

INSTANT MANIFESTATION

WORKSHOP

Dr. Angela Barnett

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APPROACH, DESIGN and PROCEDURE of WORKSHOP

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The way that I will approach this workshop is by guiding you through the manifestation process one step at a time. You will keep a journal of the steps you go through until you have completely re-written your reality within your cellular memory.

I would like you to try your best to answer the questions, and ask questions about the questions to your self. By the time you get to the end of one section, you will have written your own understanding of that section of manifestation. We will be using these questions to identify what it is that you are doing wrong. What is keeping you from manifesting.

Manifesting is our natural mode of life. There is a reason why each of us is not partaking in our natural reality. We must live in the I AM THAT I AM REALITY. We must be willing to admit that we are actually the MIND OF GOD MANIFEST in this dimension of reality. God is the divine template of manifestation. We plug into that template because we are that template.

When I was working on my final dissertation for my doctoral degree, I was given this great advice by a practitioner. I was told to hold on to the idea that God has already graduated. If God has already graduated, that means that I have already graduated. This is the I AM PRINCIPLE.

We must be in the I AM to manifest.

I am wealthy. I am perfectly healthy. I am a genius.

Most of the reasons you will discover, you probably have never thought of before. They are all things we do continuously every day. We are constantly manifesting the wrong things and de-manifesting those things we truly want.

There is a spiritual anatomy involved in manifesting. Our bodies are manifestation vehicles when we use them correctly. There are specific glands in our bodies that we need to become aware of and learn to use correctly.

One of the biggest reasons that we don't manifest will be something that none of you want to hear about. And it will be entirely up to you how you want to overcome that obstacle in your life.

My main interest in teaching this Workshop is not so much to make you all rich. My main interest is to create a new world. That is my mission. There will not be a new world until someone gets to work and makes it. That is a Divine Law.

The world will stay the same until we change it. We must change it one by one. We can learn to change it into anything that we want. We can each have our own little divine reality of anything we want. We can live in a 3D world or a truly magical 5D world.

The process is very time consuming. You will each need to spend a lot of time reading, doing activities, practice changing your daily routines. This process will take at least four weeks as you are going through the articles and questions in the pdf.

During that four weeks you can communicate with me directly. I will answer some of your questions, and I will create more activities for you from the questions. This is a group activity, however, you may remain completely isolated if you wish. It will be a group activity in that I will always consider the group as a whole as I put out new articles, new questions and new activities. The group helps to stimulate questions and answers that the individual sometimes doesn't realize that he also has.

Send Questions to krystalaimagic@gmail.com

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INSTANT MANIFESTATION WORKSHOP

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GOALS OF THIS WORKSHOP

As we go through this process together of creating our new realities, our new worlds, or what we will be referring to as MAKING GOD'S MOVIE, we will need a journal. You can use a writing tablet or create a file on your computer. These journals will show your progress in creating your new world and they will allow you to find things that you have left out, or more things that need modification. The Journal is a REQUIREMENT - NOT AN OPTION.

KEEP A JOURNAL OF YOUR ASCENSION

We will be doing three things in this first workshop.

1. Choosing the five things that you want to create, and learning how to create them.
2. Finding the obstacles that you created for yourself that are blocking your manifestation.
3. Changing your life history - your past life, present life, and future life.
4. Learning about how human anatomy actually works. Locating specific glands in the body and realizing how important it is to bring them back to life.
5. Learning about DNA and how it holds the memory that creates your reality. Learning to activate past DNA to change your present reality and present DNA to change your future reality.

The first three steps will be done by you looking within your self and writing in your journal. Each of the steps will also include reading articles and doing your own research.

Doing research is very important. The most fundamental things that we should have been teaching the children of the world were deliberately left out of education. Please realize that all information taught in schools was created by the Fallen Angels and coded through the Illuminati in order to make sure that our DNA would not produce the realities that the children of God are the heirs to. Do research, but use discernment, because

there is a majority of information designed to mislead you.

Fallen Angelic teachings will always give you something that makes you feel euphoria immediately -- that is just hypnotism. This is what makes you feel like you are sure it was an angel sent message. The Fallen Angelic teachings will tell you that if you have to think about something, or if it is a little difficult, that it isn't spiritual. They will try to make you think that you shouldn't be thinking so much. Well, it is true that we should not be thinking the thoughts of the world. And we should be creating our own visions without thinking. Our real Guardians, who are our friends and family who want to empower us have never once implied that the process of returning to our empowerment would not require a mass amount of focus, integrity, and desire to become co-creators with the Universe.

But, first, we need knowledge and understanding to help guide us out of the quagmire of stupidity which has made us helpless, when we are supposed to be empowered with the Mind of God.

FOUR SECTIONS

This course will be divided into four sections only to help you organize your time. You may spend more or less time on any section. You might like to read a few articles as you move through the sections, or you can read the articles first.

Those who are taking this workshop are at different levels of understanding. That is why some of you might want to read the articles first, and you might just want to find one that makes the most sense to you at this time.

DNA activation is mostly done through frequency activation. However, reading information that pulls your consciousness to a higher level is also raising your DNA. Your new reality cannot exist until it exists in your understanding, in your visualization and in your consciousness.

We are going through a time of rapid frequency activation, the more we become tuned in to this reality through knowing the truth, the faster our understanding will activate. You may very well find out that what you don't understand today will make perfect sense tomorrow, and when you read it again at the end of the week will make you see something that you didn't see before. This is how evolution is supposed to happen - very quickly. However, we need the Truth before we can be set Free to enjoy our Evolution.

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WEEK ONE

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There are many steps in this process of Manifestation. Some steps are analytical in nature and some are more simplistic and practical.

We will begin with the most practical of all.

What do you want to manifest?

Make a list of five things that you want to manifest. You can add more as we go, but for now, five will be plenty.

These five could be as simple as:

1. money
2. nicer friends
3. no taxes
4. 5th dimensional perception
5. telepathic communication

Spend at least ten minutes on this step. The more time the better. You will soon learn that you will be changing the levels of importance of these items and you will learn that you probably only have time to concentrate on one of them.

NEXT

Usually, when a person begins their path to manifestation, they choose things that are quite materialistic such as a new car, higher paying job, more money, and more 3D phenomena, etc.

As time goes on, and they learn more about their true abilities, they choose things that are helping them to create their new world--in 5D terms.

We will look at both of these sets of concepts and what they do to our outcome of reality.

What we create in the past, present and future each effect our realities in a different way. If we are focusing on creating more money in the present, that money won't come until we have raised our frequencies into 5D. However, if we focus on the reality of always being wealthy in the past, that changes our reality of the present.

(We probably don't need money in the future 5D - we probably need it now).

More about this later.

Now, let's format our manifest items in past, present, and future.

1. I have always had infinite amounts of money. I have infinite amounts of money. I will always have infinite amounts of money.

2. I have always had nicer friends. I have nicer friends. I will always have nicer friends.

Before we get to number three, let us correct our format once again.

Manifestation means changing the reality of who we are, who we have always been, and who we are as the image and likeness of the Mind of God. Manifestation must always happen as a result of our at one ment with God-Source. So, all reality must be based on the I AM principle. So, we must get rid of the OBJECT being separate from the SUBJECT.

We do not manifest money. We manifest the reality of I am INFINITELY WEALTHY. I have always been INFINITELY WEALTHY. I have always been INFINITELY WEALTHY.

I am surrounded with INFINITE FRIENDSHIP, I have always been surrounded with INFINITE FRIENDSHIP, I will always be surrounded with INFINITE FRIENDSHIP.

Let's STOP here.

Get out a blank piece of paper, start writing your five items again.

As you are involved in this process, start writing down the possible reasons that you have not been manifesting these realities in your life. It has a lot to do with GRAMMAR.

NEXT

Let's look closely at how our present reality manifests.

Our present is created by the information that we have programmed into our cellular memory in the past that became our reality in the present.

We must change our past in order to change our present.

We must look at, visualize, create the new reality firmly, completely, without any variation.

When I was a baby, I remember myself as a fabulously wealthy, sovereign light entity who could manifest stacks of gold bars when I played in my crib. I remember lining my bedroom with diamonds that glowed in the sunlight creating rainbows across my room. I remember my friend was a Unicorn who taught me how to create anything I wanted.

This is only day one of my past.

Now, you begin your journal of your new life beginning with day one when you were a baby. Go through your life remembering how unbelievably wealthy you were as a child, in elementary school, in high school, in college, in your family and workplace. Create the reality that will correct your cellular memory of this present time.

You will need to set aside several hours of your day to complete your journal of your past self in this ONE REALITY-ONE ITEM. Do not try to mix all five items.

You will need to re-write your past five different times. After, you write five different scenarios focusing on the character in each re-write. The character is the I AM in the story. The character is fabulously wealthy - always fabulously wealthy in every event and time of its life. Next the character is surrounded by loving, kind, giving friends of high level consciousness. Each of the five stories centers around that I AM consciousness.

Next, write the story of the I AM character being all five in one. REMEMBER-- we are never making the story about the ITEM --the money, or the car or the house. We are always making the story about the I AM that I AM. The character is the I AM. He is not just experiencing the items. He is the wealth. He is the loving friendship. He is the creator of the reality.

Don't forget the new grammar rules. We do not have a subject and an object in our story. We only have a subject--I AM that I AM.

Let's **STOP** here.

Get out a blank piece of paper, start writing your five items again.

Or, maybe, you would just like to work on one item. Choose the one you want to work on the most. Each item will require a complete re-write of your past history.

After finishing a journal documenting how fabulously wealthy you were every day of your life, let's look at the rest of your history. You have had millions of lifetimes. You need to see your self as the most wealthy person on this planet in every lifetime. Next, you need to go beyond when time began. You need to see your self in the moment of being created in the image and likeness of God-Source. The idea of Infinite Man formed into a spark and ignited into a flame through the Breath of God.

Hold that Idea of the Infinitely Wealthy Idea of God in the palms of your hands. See it, feel it, be it. Now Breathe the Breath of Source onto that idea and ignite it into a flame in your palms. Remember that Breath of Source is the substance of creation and it is coming through your breath. You are the creator. You have the ability to create as the image and likeness -the hologram- of God. Your Breath is God's Breath. You breathe and you create each time you breathe. That is how powerful you are.

Now, take a few hours to dwell on that reality. You create every time you breathe. What have you been creating today, yesterday, your entire life?

Do you see why you have not been creating the realities in your life that you desire?

Spend several hours thinking about this and write it in your journal.

NEXT

We must become drama majors to make our new reality appear. We must become the character in the story. That is the new you. The I AM that I AM in your story.

Take one of your stories of your history and spend one entire day being that person. Watch your thoughts. Never let any thoughts slip in that would bring you back in to your old self. Become the infinitely wealthy I AM. Become the Mind of God who knows that all is already manifest. Spend your day living in the gratitude and the bliss of your creation of infinite manifestation. Feel it, Know it, Believe it, Be it.

If you would like some guidance and inspiration read chapters five, six and nine.

Eliminate those world beliefs that are interfering with this activity. The world and the church would tell you that you are a liar, making up stories about how wealthy you have always been. If there is any cellular memory within you telling you that you are a liar you must get rid of it.

The IRS might want you to pay back taxes for those many years when you were so wealthy. Make sure you place in the re-write of your lifetime that you were always honest and always paid taxes. Make sure that you were generous with your wealth. Make sure you used your wealth the way the Mind of God would use Infinite Manifestation because you are Infinite Manifestation.

Re-write your past fabulously wealthy self through the Mind of God.

Think on this for a day.

STOP

Take out your journal and write any thoughts that come to your head.

How do I change the reality of who I was without sounding like a liar?

This project must be private. If you want someone to talk to we can exchange email addresses of those in this workshop because there won't be anyone else for you to talk to from now on. You cannot share your 5D perception with those in the 3D consciousness. This was the meaning of "Go into your Closet, and shut the Door."

This new reality that you are creating will not be found in a 3D world. It must first be imagined in the 4D world of dreams and then those dreams that are printed in your cellular memory will appear into your new 5D reality that allows you to see the invisible movie printed on the visible movie screen.

READINGS

Please read:

CHAPTER ONE

CHAPTER FOUR

CHAPTER SIX

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WEEK TWO

SEPARATING THE REALITIES OF PAST PRESENT AND FUTURE

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Write your five items again in past, present, and future.

Keep adding new events to your movie screen of your past. Your cellular memory in your DNA is the only thing that is making the movie, or the reality that you think you are living in at this time. It isn't the reality that God sees you living in at this time. It is the movie that you created around yourself through your own cellular memory. You made it and you can re-make it.

You are the movie maker. You make God's Movie.

That was the direction that the Angels gave to my husband and I in 1985, again in 1991, again in 2000 and again in 2012.

It was our desire to know what that meant-to Make God's Movie- which has led us to this understanding. We have the ability to make God's Movie. Only Human Angelics and Star Seeds have the ability to become so in tune with the highest frequencies of Source that they can manifest their reality directly through the Mind of God. The Fallen Angelics gave up that right. They cut themselves off from Source. They lost their energy. Their only source of energy became the Human Angelic Energy. They were the ones that placed all of these lies in our DNA that would cut us off from Source Consciousness, just as they had cut themselves off.

Now, is our time to make God's Movie. It is our Divine Right. It is our reason for being here. We must create the new reality or the old reality will just continue.

READINGS

During this week, please read the chapters titled:

THYMUS

BRAIN CHARTS

ASCENSION FORMULA (Bottom of Chapter Two)

CHAPTER FIVE and CHAPTER NINE

HIGHEST FREQUENCIES

The manifestation of the New Reality can only take place through the Highest Frequency of Source. The Frequency Music aligns your Consciousness to that Frequency.

You must also do the alignment consciously to realize that you are shifting your consciousness from one reality into a new reality.

That new reality already exists in the Mind of God. You just have to go get it.

