



# The 21 Energy Keys for Ascension - 2020

## INTRODUCTION

Overview of the 21 Energy Keys for Ascension as it applies during 2020.  
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 (MODIFIED)**  
Energies to support physical vitality and energy – to support healthy aging.
- 3. Energy Field Detox**  
Clearing energy field distortion to help to eradicate deep seated sabotaging beliefs and blocks to creation, that may be holding you back in life.
- 4. Energy Anatomy Restructure (NEW)**  
In 2020 and beyond we need to restructure the energy anatomy of the body in some very special ways. This restructuring includes a 12-chakra anatomy and the energy meridians of the body to help to uptake more energy through the body and open you to 12 dimensions of reality.
- 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 (MODIFIED)**  
The "tones of home" – energies of activation will imprint you from multi-dimensional realities – 22 galaxies that combine to form a new creation matrix.
- 7. From the Heart of the Diamond (NEW)**  
Energy upliftment from the source of creation at the heart of the 22 galaxies of a multi-galactic diamond shaped grouping of galaxies. This recording will support you to remember your authentic soul truth.
- 8. A Gift from Alpha Centauri (MODIFIED)**  
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 – 2020 (MODIFIED)**  
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 (EXPANDED)**  
These energy transmissions operate at the level of the DNA to delay and retard the aging process. In 2020 we are able to access a new type of energy called ULTRALIGHT that creates energy alchemy.
- 14. Feel Better Faster (MODIFIED)**  
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. Anchoring Diamond Codes – Trust and Balance (NEW)**  
These transmissions will support evolving consciousness. The alchemy shift of Ascension is through an energy template of love, peace and unity consciousness.
- 18. From Amenti – Soul Knowledge Activation (NEW)**  
These transmissions will connect you to the creation energy of Earth's inner pulse rhythms within the inner Earth Kingdom of Agartha.
- 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 (UPGRADED)**  
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.