



SHADOW WORK


SPIRITUAL ALCHEMY



Heal Thyself Today Book Trilogy

Alsyah Anyth Advards

ACKNOWLEDGMENT

I want to thank every living soul that I have interacted with on my journey thus far. I want to thank you all wholeheartedly for your participation in my evolution. I honour all the collective experience by sharing this message. 

I want to thank my off-springs for their patience and sacrifices.

Divine Gratitude to all the messengers who came before me. Thank you for laying the foundation of truth.

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Introduction

It all began when a star fell to earth!!! No memory of who you were nor what you came here to do but still, you could sense this deep, inner knowing of why you are here. Freshly integrated into your new vehicle/avatar, you scan the environment for clues or experiences that would trigger your memory of your true identity and ultimately your purpose.

But you'll have to wait. Although you are eager to recall the blueprint of your soul mission from a soul level, the organic process must take place. You have language to learn, body systems to develop, memory recalls, light code activations, program downloads etc to prepare you for readiness for the mission...Operation: Raise The Frequency of The Planet.

From the moment you land here, you start to impact the energetic signature from an ancestral and planetary level. At each stage of maturation, more and more of you will be unlocked allowing

access to more and more of your blueprint. It is only when we achieve a certain level of spiritual maturity, that will we be able to access certain levels of information/abilities. For now, it feels like a puzzle but once you solve it, everything will fall into place. Not only will you unlock the full memory of your identity but you most importantly will become aware of your soul mission. You will start to see how it makes sense now; It's like a domino effect. You will start seeing things from a cosmic level.

The purpose of the journey from childhood to adulthood is to prepare us. I call it the journey of “coming back to your square”.

By age 25 we should be fully prepared to take on the soul's mission through service to the collective. We serve the collective by executing our cosmic duty with integrity and authenticity. We achieve authenticity through self-discovery; learning and accepting ourselves through our interactions with people, place and things.

Learning self is far deeper than ascertaining likes and dislikes, needs and wants, desires and goals. Learning self encompasses deep diving beneath the surface and exploring the ecosystem that lies within us. You are a universe within a universe, everything that exists outside of you also exists within you. Why? Everything that exists on a micro level also exists on a macro level - the universal law of correspondence: As above, so below. So within, so without.

I haven't skipped your first two questions: what is **Operation: Raise The Frequency of The Planet** and what do you mean by “**coming back to your square**”?

Operation: Raise The Frequency of The Planet is the process of transmuting low-frequency (darkness) to the highest frequency (light). Simply put, Shadow Work. “**Coming back to your square**” is the successful embodiment of one’s authentic energetic frequency and vibration as you are when you are in your pure form of light. We are all angels of

light who came into this physical realm to play our part in the war against light and darkness. Victory is balance/non-judgement; darkness cannot exist without light and vice versa.

I mentioned age 25, which is a few years shy of your first Saturn Return, the cosmic entranceway into adulthood. Yes, we will be exploring astrology. What is Shadow Work without astrology? 🤗

A Saturn Return is when the planet Saturn, every 27 to 29.5 years, returns to the exact sign, degree and house it was at in the sky when you were incarnated/born. The transit lasts approximately 2.5 years and acts like an astrological wake-up call. I will be exploring the Saturn Return further on but in essence, consider it as your toughest teacher at school reviewing/marking your class work/test paper. Saturn is Satan, the devil in opposition to Christ, despite that, the interaction is meant to course correct. Saturn/Satan is the current ruler of this realm and so Christ/Sun

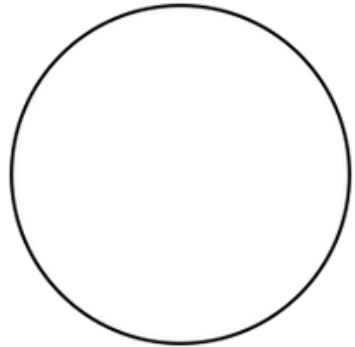
cannot intervene in your assessment; what is for Caesar is due unto Caesar.