First, in the Crystal Heart- the Etheric fiber within the Thymus, where the God Seed Atom of original creation always has been. That area is the Imagination Center. Create an idea in the Crystal Heart. Inhale Back through the Medulla Oblongata and up above the head 36 inches.

See the idea in a sphere 36 inches above the head. That is where the Negative of God's Movie is made.

Remember- I use the word movie in this workshop to mean the Reality- the actual movie being plugged into our reality field. The movie is being made in our cellular memory--our DNA. The negative of that movie picture is created in the Mind of God which is an idea created from a spark, a breath and a flame. The flame is original plasma, an atomic nuclear substance that creates a reality field that is lowered in density into a form that can be seen as a hologram. What we believe to be the reality around us is just a hologram of an idea that we created through the Mind of God. It is just movie. It can be edited, changed from black and white into color. It can have the characters made wealthy or poor, happy or sad. We made the movie.

The Mind of God is connected directly into the human body through the Crystal Liquid Light Energy Stream called the EirA. That stream of energy flows into the mid brain and then allows the movie to be projected from the third eye out onto the movie screen which is the radial body. The radial body is the sphere of energy that is three foot radius around the body.

First we create the movie. The script writer of the movie is in the Thymus. The Thymus is where imagination is created. The most etheric level of the Thymus is the God Seed Atom. That is the etheric, invisible, zero point connection between the physical and spiritual man. That is what we call the Crystal Heart. It is also the area of the Soul Body, which is an actual etheric atomic structure that looks like a crystal mini me of our body. We will think of that mini me, spiritual soul self as our REAL SELF. That is the self that can bi-locate, orb, walk through walls, go to the future.

Don't think of your body as your real self. This is just the hologram that holds the real self. The real self is that mini me that lives in your crystal heart. That is the image and likeness of God. That is the zero point where there is no separation between the Mind of God and You-the Soul of You.

The connection in physical terms between your etheric thymus through your medulla oblongata connects through a golden crystal pillar to 36 inches above the head and flows back down into the mid brain through the EirA Stream. In God Language, the Thymus area is the ManU- the Imagination Creation Center. We create the idea in this location. We Inhale the idea into the God Mind. That is the area where the idea goes through gestation period of creation. The idea is formed as a negative of the film that will be developed. We inhale and hold that idea long enough to see it clearly being developed into a Negative. Now we see the negative inside our head - in our third eye. We see the movie developed in our head. We have pulled the EirA Stream into the Mid Brain. Now, we EXHALE the movie out onto the Movie Screen. The EXHALE BREATH is called the ManA.

RADIAL BODY

The Radial body is a holographic sphere around the body that holds the movie screen in place. The movie is now being developed onto that movie screen.

DEVELOPING THE MOVIE

How long does it take for the movie to develop?

That depends whether you are developing the film on your 3D, 4D or 5D DNA.

If we are creating our movie from the past, the movie will develop instantly onto the present. If we are creating our movie in the present, we will see it in our dreams. If we are creating our future, we will need to raise our frequencies into 5D and that movie will be waiting for us there.

We will also practice the procedure of creating the three crystal spheres of crystal liquid light, crystal gel and crystal dust as the Elohim of Hearing and the Three Aurora Knights taught me. See Readings.

Are you beginning to see the massive amounts of background knowledge that has been left out of your training on Earth of how we are to naturally function as Human Angelics and Star Seeds?

I would like you to do a little research.

Go to my website cosmicdolphinsmagic.ning.com and press the Merkaba Mechanics button. Begin spending at least one hour a day learning about merkaba mechanics. When you find more time in your day, go to the meditation button and start practicing the meditations. You might like to get the Steps to Ascension Meditations in the purchase section.

Keep making your list of items that want to manifest or change in your life. Keep creating the visual memory of that reality of your entire lifetime and all lifetimes and before the world began.

AKASHIC RECORDS

Before we continue, I'd like to make this little note about Akashic Records. These are the memories that are stored in your cells. These are the memories that we are now working on transmuting into higher frequencies and into new realities.

We don't want to have Akashic Readings done anymore. We don't want to keep dwelling on memories of who we were in past lifetimes. We couldn't do that even if we wanted to because we are continuously transmuting those old memories, holograms and dreams that were planted in our DNA into a new reality.

If you continue doing Akashic Record readings of old past realities you will be bringing that reality into your new cellular memory that will exist in the future.

It is time to begin creating our Coushic Records of our Spiritual Reality. We need to bring more and more of our DESIRED Spiritual Selves back on line.

We create our Coushic Records as we become tuned in to our Spiritual Self.

Begin using the Ascension Formula Meditation at least once a day. It is on the Meditation page on my website. It is in the Steps to Ascension Meditations and I sent it to everyone who ordered their Eternal Life Album.

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WEEK THREE

THE FUTURE SELF

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New Manifestations are always placed in FUTURE DNA. We won't see it manifest until we raise our DNA.

To change reality in present DNA we must change our past reality, and the change must be made completely.

Step One

NOW we are working on changing our Future Self. We don't keep putting the same old 3D movies on our 5DNA

Higher DNA doesn't make a different movie. We have to implant the movie on the DNA.

THE DIVINE FORMULA FOR RAISING DNA

We bring higher and higher frequencies into the Chakra areas that activate the alignments to higher dimensions.

If we take the energy or frequency from Inner Earth - 14th dimension and then inhale that frequency into our first second third fourth and fifth chakras, the frequencies in these chakras areas rise higher and higher. We take the higher frequency and push them up into the first chakra called the red frequency and then combine them with the gold frequencies of Inner Earth.

First -Transmute the first chakra into the light frequencies of the golden sphere of 14th dimensional golden frequencies. Next, inhale back down into the fourteenth dimension called the HOLY GRAIL of frequencies and collect the golden frequency again.

NEXT, inhale the golden frequencies and the transmuted frequencies back up into the first chakra and then pull that transmuted energy up into the second chakra, go back down to the holy grail and inhale the golden frequency pull it up into the first second and third chakras to raise the frequencies, continue down to the holy grail and then up to first, second third and then fourth chakras pulling all of that transmuted energy up and turn the fourth chakra into the golden light. Continue with the fifth -12th chakras.

There are dozens of meditations that can be used with the breath and consciousness to help transmute the old miasms out of our systems. This one and the Ascension Formula seem to accomplish the most in fastest and easiest manner. There are some very complex journies and meditations. You may purchase these if you desire. This is not a part of this Workshop. You might like to purchase the Complete Ascension Process, the Ascension Portal Workshop, the Pure in Heart Kit and the Steps to Ascension Meditations to gain more understanding in that area.

REMOVING OBSTACLES

Before we can manifest, we must de manifest. We must remove all error from our system. An error is an actual error placed in our programming. An error is a misalignment of the stars. An error is a shield placed over our grids. Those errors that were placed in our universal star system are what resulted in the errors in our bodies.

Those errors in the bodies are these nasty little thread like fibers that are like barbed wire. We must find these in the body and remove them. We find them. Place a sphere of light around them. Melt them into the sphere, pull them out of the body. Hold the idea inside the sphere in the palms of your hands. Walk forward into your spiritual self. Hand the sphere to your spiritual self. Together with your spiritual self hand this sphere to Sun Alcyone or Sun Ra and ask to have them turned back into pure light from Source. See the error melt away into pure liquid light energy.

We must do this because whatever is wrong in our physical body must be cleared in our spiritual body or it will still be there. Any idea that comes up that is not in agreement with what you want to manifest must be found in your body and turned into light and carried away.

Emotions that come up in circumstances or with people are caused by these errors. The error that is in the barbed wired in the body. Find where the place in the body that holds that feeling is. Focus on it and then wrap it in a sphere and remove it. Once you find one error related to an emotion there are usually at least three others that are related and they are usually in the second and third chakras and often in the fourth.

We had more error placed in the heart chakra than any other because that is the crystal heart. That is the God Seed Atom that attaches us to the Mind of God. When we completely clear our Crystal Heart of all Error that is detaching us from the Mind of God the rest of our DNA strands will begin to re-connect.

READINGS TO HELP YOU GAIN MORE

BACKGROUND KNOWLEDGE

CHAPTER THREE

CHAPTER TEN

Thymus, Brain Charts

HOW TO RAISE FREQUENCIES

AND CLEAR MIASMS

The easiest way to do this is to bring in more and more fourteenth dimensional frequencies into the heart chakra and to transmute the error and use the sphere of crystal light to take all error out of the crystal heart and take it to the spiritual self and transmute it together.

THE FOLLOWING REALITY NEEDS TO BE KNOWN. IT MIGHT BE SOMETHING YOU DON'T WANT TO HEAR ABOUT. IT IS YOUR INDIVIDUAL DECISION WHETHER YOUR DESIRE TO CHANGE YOUR 3D REALITY IS STRONG ENOUGH TO CHANGE YOUR 5D REALITY.

The Thymus is the great imagination center where children create their dreams and send them to God . They visualize the reality and send it God to manifest it.

That dream making machine is the thymus. And the God seed Atom is within the thymus.

The reason the thymus stops working when a child is 12 is because the sex hormones begin to flow.

Where did those sex hormones come from? The Fallen Angelics and Invader Races planted that into our systems to block the connection to the Mind of God.

This mutation creates scrambled messages between the thymus and the mind of God until the messages become completely mis translated into sex dreams, carnal desires and the energy channel becomes mutated into the first chakra and second chakra beginning mutations throughout the body. The Eternal Life hormone got switched into Mortality. This scrambled wiring was created by the Caduceus Seal placed in the Staff of the Earth connecting north and south poles. That staff was twisted so that energy could no longer flow through it. The staff and rod that connect the Earth's Energy to Source was so badly distorted that the Earth had a phantom field placed within it. That Phantom Earth detached and fell away in December of 2012.

However, we still have many of these mutations in our bodies that we must keep working on transmuting into the light. The Sun will be helping us with the transmutations. When the Sun has to do it for us it will be more painful than if we do it ourselves.

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WEEK FOUR

CREATING OUR 5D BODY

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Now, it is time to go back to the steps in Week One and manifest your new 5D body.

I am a crystalline based body. I have always been a crystalline based body. I will always be a crystalline based body.

I am made of $H^2O^2HE^3$

This new body that you see now in your present reality must be made now so that it will become visible when your 5 DNA is complete. The carbon based body can no longer be a part of your reality. If you keep seeing your self as a carbon based body now, it will manifest in the future.

The body is transposing from the inside to the outside. Every atom in the body has been remade clear from the zero point of the invisible structure of the breath of Source into the omnions, the sparks and the quarks that come before the atom. The body is being made from an etheric substance of ETERNAL LIFE programming. The same substance that Stars are made of. A star has eternal life. A planet has finite life. We are moving into a Star System.

We must begin with the water. The water in the spiritual universe is $H^2O^2HE^3$ Adonai (Spiritual).

The water that is in our atmosphere now is ionizing. The water in the streams is ionizing. I have pictures of waterfalls on my walls that have enough ionization in them to make the water look very soft and fluffy and sparkly. It is so soft in nature that you can feel the softness within yourself when you look at it.

Just go to a link at Google or whatever server you use and find some pictures:

<https://www.google.com/#q=posters+waterfalls>

Just by looking at a picture and knowing what this feeling of transition feels like you are painting that picture into your DNA.

Find a picture that gives you that feeling.

Now, find some sparkling glue paint or any type of paint that has sparkles in it. Draw a picture of your body with the sparkly substance, and use all of the colors of the rainbow.

Sense and feel that your body is turning into this crystal light body from the inside out.

READINGS FOR WEEK FOUR

CHAPTER NINE

CHAPTER EIGHT

Focus on seeing, creating, visualizing these new realities of your fifth dimensional body. The transmutation process involves becoming one with the spiritual body of light. At first, the body just becomes more etheric in nature. As we practice this specific process of becoming the light body through merkaba mechanics, we will learn to turn the body into an orb of light that can teleport your body to any locality in the universe.

That process is not a part of this workshop.

However, you should begin visualizing your body doing this.

I am a new chemical structure

I am eternal life, eternal health, eternal prosperity.

I am an unlimited, prosperous, abundant being of infinite potential.

I have visited hundreds of galaxies and star systems I am a divine creator of many star systems I am the mind of God Manifest

I am a multi dimensional

I communicate telepathically.

I live in a crystal palace in Inner Earth.

I meet with and communicate with my family from Sirius B every day.

Aquafarian Urtha, Tara, Gaia, Oraphim and Turaunesiums families

Magical unicorns, dolphins, fairies are my best friends.

Divine formula of manifestation is ManU EirA ManA

An Individual must be spinning within the Merkaba of the 12 Dimensional Frequencies in order to achieve the removal of the polarity between the spiritual and physical bodies. The Merkaba is the Spiritual Vehicle of returning the spiritual body into at one ment with the physical body. This is what makes the spiritual and physical become one.

The correct science of the Merkaba may be studied in detail. I have given links to the correct data on this science at my website:cosmicdolphinmagic.ning.com in the Merkaba Mechanics section.

The Merkaba Mechanics are necessary for aligning the manifestation of the NEW BODY into the newly created DNA.

During this Ascension Process, the Ego is not actually being pushed out. It will feel like the Ego is being pushed out, and it will result in people feeling fear and disengagement. What is really happening is the third chakra -- where the feelings of control, jealousy, envy and all of those feelings that came as a result of being separated from our complete self-- will be reconnected with the complete self.

As the connection takes place, the Ego Feeling will melt away. We actually do have a Divine Ego that is nothing like the Ego that we have experienced so far.

Take part in manifesting your Divine Ego by knowing, seeing, realizing, visualizing this NEW YOU with your DIVINE EGO that has no Fear, no Envy, Strife, Jealousy because YOU have become the INFINITE MANIFESTOR of any reality you DESIRE.

THIS IS THE END OF THIS WORKSHOP. YOU SHOULD HAVE SPENT AT LEAST FOUR WEEKS ON THIS MATERIAL.

