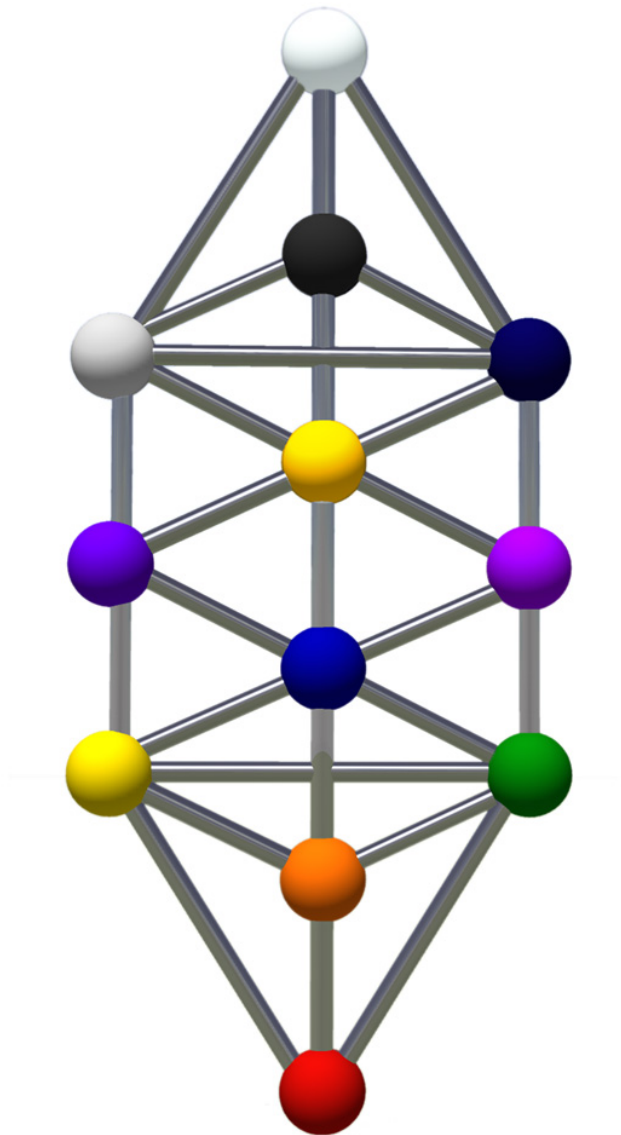


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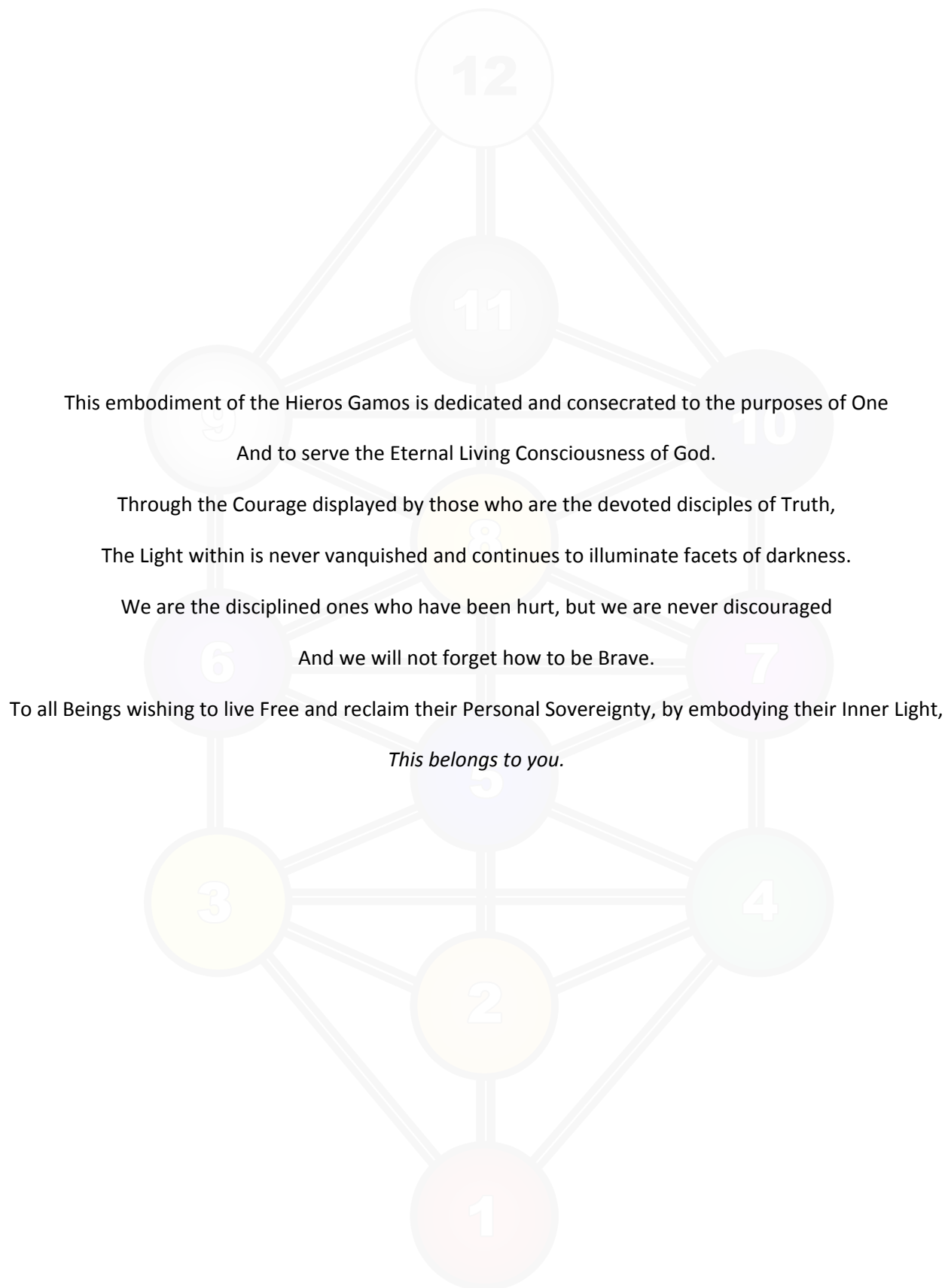
HIEROS GAMOS

INNER BALANCE TO SACRED MARRIAGE

CALIBRATION



LISA RENEE
ENERGETICSYNTHESIS.COM



Avatar of Ascension

HIEROS GAMOS

INNER BALANCE TO SACRED MARRIAGE

*Empowered Self Mastery:
Finding Your Energetic Core and Remembering your
Spiritual Purpose*

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REQUIRED READING:

A Call for Transformation

During these times of great planetary and human evolution, known as the Ascension Cycle, a re-evaluation of our personal priorities, lifestyle and social values are at the forefront for many desiring the knowledge to shift and change their own limiting beliefs and consciousness perceptions. Many of us are living in a deep discontent with our lifestyle, searching to ride the wave of a great change in order to move away from the enslaving nature of the current planetary collective consciousness.

Much of this knowledge has been esoteric and hidden for centuries in many Mystery School teachings and Ancient Wisdom philosophies that carried down this knowledge through certain blood lineages. Basic energetic concepts in comprehending how to access Universal Creative Intelligence forces, the Natural Energetic Laws of Governing Forms, and how one can masterfully direct these energies to influence their experience within the world of matter; have only been allowed to be accessed by a privileged few. The Ascension Cycle requires our participation with ourselves and in order to gain energetic sovereignty in the matter worlds, the commitment to serve one's spiritual core is what allows one to have access to these previously hidden systems.

The AoA Hieros Gamos System (HGS) is a Multidimensional and Living Template Technology being offered to those desiring to expand their own personal empowerment by means of developing spiritual exploration and personal consciousness. The development of Higher Sensory Perception (HSP) leads to the awareness of communicating directly with one's inner energetic core and finding one's divine mission and purpose in life. As one finds clarity within the personal knowing of their energetic core and its purpose in life, inner balance returns, allowing a state of wellbeing that includes inner peace and harmony.

Through the intentional application and developmental use of the AoA Hieros Gamos System (HGS), one may develop a foundation based upon Energetic Self-Mastery principles, and claim personal sovereignty and responsibility over one's personal energies. In result, one may become fully cognizant in efficiently and harmlessly directing focus and attention to maximize life force potentials.

Considerations

As in many other historical or traditional belief systems or cultural paradigms of spiritual, scientific or "world view" perceptions, many points of view contained within this system will extend beyond current accepted standards of reality. It is being presented for the use and empowerment of the individual only. The responsibility to choose resonance or claim results achieved by this system is purely at the discretion of the user.

Many people have claimed the benefit of the application of meditation practices for spiritual exploration, as contained within this system (and many other systems that utilize meditation or clearing practices). Practicing these techniques consistently over time has revealed that the impact and effect are individualized, and mostly positive in nature. However as impact and effect are individualized and dependent on a wide array of internal and external influences, no guarantee of personal results or benefit can be made through the use of this system. Every person's involvement with the application of this system is a personal decision and choice that is made at the discretion of the user. Therefore the responsibility pertaining to the effect and influences of its practice are inherent in this personal choice and its responsibilities solely remain with the individual.

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In offering this system for public exploration, no claim is made for the empirically founded and factual nature of this system’s information in terms of any current consensus of scientific knowledge. This is an exploration of personal and collective consciousness systems and its purposeful evolution through the applied awareness and the use of basic energetic laws governing the direction and experience of human consciousness throughout time and space. Authenticity toward the integrity of the information provided can only be claimed through direct personal experiences and not by intellectual concepts or mental constructs which limit perception. For this reason the information is presented for the open mind, the open consciousness, for those desiring personal freedom, and for those wishing to explore the nature of multidimensional reality through direct personal experience.

If the perspectives represented within the content have resemblance to other texts, materials or systems, that resemblance is purely unintentional and coincidental. This consciousness paradigm experiences many similarities to a vast array of historical, ancient and contemporary records of sacred, spiritual, alternative healing or religious pathways which are accessible in the public domain. It is suggested that such coincidence to other materials of which HGS bears similarities is based on the synthesis of Ancient Knowledge from a common open source language, such as the “Global Brain”, that has yet to be verified scientifically.

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“We reaffirm, as an essential foundation of the Information Society, and as outlined in Article 19 of the Universal Declaration of Human Rights, that everyone has the right to freedom of opinion and expression; that this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers. Communication is a fundamental social process, a basic human need and the foundation of all social organization. It is central to the Information Society. Everyone everywhere should have the opportunity to participate and no one should be excluded from the benefits the Information Society offers”.

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If this Terms of Use does not resonate with you, it is suggested to discontinue reading and stop now. By continuing to read further, you are agreeing to collaborate with the HGS energy network in alignment to its mission statement as above.

I, _____ state with my whole heartfelt intention and agreement to use my personal consent and privilege to access the HGS template from the clear intention of maximizing my highest spiritual expression and consciousness power while being of harmless service to others. I accept accountability for my actions and behaviors and I am willing to open my heart to know my true self and personal power. I am aware that intentional violation of the Terms of Use will render the system inactive, ineffective and will amplify energetic cause and effect.

I am the Cosmic Sovereign Law made manifest.

Signed, this day of _____

***Thank you for choosing to be responsible for your actions.
Please continue with many blessings to share with as many people as possible.***

PART 1 – INTRODUCTION TO HGS

Background

The “Hieros Gamos System” or (HGS) has been compiled from the direct personal consciousness experiences of the author through the facilitation of thousands of individual and group energetic clearing sessions, as well as the direct kundalini awakening and subsequent contact with extraterrestrial races. This extraterrestrial contact has shaped the body of work and author’s perspective as sourcing from the paradigm of being a Free Cosmic Citizen, as well as a “Guardian” living in agreement on planet Earth. The educational reference and information being shared within this system is the mission and body of work of a combined collaboration between extraterrestrial and human resources. The system is intended as a multidimensional energetic tool to support the consciousness paradigm shift during the Ascension Cycle to protect freedom, liberation and sovereignty for humanity and the planet Earth. This system comprises the collective work of the Energetic Synthesis Community and the polarity integration modeling which is the group soul mission of various extraterrestrial races now incarnating and awakening on the earth. In order to create the neutral field of zero point on planet earth, mastering the integration of all polarity energies and archetypes in matter is a collective Starseed mission. This System is designed for this specific group as an educational reference and communication link-up, to heal, gain clarity and receive Guardian mentorship for current and future life assignments. However, this System resource will greatly serve any dedicated and sincere initiate who desires freedom in their heart. There is no value difference placed on the role each human has chosen for their expression.

Overview

This system will help to develop the user’s Higher Sensory Perception (HSP) in the ability to feel, sense and direct consciousness energies for positive growth, spiritual evolution and holistic healing purposes. You will be trained to develop the Neutral Observer Point within, and, through applied energetic awareness, to increase self-mastery, to mentally focus, and to direct those thoughts energetically to make upgrades, clearings and physical corrections. At any level of beginner, intermediate or advanced, the System is designed to increase and support furthering consciousness perception, and to continually develop those abilities in order to free one from suppression, oppression, possession and mind control limitations. Through the setting of the system encryption pathways, and following the numerical sequences, one can be educated to participate directly with their own energy and spiritual bodies, impacting and effecting change to transform and harmonize their outward manifestations and various life experiences. When we are aligned to our spiritual source and know how to access our energetic essence and core, we are able to return to inner energetic balance which allows a peaceful harmony to pervade our being and therefore our life experiences. As we access our inner spiritual light source we are able to comprehend our blueprint and mission and our lives take a special meaning in living our true purpose.

Healing and Clearing

Energetic Healing and clearing is nonverbal and nonlinear from the ego’s mental body perspective. If we think too much or have bias, we block sensory feeling and also block potential healing and clearing pathways. The physical body is a manifestation of the inner spiritual and energetic life force. All that outwardly manifests in your life experience has a blueprint at the energetic levels of the body controlling those functions. Therefore it makes sense to restore balance to the energies of the body in order to restore the balanced function of the whole body system.

The human body, both physically and energetically, manifests health and well- being when a balance of life force (chi) energy is maintained. The human body is naturally self-healing when homeostasis is

achieved within the bodies regulating mechanisms, or when a balanced flow of energies can circulate throughout all bodily systems. When we understand our body and identity as multidimensional we will need to address all inner, outer and in-between spaces (multidimensionality) of our biology and its spiritual energetic processes in order to regain personal freedom. Personal freedom is being freed of all constructs of physical, emotional, psychological and spiritual suffering, torment or limitation.

As we regain the memory of our ability to personally heal and clear ourselves to be freed from such mechanisms of suffering, we will be able to clearly perceive the root cause of our suffering. At the core level, immense suffering always exists within the disconnection and/or interference between our body and our connection to our own spiritual energetic bodies and their source light. Absolutely all living things have a blueprint and access to that source light. When a living thing is blocked access to its source light, it gets sick, diseased, depressed and the DNA instruction set deteriorates rapidly. Through this system you will identify and locate those multidimensional parts that are disconnected, damaged or stolen, reclaim and reconnect them to achieve inner balance and union with your multidimensional selves. Achieving union with your multidimensional selves and their various parts is called polarity integration. Through the alchemical process of polarity integration (synthesis) within your body, positive and negative charges emanate a neutral charge field, the zero point. The zero point is a non-polarized charged field, and is the access to inner balance, health and wellbeing as well as the key to Unity consciousness or embodying the Christos intelligence, a plasma light wave.