In spite of the design for our coexistence, dark forces are committed to their mission to take total control over the realm and break the structure of balance.



The image to your left is the representation of balance; it shows the opposite but the interconnected, mutually perpetuating forces. It's

the state that must be maintained until the final battle of Armageddon which will return Christ to rulership of this realm. The image to your right represents the pure state of



love/primordial light. I will explain more later about the war between Christ and Satan; Light and Darkness, Good and Evil. Just as, on a macro

level, there is a war between Christ and Satan/Light and Darkness/Good and Evil; there is a war on a micro level (within You) between Christ and Satan/Light and Darkness/Good and Evil. What exists within you, exists without. As it is above, so it is below, As it is in the spiritual realm, so it is in the physical realm. As we change ourselves, we change the universe; as we raise our frequency and vibration, we raise that of the universe. and the same is true if we lower our frequency and vibration.


I want to keep things as simple as possible so that you can follow but bear in mind that your Ego/ Material Intelligence has been comprehensively programmed since you were a child and so you will find some of the information I am about to share with you, very challenging. It's ok, be gentle with yourself. I was once where you are now but by the grace and mercy of the Infinite Source God, I was able to break out of the spiritual prison/matrix I was placed in by the Fallen Angels who are running this realm. The Artificial Matrix is very sophisticated and stealthy in its operations.

They have been in existence since the fall and have perfected the preservation of their “honour”. They master Natural Law/Universal Laws, that govern this realm and operate within the confines of it. They get you, through deception, to go against creation which is your own self. When you violate nature, nature will violate you. Everything you encounter is your mirror.

You didn't know what you were doing; you lost your memory when you passed through the veil which is why you must be “born again” through the **spirit** (aether/Source Consciousness) and **water/blood** (life/light codes/DEA Blueprint); unpacking the DEA coding equivalent to about 600,000 printed pages of hereditary information - Shadow Work.

What is Shadow Work?

Shadow Work is the peeling away of layers of artificial programming of the Ego/Material Intelligence to re-establish self in integrity and authenticity of who you are at the Soul Level. In our true authentic state, we are love/light.

Chosen to come here and transmute darkness into light consequently raising the frequency and vibration of the planet. We are the armed forces of God/Infinite Creator Source charged with maintaining balance all around us with love. We are here to BE  and nothing else. Through being we serve. Darkness can never conquer light. It might seem more powerful because of its aggressive nature but be not fooled by the meekness of light; a soft answer turneth away wrath. Darkness/Shadow just wants validation, acceptance and understanding..... LOVE.

How Does This Work?

As stated earlier on, you came down here in the physical realm to play your role in the army of light; the mission, raise the frequency and vibration of the planet. Within the broad spectrum of the mission, we individually have our specific mission and purpose. No two of us are the same and by that account, we operate on different energetic signatures which connects us to different light codes and organic programming

dispatched from Organic Matix designed by God/Infinite Source per our spiritual contract/mission. Let me tell you why you have a spiritual contract with God/Infinite Source. When you were in the pure state of existence, to which you will return, you move at the speed of light. Because everything moves at the speed of light in the spirit realm, it was impossible for you to feel so you decided that you wanted to come into the physical realm to experience sensations/feelings.

You/Individual Consciousness made your request to come into physical form and based on your energetic signature/purpose you were chosen to enter at a particular “time”/cycle. A spiritual contract/master agreement was created and you selected a storyline; one that would yield the highest possible outcome. When you landed in this physical reality, you entered a physical body/vessel to afford you the ability to feel; it is through feelings/sensations that we are able to process/decode our experiences with love/non-

judgement to learn, grow and expand (shadow work). I have mentioned Shadow Work several times but where does this shadow come from? The shadow is the residue left behind when light is extracted from Individual Consciousness at the time of transition. Light only commune with light and so darkness is not taken. All Hurt/Pain and Wrongs (darkness/shadow) stay in this physical realm, all of which are living entities that exist seeking validation/love/light. Once the light is shunned upon it, it dissipates and neutralises it.