THERE WILL BE MORE WORKSHOPS OFFERED IN THE FUTURE.

For those of you who only purchased the book, you may sign up for the workshop at:

<http://cosmicdolphinmagic.ning.com/>

in the purchase section.

LET US BEGIN MAKING OUR NEW
REALITY!!!!

FROM THE GOD OF ME (I AM THAT I AM) TO THE GOD OF YOU (I AM THAT I AM)
(THIS IS THE TRUE MEANING OF NAMASTE - it didn't originally just mean Greetings
or Salutations)

CRYSTALAI

Dr. Angela "Crystalai" Barnett (c) 2013

<http://cosmicdolphinmagic.ning.com/>

CHAPTER ONE

GRATITUDE IS THE KEY TO MANIFESTATION

Dr. Angela "Crystalai" Barnett (c) 2013

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Begin each day with the gratitude that all of your desires are given to you before you even have time to think about what they might be. This is the rule of instant manifestation.

Know it. Feel it. Be it. And be Blissfully Grateful that the Kingdom of Heaven is all yours!!!!

Crystalai

GRATITUDE IS THE PROOF THAT YOU TRULY KNOW THAT YOUR EMOTION AND EXPERIENCE HAS BEEN REGISTERED IN THE MIND OF GOD, and there fore you KNOW THAT IT WILL MANIFEST.

BE GRATEFUL THAT YOU HAVE ALREADY RECEIVED ALL THAT YOU CAN IMAGINE.

BE GRATEFUL IN KNOWING THAT IT IS ALREADY YOURS.

BE GRATEFUL IN KNOWING THAT ALL OF YOUR PRAYERS WERE ANSWERED BEFORE YOU EVEN THOUGHT OF THEM.

BE GRATEFUL IN KNOWING THAT YOU LIVE AND MOVE AND BREATHE WITHIN THE MIND OF GOD WHO MANIFESTS INSTANTLY ALL THAT IS IMAGINED.

IF YOU ARE NOT GRATEFUL, it means that you don't believe that it has already happened.

YOU must Know that it already happened because you felt it happening.

You just KNOW THAT IT HAPPENED because you could feel the Experience. You have the Emotion of Wonder and Excitement and the feeling of going to the bank and taking out large sums of money and giving them to people that you don't even know. And knowing that there will always be more money, and that the money is streaming down so fast that you couldn't possibly give it all away fast enough. There is INFINITE SUPPLY. The amount of supply that is in all of the galaxies and universes and cosmos of the entire Cosmaya (the thirteen Cosmos who now create our new 12 Universes). You have enough money to go buy a couple of planets if money were even needed for such a thing.

In reality we will no longer need money because we will create anything we desire. Money is only a symbol in our present reality system.

REMOVING ALL OBSTACLES TO MANIFESTING

MOST COMMON REASONS WHY PEOPLE CAN'T MANIFEST

1. They haven't learned how to use the Mind of God.
2. They spend most of their time thinking in the Conscious Mind about things that they don't really want to manifest.
3. They don't keep their consciousness saturated with the highest frequencies.

4. They haven't gone beyond the five senses into the higher senses.
5. They don't stay focused on knowing that they already have the very things that wish they had.
6. They spend their time wishing instead of being grateful that they already have it.
7. They don't stay in the Frequency Specific Mid Brain Sub Conscious.
8. They don't stay connected to their Soul Matrix which gives them super consciousness.
9. They don't stay in the no time of always have been always am and always will be (a multi millionaire--or whatever the desired reality).
10. They don't pave a path in their consciousness each and every morning that sees them living as a multi millionaire every day of their life since they were born, and never knowing a moment when they were not a multi millionaire.

Here is a good place to take a pause. A person can't even participate in this process if they think it is a lie to live in the reality that they have always been a multimillionaire. This doesn't mean you have to share your reality with anyone else because then you will be paying back taxes forever. We create reality in our imagination. The word imagination has been mistranslated to mean something that is not real. The imagination creates reality. If we don't use the imagination we will not be creating reality.

You must know that you in reality always have been a multimillionaire, you are a multimillionaire and you always will be a multimillionaire.

You cannot have one reality for five minutes and then shift into another reality for five minutes.

11. They spend more time watching other people's movies instead of focusing on making their own movie of their own desired reality.

They do not spend every moment of every day being grateful for already having all of these things.

12. They do not believe beyond a shadow of a doubt that man is a manifestation vehicle.

13. They do not believe that there is an absolute divine and spiritual method of manifesting that works every single time.

14. They do not believe that they actually are the Mind of God which is the manifestors.

15. They do not believe that their consciousness is attuned to and at one with the Frequencies of Source Consciousness.

16. They do not believe that they are the holographic gods who are on Earth creating God's movie.

17. They live in the Earth system of believing they must work hard for a living.

The Earth system of knowing is mostly based on lies and limitations.

The Source Field of knowing is based on the reality of ALL that is ALL READY IS. And every new reality is just waiting to be born.

When we are in this mind of God or the Source Field of the unborn realities, we can instantly manifest anything we can imagine.

Source is the only creator. Creation doesn't happen unless it is through the Mind of God. And we have the divine right to use this infinite creation machine any time we want. It is ours. So why not learn how to use it and create the world that we want?

WHAT IS THE LAW OF ATTRACTION?

The popular courses teach something about bringing good things to your self because you stay in happy thought frequencies. They teach about focusing on the thing that is desired and magnetizing that thing to oneself.

I am not talking about the law of attraction in that way. I am talking about the frequency of Source Consciousness being the frequency that manifests every thing into form instantly. I'm talking about it being man's divine right to manifest instantly any reality that he desires when he is using the frequency of Source. I'm talking about that crystal liquid light energy flowing through the mind of man and being breathed out into a desired creation.

I am talking about the body of man being designed to manifest with the breath. We breathe, we create a picture of a desired reality, we inhale the picture into our crystal hearts which creates a negative of the picture that is to be developed in the mind of God when we inhale, and then we exhale that picture in its developed form on to the radial body screen that is three feet in diameter around the body.

That is the true divinely scientific formula of manifestation. It really does work every single time just like science. But, it has to be done correctly.

The part that most people don't get right is the connection to the Mind of God.

MERKABA MECHANICS

(PLEASE NOTE: This is not a Merkaba Mechanics Workshop, so we will not cover this in detail here).

Why do we need to know Merkaba Mechanics to manifest?

Because this is how we raise our frequencies into the full spectrum of the Omni-Consciousness of God. The Earth's Matrix contains five harmonic universes. The fifth harmonic universe or sphere is the Cosmos. The sixth sphere is the Cosmaya. The infinite plane of the 12 Cosmos who created the one Matrix. Beyond the Cosmos of pre light and pre sound is the Source Field, the Infinite Unknown, the Void., the pure spiritual Allness. This is where all manifestation takes place. It takes place in the Void. The Void is where new ideas are born.

When we are absorbed within the Infinite Consciousness Fields of all of these dimensions, we are actually wrapped within the Omnipresence, Omnipotence, Omni Reality Field of Source Consciousness. There can be absolutely no separation from Source's pure Manifestation Field when we become locked within the Merkaba Mechanics. The Merkaba is a spiritual symbol that creates energy. The energy is the spinning at the rate of ten thousand times the speed of light.

That is how fast we would need to travel to be in the complete reality field of the Earth's Matrix and within Source Field at Once. The Merkaba means E equals MC^2 . Einstein's theory of relativity. Our reality field is equal to Consciousness plus energy. We connect our consciousness into the energy field of the Merkaba by breathing to make the outer band spin clockwise and the inner band spin counter clockwise. We create the reality by focusing on where the merkaba is traveling to. If we focus in the 13 dimension of Inner Earth, we travel there. If we focus on traveling four harmonic universes into the fifteenth dimension, we travel there. If we focus on traveling to the seventh harmonic universe we would obtain oneness with Source Energy. This allows us to be complete within the SOURCE CONSCIOUSNESS. When we are completely in Source Consciousness, we

are in the mind of God. which is the manifestation template. We become familiar with this frequency. We become in tune with the frequency.

We must repeat this procedure of becoming saturated with the Frequency of Source Consciousness by going within. If we spin the merkaba of oneness with Source into each cell in the body and into the chakras and into the DNA we are spinning into an omni field that is more etheric than sparks or quarks. We are focusing on infinitesimal zero point of reality within each atom in our body. This creates the saturation level of Source Omnipresence from the zero point within to the infinite all in the without.

This is step one in our manifestation. Manifestation will not happen if we are not in the Mind of God- or the Void of Creation.

The Frequency Music is to help you become accustomed to the FEELING of being absorbed into the Mind of God, the Source Frequencies streaming through all of the other six spheres of creation. The Frequency Music, and the ETERNAL LIFE ALBUM in particular already contain the frequencies that are obtained from the Merkaba spinning into oneness with 12D Frequencies, Cosmic and Source Frequencies.

The minimum required to establish the frequencies needed for manifestation would be the Ascension Kit. The optimum is the ETERNAL LIFE ALBUM. Next

After becoming familiar with these specific mechanics, we can call on the Merkaba by saying

Rasha EirA Christ Star Now

Meaning Bring the 12D Symbol of Christ into my MidBrain through the Crystal Liquid Light Stream of Source Consciousness.

After we become so familiar with this alignment into Cosmic Consciousness in the five harmonic universes, we can expand into the outside realm of the Source Field.

We go from the inside of the Earth's Matrix to the outside of the infinite unknown.

Once again this formula aligns with the cultural phenomena of the inner and the outer or the emic and the etic realities.

We can't be in the Source Field of Knowing if we are still in the Earth's field of Knowing. Those are two different reality systems.

The Earth system of knowing is mostly based on lies and limitations of working hard for a living.

The Source Field of knowing is based on the reality of ALL that is ALL READY IS. And

every new reality is just waiting to be born.

When we are in this mind of God or the Source Field of the unborn realities, we can instantly manifest anything we can imagine.

Source is the only creator. Creation doesn't happen unless it is through the Mind of God. And we have the divine right to use this infinite creation machine any time we want. It is ours. So why not learn how to use it and create the world that we want?

HOW DO WE CONNECT TO THE MIND OF GOD?

We have the frequency specific mid brain. That is where the EirA Stream of Crystal Light Energy from Source streams in. We can connect to that stream of crystal light energy by walking into the candle in consciousness. Walk clear into the white light of the full spectrum of light and sound. Turn around and become the blue sphere. When you have become the blue sphere, this means you have connected to the Mind of God through the EirA stream.

Take that stream of Source Energy into the Crystal Heart. That is the place within the Thymus, called the God Seed Atom. There is a mini me of your self in etheric form that has its head about in the throat area and the feet are above the navel. That is your etheric crystal atomic level self. That is your Soul Self. That self can travel inter-dimensionally. That self can move out of the body, sleep on your ceiling, go to the bank, or whatever you want it to do. It is your means of bi-locating.

(I recommend getting very familiar with your mini me, etheric self -- your soul self.) That is the you who will allow you to walk through the pearly gates without dying. You need to practice walking into that self, into the oneness with your etheric self.

You also need to learn to allow your spirit self to become one with your physical self. (I provided you with the Ascension Formula Meditation to allow that to happen).

Take the idea that you create in the mid brain into your crystal heart. See your mini me getting very excited about this idea you have and what it feels like to be the emotion of that reality. You feel like the winner of the mega million lotto. You have just won 30 million dollars. What does that feel like? And don't start limiting yourself. Now you can win the 30 million dollars every day for ever because you have learned how to do it.

Hold that feeling in your crystal heart and then inhale it into the Mind of God which is about 38 inches above your head. Hold that feeling there in your breath for as long as possible and then exhale. The exhale comes through your lungs, but think of it as coming through your crystal heart area and your mid brain area and out your mouth. At

the same time, see the manifestation coming from your crystal heart and down your arms and into your palms. See and feel the crystal light, crystal dust and crystal gel in one sphere of energy that you are holding in your palms of your hands as you are breathing into the palms of your hands.

Practice this step of manifesting until you realize that you can manifest flames of light energy in your hands. that light energy is coming from Source. You are manifesting light energy directly from Source.

That is your first step in manifesting.

When I was taught this manifestation technique by the Elohim Angels I was desiring to manifest the highest frequency and bring it to Earth. So, that frequency of energy coming from Source Consciousness could be felt in my palms and in my breath. That was the frequency that I learned to exhale onto a microphone and record the frequencies of Source.

These are the frequencies that we use to manifest anything we want.

Dr. Angela "Crystalai" Barnett (c) 2013

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CHAPTER TWO

DREAMS COME TRUE

Dr. Angela "Crystalai" Barnett (c) 2013

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BREATHE, INHALE MAGIC EXHALE DREAMS COME TRUE

This is the formula found in the first song of COSMIC CONSCIOUSNESS ALBUM

We breathe, just as God breathes, we create just as God creates, we exhale a new reality as co-creators with God.

Just breathe. Breathe gently but powerfully in consciousness. Visualize your breath pushing a sphere of energy around you in a clockwise motion. The more you breathe, the more the band or sphere of light energy moves and it circulates faster and faster.

Now think speed of light. Know that by using the merkaba technology, that your breath is actually creating a spin that is faster than the speed of light.

Quantum Physics is the world that we don't see yet, but it is there. It is the anti particle world which is in fact the spiritual world. Once we connect into the spiritual world by aligning our frequencies into it until it completely transmutes the lower frequencies of the physical into the higher etheric frequencies of the spiritual.

Einstein's theory of Energy equals consciousness plus reality or $E = MC^2$ means matter can be converted to energy and energy can be converted to matter. So, we can create or manifest anything we desire from energy. If that energy is the frequency of consciousness of Source, we can create anything we desire from it.

That formula was also used by Jesus Christ. He brought the teachings of the ESSENES in their true original form to Earth. He taught his Mystery Schools how to use the Frequencies within their Crystal Heart or their God Seed Atom within their Thymus to

connect into the Mind of God, which is the Frequency that comes from 36 inches above the head when we spin the Merkaba or ride up into the five spheres of consciousness.

