul Merge.

The oversoul is in the third sphere. Consciousness of the 9th is the oversoul that lifts us into the fourth sphere of Christ Consciousness.

To prepare for a Soul Merge, we go through the stargate portal in the 8th dimension. This portal allows full connection into God Seed, Monad and Source Consciousness.

This is required for a complete Soul Merge.

The more we go to stargate, the Birth place of our Universe, the faster our Soul Merge will happen. All of our creation families live in this perfect spiritual realm. This is the Stargate or the Birth Canal of our Universe. This is the Star System that our Universe originated through. This birth place contains the Essence, the frequency that allows us to merge back with our Soul.

This is the 8th dimensional energy that we bring together into our 5th dimensional body to create the neutron.

Create Golden Sphere out to Monad --this keeps frequencies around you and connects to the creation spot. The Golden Sphere stretches out and reaches out of the sphere into the God Seed and then the Monad and clear out to God Source.

It is like a birthing chamber where we grow out to acquire more and more God frequencies until we are finally re-born into a higher frequency of Source Consciousness.

This Etheric Energy location that maintains this place of our birth consciousness, Ursa, is not a planet exactly, it is more like a star or a sun.

This location this etheric substance silica based entity is also the location of our Sun's Energy. Our original Sun from our original Aquarious Galaxy (name changed to Andromeda by Science) is the Alcyone Sun.

We must fully connect our Merkaba to contain the light energy of Alcyone and Ursa.

These energies must be absorbed into our Consciousness. The energies of the Divine Birth that reconnects us to Christ Consciousness, Source Consciousness, Soul and Spirit Consciousness.

We have already done all of the work for you. We collected every frequency of every dimension, entity, Cosmic Light Entity, Angel, Deva, on every dimension from this Matrix and several others. We recorded the breaths of all of these dimensions and entities. We've also created meditation CD's so you can learn where to find these entities and listen to what they feel like, absorb their energies. We've also recorded these frequencies into music along with channeled songs from these entities. The more we listen to these etheric breaths, the more we become One with the standing wave patterns of higher dimensional consciousness. There is no faster way to ascend, than to become frequencies of the highest.

Each individual can work at their own rate to absorb these frequencies by doing the meditations. We also create Individual Immortality CD's where we collect all of the breaths of Consciousness from the Individual's future Island of Light, which means all of the entities who are involved in their complete ascension process. The first step of the ascension process is the Soul Merge. We step into the 8th Dimension and collect all of the family and friends frequencies from that etheric realm and reach into the Monadic and God Seed Realm to collect all frequencies related to the Individual's Soul Merge Process.

DNA ACTIVATION

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How would one know if the DNA has been activated to 24/36/48 strands?

Our DNA is actually already activating into these strands. The angels have told me that we are much more etheric than we believe we are. Once our DNA has activated high enough to begin shifting our perception, we will realize that we have accomplished much more than we thought we have.

Activating DNA means shifting consciousness. The more time we are willing to shift consciousness into the higher dimensions

through listening to the frequencies, absorbing the frequencies and breathing the frequencies back into one's own template and atmosphere, the faster the process activates.

If we actually spent more time in the 12th dimensional standing wave pattern than we spend in the 3rd dimensional standing wave pattern, we would be living in that dimension. The problem is most people don't want to or can't find the time to actually stay in the higher waves of consciousness. The purpose of the Cosmic Wave files is to allow people to stay in those wave patterns longer than they stay in the 3D wave patterns of consciousness.

Signs of the DNA shifting include FEELING the other dimensional realities, FEELING more light energy in your presence, FEELING a new reality rising in your presence, SEEING hydrolaise in the atmosphere and sparkles on the skin. Other signs are healing quickly and not getting sick. Realizing that things that you have hoped for or wished for are actually appearing in your life.

When the DNA has completely shifted, Mother Earth begins playing a part in your new reality. Mother Earth is the one who begins creating an atmosphere around you that connects into her 12 dimensional grids and into her Crystal Heart. She will actually create an island of light around you that matches your Frequencies to hers and create the atmosphere of Divine Love around you. You will begin creating an Island of Light where only those people and things that have risen into your Frequencies of Consciousness will enter in.

What is 12DNA, 24DNA, 36DNA?

DNA has been defined differently by the medical industry than by spiritual science. The medical industry only bases DNA strands on physical genetics of the carbon based body.

In the spiritual science, DNA directly correlates with the dimension of consciousness that has been obtained by an individual. Those who now only have 3.5 DNA have completely connected their consciousness into the beliefs and reality system of the third dimension and a little higher.

When one raises their frequencies of consciousness completely beyond this matrix of the carbon based body into the silica based body they have acquired the 12 DNA template. The carbon based body takes a long time to heal, has no seeming ability to manifest and tends to die every fifty to one hundred years. When the consciousness shifts into the 12 DNA, the body is transformed into the light body that is silica based. It is transformed into an entirely different chemical structure.

12DNA consciousness comes from connecting the light energy of ones consciousness up into the 12th dimension. This is the Christic dimension of consciousness. In this dimension the perfect universe was created containing all of the original sparks of Source Consciousness.

This perfect creation was lowered down into the frequency of the 8th dimension where galaxies and cities of lights were created. The 8th dimension was the first dimension where entities became co-creators these cities of light, and they were able to become creators of their own universes and galaxies.