Hurt/Pain is the most powerful gift as it motivates us towards re-establishing homeostasis/balance. I want to give you an example. When you first incarnated into the body/vehicle that your earthly mother prepared for you, you experienced your first discomfort/pain from the shock of being thrust into the new world. This traumatic experience forced you to quickly adapt for your survival by taking your first breath. Through adversity, we learn, grow and evolve, and it must be done with

love/non-judgemental. If done with a response that is less than love, you create a negative karma which has the potential to become a shadow entity if it is unresolved at the time of death/transition. So the first difficulty or the unfavourable situation you experienced when you landed in your vessel was the lesson to figure out how to breathe/start the engine. You passed that test obviously because you are reading this. You pulled on information downloaded in the Nervous System that the Etheric Brain decoded and signalled the Head Brain to act on; you come with a manual. Everything you need resides within you. You have access to the cosmic library that houses all organic programs created by the Infinite Creator Source/God.

It is the breath that connects us to the Source Consciousness. The breath is the etheric material of Source Consciousness that is embedded with the essence of you/Individual Consciousness. It guides us to self-remembrance and through it, we can form our connection to God and/or creation.

When Individual Consciousness enters the body at the time of birth, it integrates with the cockpit/thalamus located in the Cephalic Brain. The Oversoul/Source Consciousness resides in the Heart, from which it sends consciousness throughout the body and acts as a mediator between earth energy and cosmic energy.

Let's break down this first trauma a little deeper. For 10 moon cycles, you nested comfortably in your earthly mother's womb. You wanted for nothing. You had an unlimited supply of nutritious blood delivered daily through the placenta and the umbilical cord. Earth Mother's blood delivered hydrogen and oxygen and cleared off carbon dioxide efficiently; you were not even required to breathe on your own. Life was beautiful and easy!

At maturation, you were given your first task/lesson; to breathe/start the engine. Before, you were not expected to: now that you will be on your own, you need this skill. It's time, so you were ejected from the womb and left on your own.

Detached from your Mother, carbon dioxide rapidly increased in the blood causing discomfort/pain. As it intensified, signals were sent to the head brain to scan and identify the source of the discomfort. All happening at lightning speed, the head brain identified the issue and downloaded a program to resolve the same. Now, you are breathing; exchanging information with plant life around you. The exchange of the gases (carbon dioxide and hydrogen) acts as an unseen umbilical cord that connects you to the Cosmic Womb. This interdependency reminds you that everything is connected; all is ONE. Welcome to Mother Nature.

I hope you were able to follow, I know this may be a lot to take in but stay with me! Let's recap.

The Star aka the Spirit (you) fell to Gaia/Earth and entered the body that was prepared for you by your mother (earthly creator). When you enter the body, you come face to face with the presence of God/Source that lovingly integrates you with

the body by teaching you your first lesson; how to breathe; and how to maintain the connection with it. Without the breath, you are “dead”!!! It is the breath that animates this intelligent biological machine/vehicle/vessel you live in. The breath serves as a constant reminder of what and where you belong. Before your arrival, however, there were some contractual arrangements made with God/Infinite Creator Source; not by paperwork but by your SIN-g-nature- the nature of who you are. A mango tree bears mangos and an apple tree bears apples and not vice versa. “Wherefore by their fruits, ye shall know them”. Matthew 7:20.

You are here to bear fruits through your labour/ actions: thoughts, words and deeds. Your Soul's Purpose is reflected by your nature/energetic signature and where you fall on the polarity scale of the spectrum of the light from which you came. There are seven (7) spectrums of visible light that exist in this realm: red, orange, yellow, green, blue, indigo, and violet. This means there a seven (7) types of souls that incarnate here on earth and

you are from one of them. Each angle of light/soul is imprinted with a script/blueprint and given free will within the confines of your soul contract/agreement with access to the infinite library of organic programs. This is a battlefield and you are here in opposition as a soldier of Christ.

