

CREATING AN
ASCENSION
PORTAL
KIT

by Dr. Angela Barnett
"CRYSTALAI"

CREATING AN ASCENSION PORTAL KIT

CD1 LIFT OFF

LIFT OFF

We can create the fuel and the energy in our Merkaba Bodies which are our Space Ship Bodies to gain lift off from this dimension. Our body is now the Proton Body. We gain lift off by adding the Neutron to the Proton. We can create the Neutron by collecting the frequencies of the 14th and 8th dimensions and allowing the Merkaba to spin at the speed of light to transform this energy into a Neutron that is brought into the Merkaba Body. The Merkaba can glide down into Mother Earth's Core and collect all of the eternal substance of Mother Earth and of our own Golden Crystal Bodies that were left there. Next, we create two bands of helium energy that spin at the speed of light and place them in our crystal heart. As we sit in the Earth's Core and allow the Merkaba to spin at the speed of light, we also allow the rings of helium to spin within each other at the speed of light clear out into the Cosmos. See the rings spinning clear out to touch the stars in the sky on each breath as they spin. The speed of light energy is that fast. We would touch a star on each breath. Feel the sensation of expanding and disappearing into the Standing Wave Pattern of the Cosmos. The merkaba can then be taken to the core of the Earth as we merge into oneness with Mother Earth.

MAGIC MERKABA RIDE

This meditation should be done at least 2 times a day once when you first get up before you do anything else and right before you go to sleep at night. Do this continuously and you notice things getting better in almost every way.

The 12th Dimension is the dimension of the Christ frequencies. The (your) 12th Chakra is located about 12 inches below your feet. Your 12th Chakra contains the frequencies of the 12th Dimension (Christ Frequencies) and connects you directly to the 12th Dimension. Your 13th Chakra is at the core of the Earth and has 13th Dimensional energy. All of the Chakras work this way and connect you to the specific dimension of the Chakra. This is why the 4th Chakra is now the new base chakra for the 2nd Sphere - the New Earth and all of your chakras of 4 - 21 are wide open. The 1-3 chakras are now becoming like placeholders for all of the good things from them are moving up or have already moved up into the 4th and 5th chakras, and all of the other things from

chakras 1-3 need to be demanifested so they are put to rest.

The meditation contains making a flame hologram around you that comes out from the 12th Chakra that is 12 inches below your feet that

BREATH OF CREATION

Breaths of Consciousness from all five spheres are ignited by the Spark of Source in the Crystal Heart. These are the frequencies of Source Creation. This is the original Breath of Creation. Listening to these Breaths of Consciousness will awaken the cells into remembering, realigning and reactivating, as well as re-cognizing to the original vision of the fantastic, the fairy tales, the imagination that has been taken away from those on Earth. This Spark of Source Consciousness will awaken every cell in the body to remember the Acoushic records of all that is streaming through as Cosmic Consciousness from the Spiritual Body.

ISLAND OF LIGHT

An island of light is an energetic point on the planet. It is a dimensional doorway inside of a vortice. A widening and contracting of space time substance occurs in these vortices which creates a new elemental structure to appear.

An Island of Light is an external reflection of Individual and Group Light Bodies. People will still be in their physical bodies, however, they will be a reflection of their Light Bodies. They will be reflecting their fifth dimensional body. They will be in a more etheric form, but they won't quite realize it yet.

ZERO POINT BODY MEDITATION

The complete Spiritual body that has been blocked from angular distortions in the streams of light consciousness coming into our Mother Earth's Matrix can now be completely restored. The breaths of Consciousness of all of our Starry Families can now be connected into our consciousness as we become ONE with our original gods who created us in the Aquarius Galaxy.

That spiritual body may now be retrieved and permanently placed into the physical body. This is possible for the first time because of the work our Dolphonoid families have completed, as they have realigned the electric circuitry system of all light and

sound to braid into streams of turquoise and aqua blue light and to become activated by breaths of consciousness of the sounds of our new creation. This spectacular light and sound is streaming down from our family in Aquafaria.