Being Inner Sustained is the Healing Prototype

Many systems of personal healing and spiritual expansion have been promoted for use in the New Age, Mystery School or the “2012” paradigm for many years. Most of those systems do not take into account an accurate assessment of the planetary reptilian invasion which currently promotes the slavery, consumption, stealing and karmic manipulation of humanity and their energy resources. These Reptilian Vampires exist in order to manipulate energies through “divide and conquer” methods to increase human slavery and unleash their sociopathic agendas to rule or command influence in the physical world. Most of that influence is unknown and unseen within the mass populace and highly misunderstood by the Starseed and Indigo population that actually have seen or experienced these entities.

Due to heavy infiltration and hijack of many of these “personal healing” or “spiritual expansion” systems, inner sustained healing is not present when using a “consumptive model” as a control mechanism. That consumptive model system usually has a Twilight Master or dark entity that makes an agreement with the user to exchange a part of their light source for the experienced relief of pain, or other perceived oppressions being cleared. The person having no personal awareness, spiritual interest or conscious control over his own energy field, has just been swindled out of his energy body, for the smoke and mirror effect of having some “pain” in his physical body be released as an apparent “miracle healing”. Applied consciousness technology is not a miracle, it is a byproduct of God’s Natural Laws. If we can apply and live in harmony with those natural laws for positive purposes, it greatly amplifies our support and connection to the spiritual light source in the physical world.

In the past those that have had access to these consciousness technologies, and have abused these Laws from ego agendas, became diluted and distorted, descending them into a Black Magician/Ego Controller-type being. Many controller mechanisms operate in the planet today. However, when aligned to Spiritual Source Light these same Laws that have been so abused represent the Mysteries of the Universe, and represent the true origin and purpose of our creation in the Universe. This is why we must bring the spiritual light source into our awareness. The priority is to access inner sustained healing and to end the manipulation inherent in consumptive modeling and energetic vampirism of others,

thereby claiming your own inner spiritual light to nourish and sustain healthy balance back into your bodies.

An attempt to share this information of how to become “inner sustained” is being made to empower the human being to be freed of this insidious “consumptive model” oppression. Once a system is infiltrated with base desires or selfish ego, the system is not sustainable as it only collects energies from one group to steal from another group in order to achieve a temporary result, (Like a ponzi or pyramid scheme) or give a small percentage of people who manipulate the energies the energetic advantage over others. This is the abuse of consciousness technology and is known as “Black Magic” (*i.e. many of the world leaders and their families that own the resources of the planet have been directly given this knowledge or parts of it to maintain the dominate power, economy and influence over controlling others*).

This system (HGS) is foundationally based to build your own spiritual house (align and connect and heal your bodies) so that you may learn to become inner sustained and protected by your own inner light source. There is nothing more powerful than your direct connection to the God Source.

Possession is Common

Most people do not realize that we must take the steps to participate with our consciousness and energetic intelligence in order to experience the tangible support and presence of our guidance, mentors and Universal Intelligence. Many people from their veil of confusion have forgotten who they are and how to communicate with their inner spirit. This disconnection, itself originating in the control mechanisms of stolen light described above, has made many humans vulnerable to a host of manipulating entities that desire to create anxiety, pain and fear in that individual in order to harvest those energies. When we are making decisions and guiding our life from the basis of fear, we become tormented and attract more of these dark forces. We may also be unaware of the lifeless or dead energy flow in our physical body and develop disease or chronic pain as a result of that blocked energy flow. From this perspective I have personally viewed many unconscious human beings totally unaware they are carrying dead energy, displaced entities, negative alien implants, unaware that they are soul disconnected and mind controlled to limit further consciousness expansion. In other terms, this is enslavement of the person without their consent.

If this persists, combined with continued destructive behavior to the self and others that are repeated as life patterns, the person becomes sucked into a density of painfully low self-esteem, phobias, fears and addictions. Most of the time that will include layers of astral debris, displaced entities, impersonal elemental forces, and sometimes, includes full demonic possession. Being possessed does not generally mean you are levitating off the bed or acting “demonic”. There is absolutely no shame or guilt applied to this state unless the suffering person applies it from their own state of fragmented confusion. It is through the possession of one’s body of which the suffering and pain is greatly increased, until this possession is removed and cleared from your person. There are a million different variations of possession possible; however, the only possibility to evict these possessions is to get clear within yourself, and learn that you have the power to heal yourself and claim your energetic sovereignty and freedom. When one learns to create the space inside to communicate clearly and embody one’s spiritual source, one can begin the road to personal freedom and permanent release of suffering.

Connecting Neurological Energy Receivers

From the perspective of this multidimensional system, spiritual disconnection, pain and disease are also directly caused from the blockages in the neurological stations located in the body, as well as damaged or blocked energy receivers in the spiritual body. As you learn to connect and unblock these neurological systems and energy receivers, you are altering the controlling mechanisms that exert messaging made on your Central Nervous System (CNS). Therefore the energetic healing and clearing also comes at the physiological levels by managing the influence the CNS has made upon the physical body functions. All pain is experienced through the neurological system which messages the brain that transfers that pain to be perceived at a physical body part or site. This means that the location of the pain is never the origin of the pain or suffering in the body. Physical, mental and emotional pain place blocks on inner perceptions as well as deep blocks on emotional growth and spiritual expansion. One cannot experience spiritual (consciousness) expansion without emotional expansion, so when we are emotionally traumatized it is nearly impossible to achieve personal freedom until we resolve these conflicts. When these energetic blockages are resolved and removed, the pain, suppression or memory causing the blockage is also removed. The user will learn to identify, locate, remove and repair multidimensional layers of these blockages to achieve inner balance and therefore, personal freedom.



PART 2 – UNDERSTANDING ENERGETIC CONCEPTS

Energetic Polarity is Gender Principle of Creation

All things exist within the Gender Principle of Creation, The Natural Law of Polarity, also referred to as the Pairs of Opposites. One will notice the same repeated pattern in absolutely every energetic force or form in matter. Every person, place or thing will have an energetic polarity that is balanced or weighted in one form of energetic polarity or its opposite. This is represented also within our Gender bodies, which expresses as a polarity in matter form (male or female). While our physical body exists in one polarity form in matter, our internal energies exist at both male and female principles. Our right side is “electric” and works as a transmitter, which is the active force principle of the male gender. Our left side is “magnetic” and works as a receiver, which is the passive force principle of the female gender. Our male “electron” is positively charged which interacts with the female “proton” which is negatively charged. These two forces together create the ranges of electromagnetism we experience on the planet.

To be balanced, harmonized and peaceful with one’s self, one must acknowledge the inner polarity and acknowledge the value and necessity of both gender principles in order to truly “know thyself”. Our life experiences show us the lessons for our consciousness to learn to bring balance to our inner polarities so that we may achieve sacred marriage and union with our internal spirit. If we become wounded in our male or female, we may choose to exist in one predominate polarity of which we act out into the world. These energetic imbalances lead to pain, suffering and the eventual destruction of our self.

To deny polarity exists is to deny Universal Mechanics and the organic Natural Laws of Creation. To unify polarity is to come into balance and unity between the pairs of opposite. As we bring balance to the inner polarities we exude that balance into the world, becoming a harmonizing and healing influence with everything around us. We exude peace and contentment as we feel our sense of purpose being fulfilled. Our sense of connection and life purpose is radiated throughout all living things as we live within the synchronicity of our divine alignment with spirit. Human beings with balanced polarity have embodied a massively higher frequency to a zero point field, with much larger auric systems which are capable to amplify and direct these balanced energetic forces into the environment. This is achieved through the energetic synthesis of these inner polarities brought into unity and balance. Every being is ultimately designed to accomplish this with their consciousness, and is fully capable to achieve this return to balance in order to experience connection with all things.

The awakened and embodied human being is then a strong force of balanced frequencies which can perform incredible healings, manifestations and events. There is a specific process called the Ascension cycle that is transpiring within human evolution to move into balanced polarity, (neutral) which is also manifesting massive shifts of transformation within planetary energy field. We are exiting from a severely imbalanced and dark history of Patriarchal Domination on planet Earth. Humanity is moving into the Female polarity to achieve balance and bring unity between these Pairs of Opposites. As we join our inner and outer polarities we achieve unity with Life and are capable to know our real essence and destiny as a part of the human race. This HG system is to support those remembering to return to inner balance and to manifest the ultimate sacred marriage – both as wedded to your inner spirit and as the external representation of that sacred marriage. That ultimate union of opposites in sacred marriage is the *Hieros Gamos*.

All Energy is Intelligent and has a Blueprint

Everything in form exists at some polarity level, as well as an energetic and vibratory level that can be perceived with Higher Sensory abilities. Every physical body part as well as the unique energetic

signature of your spiritual essence, holds a very specific frequency of combined energies held together in an etheric form. This is the spiritual-energetic blueprint which contains the entire intelligence of one's consciousness and spiritual purpose. Every energy field and identity has an intelligence and blueprint that it functions through and from within. So all energy holds intelligence signatures, or consciousness, which means one can learn to communicate with that energy field in order to receive vast amounts of intelligence. This intelligence is being accessed through the energy receivers of the spiritual blueprint and perceived through the neurological system and brain receivers in the physical body. One can attune to this awareness to become highly adept at reading energy signatures by empowering themselves to recognize which energies to harmonize with or when to clear out discordant energies.

Higher Sensory Perception

Higher Sensory Perception (**HSP**) is the key to unlocking your ability to communicate with energy signatures and spiritual intelligences. One cannot access these intelligences from the linear format of the rational thoughts of the mental body. HSP is accessed through the emotional sensory process of the soul body and heart-brain complex. One can effectively learn quickly how to access the HSP skill in their own body and learn to develop it to discern energy at expert levels. Use of this system regularly will greatly advance the bodies HSP skill and develop its clarity into perception. One will need to learn to trust this perception without personal bias, or judgment.

So if a person is cut off from feelings or emotional senses, (generally from pain) they will not experience their soul or HSP connection. The mental body ego function will dominate the perception of the linear mind to filter its reality perception. The mental body is linear intelligence and extremely limited. The first priority is to be clear to allow your feelings by not judging them, allowing free flowing emotional states without fear or projecting your emotions towards another. Taking responsibility for one's emotional state without blaming others is a critical step for success in achieving a neutral state and greater clarity with HSP. If one is fearful to learn the truth, the mind will place a block on perception so the person can continue to live in their illusion rather than experience fear of change. Going beyond your personal fear of the unknown is critical to learn how to go beyond the mind's perceptual blocks and access the inherent abilities of one's Higher Sensory Perception or Intuitive body.

As you use the system to clear mental and emotional blocks this will enhance your clarity and gain further confidence in your HSP skill. As your skill develops, many of the processes of clearing will advance to much easier and quicker levels, where the base protocols are not required to create the connection. By working with the **Connect to your Inner Core Steps**, (introduction to session work) you will start to enhance HSP skill. Do not get discouraged; learn to flow in a state that is nonverbal, a place of observer point. With no attachment or stress, breathing easily, allowing yourself to receive intuitive impulses when asking a Yes or No question. Listen to and feel the body response when you ask the question. Do not be afraid of a wrong answer, allow yourself to receive and experience the moment. A closed or constricted feeling in your body means "No". An open and expanded feeling means "Yes". Practice using the HSP tool **"Asking Yes or No?"** in the HGS technique section. Once you gain confidence with this method, move to the "Three Finger Swipe" method which will allow for even faster and more rapid use of the HGS system. *Three Finger Swipe* is an encryption method and a HSP method that can be used with the HGS system to identify, locate, remove and repair items quickly. Practice using the Three Finger Swipe "encryption" method to "attune" to the HGS multi-dimensional template, and then use these three fingers to "sense" (like muscle testing) what items your body consciousness is requesting for support, assistance, or clearing. *Please see the Three Finger Swipe instruction located in the HGS technique section.*

Energy Moves Spherical

When accessing HSP, communicating with energetic intelligence or directing focused thoughts for maximized results, visualize the energy moving in spheres or circles. The Universal creative energies move within a spiral of time and in all things energetic - the movement of living energy is spiral. Dead energy is a static field, and is like frozen shards of broken glass. Energy flows through circuits moving circularly in the body. Keeping the circuits circulating with spherical energy flow maximizes your health and energetic balance. When energy is not circuiting it is not in a balanced flow it will create stagnation, inflammation (heat) and be energetically draining.

Linear Ego Mind vs. Spiral HSP Mind

Most of us have been programmed since birth to rely on the logic of our linear ego mind, rather than listen to the spiral HSP of our higher mind intelligence. To be accurate with accessing information in your energy work and to keep the linear ego filter out of corrupting your perception, it will be important to discern the thought impulses and where they are sourcing from. As you become more aware of the use of ego mind control on this planet, it will be of great benefit to you to learn to self-source all thoughts. The linear ego mind generally thinks in superior or inferior thought forms, casting judgment on self and circumstances. When you find your mind struggling in conflict, apply a neutral association to the conflict in your mind to dissolve its emotional impact on your body. This releases stress and tension from your body immediately, so it does not harbor memory of the conflict.

Since the linear ego mind's purpose is designed to perceive linear time, as in point A to point B in a straight line, it is very limited in its capacity to access a wide range of possibilities. It will reduce possibilities to limitations of perceptions of time and collective "belief systems" logic. Therefore, this is not desirable when learning to expand consciousness and access energetic information to perform clearings and healings. This HG system will challenge the ego belief systems of a closed mind, so attempt to hold an open mind in the spirit of exploration. The spiral HSP higher mind, when attuned correctly, will observe and receive information neutrally as "sensations" or direct cognition. The spiral energy of accessing information will allow you to go beyond linear time to access much more information in "no-time". Spiraling energy is how the energetic bodies and the Universal life force energies move through time and space. As a practice to discipline your ego, learn to refocus negative or judgmental thoughts when you become aware of them as an inner dialogue. As you discipline your negative ego from running your life, you will acquire greater skill at HSP and reading energies. Remember the linear thoughts of the ego mind blocks higher sensory perception. Being scared or fearful of the unknown will also block HSP. There is nothing to be afraid of in facing the truth. Refresh your mental discipline tools by reviewing the "**Ego Discipline Techniques**" provided in the Technique section before you begin your adventure with HGS template energy session work.

Energetic Balance Accesses Spiritual Genius

Achieving energetic balance is the goal at every level of one's inner and outer being in order to maximize the genius present within each and every one of us. Every one of us has a genius living inside of our body. That genius is the creative expression of the unlimited potential of your spiritual or soul expression. As you become more adept at HSP you will open more neurological circuits that allow an exchange between your brain and your soul intelligence. This intelligence is unlimited and can accomplish things your mind would never imagine or dream of. Be aware of clearing limited or destructive belief systems stemming from mind control and open your heart to the genius of your soul. The spiritual soul intelligence communicates with your body non-linearly; it is an energetic spiral. So learning to feel, develop sensory ability and put your ego mind aside, will open you to new levels of intelligence possibility. Find your spiritual genius and shine it into the world!

Harmlessness

Learning to communicate with Soul and act upon its guidance will lead you to live a life congruent with your spiritual plan, one which behaves with harmlessness to others. Harmlessness is another way to say karmic-less. In this way you become efficient with energy management and stop the “karmic footprint” from repeating destructive patterns on the Earth. The real spiritual self will not direct you to attack or harm another being, ever. The spiritual intelligence knows that all energy in the Universe is Love and is balanced at some point in time, and that nothing justifies harm. Harm has an energetic consequence of karmic imbalance, and if intentional harm is directed to hurt others, or the self, that energy will be returned to the being at some point in time to make amends (rebalance). This means you will get more loads of karmic lessons to balance in your life experience and within your relationship with others.