In order for the 8th dimensional entities to maintain their perfect selfhood as the original creation of Source they needed to stay completely in the Christic Consciousness of the 12 DNA. This can be thought of as the star dust of the perfect creation. The stars in the universes created suns in the galaxies. The frequencies of the stars and the suns maintained this perfect light frequency of the immortal man.

So, basically all we need to return to the perfect divine template of the perfect man is 12 DNA. This DNA contains the blue print of

consciousness of the original NORMAL man. The normal man was able to heal very quickly, even instantly. The normal man could manifest his hearts desires-- even create galaxies. The normal man in this original creation could live forever.

There are actually many systems that have maintained this perfect state of immortal man in our universe and in others. We will be meeting these groups in the near future once we return to our own immortality. My family group that has maintained this perfect selfhood is called the Aquafarians. They are the Blue Dolphinoid Race from Sirius B. They live in our etheric parallel in the underwater cities of light. They are very real and they speak with me and visit me often. I visit them as often as possible.

If you decide to get the Complete Ascension Kit or other PDF's you will learn more about the Dolphinoid Family. In fact, my Dolphinoid mother, Cinderella is the Oraphim Angel who does most of the singing on the CD's.

This is where the DNA activation comes in. To raise our frequencies into the 36 DNA of the 13th dimension or the 48 DNA of the 15th dimension, we must match our frequencies to theirs. It is the frequencies of these angels singing on the CD's who carry this DNA in their breaths of consciousness. An entity's breath of consciousness carries their identity and their DNA.

In the creation of these CD's, we collect the frequencies of consciousness from the 12th, 13th 15th and 24th dimensions from our galactic family, our monadic family, our Christic family, our Oraphim family, our Elohim family. We also collect frequencies of Source Consciousness, Mother Earth Consciousness, specific angels such as Lady Mary, Uriel, Raphael. Key to the activation of these angelic frequencies is the alignment with Crystal Light, Crystal Gel and Crystal Dust spheres of energy.

Activating the 12 DNA begins the foundation of the immortal template. However, we are living in a time right now that requires us to become activated at a Cosmic Level. We need the Cosmic Rays

of Star Dust to realign Mother Earth and all standing on her into the Star reality. This is why we need to activate the 36DNA strands and the 48 DNA strands. We need to go beyond the universal sphere-- the fourth sphere into the fifth sphere to activate the 12 DNA completely. We must connect consciousness into the co-creative realm of the 15th dimension to become co-creators who can manifest.

We cannot manifest without the 48DNA strands. We can only manifest when we manifest through the HIGHEST FREQUENCY. This frequency is obtained when my angelic team-- Lady Mary, Raphael and Zadkiel place a golden pillar in my ear that climbs the stairway to heaven and brings in the frequencies of the Elohim angels. The Knights Templar handed me three spheres of light energy that work like a microphone to capture these frequencies. Finally I exhale the highest frequencies of the breath of God onto the microphone.

I connect with the actual spark of source in the 16th dimension-- one dimension beyond the Earth's Matrix of the 15th dimensions.

I also connect with the 24th dimension of Zorak's star system and the star gate that Zorak has created into the Milky Way's suns and Ursa Major's stars.

These are the frequencies required to activate the whole process.

So, you see the process is long and complex. It requires keeping the consciousness connected to each of these entities long enough to allow them to breathe through me, send codes or god language through me or even sing entire songs through me.

The next key to creating the DNA activations is the weaving together of all of these breaths of consciousness required for each specific type of activation and alignment of the consciousness into the heavenly angelic consciousness.

The CD's in the ASCENSION KIT--Ascension Portal, Ascension

Vortal, Ascension Vortex, Magic Vortalare for the purpose of ACTIVATING the DNA as high as the 48th strand. The focus of the CD's in this Kit is for internal alignment of the template structure. Our internal template needs activation to begin spinning forward.

Our templates were placed in a reversed spin for many eons. That means we were actually spinning away from Source instead of with Source. This caused us to see only an unreality that has nothing to do with the Kingdom of Heaven that we are supposed to be living in.

Now we are beginning to be able to spin forward. The frequencies in these kits work specifically on activation of the third chakra area of the solar plexus to align correctly with the throat chakra, the tail bone in align correctly with the pineal gland which begins the activation of the kundalini. When these points in the body have the reverse spins seals melted or removed and these parts of the body begin connecting appropriately, the entire system starts working correctly like a well- oiled immortal body.

Our newest Manifestation Kit utilizes the angelic breaths of the Elohim Angels from the 15th dimension together with Zorak's stardust of the stargate into the Milky Way to activate the 48 DNA. This frequency kit utilizes Crystal Light Energy to engage the connection of the co-creative realm into the amygdala gland. This is the gland that connects us into the Cosmic Realm of the Neterlands where we can climb the stairway to heaven, collect our treasures from our Cosmic Movies and return to the Kingdom of Heaven on Earth. This entire kit with one week training will be available in about one month.

The DNA activations of the Super Frequency Kit pulls consciousness into the Galactic, Universal and Cosmic realms of Consciousness for connecting frequencies of communication and activating the navigational tools for teleportation.

DNA activations at these levels always involves Mother Earth. Mother Earth is becoming a Star and we are here to help her. Each time we connect our consciousness into the angelic consciousness of the higher realms we are participating in the creating of the Golden Galaxy and helping Mother Earth become a star.