Why is Earth/Gaia a Battlefield?

Earth/Gaia became the battlefield when one-third of the Angels who rose against Christ were banished from heaven to Earth. There are seven princes of the fallen but the leader of the rebellion, Satan/Saturn was bound and thrown into the abyss/darkness, somewhere in Antarctica. A seal was placed on it as explained in Revelation 20: 2-3: "And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years, 3 And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that, he must be loosed a little season."

Now that it is set loose, it and its Princes of Hell are very actively setting up the stage for the final battle of Armageddon. Revelations 20:7-8 says “And when the thousand years are expired, Satan shall be loosed out of his prison, **8** And shall go out to deceive the nations which are in the four quarters of the earth, Gog, and Magog, to gather them together to battle: the number of whom is as the sand of the sea”. Satan/Saturn’s main objective is to lower the frequency and vibration of the planet in an effort to destabilize the environment against the opposition- Christ Army.

In preparation for this final battle, we, soldiers of light, came to Earth to study and counter the darkness by raising the frequency and vibration at a soul and cosmic level. Earth is the Army School and the Soul is a student with the mandate to learn, grow and expand while you train (transmuting darkness to light) until you fulfil your Soul Agreement. Your contract/agreement is fulfilled when you have completed your mission with a 0 rating aka balance; no-thing taken,

no-thing lost. Otherwise, you will be coming here over and over and over until you resolve all the negative karma you amass.

You Have Free Will!!!

While Infinite Creator/Source Consciousness wants you to be with it always, it must allow you/Individual Consciousness to go through your individual experience so you can learn, grow and expand. As you learn, grow and expand, Source also learns, grows and expands. You are here to teach Source about itself and its adversary.

Under a watchful eye, Source observes and monitors itself through us. What is source monitoring and observing? Any expression that is against its highest potential. So, at any point, an expression is observed that it cannot immediately course correct in quick succession, it isolates and sends signals/instructions aka angels/angle of light by way of experiences that force said expression to be corrected. Through this process, Source consciousness learns and expands.

In layman's terms, whenever you, the individual expression of consciousness, go off course, you will be nudged. The nudge highlights obstruction, blockage, or test that will force you to take corrective action. This is where your free will comes in; you do it without judgment/love and create no karma or you do it with judgment/blame and create negative karma. It's all up to you.

As soon as we enter into this realm, we pick up debris/darkness/artificial programming unto ourselves. To get back to the truth of who we are, we must do introspection. Introspection is the re-engineering of thoughts, words and/or actions/deeds (Shadow Work) to afford you the detoxification and removal of parasitic programming from the mind.

The Mind is the spiritual landscape where the physical meets the spiritual hence why the mind is the point of battle. You may be wondering, isn't Earth/Gaia the battlefield? Yes, it is. You/the physical body/matter is Earth and it springs from

it just like the trees, and animals and vegetation and so on. The physical body is the vessel/ship that the Individual Soul/You operates to navigate the physical realm. The vessel is controlled from the cockpit/thalamus/mind. Hence why the goal of the fallen ones is to take over the mind, for whoever controls the mind controls the vessel/body.

Why do the fallen ones want to take control of the mind? To zombify you and manipulate your thoughts/commands through its artificial programming and ultimately creating a clone that will create chaos/darkness over the land through thoughts, words and deeds inadvertently lowering the frequency and vibration of Gaia. And guess what? It will be your responsibility to clean up all this mess. Why? It is your energetic signature/Individual Consciousness that these things would be recorded from and no-thing was done that YOU didn't allow.

You must always be in control of your command centre/cockpit/mind. It is from here that wounds

are inflicted which are expressed as burdens/pain aka hurt and wrongs (negative karma).

What is Hurt and Wrong?

Hurt and wrongs are emotional pain and suffering caused by the perceived action or inaction of another person or thing. I mentioned perceived because it is your judgement based on your level of consciousness; how you regard, innerstood or interpret your experiences.