Your spirit wants to evolve and stop the karmic generating process and will lead you to learn those steps. (This is not referring to superimposition of karmic loads which is a different thing entirely) This is not punishment; it is the *Law of Responsibility*, a law of which most humans have forgotten. All of us are ultimately responsible for how we have directed the energetic consciousness we have been given while in a bodily form. Many of us (doing energy session work) will find trauma from other lifetimes where this “harm” has been generated towards others, or we have received harm from others. Generally harm is generated from ignorance at our own perceived disconnection from others. At this time we can clear, heal and resolve all harm that has been made in all relationships, bringing energetic balance to ourselves and the others involved. When coming to observe such circumstances in one’s healing process, be the compassionate witness. Know that the cycle is ending and we are witnessing many different levels of harm that have been perpetrated over eons of time. Humans are making the choice to live congruent with their spiritual source, and now can learn again to live in harmlessness. The quickest way to evolve and clear energetic imbalance is to be of genuine service to others and attempt to show sincere kindness to everyone.

Effortlessness

The Natural Laws governing the Universe’s energetic world of forces is effortlessness. Conserving energy to maximize results is organic to spiritual source. When applying energetic concepts and attempting to apply them into our lives, we will want to increase our strength and effectiveness by learning how to achieve conservation with energetic resources and effortlessness in how we direct them. The user will be learning to change the ego’s paradigm of stress, tension and huge effort in order to achieve results. We have been conditioned and enslaved to work in grueling conditions in order to achieve supposed success in the social obligation of our 3D world. With the shifting change on planet earth we are being supported more to learn how to live with exchanging with spiritual source light through the means of conservation and effortlessness. Like the forces of nature moving effortlessly to generate power, one can learn to emulate the natural forces by allowing the body and mind to emulate nature. Be present, allow and adapt to changing circumstances easily. Learn to develop energetic effortlessness in the application of session work and throughout your lifestyle to become more effective and efficient with physical tasks. By reducing mental and physical stress and exertion in your body, one becomes more intuitive with creative solutions to resolve and clear up issues.

Fluidity in Motion

General fluidity and relaxation of both the mind and body will greatly improve the HSP development and its related communication links. When we are mentally polarized in needing to control answers and outcomes, or we have to defend our belief systems from fear, our body tenses up and constricts the energy flow. From this state you will have a propensity to channel your inner child personalities and ego preferences, as the information being received can only reach exchanges at the lower vibratory levels.

When a being is constricted, the energy receivers close. When a being is fluid and relaxed the energy receivers open. Be willing and open to accept the answers you may receive without judgment. Be aware and pay attention to your body's responses. Do not open a session field if you are angry, upset or really tense. Listen to your body, treat your body with care, and open a session when your bio-rhythm feels relaxed and open. Open a session where you can set the personal space. With practice and available techniques you will discipline your mind and emotions from overwhelming your effectiveness. The more we dis-identify from our need to control the external influences and learn to allow and accept them, the more quickly we can adapt. If further guidance is needed, please refer to the Spiritual Self Centering Model Chart (Ego Discipline 2 in HGS technique section) to learn how to refocus your mind to relaxed states of being.

Strengthening Core or Centering

Building the strength of the spiritual house (Body temple) by strengthening the inner core is mandatory to embody your spiritual light and amplify its intelligences. Building the Inner Core is the first objective and the most important step to ensure your success with the efficient and rapid results that can be achieved with the use of this System. The spiritual light body is a high energetic frequency and the physical self will need to adapt and attune itself to be congruently aligned to house your spiritual light source. Whenever opening a field for session, one must be spiritually centered from their Inner core to resolve polarity imbalances.

The 12 D Shield technique and Axiatonal Alignment, which will be learned in the course of this system, is one such core building technique. Additionally a mental focus on the midline of your body strengthens any weakness immediately. Placing the right hand along your bodies midline (along the hara line) will increase your strength immediately. As you close your eyes, place your right hand on your still point/center and breathe deeply while focusing on your core center and mentally saying "core". Core centering strengthens your physical and mental body immediately. Balancing your core also relates to the correct alignment of the body and its structure. One can scan to test if these relationships to the body structure and energetic structure are in balance. Test the relationship of balance between the Top to Bottom, Bottom to Top, Inner to Outer, Outer to Inner, Front to Back, Back to Front. Or when needing to balance to center, mentally focus on these commands while breathing deeply and holding your right hand over your midline. The balancing exercises can be applied to any bodily system or structure (i.e. central nervous system, brain etc.).

Organic vs. Inorganic

Within the system of energetic forces having impact on the planet and humanity, we have energies that are organic or inorganic, natural or unnatural in architecture. Organic and natural energy and its architecture is defined as the balance of forces which exist in harmony with nature, therefore in harmony with the cycles of the Universal Natural Laws. Inorganic and unnatural energy is defined as that which exists as an artificial structure to replicate or generate energies discordant with the Universal Natural Laws. Inorganic energies are generated by artificial systems replicating forces to replace natural laws, and ultimately bring death, disease and destruction if not brought into balance. As an example when a person chooses to manipulate others energies and resources for personal gain by outwardly lying and controlling the influence he has on others, this is defined as "artificial and inorganic". This person has put up artifices in order to exploit others by representing the opposite of what he says he is representing. This is inorganic to the natural laws of energy.

One may note that things in nature represent themselves as what they are and do not hide what they are not. A bird in its natural state does not act like a dog, as the bird responds to its natural blueprint of

creation. If the bird is exposed to synthetic chemicals (inorganic) it may mutate to inorganic states of disease, which will rapidly deteriorate the breed from its original blueprint, possibly causing extinction.

In another example - If a negative alien implants a human being with mind control and manipulates his thoughts without his conscious awareness or consent, this is a violation of the natural laws. The “implant” being used is artificial and not organic to the person. Because it is not organic it can create disease, pain or immense trauma that create schisms in the person. The more schisms a person has blocking self-awareness, the more soul fragmented they become. All interference and manipulation that interrupts and blocks the flow of a person’s spiritual source (organic) light, is a violation against the Natural Laws. Continued violation of natural laws, brings genetic deterioration, physical and mental sickness, and eventual extinction of a species if not corrected.

As one learns to observe and discern energy signatures, you will want to know if the energy or architecture you are connecting with is organic or inorganic to your energetic and physical person. Your goal is to remove all inorganic energies and their architecture from interfering with your body in order to create the space that allows your organic spiritual energies to be fully housed within your natural person. The removal of inorganic energies will allow a natural building of one’s inner core to be the foundation of merging with one’s spiritual-energetic bodies.

Compassionate Witness

Without a clear foundation set for developing the inner core essence as our *first priority*, we can be bombarded with energetic slime and become a doormat, sacrificial lamb or parasite food. This causes our energetic body to be clouded with astral debris and therefore exist within a confused state of inner perception. Being unclear and directed from ego judgment in any kind of perception, whether towards yourself or others, is energetically draining and completely unsustainable in the new energy platform. When we think about compassion in these terms of good or bad (or we develop selective compassion) we have lost the core essence of what true spiritual compassion actually is.

To achieve the intelligent design of Gods Infinite Compassion for All of Life it is essential to embody a Neutral Observer Consciousness that deflects all judgmental personal views and its attachment to outcome.

The Power of Compassion is directed naturally by the intelligent design of God’s Living Essence when embodied in a human that has achieved a neutral observer mode. This living essence heals bodies, changes timelines (elevates outcomes), reveals deception, activates light-body, retrieves soul fragments and connects to the Universal Mind’s Pure Genius in order to resolve all energetic conflict between parties. Intelligently designed to create Unification, its core essence seeks to resolve, reconcile, rehabilitate and harmonize. Embodying the Compassionate Witness paired with this system is the Ultimate Alchemical Tool in God’s Liquid Light Technology kit!

PART 3- PREPARING THE FOUNDATION FOR HGS SESSION

Connect to your Inner Core (A, B, C, D):

- A. Authentically declare your Intention from your Heart, to resolve Authority issues. Defer your Ego to Serve God/Oneness
- B. Activate your Inner Spirit and Core Shield (12 D Shield Technique)
- C. From within 12 D Shield, create the Hub Handshake with Unity Vow
- D. Boundary Test (I am God, I am Sovereign, I am Free)

Foundation Overview – How to Connect to Your Inner Core:

The Energetic Synthesis Community Suggested Basic Core Technique comprises all of the below steps (a. through d.) as a daily spiritual practice whether you perform HGS session work or not. After this becomes a daily dedicated technique, the light-body foundation is firmly set to connect to your inner core and inner spirit. The foundational practice alone is extremely fortifying and strengthening to the individual with regular use. For those entrained to this daily spiritual practice and feeling confident and strong in their core connection, focus on each item (a-d) briefly to amplify frequency, and then move to the next section to continue – Part 5 -Prepare for HGS Energy Session Calibration. Connecting to your inner core is suggested as follows:

A. Authentically, Declare your Intention from your Heart to Resolve Authority issues. Defer your Ego to Serve God/Oneness:

“My declaration of intention is to serve my Source. I commit to serve my highest power, fully completely and totally, I am God, I am Sovereign, I am Free!”

Feel the presence of your energy and as you say the above declaration– feel the conviction of your inner spirit to protect and listen to your heart.

B. Activate your Inner Spirit and Core Shield (12 D field Shield and Hub)

For beginners, this is learning the 12 D shielding technique. For others, this is amplifying the protection of your shield with your inner focus and intent.

C. From within your 12 D Shield, create the Hub Handshake with Unity Vow.

“The Defenders of Truth, Sovereignty and Liberation, the Guardian Families, Serving the One:

From across all the multiverses I call upon my Guardian families to join me now. My unification is demonstrated in the waves of Omni Love - I sound my heart tone to you now. My energy template updated, renewed and forever perpetuated in the Eternally Sustained Light. My Alchemical Container is consecrated and dedicated to the Purposes of One, and I endeavor to be the Knower of God to then be the Way Shower of God. Please sustain me in the Eternal Power of my Consecration. I have asked for Gatekeeping in order to hold my mission, my mutual highest purposes in Service to the One Light, Our Source, The Living Light Code. My intention is Unification - The Cosmic Christ Principle - as an Energetic Reality, here and now. I request the handshake to fortify my spiritual links through the Universal Cosmic Triad, and into The Core of One, the Zero Point God Matrix, that which is the source of my genesis. With deep reverence for all of Life, Dear God, Breathe your Life Codes into my created form. I set my intention now to remember that which I AM, fully completely and totally. I state my mutual purpose as One, please resurrect all inorganic patterns to organic Living Light Now. And to that I Say, Thank God I AM the Living Eternal Light. And so it is lovingly decreed.”

For those new to the “Unity Vow”, repeat this command with every session to entrain your field and create the handshake hub of direct communication with Unity intelligence of the Krystal Star. When feeling the need to strengthen or amplify session communication links, repeat this Unity Vow. When proficient with regular energy session work, and by holding down the field, the Unity Vow is entrained with your nervous system, by saying “Unity”. This statement of intention will sufficiently activate the handshake hub to Krystal Star.

D. Boundary Test (I am God, I am Sovereign, I am Free)

From within your 12 D Shield, see the three frequencies of God-Sovereign-Free (GSF) written in language or symbol code to encrypt your 12 D shield to boundary test with the combined GSF triad of frequencies. You can state it out-loud or focus on your GSF triad of 3 Founder Flame frequencies encrypted directly into your 12 D shield. See the GSF Triad for suggested use for visual symbol code work, or simply use the written language of “I am God, I am Sovereign, I am Free”, written in the shield itself or written on the inner screen of your forehead.

This accomplishes a boundary test within your shield that is encrypting your personal field based on the resonance of these 3 flames, and only accepting communication from sources who agree to these resonances. When approached by entities, make the command “GSF” to boundary test the nature of communication. A negative entity will be disarmed or refused access to your nervous system.

Part 4- Prepare for HGS Session Calibration

1. Axiatonal Alignment and Correction of Reversal Polarities in Aura
2. Reconnection of Spiritual-Energetic Communication Links
3. Set Neutral Association or Observer Point
4. Determine the Physical Body Core Stability and Apply Upgrades
5. Set Personal Space and Protected Session field in Home or Office
6. HGS Session Calibration complete

Step 1- Overview -Axiatonal Alignment

To entrain the code: Refer to the Axiatonal Alignment Chart and place palm of hands on top of Left and Right Hand Graphic. State command “Axiatonal Alignment 4-7-10-1-5 Left. Axiatonal Alignment 3-6-9-2-8 Right. UNIFY!”

Tip: Test for a Y/N answer for “code entrainment required”. If yes, repeat the entrainment of the code chart in each energy session until you receive a no answer. In future session work state command “**Axiatonal Alignment - Unify!**” to harmonize polarity in session work. When dealing with intense density, state this command to unify the discordance between your person and the other person or energies. This nullifies any dark energy from sticking or attaching itself to your field. When one gains more energetic session experience, polarity will automatically stay in balance.

When polarity balance doesn't hold:

- Center the hand on your midline vertical channel.
- Tap the base of the skull from behind.
- Make sure neither facilitator or client is upset, frustrated or excessively tired
- Either correct neutral association to conditions or stop session

Step 2 - Reconnection of Spiritual-Energetic Communication Links

Open all Spiritual-Energetic Communication Links between God, Mental Bodies and Body Parts

- ✓ GOD-AVATAR-MONAD-SOUL-ETHERIC-NADIS-MIND-BRAIN-CNS-SPINAL-CORD-PHYSICAL-BODY
- ✓ God-Conscious Mind-Body Part
- ✓ God-Conscious Mind-Brain-Body Part
- ✓ God-Conscious Mind-CNS-Body Part
- ✓ God-Conscious Mind-Spinal Cord -Body Part

Place your attention and focus on all above links to test any weakness or reconnections that need to be made in any of the above combinations. You may state this verbally or within your mind when first working with reconnections. The objective is to reconnect God Source Light to communicate with all pathways of your bodies and body parts. Perform an inner scan and ask your body if there are any body parts that need to be reconnected. You may get an intuition on a specific body part, i.e. liver, brain, blood, or just get the general term of reconnecting all “body parts”. Consciously go through each communication link up and reconnect them all in perfect balance to communicate with God Source.

Once you are made aware of these bodily connections and spiritual links, they will maintain their connection by focusing your attention there, in future HGS Session work.

Step 3- Set Neutral Association or Observer Point (Remain Non Attached to Outcome)

Healing is non-verbal and non-linear. Release the mental body from fixating and Increase Higher Perceptive Feeling by doing an inner field check list. Stay fully present in the Now moment.

- ✓ No Judgment, Replace with Discernment
- ✓ Fearless and Timeless
- ✓ Compassionate Witness
- ✓ Breathe In Deeply and Relax: "I am Neutral"

Tip: Being neutral and relaxed will happen naturally as you gain experience doing HGS energy sessions. Perform these corrections when it's difficult for you or another person to be in a relaxed state.

Step 4- Determine Physical Body Core Stability and Apply Upgrades

Is my Physical Body and Core Stabilized to Continue (Y/N)?

- a. Answer is Yes, Continue to Next Step 5.
- b. Answer is No, Apply corrections of Physical Matrix Reconnection (PMR) Program below.

Physical Matrix Reconnections (PMR)

- ✓ Skeletal Structure to Bone to Cranium
- ✓ Spinal Column to Spinal Nerves
- ✓ Muscular to Ligament
- ✓ Circulatory and Lymphatic System to Venous and Arterial
- ✓ Heart to Lung, Breath to Blood to Brain barrier
- ✓ Organ and Endocrine System
- ✓ Immunity Matrix and Blood Chemistry Upgrade
- ✓ Central Nervous System to Parasympathetic to Sympathetic to Vagus Nerve - Balance Triad
- ✓ Brain Balancing Treatment

The importance of the physical body and inner core being congruently aligned and stabilized cannot be underestimated in effective and rapid clearing in future HGS session work. Please be patient with the calibration procedures when getting acclimated to this HGS template system. Please be complete with each calibration step before continuing to the HGS Session Template, Multidimensional Body Connections. When this template is calibrated and entrained within your aura, your stabilized field in balanced alignment will progress much faster with the use of this system in continued session work. Some people will already have these energetic entrainments and others will be required to further complete these calibration steps for seven days or more to be able to move to the next level of the HGS

template energy session work. One must honor the pace your body is willing and able to move through these energetic corrections and upgrades. Please be patient as this process sets the foundation of strength that allows energetic and spiritual support at maximum levels.