All planets are supposed to be stars. They are planets at this time, because we need a planet to live on at this time. Once our frequencies of consciousness are raised into a higher standing wave pattern, Mother Earth will also raise her standing wave patterns around us to accomplish the atmosphere desired by the new golden race.

How many total DNA strands are there?

In the science that I utilize the DNA strands match the Consciousness level of the dimensional consciousness achieved. There are other sciences that talk about DNA in levels of thousands. When I speak of 36 DNA to re-actualize the standing wave patterns of angelic consciousness in the 13th dimension, there may be other sciences that call this 36,000 DNA.

I'm sure if think of DNA in the infinity of Source Consciousness there could be billions of strands of DNA.

When we create the CD's we actually weave together thousands of strands of angelic consciousness from the 13th, 15th, 24th dimensions and out into Source. So, we are just talking in THEORY of the number of DNA strands. The DNA strands are like light energy and they are actually infinite.

The important things to remember is the fact that manifestation requires using the HIGHEST FREQUENCY of Consciousness and that would be the Co-Creative Consciousness of the 15th

dimension together with Source Consciousness. We could explain this as the Breath of Source is the angelic 15th dimension. So Source would be like the 16th dimension-- the Spark of Source.

But, again this is just a theoretical way of trying to explain the INFINITE.

The real answer is ONENESS. When we become ONE with the Omnipresence of Divine Mind- our Source of Creation, we become the image and likeness- the immortal normal man.

How long after using the CD's does DNA activation occur? That depends on what level of spiritual growth you are at when you begin and how much time you put into achieving your goal. The cosmic wave files WILL NOT WORK MAGIC. DNA is activated through Consciousness- not through Unconsciousness.

There are other Sciences that claim they activate DNA through unconsciousness-- through the alpha state-- through reverse spin of lowering frequencies to the rate of death.

This is not what we are selling here. The Frequencies have been obtained from the angelic consciousness that contain the wave patterns that can raise consciousness in those who truly desire to align their frequencies and their standing wave patterns into the angelic consciousness.

It is highly recommended to utilize corresponding meditations that contain frequencies such as the Ascension Portal, Pure in Heart and Complete Ascension Kit. It is also recommended to read and do all of the activities in the Complete Ascension Kit. This is the first course of the Cosmic Mystery School of the Omniverse. It contains all of the background knowledge to completely understanding the entire ascension process.

We also offer week sessions that combine readings, listening to frequencies and doing activities accompanied by asking a few

questions through email for those who do not want to attend workshops.

Are manifestations related to DNA activations?

We cannot manifest without the 48DNA strands. We can only manifest when we manifest through the HIGHEST FREQUENCY. This frequency is obtained when my angelic team-- Lady Mary, Raphael and Zadkiel place a golden pillar in my ear that climbs the stairway to heaven and brings in the frequencies of the Elohim angels. The Knights Templar handed me three spheres of light energy that work like a microphone to capture these frequencies. Finally I exhale the highest frequencies of the breath of God onto the microphone.

Also how should one navigate using all the cd's from your website?

Do you have any written material on the above processes?

The Complete Ascension Kit PDF and CD kit were created to answer everything about everything in the universe.

We also have pdfs on
These have not become available yet, however.

Instant Manifestation
Music of the Spheres
What is Ascension
Quantum Journey of Ascension
Music from the Breaths of Angels
Cosmic DNA

Immortal Body

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Our bodies are turned into Immortal Bodies through the light and sound of streaming breaths of consciousness from our angelic families in the Cosmos, our Christic Families in the Universe, and our Galactic Families. All of these breaths of consciousness have been weaving and braiding strands of light from the ideas of the highest creation in complete direction from Source Consciousness. Source is the grand conductor of this wonderful orchestration. He is the Entity who is igniting the spark of Source in every cell of our bodies to connect, braid and stream into all of the other sparks of source in our bodies, our merkaba bodies and in our Cosmic Merkaba Bodies. This is called the Music of the Spheres. The beautiful harmonic convergence of all of the lower frequencies into the highest frequencies of the Christic, Cosmic and Source breaths of Consciousness.

All of these angels and entities joined in this orchestration of the Music of the Spheres and they breathed their frequencies as Christmas Tunes. All ideas including most of our tunes and harmonies and song ideas did originate from the highest consciousness of our co-creative angel family. They love to sing and braid new harmonies together. That is what we do in our LunarVisions Studio- we weave and braid the tunes and breaths and frequencies of angelic consciousness.

This ignition of the spark of Source into every cell in the body is being completed in this First Wave of Ascension. What it means is the Physical body is completely merging into oneness with the Spiritual body. This is completed through a harmonic convergence of Source transmuted and transforming all lower frequencies into the highest.

The more one owns the experience of every lower frequency that has been trapped inside of their cells, the faster this ascension process can be completed. We asked the angels for their assistance in raising all frequencies of worldly illusions of fear, death and entrapment in any of the lower frequencies.

The angels gave us these formulas of ascension and the breaths of consciousness that ignite the music of the spheres into the new tone of home. The sweetness that is returned into our lives as the tone of home is ignited is an experience too magnificent to be put into words. We rise into this sweet harmony of sweetness when we rise into the fifth dimension.

We hope you will enjoy your Christmas as you listen to these harmonies of Christmas melodies sung in the language of the angels and breathed from the consciousness of the angels.