Sub consciousness is found in the Mid Brain and Crystal Heart. Consciousness is found in the Brain. So we must have the head and the heart working together. We must also have the Higher Self, the Super Conscious Mind that is yourself at a higher dimension-our entire Soul Family of dimensions 4,5, and 6. We must connect to those higher selves, those etheric selves. We connect into the atomic level or etheric level self in the Crystal Heart Area. We connect to the Mental or Super Conscious Crystal Body at 36 inches above the head and 36 inches around the body. That Sphere is around the Merkaba. So we have the Merkaba Body. The spherical body that is created by the Merkaba that spins ten thousand times the speed of light and places us anywhere in time and space in no time and no space. The merkaba vehicle connects all that is within this Cosmic Matrix.

The Subconscious works through the emotions of feelings and strong continuous repetition of that feeling in past present and future realities all being the same.

Some call this connecting with the Higher Self. It is connecting with all selves of the five harmonic universes of Frequencies. Once we have connected into this energy, we can dream, or IMAGINE through the FEELING of the Frequencies, the Reality that we will create.

The thought and feeling must always contain the gratitude for things that have already manifest.

They have already manifested in the Mind of God. When we exhale that already manifested reality from the Invisible or Quantum Reality into the Visible or Manifest Reality of Matter of physical density, it just means that we are learning to REALIZE and Visualize the things that are already here and the things that are already ours.

In order to manifest a new idea, we must go beyond the boundaries of everything that we already know exists. The mind of God will allow anything to become instantly manifest in our reality field when we ask to create something that exists outside of the reality field of the world that only exists within our personality.

When we choose to create a new idea, it must come from infinite unknown - the All Seeing, All Knowing, Omnipotent Mind of the One Eternal God. If the idea being created doesn't originate from this one Divine Source, it isn't a new idea. If it isn't a new idea, it has already been created. It is already in the world of concepts. It is already being recycled over and over again. God doesn't create from recycled energy. God creates from Brand new energy that comes from the Brand new Idea of Infinite Imagination.

The new ideas first exist in the subatomic structures. These invisible, quantum ideas must be created in the highest realm and then they can exist as atomic structures that form into visible light and take form in the hertzian and infra red levels of manifestation.

All creation begins at the ultra fine zero point frequency level of the Divine Source breathing the idea into the Cosmic realm. This ultra fine omni particle shimmers and sparks into a frequency that becomes a plasma cloud. This cloud shifts into the field of all potentials. The potential of the idea remains in the fabric of the mind of God. That fabric is woven into the idea that becomes manifest at all levels of light and sound.

That idea becomes the negative of the film that will become processed in the mind of God. So each thought that manifests is created exactly like a film that is processed into a picture album or a movie. When we co-create through the mind of God, we are making God's movie. That is what we will begin to do in 2013. The world will end. That movie called the world was not God's movie. That movie was made by liars that kept us from seeing the reality of God's movie. We have just been watching other people's movies. The movie made by God comes from the co-creative activity of our own mind of God within us. Our Souls and our Mid Brain hold the technology that will create the movie made from the mind of God. That is how the world will end. We will soon discover that all of the lies we see being reproduced by the film of the world has been an out right lie. We have not yet seen reality as of the year 2012. Reality will truly appear in 2013.

We must become humble enough to allow something to come forth that we do not know anything about. We must be willing to allow a brand new reality to appear. We cannot create a NEW WORLD until we completely dissolve the old one. The World must End. It must become transmuted into a higher frequency. We must be relocated into a new time, a new reality. We must be relocated to the time in which all that has come before all that is and all that will come after was created in the mind of God. All that exists is the divine blue print of the film from God's Movie --not the man made movie of the world.

The film that carries the new movie must be processed in the mind of God which is the infinite unknown, omnipresent, omnipotent, omni knowing, Consciousness which fills infinity. This infinite all knowing lies outside of the boundaries of our present knowing. We have not yet allowed for it to manifest in our lives.

When the idea is given to God to manifest from the unlimited knowingness of all that can be, the idea will bloom forth in a form so glorious, so unimaginable, so wonderful, that you will know that it came from the mind of God. If the manifestation is not so glorious that you know that maybe it was not an original idea from God, it is simply an idea that you are recycling out of old ideas that you once heard of before.

The ideas that are now manifest must come from a stream of consciousness so brand new that the idea has always existed from before the world began, before the cosmos

began, before time began. The idea must come from ALWAYS WAS, ALWAYS IS and ALWAYS WILL BE. This idea must be an ETERNAL IDEA.

We are the angelic incarnates on Earth. We are the vehicles of the breaths of consciousness of our galactic archetypes. We are the representatives on Earth who choose to exhale the magic from the co-creative realm. We sing the cosmic symphony of evolution through our breaths of consciousness. As we harmonically align with the Cosmic Breaths of Consciousness our entire cellular structure sings in harmony, and becomes completely transmuted into this Cosmic Symphony. We each contain a melody of fraternal essence and our angelic co-creative consciousness. The light streams and sound of the breaths of angelic consciousness are streaming through our minds, our cells, our atoms, our molecules. All of the Suns of all of the Galaxies are singing in magnificent rhythmic streams of crystal light energy of aqualene texture. Our crystal heart glows and dances as it wraps the stars beyond this matrix into the zero point of the spark of source. The ignition of Oneness takes place and it feels like the tone of home, the stardust energy, the radiance of omnipresent Divine Love.

Why do we need to know Merkaba Mechanics to manifest?

Because this is how we raise our frequencies into the full spectrum of the fifteen dimensional consciousness which is the Earth's Matrix. The Earth's Matrix contains five harmonic universes. The fifth harmonic universe is the Cosmos. The sixth sphere is the Cosmaya. The infinite plane of the 12 Cosmos who created the one Cosmic Matrix. Beyond the Cosmos of pre light and pre sound is the Source Field, the Infinite Unknown, the Void., the pure spiritual Allness. When we are absorbed within the Infinite Consciousness Fields of all of these dimensions, we are actually wrapped within the Omnipresence, Omnipotence, Omni Reality Field of Source Consciousness. There can be absolutely no separation from Source's pure Manifestation Field when we become locked within the Merkaba Mechanics. The Merkaba is a spiritual symbol that creates energy. The energy is the spinning at the rate of ten thousand times the speed of light. That is how fast we would need to travel to be in the complete reality field of the Earth's Matrix and within Source Field at Once. The Merkaba means $E = MC^2$. Einstein's theory of relativity. Our reality field is equal to Consciousness plus energy. We connect our consciousness into the energy field of the Merkaba by breathing to make the outer band spin clockwise and the inner band spin counter clockwise. We create the reality by focusing on where the merkaba is traveling to. If we focus in the 13 dimension of Inner Earth, we travel there. If we focus on traveling four harmonic universes into the fifteenth dimension, we travel there. If we focus on traveling to the seventh harmonic universe we would obtain oneness with Source Energy. This allows us to be complete within the SOURCE CONSCIOUSNESS. When we are completely in Source Consciousness, we

are in the mind of God. which is the manifestation template. We become familiar with this frequency. We become in tune with the frequency.

We must repeat this procedure of becoming saturated with the Frequency of Source Consciousness by going within. If we spin the merkaba of oneness with Source into each cell in the body and into the chakras and into the DNA we are spinning into an omni field that is more etheric than sparks or quarks. We are focusing on infinitesimal zero point of reality within each atom in our body. This creates the saturation level of Source Omnipresence from the zero point within to the infinite all in the without.

This is step one in our manifestation.

The Frequency Music is to help you become accustomed to the FEELING of the five harmonic universes containing the Frequencies of Christ Consciousness, as well as Solar, Galactic, Universal and Source Consciousness.

NEXT

After becoming familiar with these specific mechanics, we can call on the Merkaba by saying

Rasha EirA Christ Star Now

is a Christic command that brings the Christ Star Merkaba into activation.

After we become so familiar with this alignment into Cosmic Consciousness in the five harmonic universes, we can expand into the outside realm of the Source Field.

We go from the inside of the Earth's Matrix to the outside of the infinite unknown.

Once again this formula aligns with the cultural phenomena of the inner and the outer or the emic and the etic realities.

We can't be in the Source Field of Knowing if we are still in the Earth's field of Knowing. Those are two different reality systems.

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We have the frequency specific mid brain. That is where the EirA Stream of Crystal Light Energy from Source streams in. We can connect to that stream of crystal light energy by walking into the candle in consciousness. Walk clear into the white light of the full spectrum of light and sound. Turn around and become the blue sphere. When you have become the blue sphere, this means you have connected to the Mind of God through the EirA stream. The EirA stream is the flow of Source Energy Creation fluid made of Crystal Liquid Light Energy. It is the energy and substance of divine creation. The EirA is also what the angelics call the Mid Brain. The EirA streams into the EirA directly from the Mind of God.

Next, inhale that stream of Source Energy into the Crystal Heart. That is the place within the Thymus, called the God Seed Atom. There is a mini me of your self in etheric form that has its head about in the throat area and the feet are above the navel. That is your etheric crystal atomic level self. That is your Soul Self. That self can travel interdimensionally. That self can move out of the body, sleep on your ceiling, go to the bank, or whatever you want it to do. It is your means of bi-locating.

(I recommend getting very familiar with your mini me, etheric self -- your soul self). That is the you who will allow you to walk through the pearly gates without dying. You need to practice walking into that self, into the oneness with your etheric self.

You also need to learn to allow your spirit self to become one with your physical self. (I provided you with the Ascension Formula Meditation to allow that to happen).

Take the idea that you create in the mid brain into your crystal heart. See your mini me getting very excited about this idea you have and what it feels like to be the emotion of that reality. You feel like the winner of the mega million lotto. You have just won 30 million dollars. What does that feel like? And don't start limiting yourself. Now you can win the 30 million dollars every day for ever because you have learned how to do it.

Hold that feeling in your crystal heart and then inhale it into the Mind of God which is about 38 inches above your head. Hold that feeling there in your breath for as long as possible and then exhale. The exhale comes through your lungs, but think of it as

coming through your crystal heart area and your mid brain area and out your mouth. At the same time, see the manifestation coming from your crystal heart and down your arms and into your palms. See and feel the crystal light, crystal dust and crystal gel in one sphere of energy that you are holding in your palms of your hands as you are breathing into the palms of your hands.

Practice this step of manifesting until you realize that you can manifest flames of light energy in your hands. that light energy is coming from Source. You are manifesting light energy directly from Source.

That is your first step in manifesting.

When I was taught this manifestation technique by the Elohim Angels I was desiring to manifest the highest frequency and bring it to Earth. So, that frequency of energy coming from Source Consciousness could be felt in my palms and in my breath. That was the frequency that I learned to exhale onto a microphone and record the frequencies of Source.

These are the frequencies that we use to manifest anything we want.

ASCENSION FORMULA MEDITATION

FIRST ACTIVATE THE LIGHT BODY BY CREATING A CRYSTAL LIGHT SPHERE IN THE HEART CHAKRA AREA

Place a mini me of your self inside of the sphere. Next, let that mini me grow into the size of your full body while lying flat on your back in bed, place a magnetic shield under your body.

Send your light body down through a chamber or tube riding on top of the shield down through the earth's crust. Now, exhale to send the light body on down to earth's core.

Push down through the shield at earth's core into the liquid light area. Feel the liquid light.

Ride the shield of the light body down through the aqua shield and into the liquid light energy field. The atmosphere feels like water but it doesn't make you wet. You can float on it, swim in it. Breath it. Next, pull the light body down through the bottom of the water

shield, and into the etheric realm of earth's core.

Focus attention in and around the light body, as it is positioned in the etheric crystal core domain. There is a translucent, iridescent, pastel silver violet frequency chamber. The metallic glitter and sparkle, and flicker to define the sphere around the light body.

ABSORB that heliotalic LIGHT.

Take one step down through the shield and enter a mirror, laying flat-right at the center of the earth. This mirror separates the physical side of the earth from the spiritual side of the earth.

The shield opens and merges with the spiritual shield when the spiritual frequencies come in to the light body and physical body.

The fourteenth dimensional sparkling metallic iridescent pastel shield is being pulled into the miniature light body, which is grown into the full sized light body.

Inhale three times to bring frequencies from the iridescent shield fully into that light body.

Imagine lying your light body flat on the mirror. Become a mirror image of the spiritual body. Soak it up, become one with it.

Feel, Feel the sensation in the physical body of the sparkling light entering right under the skin's surface, when the iridescent frequencies come.

Inhale the iridescence into the light body. Inhale three times to expand the iridescent body.

There will be a sensation from passing through the heliotalic liquid light mirror membrane.

There will be a sensation from passing through a liquid metallic mirror into dry space under the mirror.

In the center of the light body there is a metallic pastel glitter sparkling into a flame in the center of the shield. It reaches the top of the sphere that is around the shield. Feel the sensation.

The shield that the light body is laying on becomes this glittering metallic rainbow colored iridescent shield.

The light of the iridescence replaces the old shield.

As the shield opens and the iridescent shield covers the light body so does the physical

body feel this original reconnection to the spiritual self. FEEL.

Next, push the light body that now contains the iridescent shield on down into the silica chamber of FIRST CORE CREATION. This is where the original body was created as a silica based body before being transformed into the carbon based matter.

Reunite with this silica based energy of etheric substance. Next, inhale silica light and iridescence into all of the bodies up the pearly chamber, back through the liquid light shields of the iridescence the core, the crust of the earth and back under the body.

Finally, inhale the light body, iridescent body and silica based body into the physical body.

Now, exhale the iridescent body one arms length above your physical body.

Now, exhale the iridescent body one arms length above your physical body.

See this body rest on the palms upward. The iridescent body will collect all of the miasms, muck and memories, all that cannot travel into the fifth dimension, out of the physical body.