This step is to determine the stability of your physical body and if it is required to have specific physical reconnections. If you are testing strong (Y) for stability, then skip the below and go to the next step.

If you receive a no, proceed with the immediate **Physical Matrix Reconnections (PMR)** list in Step 4 item b. (PMR). Go through each item setting the upgrade for each physical body structure to strengthen and stabilize. Take your time going through this list and after the last item if you need time to integrate, lie down or rest for a few minutes and sip some water slowly. This PMR when activated is a re-circuitry support system that will generate etheric surgeons from the AoA Hieros Gamos Network. Depending on the best time for your re-circuitry session it may happen immediately or at sleep time. You may feel dehydrated and will require more water. This is designed to maximize physical body stability and structural support.

Again, ask again the question:

Is my Physical Body and Core Stabilized to Continue?

- a. Answer is Yes, Continue to Next Step 5.
- b. Skip
- c. Answer is No, STOP. Apply 7 DAY Physical Matrix Reconnection Program. Continue when YES.

If you are given option “c.”, the 7 Day Physical Matrix Reconnection Program, please follow the instructions and refer to the technique on page 44

*Repeat foundational steps **Connect to Inner Core** and the **Prepare for Session Calibration Protocol** (Steps 1-4) until Body is Stabilized (with a yes response) to Open Field and Calibrated to Continue HGS Template to the next level of Multidimensional Energetic Sessions.*

Step 5 - Set Personal Space and Protected Session field in Home or Office

When opening an energy session or creating a protected and clear energetic container at home for your family, it is an energetic concept to “create the circle” or set the space for your consciousness intention. This is called “setting the grid”, which is setting the personal energies in your space to create the resonant frequencies that support your physical and energetic body. Every person has a unique energy signature, so you will want to imbue your energy and your loving heart into whatever space you are creating. This will protect you from lower density energies and create a clear and clean energetic space for your session work. When you create the space you are now the one in charge and it’s up to you to have the clarity to decide what is acceptable and be firm to enforce your boundary.

When doing “Set Personal Space” for session work your main objectives are:

- a. **“Opening the Field”** - Command your personal space with a clear energy container to repel dark entity manipulation and breaches of your energy field.
- b. **“Communicating Directly”** - Maximizing God Force and Light Source to amplify your ‘handshake hub’ for focused session work
- c. **“Clearing up Shadow Elements”** - Setting up a “Shadow Vortex” to remove and clear out any debris in your environment or shadow elements that need to be cleared away from you, your client/family when doing energy work. You do not want to leave an energetic mess in the space, as it attracts astral entities. Be sure to set this portal up for efficient spiritual container “clean-up”.
- d. **“Session Content and Intention”** - Creating the “Core Soul Protection” within the session work, so that any Ancestors, Past or Future Identities, Spiritual Attachments , etc., can choose to be protected and transited through the light source and energy container that you have set up with this specific purpose. This means if you encounter any kind of entity or any displaced souls, you can lead them to help through the spiritual light source of the 12 D field. Many times when clearing in energetic sessions you will come across entity attachments, traumatized souls (people who have passed their body however are still in pain or lost in the earth plane) or other spiritual – energetic issues.
- e. **“Closing the Field”** – After session content is set up or completed, be sure to close and end your session communication link.

The **Set Personal Space Command** is in the technique section, please refer to page 41

When learning to work with setting your personal space or energetic session container, you can use the technique as a verbal command. To entrain the system code, it is suggested you become proficient with repeating the command in your space, as much as desired. When you have repeated this command to entrainment with your nervous system , the process of setting up space will become automatic and you will not need to verbally repeat the command every time. With repeated session work, you are able to mentally focus energy amplifications in the environment as you feel guided to strengthen certain areas, i.e. the portal, or other issues you are made aware of.

Step 6 – HGS Calibration complete

You have completed these processes:

- ✓ Connecting to Your Inner Core
- ✓ Preparation for Session Calibration to the HGS Template
- ✓ Stabilized your Physical Body
- ✓ Set Personal Space for Protected Session Work

Avatar of Ascension

HIEROS GAMOS

INNER BALANCE TO SACRED MARRIAGE

*Empowered Self Mastery:
Finding Your Energetic Core and Remembering your
Spiritual Purpose*

SESSION CALIBRATION

CONNECT TO YOUR INNER CORE

- A. Authentically declare your Intention from your Heart to resolve authority issues and defer your Ego to Serve God/Oneness
- B. Activate your Inner Spirit and Core Shield (12 D Field Hub)
- C. From within your 12 D Hub, create the Hub Handshake with Unity Intelligence/Krystal Star.
- D. Boundary Test (I am God, I am Sovereign, I am Free)

Prepare for Session Calibration:

1. Axiatonal Alignment and Correction of Reversal Polarities in Aura
2. Reconnection of Spiritual-Energetic Communication Links
3. Set Neutral Association or Observer Point (Remain Non-Attached to Outcome)
4. Determine Physical Body Core Stability (Y/N)
5. Choose Amplifier and Grid System (optional)
6. Set Personal Space and Protected Session field in Home or Office
7. All Systems Go! Continue to Multi-Dimensional Reconnections and Session content.

1. AXIATONAL ALIGNMENT

(Correction of Reversal Polarities)

Balance, Center and Stabilize Core

Left to Right - Left Female – 4,7,10,1,5 Right to Left – Right Male – 3,6,9,2,8

Unify! I am Unity!

2. RECONNECTIONS

a. Open all Spiritual-Energetic Communication Links between God, Mental Bodies and Body Parts

- ✓ GOD-AVATAR-MONAD-SOUL-ETHERIC-NADIS-MIND-BRAIN-CNS-SPINAL-CORD-PHYSICAL-BODY
- ✓ God-Conscious Mind-Body Part
- ✓ God-Conscious Mind-Brain-Body Part
- ✓ God-Conscious Mind-CNS-Body Part
- ✓ God-Conscious Mind-Spinal Cord -Body Part

3. NEUTRAL OBSERVER POINT

(Healing is non-verbal and non-linear. Release the Mind, Be Neutral and Increase Perceptive Feeling)

No Judgment, Replace with Discernment
Fearless and Timeless
Compassionate Witness
Breathe In Deeply and Relax. I am Neutral.

4. ASK YES OR NO

Is my Physical Body and Core Stabilized to Continue?

- Answer is Yes, Continue to Step 5.
- Answer is No, Apply Physical Matrix Reconnection Program.

B. PHYSICAL MATRIX RECONNECTIONS

- ✓ Skeletal Structure, Bone, Cranium
- ✓ Spinal Column, Spinal Nerves
- ✓ Muscular, Ligament
- ✓ Circulatory and Lymphatic System, Venous and Arterial
- ✓ Heart to Lung, Breath to Blood to Brain Barrier
- ✓ Organ and Endocrine System
- ✓ Immunity Matrix and Blood Chemistry Upgrade
- ✓ Central Nervous System, Parasympathetic Merge Sympathetic, Balance Triad with Vagus Nerve
- ✓ Brain Balancing Treatment

4. ASK YES OR NO

Is my Physical Body and Core Stabilized to Continue?

- Answer is Yes, Continue to Step 5.
- Skip
- Answer is No, STOP. Apply 7 DAY Physical Matrix Reconnection Program. Continue when YES.

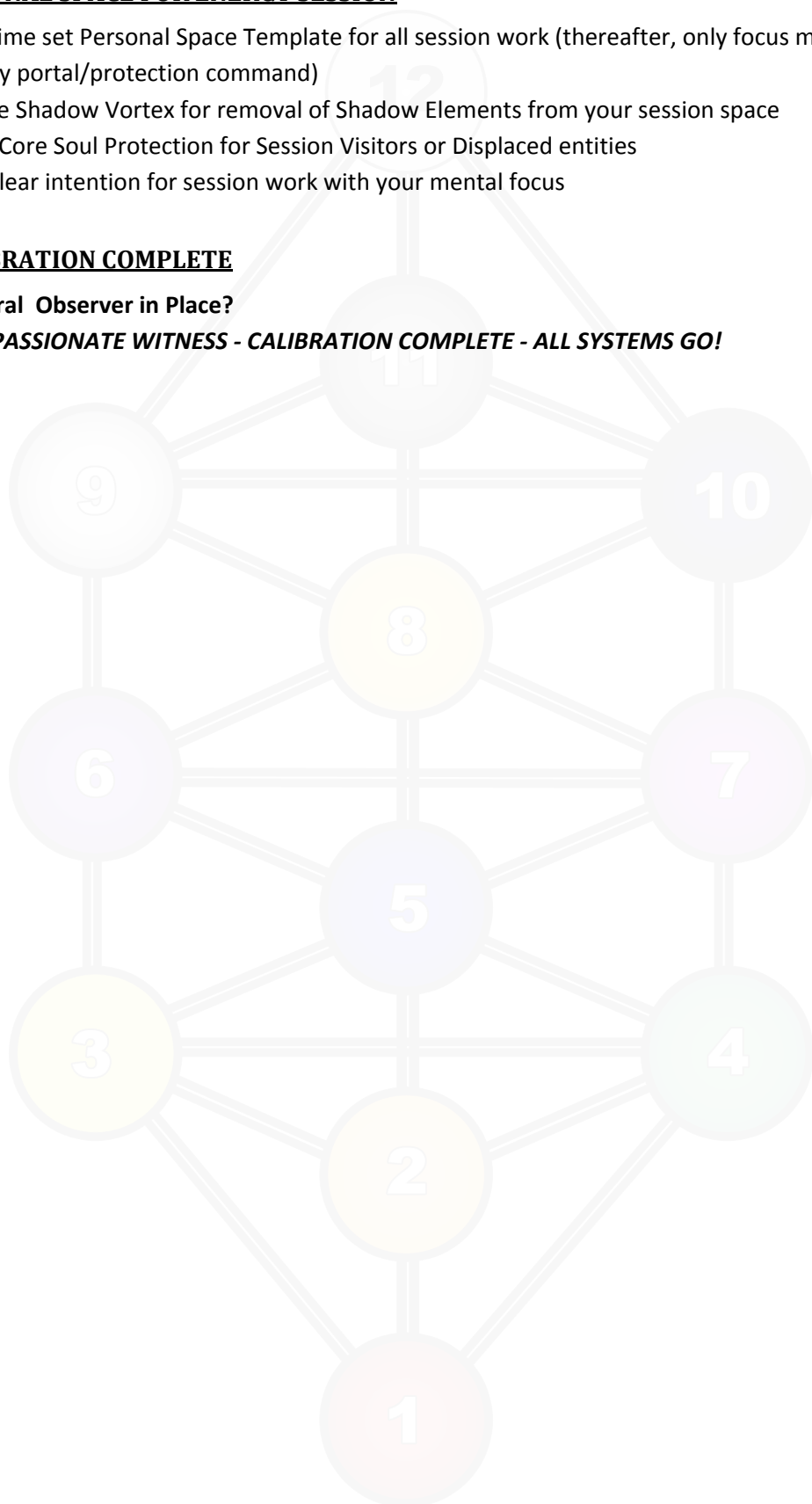
Repeat **Connect to Inner Core** and **Session Calibration Protocol** (Steps 1-4) until Body is Stabilized to Open Field and Calibrated to Continue Session work with HGS Template.

5. SET PERSONAL SPACE FOR ENERGY SESSION

- a. First Time set Personal Space Template for all session work (thereafter, only focus mind to amplify portal/protection command)
- b. Include Shadow Vortex for removal of Shadow Elements from your session space
- c. Apply Core Soul Protection for Session Visitors or Displaced entities
- d. Hold clear intention for session work with your mental focus

6. HGS CALIBRATION COMPLETE

- ✓ **Neutral Observer in Place?**
- ✓ **COMPASSIONATE WITNESS - CALIBRATION COMPLETE - ALL SYSTEMS GO!**



Avatar of Ascension

HIEROS GAMOS

INNER BALANCE TO SACRED MARRIAGE

Empowered Self Mastery:

*Finding Your Energetic Core and Remembering your
Spiritual Purpose*

CORE PRACTICES
(Technique Section)

CORE PRACTICES

12D Shield Building

It is suggested to strengthen your aura and to build your body's energetic strength in order to repel manipulation or obfuscation, which is confusion.

Our core support practice is you wake up in the morning and your first step is to make a daily declaration of your intention to resolve the authority problem between the ego personality and God. And that can be simply stated in these words or words of your own that feel emotionally charged and connected to you such as:

*My declaration of intention to serve my source:
I commit to serve my highest power fully, completely and totally.
I am God. I am Sovereign. I am Free!*

How to build your personal 12D Shield:

And then you work with shielding your body, your personal energy field. Most of us know in becoming introduced to our body of work here at Energetic Synthesis, our core practice is the 12th dimensional shield. The 12th dimensional shield is a practice that fortifies and strengthens our aura by reconnecting us to our 12th dimensional blue print or Kryst or Krystal body. As we shield ourselves, we learn energetic boundaries of our aura. And then we can learn to boundary test our aura to discordant energies that are uninvited.

The shield also helps us to re-imprint our body to physical and energy sustainability and health and this achieved by bringing balance to the body. It also allows communication to be restored with our spiritual forces and star family. It also empowers our body, ourselves, to re-awaken the wisdom of our true origins which may mean we start to decode light language or start to understand more about the hidden history of our planet and of our race.

So as we work with the 12D shield, we use the six-pointed star, which is two triangles of Merkaba that is representative of our Merkaba body. Many of us are seasoned with this exercise but for many of us that are new and joining us now, let us go through the process of the 12D shield.

Coming in to the center of your brain, visualize a nice silver six-pointed star, the Star of David in the center of the brain. This geometry means unity, unity of polarity coming in to oneness with God. Allow that six- pointed star to be in the inside of your vision in the center of your brain. Feeling that unity move that geometric pattern of the six-pointed star down your chakra column, the center line of your body, and see it release between your legs.

You are going to send that all way to the core of the earth. And as you see your Merkaba star, your unity connected to the core of the earth, see that humongous Merkaba star in the center of our planet with all of your love, with all of your intentions sending unity of our planet, sending unity to every being on this planet.

CORE PRACTICES

As you see a thick feed line of platinum energy start to gather around you from this connection. Taking inhaled breaths you may feel in imprint of a cool menthol kind energy as the platinum shield feels kind of cool like mentholated or eucalyptus. Memorize this imprint for it is: I am God, I am Sovereign, I am Free. It is the true Krystal origin of your connection with God force. As you embody this force, you become the promise that embodies it for all of humanity.

With each inhale, as you feel your body start to connect with that frequency, again connect to that six-pointed star in the center of the earth and draw it up with your breath. As you see it returning back to you, have it stop in a position about 12 inches below your feet. This area beneath you is where the core mathematical signature of Krystal body as it connects into your aura exists.

See your six-pointed star 12 inches below your feet and as you do you will see a platform, almost a circular horizontal platform emerge. This platform is your shield, it is your protector, it is that which builds the bottom of your spiritual house. It is your foundation to your spiritual house. So build that foundation. As you feel the firmness and the support building the foundation of your spiritual house in a circular platform, see your six-pointed star in the center of that platform. It is your core, it is your pillar, it is your strength and it belongs to you and no one else. This is your covenant and protection with God always.