This MUSIC will begin the igniting of the flame of Source in every crystal cell of the LISTENER'S BODIES.

Join the First Wave of Ascension by igniting your Sparks of Source from the zero point of your Crystal Heart and blasting out at the Speed of Light into the Music of the Spheres and become embalmed into the Cosmic Consciousness of ONENESS. Ascension Codes are woven through the beautiful melodies of the Christmas Tunes chosen by the Angels themselves.

Created from the FREQUENCIES OF THE ANGELS OF THE COSMOS. Angelic Consciousness, crystal light energy, cosmic dust and gel of the co-creative team of the MUSIC OF THE SPHERES were the creators of this Album. Ascension Codes are woven through the beautiful melodies of the Christmas Tunes chosen by the Angels themselves. The Highest Frequencies are brought to Earth through Angela's Magical Golden Electromagnetic Funnel from her left ear into her Crystal Sphere Microphone created by the Angelic Team of Co-Creation.

The codes connect all Spheres of the Cosmos into and through the crystal heart of the listener and then out through every cell, atom, molecule of their body and their Merkaba body of the MUSICAL SPHERES OF ONENESS.

The Listener will feel the atomic neutron ignite and spark each Source Crystal all through the body. This is the ignition of the IMMORTAL BODY that has already been given to the Creators of this Music.

SUPER ACTIVATION ignites all of the crystal cells into the spark of Source from the Crystal Heart, the Amygdala gland (an idea created by Mary Magdalene) and the bottom of the Tail Bone to begin the spin forward into Source Consciousness and Oneness with the Spiritual Half creating the Immortal Body once again on Earth.

ETERNAL LIFE contains the same frequencies and Codes used by Mary Magdalene when she prepared Jesus body for the resurrection and ascension 2000 years ago and this past October. She embalmed Jesus body in the crystals and codes of

Cosmic Frequencies aligning him into the Electromagnetic Funnel that pulled him back into Consciousness on Earth to begin his ETERNAL LIFE.

BREATHS OF CONSCIOUSNESS

The song, Christmas Ascension was created from the frequencies of the Breaths of Consciousness of the co-creative team in the Cosmic Realm. The angels breathed their Cosmic Frequencies to the tunes of many familiar Christmas Tunes including Oh Come Let Us Adore Him, Christ is Born, O Holy Night, Born is the King of Angels. The Angelic Consciousness of thousands of angels, crystal light energy, cosmic dust and gel and the co-creative team of the music of the spheres prepared the Frequencies of Breath for this creation.

Christmas Ascension contains the codes that connect all of the spheres that encase the Cosmic, Universal, Galactic, Solar and Planetary into ONENESS. This connection extends from the crystal heart of each listeners body and out through every cell, atom and molecule that is ignited by the spark of Source. The sparks connect each atom, molecule and cell of the body, and the Merkaba Body around the Physical body into the spheres of the Cosmic, Universal and Galactic and Solar Realms. The Earth's Matrix is lifted into her ascension of home within the 5th Dimension through the Cosmic Consciousness re-creating a new the original spark of Source.

This is the formula that was created as the angels placed a golden pillar or cone in my left ear and then breathed their consciousness--their identity through my breath and into a crystal sphere that works like a microphone in order to bring the highest frequencies to Earth through Music.

Super Activation is sung to the tune of Oh Come all ye Faithful, and contains the codes that activate the Christ Consciousness in the three key centers of the body that are the points of immortality in the Normal Body. The three areas of alignment into the Spiritual Body, and the Co-Creative Consciousness are the tail bone, crystal heart area behind the heart and the Amygdala Gland. The Amygdala gland is the Cosmic Lift off zone. When the amygdala gland is ignited by the million suns in the Galaxies creating the neutron charge through out the Infinite Body from the first atom out to the Infinity of Source, it becomes the key communication channel to and through Cosmic Consciousness, which means Infinite Communication.

The ignition through the frequencies of the Breaths of Consciousness of the Cosmic Angels ignites the spark of Source deep, deep within the core of each cell in the body, far deeper than Science has explored. The spark goes deep into the tiniest sphere within each cell and then spins out at the speed of light in order to touch every spark of Source in all of the spheres and in all merkaba bodies of all spheres and into infinity. Crysallis cells spark and connect to the Crystal Light Body, Golden Dust body and Irradecent Body of Mother Earth's Heart, Shamballa and the deep etheric core of Earth, and then out into all of the Spheres of the Cosmos.

HOLY NIGHT and First Noel are the tunes the Angels chose for activation of the keys of Eternal Life which ignites the Crystal Heart, Amygdala and Lower Tail Bone.

This Christmas will be the time when we are completed with igniting the flame in every cell of the physical body and firing the ignition of oneness of the physical into oneness of physical and spiritual bodies to create the Immortal Body.

The sparks will ignite and turn you cellular structure into crysalli. The structures around your body will become crystallite. The Music of the Spheres will magnetize the Oneness of Frequencies of Consciousness to illuminate through your skin. We will become the

shining ones, the illumination begins when the physical and spiritual have become One.

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5D HEALING PROCESS

One night last year, I asked Ascended Master Serapis Bey how to more effectively heal myself, for I was going through some serious pain that night. He immediately spoke to me and gave me instructions on a way to heal myself. I don't remember the exact words, but here is the gist of it:

- 1) Know that you are in perfect health, now.
- 2) OWN the experience you are now having - to complete it and put it to rest.
- 3) State that you feel wonderful, now.