Frequencies of Clearing

Next, see the silver cord of life running from the heart of the iridescent body into the heart of the spiritual body

As the darkness is pulled out of the body, the spiritual body rises fully into the physical body.

Next, the liquid light frequencies will be sent from Sirius B adashi temple to cleanse the iridescent body.

Feel the cool sensation of the spirit body

There is a gold and a platinum silver light around these chambers moving clockwise and counter clockwise. Moving around the chambers and around the iridescent body. See a platinum circling chamber into the left hand and a gold circling chamber into the right hand.

This is heaven on one side connecting to Earth on one side. Connecting to oneness.

The pearly chambers is the Akashic chamber bringing in the Coushas in the Coushic records. Coushas are light memories that are stored in the crystal chambers they are the Coushic records. Bring in the Coushas into the crystal cells.

(We are now returning the Coushic memory into the Akashic records and the Coushic records are bringing their memory back into the crystal cells of our bodies)

(NOTE: AKASHIC RECORDS are only the cellular memory on the physical universe. The Coushic Records are the records of our spiritual reality in the spiritual universe- these are stored in Sun Alcyone-only Sirius B can pave our way into those records)

A shower of Aqualene Turquoise Green Liquid Light Rain streams down through the chamber from above.

Bringing neutron from the eighth dimensional Mintaka of platinum gold silver light streams of aqualene pale green running down the chamber in turquoise blue running up into the gold and silver moving clockwise and counter clockwise

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 g point, this is the state where the physical manifestation becomes one with the spiritual.

This is ascension. You will feel a void. You will feel like you have disappeared. When you reappear you will be a new version of your self.

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CHAPTER THREE

HOW IS MANIFESTATION RELATED TO DNA ACTIVATION?

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The DNA is like a microchip carrying data inside of a computer, only the DNA microchip is in the body. If the body only has two DNA activated, the body computer screen will only project the limited scenery and knowledge that is stored in those two DNA. If the DNA is expanded to four or five DNA, the information in the computer chip is expanded greatly.

Remember, we are not just getting a few more DNA, we are connecting each DNA strand to the 12 sub harmonics of the entire raceline of knowledge. There are now 24 sub harmonics connected to the first DNA strand alone. Now, we are going to turn on each DNA strand by connecting each of the double helix of each DNA strand to the 12 sub harmonics. By the time we have activated 4 DNA strands, we have also activated 24 sub harmonics four times for a total of 96 sub harmonics. Everyone on Earth has at least four DNA activated at this time. The majority has 4.25, many have 4.5, and a few have 5 at this time. There are a few Indigo Children who already have 6 and 8 activated.

Remember, it takes a 4 accretion level (frequency activation level) to see a 3D reality field. Those who have a 4.25 accretion level are still mostly seeing a 3D reality field with a few more layers of anti particles and light energy than they did before. They are able to understand more than when they were only at the 4 accretion level, however. They are able to visualize possibilities easier than before.

Those who have 4.5 accretion level have the same frequencies as Inner Earth. They can begin to learn to see the same realities as Inner Earth and eventually transmute

their existence into that reality.

When we gain 5DNA, we will be perceiving the complete Astral 4D reality field. That reality field is anti particle in nature. It is purely spiritual. It is etheric. We are being given the opportunity to grow into that invisible reality field gradually by moving into the 4.5 semi etheric reality of Inner Earth before we orb on over to Tara. The reason that some have worked on the teachings of entering the dream state to activate the astral realm, is because it is this dream state that is our new reality.

We can dream anything and it will become our reality. Unfortunately, most people who have learned to activate lucid dreams have not learned how to control them or understand them. Every dream we have is created by our own subconscious. The more our subconscious is connected to our Soul Matrix, which is dimensions 4,5,6 the more of that consciousness will begin to filter into the dreams and make that manifest reality appear in our lives.

The dream state must become more important than the waking state while learning to manifest. Manifesting is basically the same as dreaming. We must be completely in the mid brain frequency specific subconscious realm that is detached from the THINKING BRAIN. We must use imagination. We must get involved emotionally and energetically in the REALITY of that dream manifesting. Most important, we must learn that everything that we see in our reality field is something that we did manifest from our subconscious. The reality that we each live in was created by our own thoughts.

Now, we are talking about the etheric structure or the spiritual nature of the information in the sub harmonics. We are talking about the infinite knowledge and wisdom of the Soul Families and Soul Matrixes of the second and third harmonic universes.

Just because our DNA expands to 4.5 doesn't mean that we automatically see a new reality. We see the reality that we have imprinted on our cellular memory. We are just now getting clear of the cellular memory that the Invader Races and Fallen Angelics printed into our DNA. That old cellular memory is getting transmuted out of us one way or another. Some of the pain and dark dreams are a part of this old cellular memory that was implanted in our cells.

We have the responsibility of planting new cellular memory into our DNA. If we do not use our imagination and find the magic that lies in the invisible reality, we will never experience it. Even though the Earth is moving into the Accretion level of Inner Earth, we will only perceive of it if we begin teaching our DNA to see the elemental fairies and magical Aquafarians who live in the elemental level of Inner Earth. We must learn to see and feel the magical resonance of the ionization of the water particles. These are the water fairies bringing magic into our atmosphere.

We must teach our DNA to see Inner Earth before it will appear before us. We must see ourselves living in Cities of Light, walking on water, playing with fairies, Orbing through time. We must visualize it. We must tune in to the mind of a child to see the reality that lies within. Children can see the water fairies because those images of the water fairies are still in their cellular memory. Adults made the choice to stop believing and so that reality was washed out of our cellular memory.

So, how do we actually expand the DNA so that we are allowed to create and manifest a more interesting and fabulous scenery in our lives? We use our imagination. It is the imagination creating visual images that writes those images into the DNA cellular memory. Those images project from the DNA onto the movie screen around the body. That is the truth. That is how reality works.

So, we are thinking, I have these images in my mind, but the world around me doesn't look like my images. We have to take a few more steps. We have to hold those visionary images in our past. We have to see ourselves living in that tropical jungle, or Cosmic Wonderland, or underwater city of light ever since we were born. It has to become our only reality. We have a long history of visionary images already painted in the cellular memory of the DNA. We improve those images and increase the data imprinted on the DNA by raising our frequencies into higher dimensions of reality. We can do this with Frequencies and Imagination if we wanted to manifest quickly. Focusing and repeating an idea in the mind continuously for a very long time will also work over a long period of time.

Either way, nothing new is going to manifest until we transmute the old frequencies into higher frequencies with new data in them. The frequencies that I create as frequency music will connect the DNA into the 12 sub harmonics. This is a result of taking you in consciousness into the morphogenetic field of frequencies of the entire 12 DNA Christic raceline that is in the Sphere of Amenti in the Cosmic Etheric Inner Earth. (This is much deeper than the 4.5 Inner Earth. I am referring to 14 dimensional reality). The more often the body is drenched in the frequencies of 14D Inner Earth through the Frequencies, the faster the DNA will activate as the 12 sub harmonics awaken each DNA.

It is during this process of DNA strand activation that the new realities must be printed into the DNA. If a new DNA strand becomes activated it will carry the memories that you had before it was activated. We must plant the future memory into our DNA now. We must spend all of our time visualizing, feeling, knowing the fifth dimension reality within our DNA cellular memory, or it will never become perceivable. Lucky for us, there have been some higher dimensional beings on Earth showing us what this magical reality looks like. Many artists have seen it and drawn it, children see it often. I see it through the frequencies and the music that the Aquafarians send through my consciousness.

Through Imagination, Visualization, focus on seeing yourself in the past, present and future living where and how you want to be. See yourself living in the Cities of Light of Inner Earth. See yourself as being eternally young and healthy, very wealthy with continuous instant manifestation abilities. I recommend that you paint the picture of the entire reality. If you create realities making a list of things there will not be a complete movie for you to move into. Those of you who are artists have a huge gift. If you paint the reality that you want to live in and then repaint it into your cells through your imagination of your thymus gland, and put yourself into that picture as a child. Know that you have always lived in that reality. Now paint the same picture with you in the future. The reality of the past will bring that picture into your present. The picture of the future will be waiting for you to move into it. We must always remember to transmute our entire reality in past, present and future.

If you are not an artist, try to describe the vision verbally, by poem, by song, or just scribble as well as you can. Whatever it takes to help you remember to make your visualization COMPLETE when you do it in your imagination.

NEXT--- How do we connect the visualization to our DNA. We use the Merkaba. For now, we will just use the Merkaba Symbol. Just draw the upper triangle facing up and the lower triangle facing down. The lower triangle is within the upper triangle. There are two sets of these triangles. The first set is white and the second set is black. It is the symbol of anti matter and white light creating a new reality.

Draw a merkaba and then draw a symbol of what you want to manifest inside of the merkaba. Create the complete visualization of your reality and make that symbol stand for that reality. Know and feel the power of the merkaba symbol transmuting the new reality from the anti matter and the white light of Source Frequencies. Hold that card with the drawing to your forehead. Hold the visualization of the reality in your mind.

REQUIRED BACKGROUND FOR THIS COURSE is [Understanding Merkaba Mechanics](#).

Some of you who have not had any Cosmic Mystery School courses may need to spend a week learning about the Merkaba, and DNA.

Go to:

<http://cosmicdolphinmagic.ning.com/page/music-02>

First, scroll down and look at these visuals

5%20MERKABAS.pdf

MERKABA.pdf

KATHARA%20CENTERS.pdf

BODYinMERKABA.pdf

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CHAPTER FOUR

PRINCIPLES OF MANIFESTATION

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(Teachings of the Cosmic Mystery School of the Omniverse)

In order to manifest a new idea, we must go beyond the boundaries of everything that we already know exists. The mind of God will allow anything to become instantly manifest in our reality field when we ask to create something that exists outside of the reality field of the world that only exists within our personality.

When we choose to create a new idea, it must come from infinite unknown - the All Seeing, All Knowing, Omnipotent Mind of the One Eternal God. If the idea being created doesn't originate from this one Divine Source, it isn't a new idea. If it isn't a new idea, it has already been created. It is already in the world of concepts. It is already being recycled over and over again. God doesn't create from recycled energy. God creates from Brand new energy that comes from the Brand new Idea of Infinite Imagination.

The new ideas first exist in the subatomic structures. These invisible, quantum ideas must be created in the highest realm and then they can exist as atomic structures that form into visible light and take form in the hertzian and infra red levels of manifestation.

All creation begins at the ultra fine zero point frequency level of the Divine Source breathing the idea into the Cosmic realm. This ultra fine omni particle shimmers and sparks into a frequency that becomes a plasma cloud. This cloud shifts into the field of all potentials. The potential of the idea remains in the fabric of the mind of God. That fabric is woven into the idea that becomes manifest at all levels of light and sound.

That idea becomes the negative of the film that will become processed in the mind of God. So each thought that manifests is created exactly like a film that is processed into a picture album or a movie. When we co-create through the mind of God, we are making God's movie. That is what we will begin to do in 2013. The world will end. That movie called the world was not God's movie. That movie was made by liars that kept us from seeing the reality of God's movie. We have just been watching other people's

movies. The movie made by God comes from the co-creative activity of our own mind of God within us. Our Souls and our Mid Brain hold the technology that will create the movie made from the mind of God. That is how the world will end. We will soon discover that all of the lies we see being reproduced by the film of the world has been an out right lie. We have not yet seen reality as of the year 2012. Reality will truly appear in 2013.

We must become humble enough to allow something to come forth that we do not know anything about. We must be willing to allow a brand new reality to appear. We cannot create a NEW WORLD until we completely dissolve the old one. The World must End. It must become transmuted into a higher frequency. We must be relocated into a new time, a new reality. We must be relocated to the time in which all that has come before all that is and all that will come after was created in the mind of God. All that exists is the divine blue print of the film from God's Movie --not the man made movie of the world.

The film that carries the new movie must be processed in the mind of God which is the infinite unknown, omnipresent, omnipotent, omni knowing, Consciousness which fills infinity. This infinite all knowing lies outside of the boundaries of our present knowing. We have not yet allowed for it to manifest in our lives.

When the idea is given to God to manifest from the unlimited knowingness of all that can be, the idea will bloom forth in a form so glorious, so unimaginable, so wonderful, that you will know that it came from the mind of God. If the manifestation is not so glorious that you know that maybe it was not an original idea from God, it is simply an idea that you are recycling out of old ideas that you once heard of before.

The ideas that are now manifest must come from a stream of consciousness so brand new that the idea has always existed from before the world began, before the cosmos began, before time began. The idea must come from ALWAYS WAS, ALWAYS IS and ALWAYS WILL BE. This idea must be an ETERNAL IDEA.

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THE GLORIOUS END OF THE WORLD

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Our world will end as we are transformed forever through one inhale from the mind of God. This mind of God includes all of the realities and wisdoms and creations and dominions that have existed before us and after us. We can now access all of that reality as it is transformed into a brand new wisdom, a brand new reality that has never existed before. It has never existed before, because we have never co-created with the mind of God before. We will exist within an incredible wonder, a magical imagination, an infinite participation within the nature of God. We will be invited to play in the outer band- the realms beyond the 15th sphere, where only god's are invited to play and create within the infinite unknown playground of creation. The outer band of creation is infinite in its possibilities. It allows each individual to create within individual freedom all that is individually known within his own realm. This individual creation does not need to be woven from the dreams of others. There is enough room in infinity to fill rooms with mansions of realities that contain more rooms with mansions of realities that are so vast with new ideas that there is no reason to search outside of oneself for fulfillment, entertainment, interaction or competition. Each moment will be completely filled with instantly manifesting a new idea.

