



The 21 Energy Keys for Ascension - 2019

INTRODUCTION

Overview of the 21 Energy Keys for Ascension as it applies during 2019.
How to Use – Outcomes – Benefits – Intention.

- 1. Accessing “Beyond the Beyond”**
Be prepared to access transformative energies from a more expanded matrix of divine creation energy. A powerful Ascension catalyst and energy link.
- 2. Winding Back the Body’s Time Clock**
Energies to support physical vitality and energy – to support healthy aging.
- 3. Energy Field Detox**
Clearing energy field distortion to help eradicate deep seated sabotaging beliefs and blocks to creation, that may be holding you back in life.
- 4. Energy Field Rewiring**
Recalibration and transformation of the body’s energy field to enable the assimilation of powerful Ascension energies, both now and in the years ahead.
- 5. Endocrine Gland and Hormonal Balance**
To support balance, flexibility and adaptability of the pituitary, pancreas, thymus and adrenal glands. Supports joy, the immune system, fearlessness, relaxation, sleep.
- 6. Opening to Multi-Galactic Advancement**
The “tones of home” – energies of activation will imprint you from multi-dimensional realities – 22 galaxies that combine to create a new creation matrix.
- 7. Elohim Keys and Transmissions**
To help you find your way and walk your path of purpose in this lifetime.
- 8. A Gift from Alpha Centauri**
To increase mind power capacity – to see beyond the veil, to advance your capacity to think and create. These energies are very different and very transformative.
- 9. Consciousness Expansion – 2019**
To expand beyond your human perspective of what is possible. To let go of anxiety coming from the personality self and expand into a timeless view of life.
- 10. De-stress and Declutter**
Free your mind of worry and anxiety of what you cannot control and predict. Energetically rewrite the script of your life’s story. Develop peace and equanimity.
- 11. Opening to Bliss**
A short journey through love, joy and into bliss to support your being in the state of bliss more often. The energy alchemy of divine happiness.
- 12. Transmissions for Peace, Calm and Sleep**
To help you feel calm, unfettered and to support restful sleep.
- 13. Switching Off the Aging Gene**
These energy transmissions operate at the level of the DNA as it affects the pituitary gland, to delay and retard the aging process at the level of DNA instruction.
- 14. Feel Better Faster**
Energy transmissions to support your physical body through Ascension changes and to help with the adjustment to the ongoing energy effects of rapid physical change.
- 15. Strength – Agility – Co-ordination**
Energy adjustment to support balance and realignment... to increase core strength of the spinal column. To balance the Hara Line – purpose, intention and life direction.
- 16. Grace and Gratitude**
To support your capacity to accept and surrender. Energy Alchemy. Trust in your highest good. Be showered with a golden energy cloud of blessings and light.
- 17. Trust in the Divine Plan**
These transmissions will support evolving consciousness. The alchemy shift of Ascension is through an energy template of love, peace and unity consciousness.
- 18. Energies from Amenti**
These transmissions will connect you to the creation energy of Earth’s inner pulse rhythms. Resonate better with the “kingdom within” to support transformation.
- 19. You ARE the WORD**
Energy transmissions to accelerate your human capacities - physically, mentally and on a level of soul. Energy words designed to “spark” DNA upgrade and expression.
- 20. RADIATE**
Energy transmissions through the Archangel Michael as the divine mediator. Why have you shut yourself down? Open into a new way of being... RADIATE.
- 21. An Outpouring of Light**
Receive energy from all of the 22 galaxies of the Multi-Galactic Diamond to support your process of Ascension and human evolution. A meditation of LIGHT.