I did this over and over and within a half hour I was free - it was gone - went to sleep and woke up in the morning feeling wonderful. Since then I have healed myself of other things, have helped others do the same for themselves, and healed a dear friend, in a few hours, of a serious back problem that put her in bed and was facing the possibility of a back operation. (At the end of this article I will write some about HOW TO KNOW when to help and when not to help others through your higher self.)

So, why is this healing process a 5th dimensional one? Because it has to do with our:

- 1) Complete Spiritual Body;
- 2) Divine Blueprint through our 12th Dimensional Christ self;
- 3) Need to own experiences that we create in order to complete the experience, and write it in our Akashic Records to put it to rest;
- 4) Ability to manifest the next moment and the Law of Attraction and the Law of Vibration.

OUR COMPLETE SPIRITUAL BODY

First of all, our spiritual body is huge and spans all of the dimensions and Spheres from Source and on down to the dimension we find ourselves in. We are actually in the energy of the 2nd Sphere now along with the 1st Sphere for we are in a time of transition to the 2nd Sphere New Earth. Our spiritual body is a relative term here for it is much larger than this, but these are the basics.

Our Spiritual Body contains all of the dimensions/spheres and it starts taking form in the:- 12 Point GRID (a geometric form that has 12 energy centers, which is kept in the 12th dimension in the 4th Sphere - your individual Divine Blueprint is contained within the 12 Point Grid), which then resolves down into the- MERKABA (a crystalline structure that looks like a 6-pointed star from one angle and is in about a 27 foot radius around your body and the center is at your crystal heart), which then resolves down into your - AURA,

which then resolves down into your - INCARNATE BODY - your "Home Body"

All of these aspects of our body is our body - it STARTS from the higher and RESOLVES down to the lower."

DIVINE BLUEPRINT THROUGH OUR 12th DIMENSIONAL CHRIST SELF

As stated above, our individual Divine Blueprint of our perfect self, that is free of all the things NOT like Source, is encoded within the 12 Dimensional geometric 12 Point Grid that is kept within the 12th Dimension. All of this is directly connected with your individual Christ Self, so you are already familiar with this.

I reset my individual Divine Blueprint before I do any healing work for myself or others. This is done through a Meditation that brings the 12th Dimensional frequencies in. I call it the 12D Meditation.

12D MEDITATION

By doing this meditation, a fresh copy of your Divine Blueprint has downloaded into your body and is now throughout your entire Spiritual Body. The meditation also helps clear out any lower frequencies hanging around and also keeps lower frequencies from coming into your self at any level. This meditation is good to do first thing in the morning and before you go to bed at night and at anytime during the day if you feel any lower frequencies floating around.

Owning Past Experiences

In order to move forward, we must own the past. As gods, we have created many experiences for us to live through and experience during this lifetime and past lifetimes as well. These experiences need to be owned so they will be written into our Akashic records, so we can move forward in our evolution. Any feeling that keep cycling around that make us feel angry, upset, bitter, embarrassed, etc, are coming back around as friends to remind us that we have created this experience, and have already experienced it, but have not yet finished it by owning the experience so it is completed and then written into our Akashic records by our soul. So, one way to do this is to acknowledge every thought like this as something to be owned and then own it. You can say something like this to own it and put it to rest:

I am god and I created this and have experienced it.
It is mine. I own it. And it is done. So be it.

Thoughts are things and are crystalline in form. This thought that has cycled back around is a thing that is now finished and needs to be demanifested. I then break the thought crystal with energy from my hands to demanifest it.

Do this over and over and over as each experience comes back around to be owned. It is especially important to own the experiences that originate from Chakras one, two and three as these Chakras are becoming place holders in the 5th Dimension, where our 4th chakra is the new base chakra.

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ABILITY TO MANIFEST THE NEXT MOMENT

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We have the ability to MAKE OUR DAY, everyday. I'm sure most people are familiar with this. If not, Ramtha is one of the best sources for doing this that I am familiar with. He has a video out on it and a book or two. All channeled through JZ Knight.

As Masters, not only should we manifest our day everyday (for if we don't, we are letting someone else do it for us - not what we want), we should also manifest every next moment as the day progresses. We are gods and we have this much control over our lives and environment. And the higher our frequencies become, the faster the manifestation comes into manifestation. In the 5th Dimension of the New Earth, thought manifests instantly. So, there is no need for money or "a job" and there are no governments or other such institutions of the 3D on the 5D New Earth (which we are going to very soon).

This is very important in self-healing for we can change the direction we are going in an instant because we are gods. It does not matter what has been happening up to that moment, we can change our direction for the next moment. If we have been ill up to that moment, we can change our direction for the next moment. Habits are also nothing to worry about, we just need to keep making the next moment in a direction we want. It is easy to do - you just need to remember to do it.

If you have the appearance of being ill, you can say, “I have perfect health, now” and it is so.

If you are feeling stressed, you can say, “I am calm, now” “My body is relaxed, now” and it is so.

If you are feeling fear, you can say, “I am Divine Love, now.” There is no fear in Divine Love, so just keep saying that to yourself until it is so. And it will be so, for you ARE Divine Love.