As you feel your foundation, now start to sense and see that your 12D shield, a platinum energy emits off your foundation and feel it building a circular pillar of platinum sparked white light around you covering your body, every cell and pore of your energy system emitting and connected to crystalline light of God. As it protects you, as it hold you, as it supports you, it is your foundation and it is your security.

See it building over your legs and hips as it reaches your waist and your shoulders. Start to see it building above your head. You are going to intend to strengthen this pillar and build this pillar about 3 or 4 feet above your head. And this is the first dimensions to build your pillar in order to protect the personal aura body. If you bring your aura in and you want to protect the boundaries of your energy field - you can use this technique so that you can learn to test discordant energies and allow only that which is invited to impact your energy field. You are learning to boundary test. You are learning to create a boundary with your personal energy field before you can start to share this field with the planet and with others which will naturally happen as you become more stabilized and balanced in your own energy field. This process is called "commanding your personal space".

Allow the shield to build and see yourself fully encompassed in your personal platinum pillar from 12 inches or so beneath your feet to 3 and a half to 4 feet above your head, your entire aura, your entire body saturated and protected in this strong pillar of platinum light.

And now we are going to build the same foundation on the top as you did on the bottom as you again in your inner vision - connect to the six-pointed star in the center of the foundation of your spiritual house. Let's start to bring that six pointed star up through the center column of your body. Again the six pointed star represents the unity of polarities, unity of the inner masculine/feminine, it is all represented in this Merkaba star symbol as it we allow it to move up the body's center column and see it release at the top of the crown chakra. Send that six-pointed star to the very top of your pillar of light

and let it linger there for a moment about 3 to 4 feet above your body, right in the center above your head. See that thick white light building strength in your core. That is your monadic staff or your central vertical channel. It's the structure where your chakras are built upon.

If you cannot see this, just intend it for that is enough. In your vision, as you intend to put the six-pointed star 3 and half or 4 feet above your head see it start to build. It will start in its own movement of spinning to start to build yet another circular foundation above your head. You are protected below and you are protected above. As you create another lid to seal yourself inside your personal pillar of light, this is the roof of your house, the roof of your spiritual body.

We are going to see that "lid" as a circular platform just like you did below on your foundation. Create a circular roof that is like your lid on top of your shield. And as you feel that roof firmly being built these are the spiritual energies of your inner god force. Seal that seal into the top of your platinum pillar of light. When this happens it almost feels like a hermetic seal as you are fully suspended in this protective light, fully shielded in your spiritual house and from this place you can use discernment, you can boundary test in all modalities and all decision and in all things that cross your path. If something becomes unclear or confused, allow it to be tested against your shield. Is it of your resonance? Is it not of your resonance? If it is not, do not fear it, let it go and move on your personal path. You are not missing anything. You didn't make a bad decision. There is no mistake, only that which resonates with your personal heart-based God force and that which does not.

So you again feel yourself suspended in the protective spiritual house and pillar of God's light. Program it through I am God, I am Sovereign, I am Free and allow nothing that is not aligned with those frequencies to enter your field, to enter your shield.

Finally focus on the six-pointed star, your Unity Merkaba symbol at the center of your personal pillar 3 to 4 feet above your head. You are now intending to ground multi-dimensionally by sending your six-pointed star out into deep space and into the connection with the Heart of the Universe, the heart of God itself. See your Merkaba Star flow away from the top of your shield through a platinum feed line all the way into the core of the Universe and grounding yourself into the center of the Cosmic Heart of the Universe.

And now from the place of your shield, you are going to invite your higher self, God self and your Ascension Guides, those which are in alignment to your sovereign freedom and to your highest evolution and heroic probability as we establish the connection with your beloveds, with your spiritual family. You know you are never alone. You know you are fully supported.

As you thank your Ascension guides, as you thank God, and allow yourself to be filled with peace, harmony, balance, and integration. Know that you are on the path of Ascension and on a need to know basis. And as you trust, you will receive all that you need in the moment. Learn to trust and listen to your inner spirit. Release all your worries, all of your doubt. Cast your entire burden to God now. In deep love and gratitude complete your meditation and seal your communication and intention.

Asking Yes or No??

When we are learning to communicate with our inner self, we begin by asking our body a simple question which requires a yes or no answer in return. The body is its own intelligence and has its own wisdom. When we are developing higher sensory ability, it is important to pay attention to how you feel and how your body responds to certain energies, vibrations and questions. In developing this technique, this is our suggestion:

Close your Eyes and clasp your hands and palms together in prayer position. Breathe in and focus on your heart. Try to imagine the door of your heart opening as you ask to speak to your soul.

In your inner vision: Ask your Inner Spirit that resides in your Heart the question. Ask a simple Yes or No question.

When you ask the question you may also see the item visually and place it in front of your heart to get the “feeling” of your hearts response. Remember there is no good or bad, or right or wrong answer. You are learning how to discern what is best for you directly and not to judge any response or reaction.

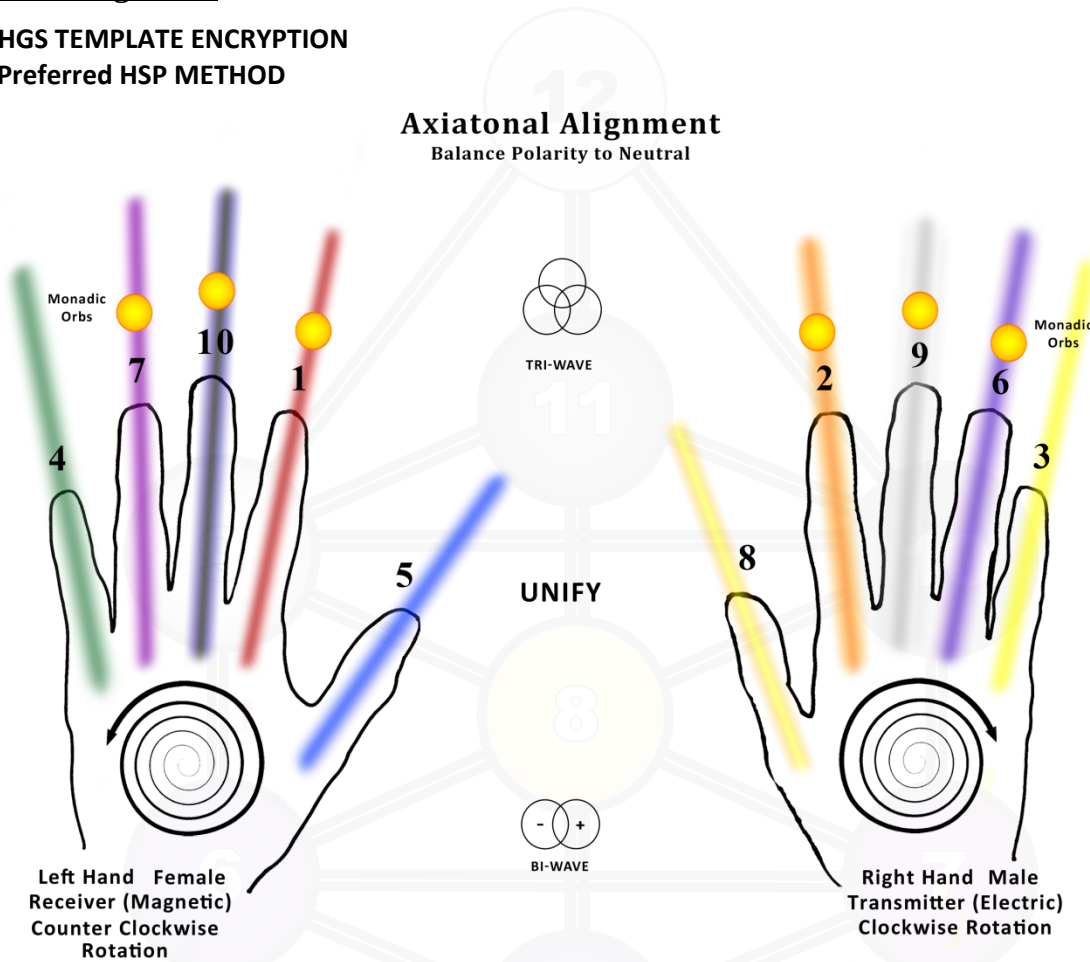
When we feel a response that is aligned to us personally, it will feel affirming, positive, necessary and open. This is a response that is summed up as YES.

When we feel a response that is not aligned to us personally, it will feel heavy, negative, oppressive, closed or like “dead energy”. This response is summed up as NO.

As you build your higher sensory ability through practice with this technique, your skill will improve. Any technique when practiced is like building your spiritual muscle, it gets easier for you to feel discernment and to feel aligned to what is positive for your soul growth. When you get good at listening to your inner spirit, your life becomes synchronistic! As you experience more life synchronicities you will find you are always led to be in the right place for you!

Axiatonal Alignment

FOR HGS TEMPLATE ENCRYPTION
And Preferred HSP METHOD



As you review the Axiatonal Alignment HAND Chart above, (see the larger visual aid graphic on page **Error! Bookmark not defined.**) notice the three monadic gold orbs resting on the finger pads of the middle three fingers of each the right and left hand. When the being becomes individually activated to align and reconnect with their monadic body, these monad finger flames extend out of the fingers/hands. If one is not at these embodied frequency levels yet, the HGS user can attune to this activation by applying mental focus, which will assist the session user to continually activate these energies within the fingertips to function.

Focus on your hands and intend these middle finger orbs/chakras to activate. As you work with the intention and encryption of the HG system, these orbs will be activated as you utilize the HGS template and continue to practice sessions. The process of activation of these monadic orbs, in order to use the HGS template as the preferred HSP method, is called the THREE FINGER SWIPE.

This HSP method, although is easier for the more advanced energy session worker, can be used at any part of the HGS template system as well, as it is suggested that all of the HGS template session work be encrypted through the user with the THREE FINGER SWIPE METHOD. These three fingers will be used in quick encryption of the entire HGS Template System.

This process is included as part of the introduction to the HGS template in the HGS Calibration Procedures, and is listed in the graphic visual aid called "Axiatonal Alignment".

The Core Fear Matrix Removal Program

God Force, My Avatar God Self, and my Evolution and Ascension Support Team:

- ✓ Please install the lattice work of light into my mind grid field and emotional field to remove all Fear based programs. I Request The Core Fear Matrix Removal Program.
- ✓ I ask first for a general clearing of all fear-based programs that are hindering my spiritual growth and Ascension.
- ✓ I request that my God-Self focus on my physical body and ask to remove any and all fear based programs lodged there.
- ✓ I request that my God-Self clear and heal my etheric body and remove any fear-based programs that are blocking me.
- ✓ I request that my God-Self clear and heal my astral body and remove all fear-based programs and spiritual weeds from my astral or emotional body.
- ✓ I request that my God-Self clear and heal my mental body and remove all thought forms of an imbalanced and negative nature.
- ✓ I request to clear and heal my spiritual bodies fully, totally and completely.
- ✓ I Ask that the fear programs be completely removed from my spiritual bodies and from the memory records. I claim my self-sovereignty to be free of fear programs now!
- ✓ I am God! I am Sovereign! I am Free!

During another meditation, apply the clearing through each of your 12 Tree Grid Spheres. Begin with the first sphere and request the Fear Matrix Removal Program to remove all imbalanced energies and fear-based programs preventing you from achieving your ascension in the first sphere and its chakra. Then do the same for each of the other eleven spheres and their chakras. Do this for twenty-one days and see what happens!

About the Program:

The Fear Matrix Removal Program is a divine dispensation from the Creator that allows God Force to actually pull out core fear patterns right out of your subconscious mind and four body system. Clairvoyantly, these can be seen as black roots with many tentacles throughout the body. As they are removed through your crown chakra, they are completely removed from your soul records. Whenever you feel your buttons are being pushed, or you have a negative reaction or emotion, a fear program has been triggered. Immediately call to the God Force to remove it. It is recommended that every night before going to bed for three to six months that you ask for all of your core fear to be removed. If you request to be officially signed up for the Core Fear Matrix Removal Program, they will also work on you without your having to ask. Anytime you become aware of an area where fear-based programming lives, then immediately call to the God Force to remove that specific program. It is very important to be specific and state which fear-based program you want them to remove. You cannot just ask one time that all fear-based programs be removed and never ask again. You must continually work with the God self to continually remove the core fear patterns in different areas. Make a list of all the possible core fears and negative ego programming you can think of. Each night before going to bed, ask that a particular area be removed from this life and all your past lives. After the core fear is removed, you must ask that it be replaced with core love, so that it doesn't come back!

ES Core Triad Practice Techniques for Daily Use

Step One: Daily Declaration of Intention (resolve the authority problem between Ego and God)

*My declaration of intention is to serve my Source.
I commit to serve my highest power fully, completely and totally.
I am God. I am Sovereign. I am Free!*

Step Two: AM/PM practice the 12D Shield to Learn how to Command Personal Space

[http://energeticdownloads.com/CD tracks/12 D Seal.mp3](http://energeticdownloads.com/CD%20tracks/12%20D%20Seal.mp3)

(Go to web-link for audio of meditation)

The 12th Dimensional Shield is to protect your body to receive an increasing flow of higher frequencies. The First stage in working with the 12 D shield is to achieve the following PERSONAL results:

- To fortify and strengthen our Aura and Energy Field by reconnecting to the Over-soul Matrix and the 12 D Blueprint
- To learn energetic boundaries of our Aura and to be able to boundary test discordant energies that are uninvited
- To re-imprint the body to physical sustainability and health (achieved by energetic balance)
- To allow communication links to be restored with Spiritual Forces and Star Families
- To begin a process of reawakening dormant or damaged DNA
- To empower our cells to reawaken to our True Origin, including decoding light language and the hidden history of the human race.

After this has been practiced with commitment and dedication on a regular basis, new levels of awareness will begin to emerge. Let this express itself freely and do your best to allow and do not place judgment on any experiences you may have. All of us are unique and may have different variations of experiences.

Depending on your soul gene code, lineage and willingness to be rehabilitated for service to others orientation, you may find after a certain time of working with this technique that you are called to the second stages of building and working with larger fields of 12th dimensional energy. A certain level of personal light integrity must be stabilized in order to be effective to work with the larger 12th Dimensional vortexes. The 12 D Vortex fields are extremely effective at harmonizing personal environments and stabilizing energies such as planetary grid lines. Working to harmonize energy spaces is the next stages of working with the 12 D fields of energy. You can also think of this 12 D energy, in its Platinum color, as the Cosmic Christ Frequency. Still it is a good mental focus technique to practice daily your 12th dimensional divine light shield, which is necessary to prepare your aura, and for the neurological entrainment of our NERVOUS SYSTEM and to be receptive to the huge influx of higher frequencies during the Ascension cycle.

Step Three: Before Bedtime – Work with the Core Fear Removal Programs

Spend time and listen to the below tracks by pasting the links below to your web browser:

- [http://www.energeticdownloads.com/CD tracks/TRACK 3- Clear Fear Intro.mp3](http://www.energeticdownloads.com/CD%20tracks/TRACK%203-Clear%20Fear%20Intro.mp3)
- [http://www.energeticdownloads.com/CD tracks/TRACK 4-Core Fear Removal.mp3](http://www.energeticdownloads.com/CD%20tracks/TRACK%204-Core%20Fear%20Removal.mp3)

Establish connection with Higher-Self/Guides to move out old fear programs, and clear implants in your energy field template.

CORE PRACTICES

Start first with general fears being rooted out. Request them and remove them in your personal voice command (you request it out loud).

Then move to more specific fears that you know create limitation. The more specific your request, the better, as you work with this technique.