1. Activate the Light Body by first creating a crystal light sphere in the Crystal Heart area and placing a mini-me of yourself inside the sphere.
2. Next let that mini-me grow into the size of your full body.
3. Picture your body laying on a mattress of golden magnetic energies
4. Imagine riding on this magic magnetic mattress inside of an elevator that goes down into the center of the Earth.

5. Next, slide down a waterfall of rainbow colors into the liquid light portion of the Earth's Core. See a rainbow of golden dust sparkle around your body.
6. Float on the mattress into a crystal light, a crystal dust and and crystal gel area of etheric substance. Continue to float in this pastel iridescent golden and rainbow dust and light area. This is the 14th dimension.

3. Watch as Mother Earth places over your golden crystal dust body, a White crystal light sphere- garment of white light rainbow pastel. Feel this garment on the body.
4. Take one more step down through the Earth's Core until you feel like you in the very center of Mother Earth's Heart. Walk through Mother Earth's Crystal Heart. Merge and become one with all of the frequencies of her Heart. See the sparks in your crystal heart and in her crystal heart ignite into a flame and braid their streams of liquid light frequencies together in to braided rainbow colors.
5. Step through the Diamond Door in Mother Earth's Heart Center and walk in to the spiritual side--the etheric side- the golden dust side.
6. This Diamond Door separates the physical side of earth from spiritual side of earth.
7. See your Rainbow Garment of Light Merge with Spiritual Essence when Spiritual frequencies come into both the Irrescent Light Body and Physical body.
8. Become with your golden crystal body in the Silica Matrix of Mother Earth's Heart. Become one with the Breaths of Consciousness of Mother Earth.

The LIQUID LIGHT CLEANSING continues over and over

The cleansing can be placed on automatic pilot to continue all night long as you sleep

see a pearly white frequency streaming down into the crystal heart. See the pearls of wisdom from all that has been created in this 3D density melt into Divine Wisdom of all that was ever created by Divine Minds. Allow the wisdom from the pearl in your crystal heart to also contain the wisdom of all others on this 3D realm to be melted into the Sparks of Source and melted to be reformed by the pearly white frequency that streams liquid light energy to lift all from the crystal heart to be rekindled into a higher frequency of liquid light frequencies of Galactic and Cosmic Consciousness.

CD2 COMPLETE STORY OF ASCENSION

ATLANTIS RISING

The perfect crystal city that first appeared in its etheric form in Ajaho, the twin of Pleiades star gate, Alcyone. This Atlantis was destroyed and then re-created again and again. Now, Atlantis is being created once again. The perfect crystal city is being formed. We have watched the Sphynx rise above the staff of the Christ Grid, as it laid itself over the Rod that emerged from the Monterey Bay as a Butterfly Wing.

CD3-ONENESS

ONENESS

Weaving Oneness allows us to absorb the frequencies of all fourteen dimensions and weave them into our own crystal heart, our head and our body and then wrap these frequencies around and through the Mother Earth's Body and Crystal Heart. Next, we extend our frequencies into the 15th dimension and wrap all of these frequencies and consciousness around Mother Earth and through Mother Earth until our frequencies become ONE. This state of Oneness would weave together all that we ever have been into all that we ever will be. All of 144 selves in each of the fifteen dimensions are woven together into ONE GRAND NEW CONSCIOUSNESS that can now fully Merge into all that Mother Earth was created from as Cosmic Consciousness, Galactic Consciousness, and all that she has evolved into after falling from her Divine State and returning to it.

WEAVING INTO ONENESS

Bring the Crystal Star Merkaba into the Head and then into the heart.

Ride inside of the Merkaba to collect and distribute frequencies inside of all of the cells in your body and then spread and connect that new energy into all five spheres.