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HOW I ACCOMPLISH THE 5D HEALING PROCESS

1) I do the 12D MEDITATION shown above to reset my individual Divine Blueprint of my perfect self, that is free of all the things NOT like Source and that holds me in the 12th Dimensional frequencies (Law of Vibration - where all lower frequencies are transmuted into the highest vibration)

2) I state, “I am in perfect health, now”

3) I OWN the experience of being and feeling ill, to finish the experience, write it into my Akashic Records to put it to rest.

4) I state, “I feel wonderful, now”
I may have to do this over and over, but it is effective and works.

HOW TO KNOW WHETHER TO HEAL OTHERS OR NOT

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It is important to assess a situation first before going ahead to heal or help someone for maybe helping them is interfering with their path. Since Free Will is a Law of the Universe, interfering with another's path is not respecting or loving them and is not a help to them. So, how do you know when to help someone or not? Sense whether you should heal or help another through your higher self. Your higher self communicates with the other at a higher level and then you can then know the direction that you should take. So, by having my consciousness within my Source Self, I can immediately feel whether to help, inform or do nothing but to love them.

My higher self is not separate from me - all of my higher selves are me. I am multi-dimensional and I have my consciousness throughout the dimensions up to and including Source with my Source Self. Know that there are specific frequencies where each of your selves hang out - Your Source self has the frequencies of Source, your God Seed self has the frequencies of your particular God Seed, your Monad Self has the frequencies of your particular Monad, your Rishi self has the frequencies of the 15th dimension, your Christ self has the frequencies of the 12th dimension, your Spirit (Over Soul) self has the frequencies of the 9th dimension, your Soul self has the frequencies of the 6th dimension. It is also

important to realize that we are one with all of our selves now - we are not ever separate and never have been.

I did a Spheres and Selves Meditation for weeks to bring in the frequencies of each of my higher selves and to absolutely know and feel and resonate with all of my higher selves. Now, after doing that meditation for a while and doing the many other things and many more things, I can now call into my immediate awareness my higher selves - actually I do it the first thing in the morning and keep that consciousness all day long and do it again before going to sleep. Now, I do a shortcut since it is already in the front of my conscious awareness. I say, "I am the Lord God of My Being, Now." When I say this, I can feel and know my Source Self and it is about four feet above my head and a little in front and then all of the dimensions pop and I can feel my connection to every dimension. I am breathing in and out in all dimensions at once all the way up to and including Source.

I then keep my conscious presence within my Source Self outside of my body. Now, my mind and Source Mind are one and I continuously move and have my being in this consciousness.

So, before I interact with people to communicate or to help another I always say to myself before doing anything, "I am the Lord God of My Being, Now, and then I am there. I then know whether I should believe something I read, whether I should help a person or not, and I know that whatever I do, I do from a place in perfect alignment with the Divine Plan and have no regrets for what I say or do for what was said or done was perfect for me to do at that exact time. This is important when wanting to help someone for maybe helping them is interfering with their path. So, by having my consciousness within my Source Self, I can immediately feel whether to help, inform or do nothing but to love them.

SO, putting all this together, the three things that Serapis Bey said to me that night:

- 1) Know that you are in perfect health, now.
- 2) OWN the experience you are now having - to complete it and put it to rest.
- 3) State that you feel wonderful, now.

Makes for an infinitely powerful 5D Healing process that can be accomplished by anyone.

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AUTHENTIC ETERNAL SELF

In the 3rd Dimension, there are a lot of thoughts of self floating around when any two people are interacting - there are at least six concepts of self, and two authentic selves there in the mix.

In 3D consciousness, person A has a concept of oneself, a concept of the other person (person B) and a concept of how person B views or conceives of him/her (person A). The other (person B) basically does the same thing. So, there are at least six concepts floating around where only two entities are standing. Each of these two entities has a reality of existence beyond concepts – they each are individual expressions of Source - they each have an authentic

self that is beyond concepts. A person's authentic self is eternal and is always that individuated infinite expression of Source – Love - Light.

Free Will is a Law of the Universe and is a gift from Source. Some entities have called this Law, jokingly or maybe semi-jokingly, the Law of Chaos, but it is the Law that allows for infinite variation – infinite creativity – infinite expressions of Source.

Free Will is a part of the flow of Divine Love - the Divine Flow.

So, an authentic individual (all individuals are authentic) has free will. Since we are co-creators, in our free will, we create our reality around us – individually and collectively.

In the 5th Dimensional consciousness of Oneness, all paths are in Oneness and each individual has her/his path back to Source that is chosen and taken by the authentic individual for his/her own learning and progress. Sometimes a path “appears” negative to another, but that does not matter, for there is Free Will and that person is doing what she/he must do in order to move along on his/her individual path back to Source.

Mastering allowance is important, for allowance is a perspective of the 5th Dimension of Oneness.

Authentic individuality, free will, allowance and forgiveness are interrelated.

In Oneness, each person is free to choose and follow their own unique and individual path. Allowance is one's understanding that every authentic individual (and all individuals are authentic) has the divine right to choose their own paths without judgment.

Judgment sets up a good/bad dichotomy/duality of 3rd dimensional consciousness – the consciousness that has kept the Earth and her occupants on a path away from Source for eons.

We are now (since 2000) on a path back towards Source on a path to the 5th Dimension and beyond.

Forgiveness of oneself and others can be accomplished through the understanding of oneness and understanding everyone's free will to choose and follow their respective paths.