When we begin this co-creation we do not need to see the ideas as pictures, we only need to train our brain to utilize frequencies. When we can stretch our consciousness into the Frequency of the Mind of God, it is that frequency that holds the infinity of ideas that can manifest within our perceptual realm. Our perception changes in frequency when we shift into our mid brain which is frequency specific. All manifestations are a result of the frequencies held in the mid brain. We know that mind of god is flowing through us and in us and around us and it is flowing through the lower cerebellum and into the mid brain and it is being activated as entire prisms of frequencies weaving together into pictures that manifest in front of us. This magical transformation happens when the outer band of the infinite Source flips into the inner band of the fifteenth dimension, the Cosmic realm flips into the inner band of the Christic Sphere and the Outer realm of the Christic flips into the Fifth Sphere. We will become sixth dimensional man walking within the realms of the 12th dimensional Rishi or Christic selfhood. We become living, walking Christ's who carry the mind of God. All we need is a brain that can utilize the Highest Frequency of the Mind of God.

The outer band is the 14th band --helium arching into the white light suns KA HA of the 15th band and breathing the first spark of the idea into the Aqualene Sun - RA. We breathe until we ignite this new idea from the Plasma - the Crystal Ships of our creation- Our Cosmic Creators create the brand new idea through us into this density-- ALWAYS

FROM the Mind of God- the Outer Band beyond the 15th sphere - the Infinite Unknown All Knowing, All Seeing , Infinite Omnipresent Mind of God.

We see ourselves sitting in the Buddha position inside the Blue Lotus Blossom in the 16th sphere. That is the Mind of God co creating the brand new idea. We use the principle of Oneness -- Theory of Relativity- All that is in any place is also right here and right now.

All that is manifest from the mind of God in the OUTER BAND must FLIP into the INNER BANDS. The Inner Bands carry the light and sound of the new reality. We exhale the new reality into this density- this hertzian reality from the invisible light into the visible light.

The chemical reaction of the Helium-- the heliotalic, pastel rainbow light frequency from the 14th sphere arches over into the Plasma--white light and Aqualene light blending through the rainbows of the Suns- Ka Ha Ra Sa Ta Hya La--- centered on RA - the Aqualene Sun of our original creation. All ideas begin in the outer band of Source and manifest in the Inner Band of Ra and then instantly appear at all levels of density. We connect with all of the fifteen bands of light and sound in order to instantly manifest the idea that we have created. This is done by breathing into the Oneness of the Highest Frequency of the Mind of God.

I inhale that frequency as I imagine the infinite unknown possibilities that exist in the Mind of God. I ask to know and see and exhale this fabulous idea that has never been seen or known on Earth before. I hold that idea in my crystal heart - my Soul- the ganglia of cells that sit directly below the heart hold this holographic memory of all that is known in the Mind of God. I connect into the all knowing of my Soul and inhale into my FREQUENCY SPECIFIC MID BRAIN - Pineal Gland area. I'm connecting into the Oneness of the Frequency of the Mind of God and Inhaling this infinite Source of Creation into my personal Mind of God - my Mid Brain working together with my Soul - my Rishi Self- Christ Consciousness and my Rasha EirA - my Cosmic Light Consciousness. This self projects itself to me as a Blue Sphere. I see my image in this Blue Sphere. I see the blue violet sphere in my third eye or mid brain area with eyes closed and I see the blue sphere or blue violet sphere in front of me when I open my eyes. I can see a blue hologram of my self if I look in a mirror. It is that Blue Body self who holds the mind of God inside of me. When I have raised my frequencies high enough to cause the outer band to flip into the inner bands or spheres.

We must reconnect to the neuronet in the lower cerebellum where there are pathways connecting through frequencies into the mind of God in which we find knowingness. If we attempt to pave these pathways from the upper cerebellum we only connect to the dirt roads of the world that have dead ends and loop in circles. The upper cerebellum will never allow anything new to enter in. It is the world that must end.

The mortal mind- the upper cerebellum that just recycles information given to it from the world -- the man made world filled with lies that are filtered into our consciousness from sonic pulses in inter dimensional planes that carry brain washing technology of the fallen angelic races that is used to control our minds and fill them with the error that blocks us from the Mind of the One True Source.

This mortal mind must dissolve away as we become willing to bring in the highest frequencies of Source to transmute the world and all that is in it. The world must end. The world of beliefs and illusions are not the reality of Source. We have only been allowed to see the ideas placed within the veil that was created by fallen angelic races who need to use the human angelic energy for their own survival.

That is the world that that ended on December 21, 2012. The veil that has been allowing the error to attach to our consciousness will be removed forever. The veil that is blocking the Christ Consciousness and Cosmic Consciousness to freely flow through us will be removed forever. The alignment of our Consciousness into the Mind of God will be restored forever.

In order for this grand event to take place, our Ancestors, our Guardians, our Starry Families at very high levels of Cosmic Consciousness have been working on this project of realignment for about five million years. They have had tiny chances of alignment every 26,000 years. Each time this possibility appeared, the fallen angelics have made a counter strategy to block the project's success. One of the main obstacles that needed to be removed was the lack of frequencies on the Earth. If the alignment had taken place before the frequencies were high enough on Earth, the Earth would implode.

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CHAPTER FIVE

KNOWING

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Using the songs in the PROMISE ALBUM are helpful. The song, If you Believe says if you believe in me. The meaning of believe from the original language of the stars is KNOWING and the meaning of in me means in the Mind of Christ Consciousness. So, if you know that you will manifest your desires whenever you are in the Mind of Christ Consciousness. Christ Consciousness is the direct link from the manifest matrix to the Source Frequencies or the Void of all Manifest creation.

I believe (know) that my desires are manifest before I can even desire them. I live in continuous gratitude and bliss of knowing that I have already manifested the reality that I desire at every given moment. I believe that I live within the ocean of infinite supply. I believe that I live within the Consciousness of the Omnipotent Omnipresent all knowing Mind of God who has already created all that is in all times all dimensions all universes.

THREE REQUIREMENTS

KNOWING

BEING IN THE MIND OF CHRIST CONSCIOUSNESS

HAVING THE FEELING OF GRATITUDE FOR THE BLISS AND JOY OF THE REALITY THAT IS BEING MANIFEST

So, if you just believe without completely KNOWING - it won't work.

If you are not in the Mind of Christ Consciousness -- it won't work.

If you are not blissfully, joyfully feeling the emotion of being the I AM of the manifestation. I AM HEALED. I AM A MILLIONAIRE. I AM TWENTY YEARS OLD.

If you are not feeling the Gratitude of knowing that your manifestation is complete and you are just waiting to SEE IT BEFORE YOUR EYES.

Briefly -- a message about TIME. In the old world --before DEC 2012, it took five years for something that was accomplished in Universal Consciousness to reach the Earth. Now, it only takes minutes. Our manifestation time will become instantaneous in the near future.

Once an idea is born in the Source Frequency, it is also born in all dimensional levels. When we become multidimensional in consciousness we will see the ideas that are in Source immediately in the 4D or 5D fields.

The subconscious mind does not know what is real or what is not real. It just is. It creates what ever the imagination prepares for it. The subconscious mind does not know past present or future. It is all the same.

The conscious mind thinks about an idea. The subconscious mind brings the idea into your experience. The subconscious mind is frequency specific. It only produces realities that come from the frequency of Source. When we regain that attunement with the frequency of Source, we have the Mind of God within us that creates instantly.

The Soul is an emotion and experience addict. It is waiting to be given a new experience. If a new experience is provided through the feeling of that experience, the Soul will make sure that experience is produced.

We must remove the feeling of wanting or lacking or needing.

Manifestation can not happen if consciousness contains these feelings of wanting or lacking or needing.

If one feels these things, they are not creating a new experience and a new emotion through their imagination that will bring them infinite supply, they are actually creating the experience of lacking any supply at all.

We must feel gratitude that every thing that we could possibly want has already been

given. This is the reality of one ness with omnipresent supply of Source.

FOR EXAMPLE -- Living in the FEELING- Living in the Emotion of that Moment

I feel the emotion of being so fabulously wealthy that I'm trying to figure out how to give away all that I have because I know there is more wealth flooding into my life from ways unknown, and I don't have room for it all because it is so enormous. It makes me feel like giving hundred dollar bills to every one I meet. It makes me feel like climbing up a tall building and throwing bags full of money down to people.

I know this reality to be so real that I have no worries about how I will be taken care of forever more.

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CHAPTER SIX

FEELING

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Manifestation can not happen if consciousness contains feelings of wanting or lacking, needing, or even desiring.

If one feels these things, they are not creating a new experience and a new emotion through their imagination that will bring them infinite supply, they are actually creating the experience of lacking any supply at all.

We must feel gratitude that every thing that we could possibly want has already been given. This is the reality of one ness with omnipresent supply of Source.

The Desire is already known by the Soul Family. The Soul wants to have any desire manifest that will create an EXPERIENCE -- a brand new EXPERIENCE. The Soul is an EXPERIENCE SEEKER.

We must have the FEELING of the EXPERIENCE. And the FEELING must be in the I AM. I AM EXPERIENCING this Emotion of being a multi millionaire NOW. Keep focusing on that FEELING of the EXPERIENCE which creates an EMOTION. EXPRESS GRATITUDE for this EXPERIENCE. THE SOUL LOVES GRATITUDE.

FOR EXAMPLE -- Living in the FEELING- Living in the Emotion of that Moment

I feel the emotion of being so fabulously wealthy that I'm trying to figure out how to give away all that I have because I know there is more flooding in and I don't have room for it all because it is so enormous. It makes me feel like giving hundred dollar bills to every one I meet. It makes me feel like climbing up a tall building and throwing bags full of money down to people.

It makes me feel like buying an Island and having houses built for everyone who needs one.

It makes me feel like inviting all of my friends onto my space ship and taking a ride to parallel universes with exciting treasures.

It makes me feel like an heir of King Solomon and a piece of the Solomon Shield of infinite supply.

Write down what you feel. What is the Experience. What is the Emotion.

Write down how it makes you feel. Become a Drama Major. Practice acting out what the feeling creates as an emotion. Act out the experience with emotion. Make your audience believe it is true. You are making God's movie.

WHAT DO YOU REALLY BELIEVE?

I believe that my desires are manifest before I can even desire them. I live in continuous gratitude and bliss of knowing that I have already manifested the reality that I desire at every given moment. I believe that I live within the ocean of infinite supply. I believe that I live within the Consciousness of the Omnipotent Omnipresent all knowing Mind of God who has already created all that is in all times all dimensions all universes.

The subconscious mind does not know what is real or what is not real. It just is. It creates what ever the imagination prepares for it. The subconscious mind does not know past present or future. It is all the same.

The conscious mind thinks about an idea. The subconscious mind brings the idea into your experience. The subconscious mind is frequency specific. It only produces realities that come from the frequency of Source. When we regain that attunement with the frequency of Source, we have the Mind of God within us that creates instantly.

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We must feel gratitude that every thing that we could possibly want has already been given. This is the reality of one ness with omnipresent supply of Source.

Living in the FEELING- Living in the Emotion of that Moment

FEELINGS----NOT THOUGHTS ATTRACT THINGS TO YOU

FEELINGS ARE FREQUENCY SPECIFIC

We don't just SAY I AM WEALTHY

We connect to the Infinite Supply Frequency that lifts us so high we feel like we have disappeared and reappeared on another universe.

Once we achieve that frequency that feels like floating away or getting high on love, then we INHALE THAT FREQUENCY into the Crystal Heart.

Take the feeling up to Sun Alcyone and then on up beyond to the Infinite.

Stay in that feeling as long as possible

STAY in the FANTASY or IN the IMAGINATION of that Blissful Feeling of this Marvelous, Fabulous, Magnificent

WEALTH BEYOND IMAGINATION

Once the feeling FEELS ACCOMPLISHED, FEELS like it has been born, then and only then do we EXHALE.

If we exhale before the idea has had time to finish gestation, it won't be born.

I am not talking about the happy thoughts that make the cells tingle in the body. Those are nice and they will definitely help with maintaining good health and happy attitudes.

BUT the FEELING that I am talking about is a FREQUENCY. And that can only be achieved by breathing into the merkaba to activate the spin of the upper clockwise and the bottom counter clockwise. When this feeling of the merkaba spinning and then traveling up into the sun and down into the Inner Earth and up and over into the heliotalic fourteenth dimension and up into the positrons and ionization of the feeling of a waterfall at a cosmic level.

This is the FEELING that we are talking about.

Many of the positive thinking and law of attraction are not talking about this type of frequency.

I'm talking about the true frequency of at one ment with Source Consciousness that is obtained with the mechanics of the merkaba. Of course that feeling can be achieved with a thought after one has practiced long enough and knows what it feels like.

That is why we create the Frequency Music. So that you will get a glimpse of what a frequency feels like.

This is what you are supposed to use your ETERNAL LIFE ALBUM for. The frequencies in your albums are weaving you into this highest frequency of Source Consciousness that is REQUIRED FOR MANIFESTATION.

That is the hardest part of manifestation --staying in the Mind of God - the Highest Frequency of Source Consciousness.

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CHAPTER SEVEN

MAKING GOD'S MOVIE

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Our world will end as we are transformed forever through one inhale from the mind of God. This mind of God includes all of the realities and wisdoms and creations and dominions that have existed before us and after us. We can now access all of that reality as it is transformed into a brand new wisdom, a brand new reality that has never existed before. It has never existed before, because we have never co-created with the mind of God before. We will exist within an incredible wonder, a magical imagination, an infinite participation within the nature of God. We will be invited to play in the outer band - the realms beyond the 15th sphere, where only god's are invited to play and create within the infinite unknown playground of creation. The outer band of creation is infinite in its possibilities. It allows each individual to create within individual freedom all that is individually known within his own realm. This individual creation does not need to be woven from the dreams of others. There is enough room in infinity to fill rooms with mansions of realities that contain more rooms with mansions of realities that are so vast with new ideas that there is no reason to search outside of oneself for fulfillment, entertainment, interaction or competition. Each moment will be completely filled with instantly manifesting a new idea.