When the frequencies from all Five Merkabas are collected and pulled back into the Crystal Heart, the body will become One with the Planet, Universe, Galaxy, Solar System and Cosmos. Our Galaxy will become the Golden Galaxy.

Once our bodies and minds are recalibrated into Oneness, by infusing frequencies and energies from all of the 5 spheres, the music of the spheres begins to sing through the crystal cells of the body. Our crystal cells will learn to sing in rhythm and in tune with our Divine Compliment, which is contained in the Earth's Core. Each crystal cell contains an entire creation grid, an entire memory containing the eons of lifetimes in each dimension.

LIFT OFF

We can create the fuel and the energy in our Merkaba Bodies which are our Space Ship Bodies to gain lift off from this dimension. Our body is now the Proton Body. We gain lift off by adding the Neutron to the Proton. We can create the Neutron by collecting the frequencies of the 14th and 8th dimensions and allowing the merkaba to spin at the speed of light to transform this energy into a Neutron that is brought into the Merkaba Body. The Merkaba can glide down into Mother Earth's Core and collect all of the eternal substance of Mother Earth and of our own Golden Crystal Bodies that were left there. Next, we create two bands of helium energy that spin at the speed of light and place them in our crystal heart. As we sit in the Earth's Core and allow the Merkaba to spin at the speed of light, we also allow the rings of helium to spin within each other at the speed of light clear out into the Cosmos. See the rings spinning clear out to touch the stars in the sky on each breath as they spin. The speed of light energy is that fast. We would touch a star on each breath. Feel the sensation of expanding and disappearing into the Standing Wave Pattern of the Cosmos. The merkaba can then be taken to the core of the Earth as we merge into oneness with Mother Earth.

GOLDEN MERKABA

We become One by expanding our Self into the Golden Merkaba of all five spheres. Each one of these Merkabas contains our complete self who has a crystal heart. The crystal heart contains all of the elements of Source in each Sphere. The elements of

Source in each Sphere must be collected together into One Crystal Heart, into One Grand Self, into One Golden Merkaba.

We start with the Merkaba of this Sphere. We bring all of the frequencies of this sphere into the crystal heart. We create a miniature self inside of the Merkaba.

The Merkaba realigns the density of our Cosmic Body. As the planet and Cosmos realigns their rotation of particle spin - or density of consciousness - so does the body realign to this less dense form.

ZERO POINT BODY MEDITATION

1. Activate the Light Body by first creating a crystal light sphere in the Crystal Heart area and placing a mini-me of yourself inside the sphere.
2. Next let that mini-me grow into the size of your full body.
3. Picture your body laying on a mattress of golden magnetic energies
4. Imagine riding on this magic magnetic mattress inside of an elevator that goes down into the center of the Earth.
5. Next, slide down a waterfall of rainbow colors into the liquid light portion of the Earth's Core. See a rainbow of golden dust sparkle around your body.
6. Float on the mattress into a crystal light, a crystal dust and and crystal gel area of etheric substance. Continue to float in this pastel iridescent golden and rainbow dust and light area. This is the 14th dimension.
7. Watch as Mother Earth places over your golden crystal dust body, a White crystal light sphere- garment of white light rainbow pastel. Feel this garment on the body.
8. Take one more step down through the Earth's Core until you feel like you in the very center of Mother Earth's Heart. Walk through Mother Earth's Crystal Heart. Merge and become one with all of the frequencies of her Heart. See the sparks in your crystal heart and in her crystal heart ignite into a flame and braid their streams of liquid light frequencies together in to braided rainbow colors.
9. Step through the Diamond Door in Mother Earth's Heart Center and walk in to the spiritual side--the etheric side- the golden dust side.
10. This Diamond Door separates the physical side of earth from spiritual side of earth.
11. See your Rainbow Garment of Light Merge with Spiritual Essence when

Spiritual frequencies come into both the Irradescent Light Body and Physical body.