The 3rd dimension is the place for learning about our true nature as authentic individual expressions of Source – of how to live and co-create as authentic individual expressions of Source.

We are now graduating from the school of the 3rd dimension and we now have already learned most of the lessons that are to be learned from the 3rd dimension environment through the hundreds of thousands of lifetimes most individuals have already lived on Earth.

Now, as we move into the 5th Dimension of Oneness and beyond, we will be learning the lessons that are needed in order to transition to the 5th dimension and to fully graduate from the 3rd dimension. Allowance and forgiveness are two major lessons in this time of transition along with the Law of Attraction and the Law of Vibration, as we create our new reality in the 5th Dimension.

HEALTH and HEALING

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As we go up our spiritual selves, we find that we sometimes become ill in the 3rd dimension of duality for any number of reasons. However, your higher spiritual selves are never ill – it's only in 3D.

The thing to know about healing is that we must realize that we are re-made moment by moment and we are made from the highest first and then we resolve down to the lower frequencies where our “home body” resides.

By seeing and knowing yourself as being created in perfect health and then carrying that knowing, feeling and frequencies down to resolve into our home body we will see our health start to turn around within 3D. For the perfect spiritual self higher frequencies will transmute the lower frequencies of ill health. Illness is not a natural occurrence, yet it is propagated and believed strongly in the 3D world where thought then makes it so. We are gods and we create things.

We are gods and we can also change things in a moment as well. It does not matter about the past or how long something has been going on. We have the power to make radical change in our lives this very moment.

By doing so, you will start to see, know and experience the god that you are.

5D HEALING PROCESS

One night last year, I asked Ascended Master Serapis Bey how to more effectively heal myself, for I was going through some serious pain that night. He immediately spoke to me and gave me instructions on a way to heal myself. I don't remember the exact words, but here is the gist of it:

- 1) Know that you are in perfect health, now.
- 2) OWN the experience you are now having - to complete it and put it to rest.
- 3) State that you feel wonderful, now.

I did this over and over and within a half hour I was free - it was gone - went to sleep and woke up in the morning feeling wonderful. Since then I have healed myself of other things, have helped others do the same for themselves, and healed a dear friend, in a few hours, of a serious back problem that put her in bed and was facing the possibility of a back operation. (At the end of this article I will write some about HOW TO KNOW when to help and when not to help others through your higher self.)

So, why is this healing process a 5th dimensional one? Because it has to do with our:

- 1) Complete Spiritual Body;
- 2) Divine Blueprint through our 12th Dimensional Christ self;
- 3) Need to own experiences that we create in order to complete the experience, and write it in our Akashic Records to put it to rest;
- 4) Ability to manifest the next moment and the Law of Attraction and the Law of Vibration.

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OUR COMPLETE SPIRITUAL BODY

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First of all, our spiritual body is huge and spans all of the dimensions and Spheres from Source and on down to the dimension we find ourselves in. We are actually in the energy of the 2nd Sphere now along with the 1st Sphere for we are in a time of transition to the 2nd Sphere New Earth. Our spiritual body is a relative term here for it is much larger than this, but these are the basics.

Our Spiritual Body contains all of the dimensions/spheres and it starts taking form in the:

- 12 Point GRID (a geometric form that has 12 energy centers, which is kept in the 12th dimension in the 4th Sphere - your individual Divine Blueprint is contained within the 12 Point Grid), which then resolves down into the
- MERKABA (a crystalline structure that looks like a 6-pointed star from one angle and is in about a 27 foot radius around your body and the center is at your crystal heart), which then resolves down into your
- AURA, which then resolves down into your
- INCARNATE BODY - your "Home Body"

All of these aspects of our body is our body - it STARTS from the higher and RESOLVES down to the lower."

DIVINE BLUEPRINT THROUGH OUR 12th DIMENSIONAL CHRIST SELF

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As stated above, our individual Divine Blueprint of our perfect self, that is free of all the things NOT like Source, is encoded within the 12 Dimensional geometric 12 Point Grid that is kept within the 12th Dimension. All of this is directly connected with your individual Christ Self, so you are already familiar with this.

I reset my individual Divine Blueprint before I do any healing work for myself or others. This is done through a Meditation that brings the 12th Dimensional frequencies in. I call it the 12D Meditation.

12D MEDITATION

By doing this meditation, a fresh copy of your Divine Blueprint has downloaded into your body and is now throughout your entire Spiritual Body. The meditation also helps clear out any lower frequencies hanging around and also keeps lower frequencies from coming into your self at any level. This meditation is good to do first thing in the morning and before you go to bed at night and

at anytime during the day if you feel any lower frequencies floating around.

OWNING EXPERIENCES

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We need to own experiences that we create in order to complete the experience, and write it in our Akashic Records to put it to rest. This is ongoing and is necessary in order to evolve.

Owning Past Experiences

In order to move forward, we must own the past. As gods, we have created many experiences for us to live through and experience during this lifetime and past lifetimes as well. These experiences need to be owned so they will be written into our Akashic records, so we can move forward in our evolution. Any feeling that keep cycling around that make us feel angry, upset, bitter, embarrassed, etc, are coming back around as friends to remind us that we have created this experience, and have already experienced it, but have not yet finished it by owning the experience so it is completed and then written into our Akashic records by our soul. So, one way to do this is to acknowledge every thought like this as something to be

owned and then own it. You can say something like this to own it and put it to rest:

I am god and I created this and have experienced it.
It is mine. I own it. And it is done. So be it.