When we begin this co-creation we do not need to see the ideas as pictures, we only need to train our brain to utilize frequencies. When we can stretch our consciousness into the Frequency of the Mind of God, it is that frequency that holds the infinity of ideas that can manifest within our perceptual realm. Our perception changes in frequency when we shift into our mid brain which is frequency specific. All manifestations are a result of the frequencies held in the mid brain. We know that mind of god is flowing through us and in us and around us and it is flowing through the lower cerebellum and into the mid brain and it is being activated as entire prisms of frequencies weaving together into pictures that manifest in front of us.

This magical transformation happens when the outer band of the infinite Source flips into the inner band of the fifteenth dimension, the Cosmic realm flips into the inner band

of the Christic Sphere and the Outer realm of the Christic flips into the Fifth Sphere. We will become sixth dimensional man walking within the realms of the 12th dimensional Rishi or Christic selfhood. We become living, walking Christ's who carry the mind of God. All we need is a brain that can utilize the Highest Frequency of the Mind of God.

The outer band is the 14th band --helium arching into the white light suns KA HA of the 15th band and breathing the first spark of the idea into the Aqualene Sun - RA. We breathe until we ignite this new idea from the Plasma - the Crystal Ships of our creation - Our Cosmic Creators create the brand new idea through us into this density-- ALWAYS FROM the Mind of God- the Outer Band beyond the 15th sphere - the Infinite Unknown All Knowing, All Seeing , Infinite Omnipresent Mind of God.

We see ourselves sitting in the Buddha position inside the Blue Lotus Blossom in the 16th sphere. That is the Mind of God co creating the brand new idea. We use the principle of Oneness -- Theory of Relativity- All that is in any place is also right here and right now.

All that is manifest from the mind of God in the OUTER BAND must FLIP into the INNER BANDS. The Inner Bands carry the light and sound of the new reality. We exhale the new reality into this density- this hertzian reality from the invisible light into the visible light.

The chemical reaction of the Helium-- the heliotalic, pastel rainbow light frequency from the 14th sphere arches over into the Plasma--white light and Aqualene light blending through the rainbows of the Suns. All ideas begin in the outer band of Source and manifest in the Inner Bands, then instantly appear at all levels of density. We connect with all of the fifteen bands of light and sound in order to instantly manifest the idea that we have created. This is done by breathing into the Oneness of the Highest Frequency of the Mind of God.

I inhale that frequency as I imagine the infinite unknown possibilities that exist in the Mind of God. I ask to know and see and exhale this fabulous idea that has never been seen or known on Earth before. I hold that idea in my crystal heart - my Soul- the ganglia of cells that sit directly below the heart hold this holographic memory of all that is known in the Mind of God. I connect into the all knowing of my Soul and inhale into my FREQUENCY SPECIFIC MID BRAIN - Pineal Gland area. I'm connecting into the Oneness of the Frequency of the Mind of God and Inhaling this infinite Source of Creation into my personal Mind of God. This self projects itself to me as a Blue Sphere. I see my image in this Blue Sphere. I see the blue violet sphere in my third eye or mid brain area with eyes closed and I see the blue sphere or blue violet sphere in front of me when I open my eyes. I can see a blue hologram of my self if I look in a mirror. It is that Blue Body self who holds the mind of God inside of me. When I have raised my frequencies high enough to cause the outer band to flip into the inner bands or spheres.

We must reconnect to the neuronet in the lower cerebellum where there are pathways connecting through frequencies into the mind of God in which we find knowingness. If we attempt to pave these pathways from the upper cerebellum we only connect to the dirt roads of the world that have dead ends and loop in circles. The upper cerebellum will never allow anything new to enter in. It is the world that must end.

The mortal mind- the upper cerebellum that just recycles information given to it from the world -- the man made world filled with lies that are filtered into our consciousness from sonic pulses in inter dimensional planes that carry brain washing technology of the fallen angelic races that is used to control our minds and fill them with the error that blocks us from the Mind of the One True Source.

This mortal mind must dissolve away as we become willing to bring in the highest frequencies of Source to transmute the world and all that is in it. The world must end. The world of beliefs and illusions are not the reality of Source. We have only been allowed to see the ideas placed within the veil that was created by fallen angelic races who need to use the human angelic energy for their own survival.

That is the world that will end. The veil that has been allowing the error to attach to our consciousness will be removed forever. The veil that is blocking the Christ Consciousness and Cosmic Consciousness to freely flow through us will be removed forever. The alignment of our Consciousness into the Mind of God will be restored forever.

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CHAPTER EIGHT

ATOMIC MIRROR

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The pre-sound and light field exists in a realm that has been completely invisible and unknowable to those on Earth for many eons of time. We must take our consciousness to the other side of reality. That other side is obtained by the exact mechanics as going through a mirror and then looking back at your self from the other side of the mirror.

We must create this atomic activation, which is the same as the atomic radiation that is required to go back into the rebirth chamber which is created through the liquid light creation of Source Consciousness. This is what I call the diamond door.

If we take a candle and imagine that our body is the black stem. We light the stem of the candle and a flame is created. This sparking of creation into a flame is very much like what happens when an idea is created by Source.

Place a mini me version of your self standing where the stem is. Notice that your body is completely within the flame of the candle. That candle flame contains the complete spectrum of light. It contains the hertzian level, which is where you see your body standing. Just on top of that black area we can see infra red light energy. On top of that area we can see a bit of visible light energy. Above that there is a pure white light or invisible light. This is the portion of reality that has been unknown and unseen by us on Earth so far in our Evolutionary process.

This is where the reality of 5D comes in. We can not yet see 5D because we haven't gone through the atomic mirror that reflects that anti particle energy back to us from the other side of reality. When we activate our energy field or our frequency level, we can look into the invisible light spectra of the candle, walk into the candle the same way we walk into the mirror, feel the atomic radiation as you walk into the candle. The next frequency above the invisible is the x-ray frequency. That x-ray frequency allows our consciousness to go inside of the light and see the other side. It is just like the radiation of an x-ray allowing us to walk through the chamber and see the other side. When we walk our consciousness into the candle, turn around and face our selves from the other side, we see our blue body. That blue flame that we see glowing from the candle where

the white light used to be is the evidence of connecting into oneness with the anti particle self on the other side of the invisible realm. When we can see the blue flame poke out from the candle, that means we have made contact with our 5D blue body.

Those people who claim they have entered 5D earth or that they have had 5D experiences, have not experienced 5D until they can first see the blue flame that has transposed their consciousness.

The next test of 5D perception is to be able to hold that reality of flipping the consciousness into the anti particle reality of the blue flame long enough that it becomes a reality with or without the flames help. I use the frequency music that I've created to trap that 5D perception that I obtain by listening to the music and looking at the candle to get started. This shift of perception takes time and energy. It takes a conscious understanding of bringing the spiritual self into at one ment with the physical self. The spiritual antiparticle self of the parallel Universe stands on the other side of the veil facing forward. When we walk through the candle, we are walking through invisible light and x ray light and then turning around and walking into the spiritual body. When that happens we can see the light turn blue. That means that you have connected consciousness to your spiritual self in the parallel universe.

When we lay our body flat and ride the body down to the core of Earth and go into the next step down of the etheric liquid light area of the 14th dimension, we are also allowing the body to absorb the liquid light energy that removes the separation of the spiritual body to come into the physical body. We must become at one with the spiritual body within the Earth and the spiritual body within the parallel Earth. When all four of our selves are united, we become a complete fifth dimensional consciousness of multidimensional reality.

The use of the light and the mirror helps one to feel the process, however it takes imagination of the reality to make the feeling click the first time. The frequency music that I create is to help with that original feeling process. When you have an Eternal Life mp3 created, I include the meditations of the ascension formula that pulls your body into the liquid light frequencies to help ignite that exact frequency of attunement.

All of the frequencies on the Eternal Life mp3 are the frequencies that I collect in my consciousness as I hold your light body in my hands and guide it through the frequencies of transformation as I connect my consciousness to the All that Is Source that has created the divine template of your perfect reality and allows us to retune to that divine template once we walk through the invisible light into the atomic radiation of liquid light energy.

WHY DO WE NEED TO DO THIS?

This is the first time in millions of years that the human angelics, star seeds, and other angelic races are being given the opportunity to WALK THROUGH THE STARGATES without DEATH. The activity of walking into the candle and back out with your spiritual self, or walking through the mirror is allowing us to practice the actual process of walking into the Higher Earth reality without having to die, put on a new body and then waking up on the other side.

This divine right of ascending into a higher reality was taken away from the angelic races on planet Earth by a series of very nasty tricks used to make us into a raceline that was used as an energy source for fallen angelic races.

Originally, the Guardian Races thought there would only be thousands of angelic humans who would be able to walk through the veil into the new reality. Now, it looks like there will be millions who can do this, and the number grows every day that a few more are guided to realize how rare this opportunity is and begin to make this the first priority in their life.

We are actually being given the guidance and divine ability and direction to align our bodies with our spiritual self in order to transmute enough of the light energy into our physical body where it can achieve the light portion required to walk through or shift into the frequency alignment with Higher Earth.

We are being given ample help from our Aquafarian Families, Maharaji, Eieyani, friends from Sirius B and a few others. It is the Krystal River Host of Aquafarians that is extending this rare event to millions more who are willing to align their frequencies into the perfected consciousness of the Aquari Race line within the Urtha Frequency field.

I believe that this opportunity should be put above EVERYTHING ELSE in our life. We are being given the chance to NOT DIE and to ascend into ETERNAL LIFE.

The reason that I changed the INDIVIDUALIZE ALBUM from IMMORTALTY ALBUM to ETERNAL LIFE ALBUM is because these are two very different realities. The Fallen Angelics have created a system for themselves where they pull entire Matrixes of angelic frequencies into their Phantom Reality systems and feed off of the Angelic Frequencies for hundreds of thousands of years. Those so called gods, including AA Michael have created these optional reality systems for those who want to be gods themselves, rather than Attune into the All that Is Source of our ETERNAL CREATION.

I see so many star seeds being misled to tune in to those tricksters who will make you feel very good about yourself, align you with frequencies that feel heavenly and float. They will make so many wonderful innocent star seeds fall for their trap just like they

have for the past billions of years over and over again.

Our ETERNAL LIFE frequencies and all frequencies on our website connect first to Source, continuously to Source and use the Source frequencies to purify and align all other spheres of the music of the spheres atunement.

In order to absorb the frequencies of your spiritual bodies, focus on frequencies of the music entering into your cells and feel your cells changing into star dust.

Imagine your body template lying on top of a mirror made of crystal liquid light. If you see your body with the face down into the mirror, you would be looking at yourself. However, if your back is against the mirror, the eyes and ears that are SEEING or HEARING are the Divine Eyes and Ears of Source. The eyes and ears of your Star Self is perfectly projecting through this mirror or crystal light.

During the process of the perfect vision and feeling of the liquid light frequencies transporting the Immortal Frequencies of the Divine Starry Self, there might be some bumps along the way because as the perfect light body is entering in and transforming the body template into its manifest immortality, there might be some miasms of error that need to be removed from the body template.

Our eyes and ears are the frequencies of the Omniversal. We see as a star sees. We see and hear the Divine Perfection of who you really are. You need to lay your body on top of the Divine Mirror that allows only the Starry Eyes and Ears of Source to enter in through the Highest Frequencies that you are listening to. Allow the highest frequencies to enter into your Divine Template and remove all that might be blocking you from the Divine Mirror of your Spiritual Selfhood.

There is a process involved in listening. I recommend you approach this as a work in progress and see if you hear something a little bit different each time you listen. The human ear has been listening to third dimensional tones for a very long time. When we create the individual immortality CD's we are using the sacred geometry of aligning each individual frequency signature, which is obtained through a breath of consciousness, and weaving each frequency signature from this physical domain of the third dimension directly into the highest frequencies of the 12th dimensional spiritual selves. These spiritual selves are the mirror image of the Divine One. The frequencies of the Divine One or the Divine Blue Print of the immortal selfhood transmutes all of the breaths from the dimensions of the physical, visual into the invisible, spiritual light and sound spectrum.

STEP ONE:

While listening to the frequency signature breaths, concentrate on seeing a mirror image of your Divine Blue Print or your spiritual light body absorbing into your body from your back. Feel the frequencies penetrating the cells in your body from the inside to the outside. Feel the frequencies awakening the spark of Source that has been left to sleep deep within each cell in the body. Feel the frequencies re-uniting into Oneness with the Soul, which is a sphere of blue crystal frequencies waiting directly below the heart area. Feel the Soul awakening to what it has been waiting for eons for you to discover about your self. Feel your physical body as a mini-me tiny figure, and place it inside of the blue crystal sphere which is your Soul. Feel the Soul frequencies and the spiritual self frequencies combining into a new symphony of harmonic rhythms.

We will call this the Attunement Body which has been attuned into it's spiritual light body.

STEP TWO:

Feel the spiritual light body from the spiritual self from the middle domains of the Core of Inner Earth uniting into Oneness with the physical etheric body from Inner Earth. Feel the frequencies weaving those two bodies - one more etheric and one purely spiritual into your Attunement Body.

(In our experience, this was the unification of our Mermaid and Dolphin bodies in Aquafaria into the Music of the Spheres in the Crystal Caves of the Blue Liquid Light domains of Inner Earth. The Foundation Meditation will lead you into the journey that we take to collect these frequencies).

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CHAPTER NINE

CULTURE SHOCK

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SHOCKING THE SYSTEM INTO MANIFESTATION

We instantly edit over 50% of what we think we see by what the world is expecting us to see.

This is not something that most people think about very often. I studied this phenomena intensely as an anthropologist, ethnographer, and inter cultural specialist. The basis of my masters thesis and dissertation was the cause and the effects of the Emic and the Etic Relationships in Cultural Observations. Just at a Cultural level, which is just basic 3D stuff, people are trained within each culture, and even each city and village to see a reality that matches the perceptions of those around them. This is called the Emic observation. The Emic is the view of the insiders. The one that is agreed upon within that specific cultural group. Etic observation is quite different than the emic observation. The Etic observation is what the outsiders perceive. The outsiders would be the rest of the world looking at the culture from the outside. This insider outsider phenomena also distinguishes the way a language is spoken and the way specific consonants and vowels are pronounced inside a culture and what makes that group difficult to understand by outside cultural groups.