Remember, you came here to feel. Your ability to feel allows you to process and identify sources of disharmony and rectify them; transmute them into light ...with love/non-judgmental/neutral.

Every time you judge you create a negative karma. Negative karma is a spiritual debt that accumulates on your energetic signature that must be cleared. You must be in balance so you, by way of your Sig-N-ature pull experiences over and over until it is resolved...with love. Whenever we get to the place where we can experience life

without judgment or limitation, we experience unconditional love aka Christ Consciousness. If we choose to judge, the cycle repeats itself until we master that lesson.

It is the judgment that creates negative karma. We must learn how to observe and allow the sensations to pass, and process them as they flow through us without holding on to them. Ask the sensation, the entity, questions like Why are you here? What do you want to show me? Show me what I need to know

Occupying the Cockpit/garden of Eden, we were told by the Creator Source in Genesis 2: verse 9, not to eat from the tree of knowledge (nervous system), else we may surely die but eat from the tree of life (Heart) and we will live for eternity. Live in a state of oneness, in a state of unconditional love, from the heart center. Again, We came here to feel but not to judge. It is through our feelings we process information and, it's by processing we filter and transmute darkness, absent judgment, into light.

Now that we have achieved alchemy, we are almost ready to serve.

How Do We Serve?

We serve through our works/contributions to the collective according to our energetic imprint BUT we must get back to the truth of who we are; our authentic self to be of service otherwise, it is not us who is “serving”. It will be the archons who will take over your vessel via artificial/parasitic programming. ;

The Individualized Consciousness (you) resides in the Mind/Thalamus/the Cockpit and experiences the physical world through the nervous system/sensation. The Over-Soul/Source Consciousness resides in the Heart; it sends its divine intelligence throughout the body by way of the nervous system. When the nervous system (material intelligence, ego) becomes polluted by judgment: hurt and wrongs, it binds the Individualized Soul to this material realm which causes the Individualized Soul to return to

complete the assignment over and over until balance is achieved. “The heart is the master that the mind seeks”.

Once the Individualized Soul surrenders itself to the Over-Soul/Source Consciousness, they become one; forming a unique rhythmic flow in a cosmic waltz. With this marriage, you are now ready to serve.

It is safe to say, that you and Infinite Creator Source have the same goal; growth and expansion absent karma. You must be in balance; owe nothing or owed nothing. It is from the state of balance/stillness that Source can work seamlessly through us. “Many are called, few are chosen”. We were called because we were fit for this physical experience and later chosen because of our work/spiritual maturity and energetic potential.

How Does Source Work Through Us?

Source maintains homeostasis/equilibrium on the universal level by using the Individualized Consciousness (you) to interact with the rest of creation to bring about the desired change. We

are all connected to the Universal Consciousness to include every other life form. Every action, every thought, every word and/or deed modifies the cosmic energetic state....constantly.

Infinite Creator Source not only works through us but also ON us. Constantly sending its angle/angel of light to direct us “back to our square” but there is only one delay, our free will. The Spirit/Material Intelligence is egoic and thinks it's all about its evolution except, you can only achieve evolution when you merge/surrender to Source. We can choose to merge/surrender or not, again, it is our free will to choose the experience we want to have. We can choose to allow the Creator Source to lead us or we may choose to lead ourselves, make mistakes and build wisdom; of course, within the parameters of the script/storyline based on our soul contract and our energetic SIN-g-nature. Eventually, we reap what we sow and at some point, we'll grow weary from the battering waves of the cosmic waters and have no other choice but

to surrender to Creator Source. We cannot lean on our own understanding because we do not hold the master plan.

So In Essence

Whenever we reach spiritual maturity and begin to flow rhythmically in cosmic dance with Source to the symphony of the cosmos, we allow ourselves to be led by the Heart and not the Mind. The body (Material Intelligence) is the servant to the Mind (Individual Consciousness) as the Mind is the servant to the Heart (Source Consciousness).