Thoughts are things and are crystalline in form. This thought that has cycled back around is a thing that is now finished and needs to be demanifested. I then break the thought crystal with energy from my hands to demanifest it.

Do this over and over and over as each experience comes back around to be owned. It is especially important to own the experiences that originate from Chakras one, two and three as these Chakras are becoming place holders in the 5th Dimension, where our 4th chakra is the new base chakra.

ABILITY TO MANIFEST THE NEXT MOMENT

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We have the ability to MAKE OUR DAY, everyday. I'm sure most people are familiar with this. If not, Ramtha is one of the best sources for doing this that I am familiar with. He has a video out on it and a book or two. All channelled through JZ Knight.

As Masters, not only should we manifest our day everyday (for if we don't, we are letting someone else do it for us - not what we want), we should also manifest every next moment as the day progresses. We are gods and we have this much control over our lives and environment. And the higher our frequencies become, the faster the manifestation comes into manifestation. In the 5th Dimension of the New Earth, thought manifests instantly. So, there is no need for money or "a job" and there are no governments or other such institutions of the 3D on the 5D New Earth (which we are going to very soon).

This is very important in self-healing for we can change the direction we are going in an instant because we are gods. It does not matter what has been happening up to that moment, we can change our direction for the next moment. If we have been ill up to that moment, we can change our direction for the next moment. Habits are also nothing to worry about, we just need to keep making the next moment in a direction we want. It is easy to do - you just need to remember to do it.

If you have the appearance of being ill, you can say, "I have perfect health, now" and it is so.

If you are feeling stressed, you can say, "I am calm, now" "My body is relaxed, now" and it is so.

If you are feeling fear, you can say, "I am Divine Love, now." There is no fear in Divine Love, so just keep saying that to yourself until it is so. And it will be so, for you ARE Divine Love.

HOW I ACCOMPLISH THE 5D HEALING PROCESS

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1) I do the 12D MEDITATION shown above to reset my individual Divine Blueprint of my perfect self, that is free of all the things NOT like Source and that holds me in the 12th Dimensional frequencies (Law of Vibration - where all lower frequencies are transmuted into the highest vibration)

2) I state, "I am in perfect health, now"

3) I OWN the experience of being and feeling ill, to finish the experience, write it into my Akashic Records to put it to rest.

4) I state, "I feel wonderful, now"

I may have to do this over and over, but it is effective and works.

HOW TO KNOW WHETHER TO HEAL OTHERS OR NOT

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It is important to assess a situation first before going ahead to heal or help someone for maybe helping them is interfering with their path. Since Free Will is a Law of the Universe, interfering with another's path is not respecting or loving them and is not a help to them. So, how do you know when to help someone or not? Sense whether you should heal or help another through your higher self. Your higher self communicates with the other at a higher level and then you can then know the direction that you should take. So, by having my consciousness within my Source Self, I can immediately feel whether to help, inform or do nothing but to love them.

My higher self is not separate from me - all of my higher selves are me. I am multidimensional and I have my consciousness throughout the dimensions up to and including Source with my Source Self.

Know that there are specific frequencies where each of your selves hang out - Your Source self has the frequencies of Source, your God Seed self has the frequencies of your particular God Seed, your Monad Self has the frequencies of your particular Monad, your Rishi self has the frequencies of the 15th dimension, your Christ

self has the frequencies of the 12th dimension, your Spirit (Over Soul) self has the frequencies of the 9th dimension, your Soul self has the frequencies of the 6th dimension. It is also important to realize that we are one with all of our selves now - we are not ever separate and never have been.

I did a Spheres and Selves Meditation for weeks to bring in the frequencies of each of my higher selves and to absolutely know and feel and resonate with all of my higher selves. Now, after doing that meditation for a while and doing the many other things, I can now call into my immediate awareness my higher selves - actually I do it the first thing in the morning and keep that consciousness all day long and do it again before going to sleep. Now, I do a shortcut since it is already in the front of my conscious awareness. I say, "I am the Lord God of My Being, Now." When I say this, I can feel and know my Source Self and it is about four feet above my head and a little in front and then all of the dimensions pop and I can feel my connection to every dimension. I am breathing in and out in all dimensions at once all the way up to and including Source.

I then keep my conscious presence within my Source Self outside of my body. Now, my mind and Source Mind are one and I continuously move and have my being in this consciousness. So, before I interact with people to communicate or to help another I always say to myself before doing anything, "I am the Lord God of My Being, Now, and then I am there. I then know whether I should believe something I read, whether I should help a person or not, and I know that whatever I do, I do from a place in perfect alignment with the Divine Plan and have no regrets for what I say or do for what was said or done was perfect for me to do at that exact time. This is important when wanting to help someone for maybe helping them is interfering with their path. So, by having my consciousness within my Source Self, I can immediately feel whether to help, inform or do nothing but to love them.

SO, putting all this together, the three things that Serapis Bey said to me that night:

- 1) Know that you are in perfect health, now.
- 2) OWN the experience you are now having - to complete it and put it to rest.
- 3) State that you feel wonderful, now.

Makes for an infinitely powerful 5D Healing process that can be accomplished by anyone.

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