Establish Sleep State programming to continue these clearings with your Guidance as you are sleeping.

Daily Guidelines to move from Mental Confusion to Inner Clarity:

MENTAL DISCIPLINE TECHNIQUE: STAY IN THE NOW MOMENT!!

The 5 Steps to Negative Ego Reprogramming:

1. **RELABEL** – Identify the negative thought or emotion as a distorted pattern of negative ego consciousness. *This “Fear” is my Negative Ego. This is not the real me.*
2. **REATTRIBUTE** – Dis-identify from the thought or emotion as *you*. You begin to master your emotional states and you can begin to choose. *I am the eternal being, not my thoughts or emotions.*
3. **REFOCUS** – Move yourself out of situation, environment or the trigger for that thought. Go for a walk, listen to music, change your focus. *Affirm: Not my will but Divine will.*
4. **REVALUE** – Revalue the power you have given this thought or emotion to rule your life. See it for what it truly IS. Limiting you. Disempowering you. Robbing you of inner peace and fulfillment as a Divine being. *Get behind ME, Ego! I AM that I AM!*
5. **REQUEST Help** – Commit to expressing Higher Emotion and Living your Soul Purpose. Ask for help from Spirit. Work your tools. *Be here NOW!*

DAILY GOAL: Monitor and Track your SELF Awareness, by Cultivating “THE WITNESS”

The Witness or Observer has no judgment. It allows observation of external events without needing to control the outcome. Practice this intentionally as a daily exercise by monitoring:

Mental Awareness - : Often our minds fall into a groove that has a certain tone or resonance to it. Sometimes our mind is agitated and sometimes our mind is very calm. We are expansive and receptive when we are calm, centered and mentally relaxed. When our mind feels agitated and stirred up, we then become constricted and energetically blocked. Agitation, anxiety and worry often indicate that we are operating in the active Beta brain wave state (which is where most adults operate from) .When our mental body and mind feel calm and flowing, it means we are in the more relaxed Alpha brain wave state (where children generally operate from). Try to operate from the relaxed Alpha brain wave state as much as possible since that expands and allows more energetic flow into your body. You will experience greater ease in your life and begin to go with the flow, allowing yourself to receive more “spiritual-energetic” support into your daily life.

Self-Talk Awareness - : We talk to ourselves with an inner dialogue all of the time. We talk to ourselves over 50,000 times a day and what we say to ourselves determines to a large extent the quality of our lives. When you begin to meditate and hold more periods of inner silence, you will be amazed by the amount of self-talk you start to witness in yourself. Try to begin tuning in as much as possible to what you are saying to yourself in the still places of your very receptive mind.

When you get anxious and notice a self-defeating program of your ego taking over, go to the next daily practice tool as a REFOCUSING EXERCISE and apply breath and self-forgiveness.

DAILY PRACTICE TOOL - Self Application of Forgiveness- USE WHEN TRIGGERED INTO NEGATIVE PROGRAMMING OR UNLOVING THOUGHTS TOWARD YOURSELF (i.e. worry, anxiety, self-doubt)

Breathe in and slow down your body by applying breath. Take in deep inhale 4 counts, Hold in 4 counts, Exhale 4 Counts. Do this for 4-8 counts until you feel totally out of your mind programs and in your full “presence” of breath- The NOW presence. The goal here is getting you OUT of your mind program and INTO your PRESENCE. This can happen when you apply breath. Your mind has to release. Reprogramming is most effective when done outside of the mind, when you are engaged in the “observer” mode of your full present consciousness.

Now Invoke:

I forgive myself that I have accepted and allowed myself to experience _____.

(Minimum of 3 sets, then work with the breathing exercise again if you feel you have lost “now” moment presence, for a total set of 9 sets of commands for each item chosen)

You choose the item you feel is most pressing for each “set” of the exercise. You may want to alternate daily or work on one issue you know is pressing consecutively for 21 days until you feel emotionally freed from the memory or pattern. **You can choose.** Some sample suggestions:

1. Lack of Self Love or Acceptance.
2. Lack of personal power/fear or limitation
3. Entities and people dominating me or sucking my life force.
4. Poverty consciousness or lack of a self-identity (lack of trust in God/Goodness)
5. Self-doubt/worry

REPLACE THOUGHT AND AFFIRM: I AM THE POWER, MASTER AND CAUSE OF MY EMOTIONS AND MENTAL STATE!

Set Up Personal Space

Suggested for protection and session work

Opening:

Beloved God- Open All channels of light, clear all light fibers to be fully connected and resonant with the Living Light Code.

We Set our Space in our Room with Our Unity Decree!

Defenders of Truth, Sovereignty, Liberation. Guardians, Serving the One. From Across All the Multiverses We ask you to Join US Now, anchor our personal space in the sovereign God Law of One.

Do a quick 12D, reinforce shield

We Ask The Guardians, Mother Arc, Councils of our Higher Selves, Evolution Support Teams, aligned to the Law of One Mission to work together for the highest capacity of exchange of GOD's infinite light, love and power in divine right order and harmony. My declaration of intention is to serve my Source. I commit to serve my Highest Power fully, completely, and totally. I am God, I am Sovereign, I am Free.

Please open the 12th Dimensional Vortex in counter clockwise motion into full expansion in the Celestial Christ Force Of Platinum Light, Grid this Space entirely in the 12th Dimensional Pale Silver Light. Set the Spin Accordingly, Calibrate, Anchor Lock and Seal in this Hologram.

North South East West – Earth- Sky and heart : We direct the Four Corners to Be Sealed in the Light of Unity and Oneness. We Are Impenetrable and Invincible. We ask the Aurora Forces to Anchor this Space Sacred in Service to the Law of One of which We Serve.

I claim my Divine Inheritance and Self Sovereign God Power NOW! I choose the Patterns of Perfection NOW For all Human Beings! I AM THE DIAMOND SUN NOW!

(See the 12 D Portal spinning outward in concentric circles opening and expanding around you.)

I open this session in service to Law of One and Invite the Starseed Races to connect and anchor in. As I am God Sovereign and Free I so Decree:

Please generate a Field of Divine Grace around and within this "Room, Hotel, and Land."

Please anchor frequencies of Unconditional Love and Forgiveness in this space.

Please generate blessings to all who enter or dwell here, human and non-human, in the Light and Service of the One Source God.

I claim this Space and the Beings in my care as Sovereign and Free in the Light of God, now and always.

Please seal these blessings into permanent installation here.

(Designate a space for a Shadowy Elements Vortex to clear debris)

"I request your assistance in creating a doorway/vortex (i.e. in the corner of my room) to be used by all Shadowy Elements. I have 100% desire that all shadowy elements within myself, within others around me and within all plants, all animals, all other beings, all places and spaces around me clear and transition through this doorway/vortex exclusively. I thank all Shadowy Elements for using this doorway/vortex."

We Ask our Avatar Selves to return all codes, fire letters, and the jewels, wings, energies and parts of bodies that have been misdirected and return them NOW to the Rightful Owner in the name of Self Sovereignty herein stated and commanded into presence NOW. We invalidate the beings by commanding a full dissolution and dissolve into the One Source God Source Light through Forgiveness and Forgetfulness. Completely Heal and Seal the personal Auric Field from any further intrusion. Return all energies and essences that were in divine right order NOW. We call back NOW all that is our self-sovereign god power and right.

(You can apply the Core Soul Protection Package to your family of origin or for any beings that you have permission to represent. We can bring those energies of their God Self fully here and now)

Beloveds, we request now the complete removal of all the nephilim reversal programs or lower formed energies and misqualified vibrations. Remove all imbalanced matrices, devices and structures here and now. Further, remove any and all negative entity, negative attachment, negative elemental, negative alien influence, negative karmic implant, negative alien implant, any negative karmic pain traps, any negative manipulation. Please check for and remove any mind control, mind control booby traps, thought forms, beings, phase disruptors, disease booby traps, holographic inserts, pathogen pullers, or any kind of structure interference draining our energy through "karmic superimposition" and enslavement devices or programs that are interfering with our free will of expression and self-determination. Clear any ritual, spell, curse or symbol. Clear any negative past life artifact. Clear any and all psychic attack with any frequency of manipulation or interference. Clear related attacks of vampirism or cording and all negative cords. Remove impacts from negative mass consciousness energy or leakages connecting to those particular programs. Further, for our entire group please clear any and all imbalanced or misqualified energies now. We claim the sovereign right and liberation for all persons involved through any timeline or time zone. In the light of God and the Love of Christ we dissolve and clear any and all manipulation, enslavement or interference with any person, place or thing, both human or non-human to be removed, cleared and terminated from any involvement. Clearly stated we resign any and all involvement in this matrix, we resolve and resign from this game, fully and completely. We are all free from any entanglement, attachment or disturbance Now and Forever. Our Authority is taken as the Christ through God's Sovereign Law.

We command this space as sacred in the name of God and consecrated to the service of the One Source Light.

CORE PRACTICES

We have created a container to contain these entities and energies for transit and we now address them fully:

All entities and spirits involved in this program game are claimed in their God-given rights:

- You have the right to self-determine and choose freedom.
- You have the right to your own sanity and to choose wholeness.
- You have the right to leave this control matrix and end this war game.
- You have the right to choose and you are free in God's Eternal Light.
- You have two choices: to return to God's Light or to a time-space continuum or space of origin (please choose now)

God Forces and our Avatar Self please assist and transport in all appropriate levels of transit. Sovereign freedom consecrated to God Source with all intention now is chosen, thank you. Please seal and end our communication portal. When complete seal all open doorways.

I decree:

From the Light of God that I am I call forth all things whether animate or inanimate within or around me immediately deactivated from use as directional beacons by those who are not of 100% pure Light or not of the sacred Law of unified One. I further command and declare that when this is accomplished it is irrevocable and permanent.

From the Light of God that I am I call forth that no energy, entity or being are allowed around me at any time that are not of 100% pure Light in service of the unified field of One. I command and declare this to be irrevocable and permanent.

From the Light of God that I am be it known I hereby cancel all contract or agreement I have made with any entity, guide or being in this time frame or any reality that were not in the interest of God or that were made with beings who were not of the unified field of 100% Light. I declare and command the cancellation of contracts as irrevocable and permanent in all time frames and realities here and now.

I harmonize and HOLD this space in the name of One Self God Self. AS witness of One, I seal this into the Light of Union of Wholeness in Service to the One Self. Take this through the Morphogenetic Field and subtle energy systems on all levels and components of the Being. Fully, Completely, Totally, Irrevocably and Permanently, Anchor Lock and Seal through the Hologram. Anchor Lock and Seal throughout the Time Matrix.

Beloveds, we thank you for this Opportunity. It is with great joy and reverence we are Home in the Light. Our Infinite Stream of Love is with you in ALL ways.

And SO it is. I Seal and End this Session into the Light of Wholeness and Union. THANK YOU!

7 DAY PHYSICAL MATRIX RECONNECTION (PMR)

7 Day Physical Matrix Reconnection Program

DAILY:

ES CORE TRIAD PRACTICE (12D Shield, Core Fear Removal, Declare your Intention to Grow your Soul)

DAILY AFFIRMATION: I AM ONE WITH GOD. MY BODY IS GOD'S PERFECT IMAGE.

SLEEP STATE HEALING:

- **NIGHT ONE:** REQUEST GOD FORCE SUPPORT IN ANCHORING PHYSICAL MATRIX RECONNECTIONS
- **NIGHT TWO:** REQUEST GOD FORCE SUPPORT ANCHORING SKELETAL AND BONE MATRIX UPGRADE
- **NIGHT THREE:** REQUEST GOD FORCE SUPPORT ANCHORING MUSCULAR, LIGAMENT MATRIX UPGRADE
- **NIGHT FOUR:** REQUEST GOD FORCE SUPPORT ANCHORING CIRCULATORY AND LYMPHATIC SYSTEM UPGRADE
- **NIGHT FIVE:** REQUEST GOD FORCE SUPPORT ANCHORING ORGAN AND ENDOCRINE SYSTEM MATRIX UPGRADE
- **NIGHT SIX:** REQUEST GOD FORCE SUPPORT ANCHORING IMMUNITY MATRIX AND BLOOD CHEMISTRY UPGRADE.
- **NIGHT SEVEN:** REQUEST GOD FORCE SUPPORT ANCHORING NEW CENTRAL NERVOUS SYSTEM MATRIX AND BRAIN BALANCING TREATMENT.

ROTATIONAL MEDITATIONS

PARTICIPATION MEDITATION

HEALTH UPGRADE MEDITATION

QUICKSTEP PDD

- **Tip:** Sleep State Healing is setting prayers and healing requests before sleeping and dedicating your sleep time to healing or spiritual development time.
- **Tip:** Allow yourself time to process these physical level reconnections and upgrades. Sometimes we want to hurry when the most profound results come when we are patient with our balancing process. When you feel guided and ready return to the healing outline (See Asking Yes or No?) and continue to the Multidimensional Aspects of Being. This opens the gateways to the Stages of Inner Balancing.
- **Tip:** Drink plenty of fresh water and have water at your bedside. You may feel dehydrated and experience dry mouth or flushing of toxins from your body. The body may release toxins from any level of elimination and you may notice different smells or unusual odors, or unusual bathroom habits. This should stabilize however whenever integrating new frequencies this is common.

Participation Meditation

Exercise: How to Participate with your Inner Self:

Inhale a deep breath into your Heart Chakra. See your Heart Door Open Wide while you hold this intention in your mind:

I ask to receive the greater knowledge of my Soul and to be Open to Receive All I need to Grow.

Hold Breath for 10 seconds while focused on your Heart center.

Exhale slowly $\frac{1}{4}$ (or so) of your held breath and Inhale another deep breath into your Solar Plexus center.

Hold Breath for 10 seconds within your Solar Plexus center.

Exhale slowly $\frac{1}{4}$ (or so) of your breath and then Inhale another deep breath.

As you inhale bring the energy of your breath from your Solar Plexus upward past your heart and releasing out of the top of your crown.

Rest with 3 Breaths and Start the process again.

As you progress with this simple technique as a daily practice, it is suggested to ask inwardly these simple questions:

- Who am I?
- Where did I come from?
- Why am I here?
- What am I supposed to be doing with my life?

Remember there is no way to do this exercise incorrectly. Let go, feel inside and follow your intuition along with your breath. You may want to journal your impressions for review at a later time.

Health Upgrade Meditation

Before installing: quiet the body through meditative exercises to bring the mind to a relaxed and neutral state. To start installing, state the following: I state as my intention the installation of the "Improved Health Upgrade" in all my parallel lives, when appropriate. Install the program by invoking each paragraph out loud. To run the program after its installation, call upon your GOD-Self Spiritual Council to automatically check and optimize each requested correction. Beloved God, Please Upgrade:

1. Upgrade my general vitality - all life force energies within all simultaneous dimensions
2. Increase the immunity of my Now Self -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 life force energy.
6. Increase the harmony and communication efficiency of all my body parts with each other and give my gratitude to all my body parts.
7. Upgrade the degrees of synchronicity in my daily activities –fully in the Now state of mind.
8. Upgrade the grid connection to Source -to God's vital life force required for my health
9. Upgrade my elemental bodies to re-encrypt to the Aurora Elementals.
10. Upgrade the energy flow through my meridians, chakras, and vertical channel hara line.
11. Upgrade the degree to which all my energy bodies are presently functional and efficient
12. Upgrade the efficiency of my Endocrine system's ability to produce hormones
13. Upgrade the degree to which all energy leaks are absent, closed, or sealed in my energy bodies.
14. Optimize the level of Oxygen within all my body parts
15. Optimize the level of Hydrogen within all my body parts.
16. Optimize the level of Hydration (water) within all my body parts.
17. Increase the degree to which my addictions are removed and controlled.
18. Optimize the mineral composition of all my body systems, organs, and glands.
19. Upgrade the cell salt balance in all my body parts and the electrolytic efficiency in my cells.
20. Optimize the electrolytic balance and increase the electrical efficiency of all my metabolic reactions.
21. Upgrade my metabolic assimilation - release and use of energy from consumed foods
22. Upgrade the conductive efficiency of beneficial chemical elements and compounds that transfer into my blood.
23. Increase the efficiency of my body cellular computer and the current utilization of the bio-computer.
24. Increase my level of Ancestral mind - accumulated knowledge available for my earthly related mission.
25. Eliminate inherited or self - induced genetic deficiencies within all my body systems.
26. Upgrade the removal of genetic codes for producing toxic poisonous compounds within my body.
27. Upgrade my emotional stability -within all incarnations, dimensions, and realms.
28. Increase my capability to outwardly extend love, compassion, and patience to all of creation.