From the cockpit/head brain, the Individual Consciousness constantly scans the body via the nervous system to update itself with the present energetic frequency and vibration (spiritual health). If found to be out of alignment, the Individual Consciousness sends a signal to Source the repair/resolve as per available resources. Heart/Source Consciousness is constantly sending messages/angles of light to the Cockpit/Mind/Brain. Research has found that

more signals are being sent from the heart to the brain than there are from the brain to the heart. Heart/Source Consciousness is always calling Mind/Individual Consciousness for communion. It is calling for you to pay attention to the messages delivered...look within. Matthew 6:33 states "But seek ye first the kingdom of God, and his righteousness and all these things shall be added unto you."

Everything will be added unto us once we journey within and connect to Source allowing it to download and administrate in us our required organic program to execute our assigned mission. The Divine operates through us. 1 Corinthians 3:16 "Do you not know that you are a temple of God and that the Spirit of God dwells in you?" Source/God is not outside of us, it's within patiently waiting for us to surrender our own free will to become one with it in marriage/partnership. This partnership is what I call the cosmic waltz and the cosmos is the dancefloor in melody.

Celebrating the union, the cosmic bodies dance rhythmically to the cosmic symphony. The symphony represents the story of Source, repeating itself in infinite variations/possibilities over and over again in flawless synchronicity. And as the waves of formation wash over the cosmic bodies, we, on the individual level of consciousness, just like a cell of the human vessel, repeat our storyline over and over again through hundreds or even thousands of incarnations until all karmic debt is resolved.

Whether we are aware or not, living in integrity or not, life continues and at the end of this incarnation, the Infinite Creator Source collects and records the light you amass while you were here as a “permanent atom”. This atom is ultimately used to create the storylines you get to choose from when you are called again for the next incarnation. You/Individual Consciousness will start at the same point in evolution that you ended at and then a contract is once again created based on the SIN-g-nature.

You choose a family from your ancestral line to come through. This pathway will pull/magnetize the experiences, according to your energetic construct, to afford you maximum opportunity for transmutation. With everything that has opposition, the expectation is friction and so you must cognize that your being here is a threat to the dark entities you are here to transmute.

There is an all-out war ongoing between the two Suns: Saturn and Christ, and the war is on consciousness. The princes of darkness/fallen ones, governed by Saturn, wants to keep you vibrating at a low frequency to keep you trapped in an energetic prison. The battlefield is in the mind; they want control over the cockpit. Whatever controls the mind controls the vessel and we simply forget these things because we have all been placed under mass hypnosis.

Did I say hypnosis? Yes. What is this mass hypnosis and why would I be placed under it? Well, the story is very interesting but let me

hastily put you on the game. You were placed under hypnosis through spell casting. Spell casting is the combination of a series of words with specific intention aka coding; in short, it is an artificial program. The spell is intended to place you in a hypnotic trance which gives the fallen ones the ability to program you through its many machinery: religion, spiritual manipulation (archons), education, politics, media, entertainment and cooperation society.

It is important to note here that there is only one language of the universe; mathematics. Every letter/light code carries a numeric value 1-9 and each word carries an energetic vibratory signature. It is with the word that we create; “and God said, let there be light and there was light” Genesis 1:3. It was the word that created this reality. “In the beginning was the Word, and the Word was with God, and the Word was God.” John chapter 1, verse 1.

If I can corrupt the mind, where you produce thoughts, I can corrupt your creation. It is your creation that the Universe responds to; the law of

attraction.

A large percentage of humanity operates unconsciously because it was designed that way. “2% of the people think; 3% of the people think they think; and 95% of the people would rather die than think.” — George Bernard Shaw. However dire it seems, it ought not to remain this way. You have the power to change NOW and the God will be your champion. Isaiah 41:10 says “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

We are here to raise the frequency and vibration of the planet. We are here to do shadow work; pay our debts and free ourselves/Individual Consciousness from the energetic prison our souls have been trapped in. When we transmute darkness into light, we illuminate ourselves and ultimately the universe. We are the universe and the universe is us but first we must recall who we are.