12. Become with your golden crystal body in the Silica Matrix of Mother Earth's Heart. Become one with the Breaths of Consciousness of Mother Earth.

The LIQUID LIGHT CLEANSING continues over and over

The cleansing can be placed on automatic pilot to continue all night long as you sleep

In this healing state we reach the zero point- zero point means the exact amount of equal but opposite amounts of energy. This is the state where our physical manifest and spiritual body have become one.

Transcendence into Etheric Substance. This is the truth that sets us free. Eternal life is made of etheric substance process of ascension is transforming the body into etheric substance - creating the light body.

1. Now, see a funnel of golden wind inhaling you. Feel yourself become the golden wind. See colors you've never seen before wrapping you in this golden wind funnel. Watch yourself disappear into this golden wind. Become the wind.

2. When you open your eyes you have arrived in the most beautiful location of rainbow colors sparkling and streaming through streams of light. You are greeted by gracious, loving beings of light. They begin to show you your new home.

NEUTRON CREATION FORMULA-CD4

NEUTRON MEDITATION

Neutron Meditation creates the electromagnetic spin required to connect the Neutron to the Proton in order to become a Light Body. The seals from the Eye of Manifestation melt away and return the divine right of manifestation when the solar energy completely enters in to the eighth and ninth portals of the inner head area.

Learn how to transform energy into a Neutron and align every crystal cell in the body with the neutron that transforms the carbon based body into a silica based light body. Begin the transformation of the body into an immortal temple of crystal light energy.

ASCENSION VORTEX

This Music Contains the Consciousness of the Crystal Light Energy and all of those in my Aquafarion Starry Family who are braiding together the Earth's Matrix into the Etheric Matrix of the New Earth. The Breaths of Consciousness of these Entities are aligning us through the Crystal Dust, Gel and Light of the Aqualene Sun Frequencies.

FREQUENCIES OF CREATION

Christ Consciousness Seal of the 12th dimension is connected into protective seal of the 12th, 13th, 14th and 15th dimensions to connect to the Islands of Light.

This meditation introduces the frequencies of this protective seal. The frequencies of all of the entities creating the Island of Light.

The frequencies and codes to awaken and activate the crystal cells into the 12th Dimensional Seal of Christ Consciousness.

CRYSTAL BODY FREQUENCIES

Breaths of Consciousness from all five spheres are ignited by the Spark of Source in the Crystal Heart. These are the frequencies of Source Creation

ASCENSION FORMULA CD5

Ascension Formula of Jesus Christ

The complete Spiritual body that has been blocked from angular distortions in the streams of light consciousness coming into our Mother Earth's Matrix can now be completely restored. The breaths of Consciousness of all of our Starry Families can now be connected into our consciousness as we become ONE with our original gods who created us in the Aquarius Galaxy.

1. Activate the Light Body by first creating a crystal light sphere in the Crystal Heart area and placing a mini-me of yourself inside the sphere.
2. Next let that mini-me grow into the size of your full body.
3. Picture your body laying on a mattress of golden magnetic energies
4. Imagine riding on this magic magnetic mattress inside of an elevator that goes down into the center of the Earth.

5. Next, slide down a waterfall of rainbow colors into the liquid light portion of the Earth's Core. See a rainbow of golden dust sparkle around your body.
6. Float on the mattress into a crystal light, a crystal dust and and crystal gel area of etheric substance. Continue to float in this pastel irradescient golden and rainbow dust and light area. This is the 14th dimension.
7. Watch as Mother Earth places over your golden crystal dust body, a White crystal light sphere- garment of white light rainbow pastel. Feel this garment on the body.
8. Take one more step down through the Earth's Core until you feel like you in the very center of Mother Earth's Heart. Walk through Mother Earth's Crystal Heart. Merge and become one with all of the frequencies of her Heart. See the sparks in your crystal heart and in her crystal heart ignite into a flame and braid their streams of liquid light frequencies together in to braided rainbow colors.
9. Step through the Diamond Door in Mother Earth's Heart Center and walk in to the spiritual side--the etheric side- the golden dust side.
This Diamond Door separates the physical side of earth from spiritual side of earth.
10. See your Rainbow Garment of Light Merge with Spiritual Essence when Spiritual frequencies come into both the Irradescient Light Body and Physical body.
11. Become with your golden crystal body in the Silica Matrix of Mother Earth's Heart. Become one with the Breaths of Consciousness of Mother Earth.