CORE PRACTICES

29. Increase the light flow quotient through all component parts of my bodies.
30. Improve my wellbeing - wellness state- good health - ecstatic feelings
31. Increase the degree in which free radical oxidative damage has been transmuted in my bodies.
32. Increase the functional deficiency of all oscillating biological blood filters in my bodies.
33. Improve my spiritual status - connection to Spirit and level of Unity consciousness.
34. Increase the functional efficiency of my Medulla Oblongata and Corpus Callosum and the light flow quotient through my bodies.
35. Increase the functional efficiency of all my body organs and glands.
36. Upgrade the energy level of the new matrix for brain structural anatomical rejuvenation on my bodies.
37. Upgrade the functional efficiency of my autonomic nervous system- involuntary actions
38. Upgrade the functioning efficiency of my central and peripheral nervous system
39. Improve the structural completeness and functional efficiency of my body's hologram-Embryo and Etheric bodies.
40. Upgrade the efficiency of the Spiritual Umbilical cord's connection to my bodies.
41. Optimize the degree to which all my brain strings (cords) are connected and transfer energy to all my body parts.
42. Optimize the connection completeness of all my body systems to the Soul level.
43. Optimize the connection completeness of all my body systems to the Monad level.
44. Upgrade the functional efficiency of all my existing genetic codes on body functions.
45. Improve the sensing ability of my Third Eye, Pineal, Pituitary and Hypothalamus
46. Increase the efficiency of all Spiritual Tunnels and Spiritual Clusters present in my bodies
47. Add the appropriate number of DNA/RNA Codons to my bodies.
48. Install and improve the functioning of all 12 double helix layers of DNA in my body.
49. Improve the operational efficiency of the spinning Mer-ka-ba Energy light body for protection and energy balance of my bodies.
50. Remove the metabolic death phase - and reverse physical termination in my bodies.
51. Remove all discordant programs from my bodies.
52. Replace the ego with heart guided thought forms.
53. Increase the level of Holy Spirit synchronization with all my other energy bodies & systems.
54. Activate, synchronize, and align all of my Spiritual Energy bodies.

ANCHOR LOCK AND SEAL THROUGH MY ONE-SELF GOD-SELF.

And So It IS Beloveds! Thank you!

QUICKSTEP – PDD

PHYSICAL – PAIN, DISCONNECTION, DIS-EASE

Quickstep Use with Chronic Pain, Disconnection & Disease

1. PAIN

1. Scan to Identify Physical Body Part – Local Pain or Trigger Point of Referred Pain.
2. Correct Pain in Body Action or Position Movement (Running, Walking, Sitting, Bending over, etc.).
3. Locate Area of Cellular Memory, Imbeds, Residue, Debris in Core Template or Aura.
4. Request to Observe Causation: False Reality, Artificial Insert, Mental Programming or Memory Imprint.
5. Allow Reveal to Release and Clear Pain.
6. Correct Cellular Memory and Timeline Collapse.
7. Apply Core Soul Protection for Release and Retrieval.
8. Apply Unconditional Love in Forgiveness and Forgetfulness.

2. DISCONNECTION

9. Apply Reconnection and Spiritual Communication Link up.
10. Apply Core Fear Release Program.
11. Apply Core Soul Protection to Family of Origin DNA.
12. Repair Soul Fiber Damage (Nadial System, Radial System, God Umbilicus, Energy receivers).
13. Observe for Implants, Siphons, Superimpositions or Possessions.
14. Correct Cellular Memory and Timeline Collapse.
15. Apply Core Soul Protection for Release and Retrieval.
16. Apply Unconditional Love in Forgiveness and Forgetfulness.

QUICKSTEP – PDD

3. DIS-EASE

Dis-ease is a result of Pain and Disconnection. Apply Steps for Pain, Disconnection and then:

17. Clear Negative Disease labeled Implants in Body, Aura and Brain.
18. Clear Disease Memory in body from all Timelines.
19. Clear Chemical, Synthetic Drugs, Pollutants or Poisons.
20. Balance and Connect the Six Body Elementals – Fire, Water, Air, Earth, Metal and Ether.
21. Remove Mismatching or wrongly attached Body Parts.
22. Realign and Collect Spiritual- Energetic Body Parts.
23. Remove Alien Implants, Etheric Weapons and Reptilian Tail.
24. Remove False Umbilicus and Reset Still Point.
25. Clear Human Karmic Miasma Levels.
26. Clear Planetary Karmic Miasma Levels.
27. Clear Alien Hybrid Miasma Level.
28. Collapse and Return all Identities to Reintegrate through Krystal Diamond Sun Matrix (RRO).
29. Aurora Krystal Matrix Re-encryption of Elemental Body.

4. Quickstep: ASK YES OR NO

Is my Physical Body and Core Stabilized to Continue?

- a. Answer is Yes, Continue to Next Step. Go back to Multi-Dimensional Body Reconnections, Level One.
- b. Answer is No, STOP. Allow Integration period. Continue HGS Session Template at Level One, Multi-Dimensional Body Reconnections when YES.

Tip: Quickstep PDD is a Guardian Mentor Assisted Healing Program for Chronic Physical Pain, Spiritual Disconnection or Energetic Disease. Test each item for the level of weakness or strength. For chronic pain certain sequences may be repeated or returned to several times in a Quickstep Session. Integration time may be necessary as this is an ongoing “sleep state” program. It is purposed for in depth Ancestral, Karmic and Miasmatic Etheric Surgery and Healing enabling the current self to connect directly to its own spiritual source light.

EGO DISCIPLINE

Ego Discipline Guidelines

DAILY GOAL: MENTAL BODY HOMEWORK TO IMPROVE YOUR DAILY SELF AWARENESS

AFFIRMATION: I AM GOD! I AM SOVEREIGN! I AM FREE!

Monitor and Track Self-Awareness by cultivating “THE WITNESS”

The Witness or Observer has no judgment. It allows observation of external events without needing to control or judge the outcome. Stay in the now moment. Practice this intentionally as a daily exercise by monitoring:

Mental Awareness: Often our minds fall into a groove that has a certain tone or resonance to it. Sometimes our mind is agitated and sometimes our mind is very calm. We are expansive and receptive when we are calm, centered and mentally relaxed. When our mind feels agitated and stirred up, we then become constricted and energetically blocked. Agitation and worry often indicate that we are operating in the active Beta brain wave state (which is where most adults operate from) .When our mental body and mind feel calm and flowing, it means we are in the more relaxed Alpha brain wave state (where children generally operate from). Try to operate from the Alpha brain wave state as much as possible since that expands and allows more energetic flow into your body. You will experience greater ease in your life and begin to go with the flow, allowing yourself to receive more “spiritual-energetic” support into your daily life.

Inner Dialogue Awareness: We talk to ourselves all the time. We talk to ourselves over 50,000 times a day and what we say to ourselves determines to a large extent the quality of our lives. When you begin to meditate and hold more periods of inner silence, you will be amazed by the amount of inner dialogue you start to witness in yourself. Try to begin tuning in as much as possible to what you are saying to yourself in the still places of your very receptive mind.

Monitor your mental thoughts in order to choose which thoughts you wish to “own” as yours and which thoughts you wish to “disown” which are the product of destructive family or social programming. To be Free, One must Free their Mind from Ancestral patterns and from auto-pilot (automatic) thought forms and belief systems. As you become aware of these patterns controlling you, you are then clear to remove them from their influence in your life. As you participate consciously with holding improved belief systems and thought forms that are healthy and productive for you, you clear the cluttered and confused landscape of a troubled mind.

Ego Discipline 1

How to Shift Mental Gears

The Five Steps to Negative Ego Reprogramming

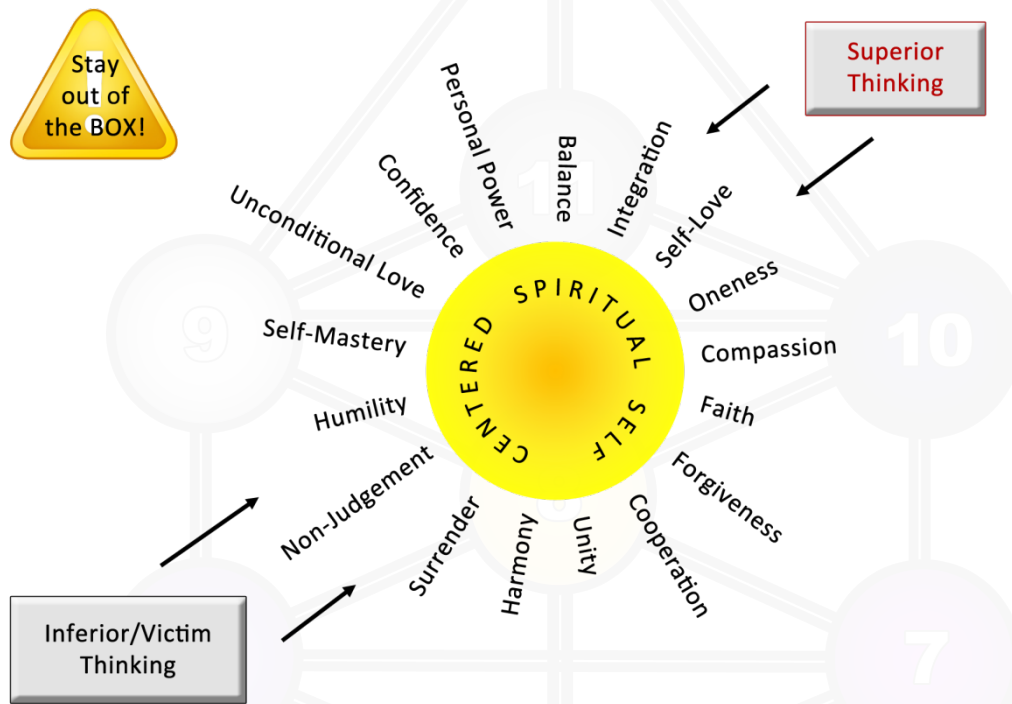
Exercise to Discipline the Lower Mind
"It is Not God's Job to control your Mind"

1. **RELABEL** – Identify the negative thought or emotion as a distorted pattern of negative ego consciousness. *This "Fear" or Suffering is my Negative Ego. This is not the real me.*
2. **REATTRIBUTE** – Dis-identify from the thought or emotion as *you*. You begin to master your emotional states and you can begin to choose. *I am the eternal being, not my thoughts or emotions.*
3. **REFOCUS** – Move yourself out of situation, environment or the trigger for that thought. Go for a walk, listen to music, change your focus. *Affirm: Not my ego will but Higher Will.*
4. **REVALUE** – Revalue the power you have given this thought or emotion to rule your life. See it for what it truly IS. Limiting you. Disempowering you. Robbing you of inner peace and fulfillment (*Get behind ME, Ego! I AM that I AM!*).
5. **REQUEST (Help)** – Commit to expressing Higher Emotion and Living your Soul Purpose. Ask for help from Spirit. Work your tools. *Be here NOW!*

When you get anxious and notice a self-defeating program of your negative ego taking over, apply breath and self-forgiveness. Refocus your mind through the 5 Steps.

Ego Discipline 2

The Antidote To Mind Control is Psycho-Emotional Centering



The Antidote to Mind Control is Psycho-Emotional and Spiritual Centering.

How to Re-Label Thoughts as “Positive” or “Negative”

The above is a graph of a Psychological Centering Model to use to better gauge thoughts that are recurring in either polarity. The two main polarity groups the brain likes to occupy itself with are “Superior” or “Inferior” thoughts. When using your Mental Discipline Refocus technique 1, identify the thought as stemming from Ego (Reptilian) Brain and Revalue it from its control over your emotional body and your other selves. When you drop into either an Inferior or Superior thought-form immediately label it as Negative Ego and Dis-Identify with the thought as defining your value or true nature. Do not let negative thoughts control you. Refocus and affirm the correct thought pattern.

Success happens when you do not allow yourself to go into “Auto Response” triggers. Identify the “trigger” thought-form and immediately “Re-label” it as it is happening in your perception. The faster you identify the trigger and stop letting your mind go on “auto-pilot”, the faster you will see success through “relief”. The goal is to not feel a negative response or emotional charge to any thought-form that used to trigger negative thoughts, such as panic and anxiety. You want to remain in neutral association to the trigger thought pattern. When you correct the thought, you can mentally command neutral association to the pattern to correct it.

Emotional Release – 1

Sometimes in conjunction with our energy work we will best be served to have catharsis to surface and acknowledge painful emotional patterns in order to see them clearly and forgive them in ourselves and others.

Forgiveness and Forgetfulness frees the pain from impacting your body.

For a complete emotional release you may want to ask yourself a few questions about a few of the social experiences creating frustrations:

- What is your pay off for your disease/pain?
- What people do you need to forgive?
- What do you feel guilty for?
- Do you have the wisdom to know the difference?
- What can you change, what do you need to accept?
- Are you being totally honest with yourself?

After each question is complete and you have answered them (it's preferable to write them down), REPEAT OUTLOUD STEP A.

STEP A:

Even though I feel or have this *(answer to each question)*, I deeply and completely accept and forgive myself.

STEP B:

Use affirmation to re-pattern/refocus every time you have an anxious or negative thought. State it as your intention when you wake up in the morning.

I stand in my truth. I move forward with joy. I have spiritual understanding.

Emotional Release – 2 (Quick)

When tempers flare and we feel an automatic response of pain and fear to an immediate circumstance, here are 5 Steps to immediately shift your emotional reaction.

Choose to respond and not react. Identify the emotional trigger and apply discipline to not allow this trigger to impact you or lose control of yourself. Dismantle that emotional trigger from reactive and automatic behaviors. Stay Calm.

No matter how “bad” the external situation looks, or what you may believe is an injustice, getting emotionally out of control is never positive for you or for anyone involved.

1. **Patience:** Pause, step back, take a breath. If emotionally heated remove yourself from the circumstance briefly to get control over yourself.
2. **Surrender to the process:** “There is a process happening that I may not entirely understand. I may not know the answer right now, but that is okay. I will get myself out of the way as to not escalate the negativity. “
3. **Acceptance:** “I may not like this situation and I accept that I do not like it. I am choosing peace because I trust something larger is at work in this situation. “
4. **Forgiveness:** When you can - calmly tell the story, feel your feelings, and allow the situation to be accepted and forgiven for what it is right now. Revalue the situation and do not allow it to take your personal strength and power away. When we get very upset or angry, and act it out, we drain valuable energies and resources from our vital forces.

“I can only change how I respond internally to external things and I accept the things that I cannot change. “

5. **Be Here Now! Be Here Now! Be Here Now!** Be present in the moment and apply neutrality as the Observer.

Affirm: I am the Power, Master and Cause of my Emotions.