How Do You Remember Who You Are?

You remember who you are by deprogramming the material intelligence/ego self of the artificial programming your true self/Individual Consciousness was covered under by the use of mass hypnosis/magic spells. These magic spells are disguised as elevation systems: matrixes of religion, education, politics, entertainment etc. These various machineries/matrixes are controlled by the seven (7) princes of hell who rule the 7 deadly sins and their associated army of archons/demons.

Archons are the off-spring of the fallen angels who kidnapped and raped the daughters of man to produce the Nephilim race. When the Nephilim were destroyed in the flood, their spirit remained in the realm, which cast a shadow over Gaia. The cloud of parasitic entities travels by air over the land which they spawn from. The archons cannot fly like their creators, they can only walk and they attack on land or air by entering a host; any

breathing and living animal or human. These archons/etheric parasites are here to infiltrate us through thoughts and emotions. They have no celestial or material body so they influence, and/or possess one to carry out their mandate in this physical realm and the fallen angels use the various matrixes to reinforce their hypnotic programs. These programs are used to implant thought that corrupts, intercepts or cuts off our connection with Source which we blindly accept willingly. Every time, archons win over/bury a soul, they rejoice in false victory. I pose this question to you, where have you ever heard the term 'win souls'? the church, right? I can feel the dissonance already. How dare she? Well, I am not here to offend, I am only here to shine the light. Here is something to consider; if you/Individual Soul and Oversoul are ONE, seeing you came from it, why would the Oversoul need to win you over? Continue to read, and I will explain.

When you had gotten to around the age of 4-5 years old, you experienced what I call the Dawn of Self Consciousness. Material intelligence (Ego)

kicked in and now you are getting the hang of utilizing the vessel/body but not until you reach age 25, when the brain is fully developed, you will truly complete the developmental process - just a few years shy of our Saturn Return which occurs every 28 to 29 years. Remember we covered that Saturn/Satan is the adversary who wants to steal the Kingdom of God from its sibling Christ. Because of the accusation laid against Christ, Saturn is allowed to rule temporarily to prove its theory. Saturn believes that mankind should be allowed to use free will to create indiscriminately without the confines of the universal laws.

You are here to experience life in balance; owe nothing or owed nothing. So if you are carrying negative karma, you are indebted to "Caesar" until you neutralize any contracts you may hold knowingly or unknowingly with dark forces. The archons feed off the loosh, the low frequency you produce from; guilt, shame, anger, fear etc. They cannot generate energy of their own so they need you to do it otherwise they will starve and die.

So here is where it gets interesting! Karma tracks your energetic signature which is imprinted with data from past lives; this includes lessons that you didn't master and/or karmic debt that you are here to transmute personally and/or collectively (generationally).

We are all here to assist in the war through our assigned purpose but, before you get to engage on a deep level, you must first get back to your square aka the truth of who you are. We get back to our square by peeling away the layers of artificial programming we were manipulated/deceived into accepting during our years of amnesia. It's only when we are fully awake, we are of value to Source otherwise, we are a threat or potential.

On our square, we stand in our power; our authentic self and is now fit to enter the war. Saturn/Satan knows this and will do everything in its power to keep you asleep under the hypnotic spell. But as the saying goes, The Creator would never give you more than you can

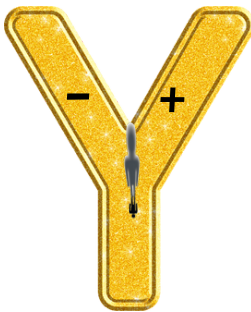
bear and so you must suffer through preparation to embody your highest potential ... through free will.

The years 13 - 25 are the key years that we were supposed to use to prepare ourselves for battle but instead, we were inducted into the beast system; the “education system”, the programming device used to trick/deceive huemanity into competing for what is already our birthright and offering false purpose that consequently feeds the beast.