The 14th dimensional sparkly metallic irradescient pastel garment of crystal light energy is being pulled into the miniature light Body. Inhale three times to bring frequencies from irradescient shield fully into light Body. Imagine laying your light body flat on the Mirror, become a mirror image of the Spiritual Body, soak it up, become one with it. Feel sensation in physical body of a sparkling light entering right under skins surface when the IRRADESCENT frequencies come.

Inhale the Golden Crystal Body into the Light Body Shield (This shield is like a merkaba vehicle, it is simply a form of moving forms of light energy form one place to another).

Feel the sensation while passing through the mirror membrane of Mother Earth's CRYSTAL HEART.

There will be a sensation of passing through a liquid metallic mirror into a different frequency pattern containing much less density. In the crystal heart of the Light Body there is a sparkling metallic pastel like glitter of sparks growing into a flame in the center of the crystal heart.

This crystal heart is remembering its ONENESS with the Crystal Heart of Mother Earth. These two hearts- the heart of Mother Earth and the Heart of the Crystal Light Body flame and merge into one new flame of ONENESS. We become ONE with all that Mother Earth contains in her Crystal Heart.

This glittering metallic rainbow colored IRRADESCENT Shield that has Merged the HEARTS INTO ONENESS replaces the other Light Body Frequency that existed before the merging into oneness with the Heart of Mother Earth.

Once this Irradescent Shield of Mother Earth's Breaths of Consciousness merges and ignites with the Sparks of Source in the Crystal Heart, the Sphere of the Crystal Heart grows into Oneness and alignment that allows the Spiritual Body to totally and correctly align into the Physical Body to create a balance of the physical and the spiritual.

Now see a pearly white frequency streaming down into the crystal heart. See the pearls of wisdom from all that has been created in this 3D density melt into Divine Wisdom of all that was ever created by Divine Minds. Allow the wisdom from the pearl in your crystal heart to also contain the wisdom of all others on this 3D realm to be melted into the Sparks of Source and melted to be reformed by the pearly white frequency that streams liquid light energy to lift all from the crystal heart to be rekindled into a higher frequency of liquid light frequencies of Galactic and Cosmic Consciousness.

The LIQUID LIGHT CLEANSING continues over and over

The IRRADESENT Body is shining brightly now. It has been charged fully with Kristic Templates from the Balancing Portals of streaming braids of light and sound that has been amplified by Dolphinoid Starry Brothers are preparing us to remember and return.

HEAR THE CRYSTAL CELLS BEGIN TO SING

Inhale from tail bone collect metallic sparks back into tail bone feel warm sensation.

Inhale from CRYSTAL HEART a light from tail bone comes up to CRYSTAL HEART and then light splits one light goes down to bottom of feet and one goes up 18" above head.

1. Now, see a funnel of golden wind inhaling you. Feel yourself become the golden wind. See colors you've never seen before wrapping you in this golden wind funnel. Watch yourself disappear into this golden wind. Become the wind.

2. When you open your eyes you have arrived in the most beautiful location of rainbow colors sparkling and streaming through streams of light. You are greeted by gracious, loving beings of light. They begin to show you your new home.

SUPER FREQUENCIES

LISTEN TO AND ABSORB THESE BREATHS OF CONSCIOUSNESS. These are the frequencies that will lift you into the golden wind tunnel. These frequencies contain the heliotalic frequency, the neutron frequencies, all of the dimensions, the complete ascension portal of frequencies.