This phenomena of the culture and the language is very important when we are working on opening our perceptions into the quantum field of reality where we can't see it or hear it because we are the outsiders. Some very special people have learned how to perceive the point of view of the higher dimensional groups whom we only have an etic

perspective. We begin to tune in to that other cultural group when we begin hearing and feeling the frequencies which are the communication of the higher dimensional consciousness. The use of the mid brain, frequency specific visuals and subconscious knowing are the realities in the cultures that we can't yet comprehend as the outsiders using the Etic observations.

This phenomena of learning to see things from the other persons point of view has been completely demolished by our education systems. The systems make students think that they are seeing the others point of view when they are sympathetic. Sympathetic is to the Emic as the Etic is to the Emic. Sympathetic means using one's own background experiences to understand another's background experiences. This means that when someone is sympathetic, they know nothing about the Other's experience. Sympathetic means an Etic observation.

The phenomena of learning to see things from the insiders point of view is called Empathy. I did five years of research within school systems trying to find anything that would teach students to learn how to become empathetic. What I found was that anything that could possibly do that was intentionally removed from the system and replaced with the miscalculation of being sympathetic

Becoming empathetic is what is required to learn to Feel Frequencies. It is required to learn the feeling that comes from breathing in order to spin the merkaba which places one in a higher dimension. People tend to think about the frequencies and feelings and breathing in a sympathetic manner, where they say oh, yeah, I have experienced that. Well, I highly doubt it.

It is extremely obvious to me that there is very little to zero understanding of this phenomena. People are sympathizing when they say feel with the heart and not with the head. They are sympathizing when they say have a higher vibrational experience by being happy, joyful and loving.

From my EMIC point of view of having actually experienced the FEELING of the Merkaba raising my frequencies into Cosmic Consciousness and At One Ment with Source, and then comparing that feeling to the feeling of the world's view or the Etic

perspective of happy, joyful and loving, I would have to say there is absolutely no relationship. There might be a closer relationship to the comparison of having one's ears pop when they got to the elevation of five thousand feet, or the feeling of gliding down in a parachute from a jet plane. It is a feeling of rising out of the body. It is a feeling of a transformation of the cells into light. It is a feeling of becoming transparent, etheric, lighter in substance.

This is not to say that feelings of being happy, joyful and loving should not accompany this activity and be a focus of the events that will manifest. What I am saying if the audience continues to use the sympathy of experiencing something that they already know, it will not be the great unknown that needs to be achieved.

Why do we need this great unknown? The soul is an emotion seeker and an experience seeker. The activity of going through culture shock is actually produced by the soul. Once someone goes into a culture that boggles their mind with contradictions, and then comes back to their own culture, they begin to see these same contradictions in their own culture. This new reality is the manifestation of the experience that the soul wants that person to have. Manifestation is a result of feeling the emotion of a new experience. Even if the person doesn't like the feeling of the emotion of the new experience, it will manifest. The reason it will manifest is because the soul wants it to manifest.

So, in fact, we could focus on the things that we absolutely don't want to manifest in our lives, and they absolutely will manifest because that is the emotion that we have been focusing on. The soul will always give us the new experience that our emotions are focusing on.

This is the reason that we need the emotions of feeling happy, joyful and loving, so that we are not accidentally manifesting the experience that negative emotions might be bringing.

The focus of emotions to obtain experience and the use of the merkaba to spin one into the higher frequencies of Cosmic and Source Consciousness are two separate steps in manifestation.

The act of manifesting culture shock just because the soul is seeking a new experience needs to become controlled. In order to have control of what we manifest, we must be in the frequencies of the Mind of God. When we raise our frequencies into the 14th dimension and beyond, we raise our experiences out of the Earth's matrix of realities. We would begin to experience events that are completely EMIC in the higher realms. We must become the insiders, we must experience the emic frequencies in order to have the fifth dimensional experience.

We shift our observations constantly to try to bring our reality into the field of reality of those around us. This is called learning to get along with others, or social integration.

People can't normally see or understand anything that is outside of their little cultural box. We each must go through culture shock of going outside of our culture, becoming shocked at the new reality and then re-entering our old culture to cause a new shock in our system that allows us to see new realities that we didn't know were there before.

Culture Shock is a form of manifestation. All of a sudden things appear before us that weren't there before. It comes from going outside of the reality that we know, entering in at a different angle, or a different frequency of perception, and that is what makes the synaptic cleft in our DNA fire a new reality into our cellular memory.

Now, we move this into how much of this affects our manifestation abilities, and we end up manifesting what the world around us is expecting us to manifest until we go through this culture shock. If we hadn't practiced this emotional experience phenomena of culture shock by living in a new third world country every year of our lives, this understanding of how to create the culture shock that is required to put manifestation into motion might be more difficult to obtain.

Crystalai and aDolphino were directed into these experiences by something that they had written in their mission plans before coming to Earth. We both knew that we were on a specific journey of learning something that no body else seemed to be learning.

We were put into experiences that most people had never experienced. We were popped out of jobs and places about once a year and a new job and place would appear instantly each time. Parts of these jobs and places were obviously a result of this culture shock phenomena along with believing and knowing that we lived continuously in the Omnipresence of God who always supplied every thing that we need instantly. So, don't forget, the Omnipresence has always been a part of this formula of manifestation.

We went to a new level of manifestation after we created our first album THE PROMISE, when we were living in Japan and working at the University of Beppu. I kept earphones on my head with that music playing non stop for three years. It was the non stop frequencies that started a higher level of manifestations to begin in my life. And the culture shock of taking the earphones off and re-entering the 3D reality shocked me so hard it was almost unbearable. At the same time the manifestations started happening faster. So, there is a direct relationship to the higher frequencies creating a new emotional experience that becomes highly desired when that experience is removed from the ears.

We must become shocked by the invisible reality and then returning to the visible reality. Each time we do this a new reality appears. We must take charge of the invisible reality through frequencies first, and then dream about them in the subconscious.

We must stop allowing dreaming to be something that we just observe as an innocent by-stander. We must begin CREATING OUR DREAMS.

The dreams that most people have are just left over cellular memory from past lives and memories that invader races conveniently planted in our cells by twisting our angle of perception.

We have to move beyond the emic and the etic and manifest from an invisible reality field of the infinite unknown. We must draw on the highest frequency of the consciousness where all already exists and know that it is already there. And then we need to create something that does not already exist as a cultural known, or the manifestation will just be a replication of something that already exists.

This cultural phenomena has a direct relationship to our beliefs. If we believe that the government is always doing what is best for us, or if we believe that what we learn in school is always true, or if we believe that we should always agree with the preacher at church, or if we believe that the Doctor knows best, we will probably not be able manifest true intelligence, instant healing or eternal life.

The diagnosis of a doctor is only a cultural belief. If you have lived in various cultures as I have, you would not find a doctor of any cultural group agreeing with another. People are only healed because they believe they will be.

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CHAPTER TEN

USING THE HIGHEST FREQUENCY OF THE MIND OF GOD

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Our world will end as we are transformed forever through one inhale from the mind of God. This mind of God includes all of the realities and wisdoms and creations and dominions that have existed before us and after us. We can now access all of that reality as it is transformed into a brand new wisdom, a brand new reality that has never existed before. It has never existed before, because we have never co-created with the mind of God before. We will exist within an incredible wonder, a magical imagination, an infinite participation within the nature of God. We will be invited to play in the outer band-the realms beyond the 15th sphere, where only god's are invited to play and create within the infinite unknown playground of creation. The outer band of creation is infinite in its possibilities. It allows each individual to create within individual freedom all that is individually known within his own realm. This individual creation does not need to be woven from the dreams of others. There is enough room in infinity to fill rooms with mansions of realities that contain more rooms with mansions of realities that are so vast with new ideas that there is no reason to search outside of oneself for fulfillment, entertainment, interaction or competition. Each moment will be completely filled with instantly manifesting a new idea.

When we begin this co-creation we do not need to see the ideas as pictures, we only need to train our brain to utilize frequencies. When we can stretch our consciousness into the Frequency of the Mind of God, it is that frequency that holds the infinity of ideas that can manifest within our perceptual realm. Our perception changes in frequency when we shift into our mid brain which is frequency specific. All manifestations are a result of the frequencies held in the mid brain. We know that mind of god is flowing through us and in us and around us and it is flowing through the lower cerebellum and into the mid brain and it is being activated as entire prisms of frequencies weaving

together into pictures that manifest in front of us. This magical transformation happens when the outer band of the infinite Source flips into the inner band of the fifteenth dimension, the Cosmic realm flips into the inner band of the Christic Sphere and the Outer realm of the Christic flips into the Fifth Sphere. We will become sixth dimensional man walking within the realms of the 12th dimensional Rishi or Christic selfhood. We become living, walking Christ's who carry the mind of God. All we need is a brain that can utilize the Highest Frequency of the Mind of God.

The outer band is the 14th band --helium arching into the white light suns KA HA of the 15th band and breathing the first spark of the idea into the Aqualene Sun - RA. We breathe until we ignite this new idea from the Plasma - the Crystal Ships of our creation- Our Cosmic Creators create the brand new idea through us into this density-- ALWAYS FROM the Mind of God- the Outer Band beyond the 15th sphere - the Infinite Unknown All Knowing, All Seeing , Infinite Omnipresent Mind of God.

We see ourselves sitting in the Buddha position inside the Blue Lotus Blossom in the 16th sphere. That is the Mind of God co creating the brand new idea. We use the principle of Oneness -- Theory of Relativity- All that is in any place is also right here and right now.

All that is manifest from the mind of God in the OUTER SPHERE must FLIP into the INNER SPHERES. The Inner Spheres carry the light and sound of the new reality. We exhale the new reality into this density- this hertzian reality from the invisible light into the visible light.

The chemical reaction of the Helium-- the heliotalic, pastel rainbow light frequency from the 14th sphere arches over into the Plasma--white light and Aqualene light blending through the rainbows of the Suns- Ka Ha Ra Sa Ta Hya La--- centered on RA - the Aqualene Sun of our original creation. All ideas begin in the outer band of Source and manifest in the Inner Band of Ra and then instantly appear at all levels of density. We connect with all of the fifteen bands of light and sound in order to instantly manifest the idea that we have created. This is done by breathing into the Oneness of the Highest Frequency of the Mind of God.

I inhale that frequency as I imagine the infinite unknown possibilities that exist in the Mind of God. I ask to know and see and exhale this fabulous idea that has never been seen or known on Earth before. I hold that idea in my crystal heart - my Soul- the ganglia of cells that sit directly below the heart hold this holographic memory of all that is known in the Mind of God. I connect into the all knowing of my Soul and inhale into my FREQUENCY SPECIFIC AREA OF THE BRAIN - the Mid Brain area containing the Pineal Gland, Pituitary and other glands.

Next, I am connecting into the Oneness of the Frequency of the Mind of God and Inhaling this infinite Source of Creation into my personal Mind of God - my Mid Brain

working together with my Soul - my Rishi Self- Christ Consciousness and my Rasha EirA - my Cosmic Light Consciousness. This self projects itself to me as a Blue Sphere. I see my image in this Blue Sphere. I see the blue violet sphere in my third eye or mid brain area with eyes closed and I see the blue sphere or blue violet sphere in front of me when I open my eyes. I can see a blue hologram of my self if I look in a mirror. It is that Blue Body self who holds the mind of God inside of me. When I have raised my frequencies high enough to cause the outer band to flip into the inner bands or spheres.

We must reconnect to the neuronet in the lower cerebellum where there are pathways connecting through frequencies into the mind of God in which we find knowingness. If we attempt to pave these pathways from the upper cerebellum we only connect to the dirt roads of the world that have dead ends and loop in circles. The upper cerebellum will never allow anything new to enter in. It is the world that must end.

The mortal mind - the upper cerebellum that just recycles information given to it from the world -- the man made world filled with lies that are filtered into our consciousness from sonic pulses in inter dimensional planes that carry brain washing technology of the fallen angelic races that is used to control our minds and fill them with the error that blocks us from the Mind of the One True Source.

This mortal mind must dissolve away as we become willing to bring in the highest frequencies of Source to transmute the world and all that is in it. The world must end. The world of beliefs and illusions are not the reality of Source. We have only been allowed to see the ideas placed within the veil that was created by fallen angelic races who need to use the human angelic energy for their own survival.

That is the world that will end. The veil that has been allowing the error to attach to our consciousness will be removed forever. The veil that is blocking the Christ Consciousness and Cosmic Consciousness to freely flow through us will be removed forever. The alignment of our Consciousness into the Mind of God will be restored forever.

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BRAIN CHARTS

http://en.wikipedia.org/wiki/Medulla_oblongata

Go to this link to read what others have said.

THYMUS

<http://en.wikipedia.org/wiki/Thymus>

INVOLUTION CAUSED BY SEX

Involution

The thymus continues to grow between birth and puberty and then begins to atrophy; this thymic involution is directed by the high levels of circulating hormones. Proportional to thymic size, thymic activity (T-cell output) is most active before puberty. Upon atrophy, the size and activity are dramatically reduced, and the organ is primarily replaced with fat (a phenomenon known as "organ involution"). The atrophy is due to the increased circulating level of sex hormones, and chemical or physical castration of an adult results in the thymus increasing in size and activity.[9] Patients with the autoimmune disease Myasthenia gravis commonly (70%) are found to have thymic hyperplasia or malignancy.[10] The reason or order of these circumstances has yet to be determined.

From 20 grams down to 5 grams of FAT

Evolution returning to mind of god, returning to thymus rebirth

imagination, dreaming, removal from energy being directed to sex.