Evolving Principles Guideline

The 5 Pillars towards Self Actualization

We are governed by Universal Energetic Laws of Principle and Consciousness. Here are the 5 Pillars towards realizing your spiritual purpose and reinstating your divine blueprint towards evolving as Cosmic Consciousness. We are entering an entirely new territory on the Ascending Earth, with new fields of reality and new creational purpose. Yet these are still the foundations to help us remember how to focus our consciousness and create a smooth transition for ourselves. As we intend integrity with living our spiritual purpose, the inner light will show us the way.

- **Law of Strength** – Commit to your spiritual evolution as a priority. State your Declaration of Intent to serve your Soul. “The desire to know God is of a drowning man for want of air.” –Yogananda
- **Law of Transformation** – Be willing and open to change by surrendering to Higher Will. Clear fear Belief Systems (BS) and the negative ego expressions that influence you from the collective human unconscious mind. *Affirm: I leave human order and choose divine order in all things.*
- **Law of Response** – Give back your Go(o)dness to the world, give your love, knowledge and blessings and expand your abundance through service. The soul’s true nature is of one, one with abundance, joy and fulfillment, found through purpose and service.
- **Law of Verification** – The Examined Life of a Light Heart- Live your spiritual purpose by making it your *lifestyle*. *I AM THAT I AM. Be Still and Know I Am God!*
- **Universal Law of One** – Begin to understand the Laws which govern our existence, and your Multidimensional Spiritual Anatomy as a God-being. “The Mysteries of God are revealed to the human whose inner spiritual light is shining and becomes the Knower of Freedom and Sovereignty.”

Fear Release

Let Go of the Past and Empower Your Future

To move forward and evolve as human beings our fears must be challenged, demystified and dismantled. This is a huge part of the Ascension process. We are accelerating so fast in these days of huge transformation, that every fear in the human spectrum of experience is raising its head for us to face, as it wells out from deep within us.

It takes all of our inner strength and courage to face our fears. By allowing fear to control or hinder us we are giving up more than we feared losing in the first place. When we allow fear to hinder us from being you we need to be at the authentic levels we are not disclosing who we really are to ourselves and to the world. It is like disowning a part of ourselves.

Below is a simple meditation exercise to bring fears up with clarity so you can address the root of the fear itself. Many times the fears we have are vague and not at all what we “think” they are. Explore them, challenge them, and embrace them to move you past old patterns. Moving past fear, brings us into greater clarity and then into more personal power.

- Close your eyes
- Identify the fear. What is it?
- Get in touch with the fear.
- What do you experience and notice about the fear?
- Notice any resistance.
- Give in and let go of resistance consciously. What do you notice about the fear now?
- Imagine a door where on the other side of the door is this fear. Imagine the fear is a long lost friend, something that protected you in the past.
- What is different about the fear now?
- Now open the door and welcome it in. Pay more attention to how it feels. Offer it something, what does it ask for?
- Now open your heart and embrace the fear like a small child. Hold it, embrace it, comfort it. What do you want to say to this fear?
- What is going to be different? What is possible if you are willing to welcome, fully embrace and love this fear.

Make a commitment to truly embrace this fear. Make it your friend. Do something you have been fearful of doing. Get to know the little voice that reminds you of this fear. By embracing it, you are deliberately choosing your own path. Embracing your fear liberates you to live the life you have always wanted, yet may not have dared to have.

And further, facing your fears and having greater acceptance, reprograms the old fears and old habits in your subconscious to higher patterns. The same triggers will not be there as they once were. This way the emotional charge will be cleared, and you will feel a greater relief or neutrality instead.

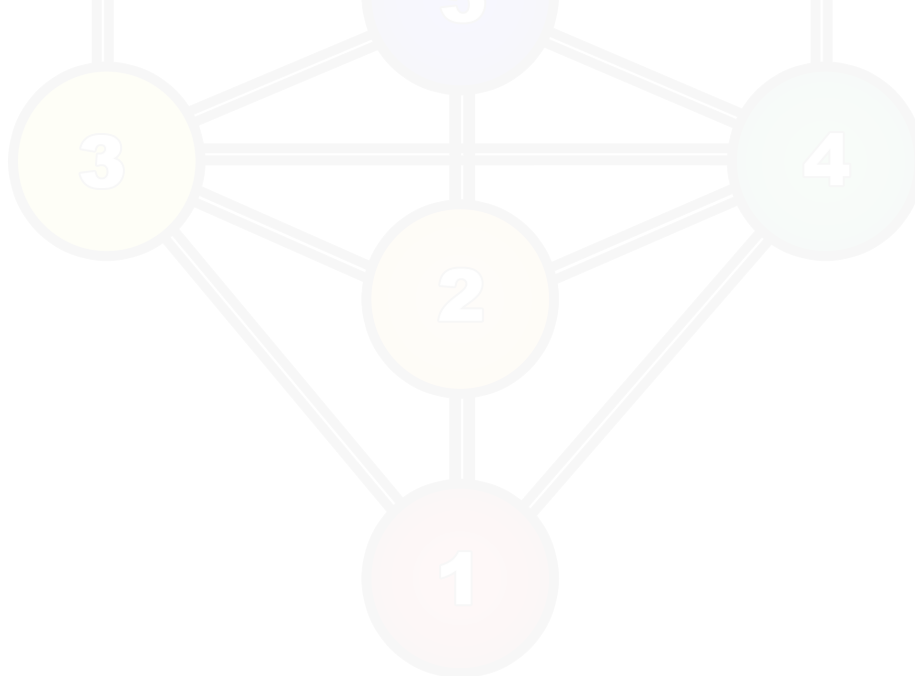
LAW OF ONE

Law of One Practices

1. **PRACTICE ONE: UNITY CONSCIOUSNESS** – The Law of One is the comprehension that all things are made of intelligent energy and are a part of the All-One. The Law of One is a Sacred Science of the mechanics of consciousness and are the Natural Laws governing our Universal Creation. All-One is the recognition that Eternal Truth is Eternal Love and Eternal Love is the organic consciousness of Infinite Creator, or God. Eternal Love consciousness embodied in a form is Unity intelligence, and simultaneously recognized as, the Inner Light of Christos. Unity consciousness is at One with God and Unity consciousness ignites the Inner Light of Christos. The Inner Light of Christos when actualized in form is the embodiment of an Eternal God Human. Practice Unity Consciousness and One is directly reflecting the image of God's Love, and is eternally protected. Be At One with All, as One is All with God.
2. **PRACTICE TWO: LOVE YOURSELF** – Apply the practice of Unity with All-One as an extension towards loving, honoring and respecting yourself. Acknowledge the precious life force within by holding reverence and respect for yourself in all ways. Loving yourself is the action of Self Sovereignty, which is the natural state of embodying God's Eternal Love. As a manifestation of God's eternal spirit of Love, one has the ability to choose to create personal freedom without harming others. Have courage to remove the obstacles of pain and fear to become embodied Love, as God's spirit is always found within.
3. **PRACTICE THREE: LOVE OTHERS** – As you learn to love yourself, love others. Acknowledge the precious life force in others by holding love, reverence and respect for others. Loving others as you love yourself, is the natural state of Self Sovereignty as you give others the same reverence for their life, as you give your own life. Through practicing self-love and loving others, no approval, worth or esteem issues come into question, as all is loved equally.
4. **PRACTICE FOUR: LOVE EARTH AND NATURE** - Loving the Earth and all her creations, the kingdoms of nature, plants, animals and mineral, which are all alive, conscious and intelligent energy beings. Acknowledge the precious life force present in all of God's creation, by holding reverence and respect for nature. Doing so restores balance and harmony to nature, and the intelligent energy of all of earth's creations will respond to cooperate with humankind. Humans living in discord with nature create many events that are considered to be "at the mercy of" the untamed forces. As humans learn to live in harmony with earth and the nature kingdom, the natural creatures will align to be in harmony and cooperation with all inhabitants.
5. **PRACTICE FIVE: SERVICE TO OTHERS** – Upon firmly loving yourself and honoring your path, find methods to be of service to others that do not overstep personal boundaries of discernment. Being of service to others does not include consumptive modeling, such as victim-victimizer, parasitism or emotional vampirism. Being of service does not hold an ego perspective of entitlement, expectation or attachment. Practice being of service with unconditional love, and naturally flowing in the moment. The energy exchange made between participants being of service to others, amplifies and expands consciousness growth like no other method. The more you amplify the energetic field of being in service to others, the more joy, harmony and gifts will

be brought into your life. The more service you dedicate to Gods plan, the Law of One, the more spiritual support and spiritual presence one can exchange with God Force.

6. **PRACTICE SIX: CONSCIOUSNESS EXPANSION** – Learn to develop inner clarity and spiritual integrity by intending to develop personal consciousness and/or spiritual identity. To embody one's spiritual identity, one's mind must be initiated and disciplined. If the ego is in authority of the body it will repel the spiritual identity from embodiment. If the mental body creates obstacles to the spiritual identity, the spiritual identity, therefore the consciousness will not be experienced. The first step to consciousness expansion is becoming aware of mind control and the quality content of thoughts and belief systems. The second step is to cooperate with the process of mental and physical discomfort by having patience and waiting in the void of silence. Learn to quiet the mind, sublimate the ego and be still. Once stillness, mental discipline and ego sublimation has been achieved, listen to your inner spirit to receive guidance. Inner Guidance will always lead to the process of re-education to experience continual consciousness expansion free of fear and dogma. The Inner Christos always guides one towards choosing more love and peace via consciousness expansion of the spiritual identity.
7. **PRACTICE SEVEN: RESPONSIBLE CO-CREATION** – As one becomes more infused with the eternal love of the spiritual identity, the intelligent blueprint activates the divine purpose of being as a co-creator with God. The spiritual identity and the intelligent blueprint of divine purpose are one and the same. Clarity of purpose and direction becomes clearer and clearer as one commits to live in service to the principles of All-ONE or Christ spirit. Knowing and Living our purpose brings joy, peace and fulfillment, even when facing adversity or challenges. Once we achieve "knowing", we are responsible for that knowing, and practice responsible co-creation with the All-One. A responsible co-creator knows all manifestations are in partnership with the All-One. We do not possess or control anything, so needs, desires and superimposing will, should be avoided. We are stewards of God Spirit to Serve Others in responsible co-creation with All-One. From this knowing, and living this principle, we are eternally free of karmic exchanges.



Mastering Relationships

The Mastering Relationships nine steps, is a service to others method, while reaping the mutual energetic benefits of experiencing more spiritual connection, and increased love and appreciation returning back from others to you. Without attachment or expectation this happens naturally when you follow some basic guidelines. In certain areas where we have asked for “spiritual growth” beyond anything else, we may have periods where we are undergoing deep testing to our personal truth and personal beliefs. Eventually we all are able to be in this world, yet not of it, and have fulfilling, loving and appreciative bonds shared with others, whether in groups or personal relationships.

Improving our compassionate communication with others, improving our relating skills, personally and in group dynamics, is a skill set that will go a long way to serve your mission. With that in mind we set forth a few guidelines to remember when communicating with others or relating with others.

1. **Self-Responsibility** – Being able to own your own emotional conflicts without blame, guilt or projection upon another person, by making it their fault. Do not assume that you know anything about that person that can be judged for what you cannot see or really know, as you have not walked in their “shoes”. When feeling upset, restore balance to your heart and aura, by lovingly holding your boundaries without violating others boundaries by expecting them to resolve your conflict. Be willing and open to learn what the “real issue” is, which most of the time not what it appears to be. Going deeper and reflecting on forgiveness of yourself and others, allowing time, neutralizes the conflict.
2. **Conservation** – Being able to discern the Right Use of Action – harnesses precious time and life force energies to be more effective and impactful. Cultivate the wisdom in when to engage and learn when not to engage with others or conflicting circumstances. No person needs to justify their existence to another or to care what people think of them. Staying clear of emotional tantrums and dramas and not engaging means you do not feed the drama to escalate into chaos. Dark Forces use drama to instigate schisms and chaos between yourself and others, making us less effective and scattering our energies. Conserving energy means a stronger focus, and one becomes more effective and productive. When we learn this skill we gain more resources and increase our connection with our spiritual sources. If we waste time and energy, we reach an energy threshold that cannot be increased, draining us, and therefore dissipate its positive influence.
3. **Respond** – In the moment, learn how to choose your response rather than react to life events, people and circumstances. Reaction is subconscious programming and mostly operated from preconceived ideas, fear or mind control. Observe your reaction and ask your body to show you the story or memory behind the reaction. As one learns to inquire about the reactions you generate, much is learned about your body consciousness and can effectively be healed and cleared from continuing the reaction. Emotional catharsis techniques (ES Core Triad Practice includes them) help to release the story from the body so it can return to a new pattern free of the reactive pain. Choosing forgiveness, kindness, compassion and self-love, is all a decision one has the power to make in every moment, by choosing your response to self and others.
4. **Reverence** – All beings have the right to exist and co-exist. By learning there are mutual benefits present in all relationships, and by respecting each person’s right to exist, is a demonstration of reverence for life force in all of its aspects and permutations. Avoid behaviors of criticism,

presumptions, disrespectful or harmful accusations, controlling or manipulating others, giving unsolicited advice or placing demands. Live and Let Live.

5. **Humility** – By knowing and accepting your place in the Universe and the role you play, one acts in humility knowing All is a part of the God Source. All is equal in the Love of God, and no being is judged better, higher or valued more than another. By acting from humility and in spiritual service, when you are called upon to do something as an action of stewardship, even if its cleaning toilets, in humility, you accept the job given. There is no self-entitlement given in spiritual service. Entitlement is a distortion of spiritual ambition and negative ego, and if left unchecked, will result in a “root downfall”.
6. **Discernment** – Without using ego judgment, test the personal resonance of people and events you choose to engage or exchange with, as in which is either aligned to your resonance or not aligned to your resonance, in that moment. There is no right or wrong, only personal resonance. That answer may change continually in different timelines, depending on when you ask for discernment. Learning personal discernment builds your necessary boundaries to discover what is productive and supportive for fulfilling your soul path, or not. Discernment allows for the continual productive growth and the effective use of your personal energies and focused attention. Uphold your personal boundaries by applying discernment towards all things you focus energy or attention upon.
7. **Direct Knowing** – By feeling in the moment what the energy is communicating to you, suspend linear thought and surrender mental chatter to “feeling” what you “know” in that present moment. Breathing in the moment and feeling the energy signature in the environment, will open your senses to allow the energy to give your body impressions and information without words. Higher knowing becomes present and connected with you at all times. What you “know” now, is all you will ever need. Breathe and take in what is in front of you now as “direct knowing.” Every moment in the “feeling” the direct knowing will be present. You “know” more in the “feeling,” than you mentally acknowledge yourself for. What does Now Feel Like? Let the energy and feeling respond to your heart.
8. **Surrender** – By being present in the moment and surrendering to the now, judgments and future expectations of others are dissolved. Every connection or contact holds an opportunity for growth and learning, attempt to neutralize polarity thinking, by asking for the deeper meaning, the needed change or lesson of growth inherent in the circumstance. Surrendering to the now, and feeling the feelings while holding unconditional love, allows greater acceptance to neutralize painful or confusing situations. If we constrict in a “position” and hold on to defend the situation, it amplifies the negativity of the situation to be vulnerable to interference and superimposed wills. Let Go and Let God.
9. **Be True to You** – Honor your entire being and life force. Inquire and know the contents of your heart, and only really give to others what feels joyful and aligned for your person. Do not bargain or sacrifice your truth; however do not avoid tasks that build discipline of the personal character. Ask your multidimensional selves what they need to feel balanced and happy, pay attention to your energetic and physical well-being and generate love and kindness to yourself. As a loving but firm, self-parent; give generously to the inner child with acknowledgement and loving appreciation.