In the state of competitiveness, you cast a judgment that you a different and separate from the collective. This judgement creates negative karma and this negative karma binds you/Individual Soul into the material world and traps you in the lower 3 chakras; layering program after program hypnotizing you further and further away (to south) from God/ Creator Source (north/center). As you journey zombified in the wrong direction, Saturn/Satan comes in to check. It wants to know the condition of your

energetic signature and based on your resistance to the programs, it counters with obstacles, tests, and challenges with the sole purpose of burying you deeper under programming but every dark cloud has its silver lining. There is a great opportunity for alchemy and the Angels/Angle of Light will come forth to show you the way because God will NEVER forsake you. No matter how tough or dark it may seem, remember this is what you are here for; you are NOT alone.

The obstacle, test, and/or challenge is where you will come to the Y and you will choose whether to go left or right.



Should you choose left, you go deeper under hypnotic programming. It is your free will and so you must be allowed to choose; It's your experience but it doesn't mean Source will forsake you should you make an unconscious decision. Christ will continue to show up for you to light the way, you just have to pay attention. It is simple mathematics, you either add or subtract

from layers of Hypnotic Programming through your thoughts/words/deeds. And by thoughts/words/deeds, you either take responsibility or not for your participation in the discourse. Let's say a disagreement came up between yourself and someone:

You can choose to argue; if you do, you employ dark entities that govern said frequency and subsequently contract with them. They will aid you in championing your goal by feeding you information/ideas that will further solidify your resolve to argue. With everything comes a price so, once the contract is complete, you will lose energy/light and/or cause someone else to lose energy/light thus creating negative karma.

You can choose to take responsibility for participation in the discourse. If you do, then light entities will enter and show you what you seek to resolve. Light doesn't contract with light; light takes care of its own. There is no-thing to barter here. The more pain, hurt and wrongs you resolve, the lighter you get and the higher you vibrate. The higher your vibration, the closer you

are to God/Source.

You cannot serve two masters. It's one or the other. Matthew 6:24 “No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.”

God=energy and Mammon=money/commerce

Mammon is one of the crown princes; prince of greed, in the Kingdom of Saturn/Satan. It rules commerce/money and represents avarice, wealth, abundance, prosperity, and injustice. In appearance, Mammon's skin will look like a priceless ivory statue, so pale it makes white seem dark with ivory hair. During the War in Heaven, Mammon was defeated by Raphael who was on his way to help Gabriel defeat Belial.

Mammon created capitalism/commerce and the banking system to conduct trade. He ensured that no one could do business without the mark of the beast; YOUR NAME. Your name is the connection;

without the name, they cannot contract with you in any way shape or form.

You are not the *body/vessel* or the name that they tried to trick you into accepting; the one on the birth certificate that copied your identity and written in all caps. JOHN DOE as written on the bond paper/birth certificate is not the same as john doe. john doe is the living soul who stands under Source God only. Shed the illusion to get to the truth of who you are. Your name, given to you at birth and your DOB have your cosmic codes which offer information about your identity. Tap into astrology and numerology to self study,

**When The Student Is
Ready The Teacher
Will Appear**



When The Student Is Ready The Teacher Will Appear;

and when the student is ready, the teacher appears" - Lao Tzu. "The teacher" is every person, situation, nature, or inner guide that surfaces to meet us in specific ways/scenarios when we are open to learning and expanding. You need to know that the student and teacher are one in the the same because the teacher and the student occupy the same space- within; the positive and negative polarity, the give and take.

As you seek the truth on your spiritual journey to freedom and liberation, show up to every encounter balance; as a teacher and a student. You have much to teach just as you have much to learn. The journey of truth is complete only when the seeker/student becomes that which was sought triggering an expansion of consciousness on an individual and Source level resulting in the disappearance of both the teacher and the seeker/student of said truth and the cycle continues.

The teacher will appear when the student has reached just about 51% passage; God help those who help themselves. Do not expect the teacher to come and spoon-feed you into enlightenment. You would have laid the foundation and mastered the basics. Once you amass a certain level of mastery, light begins its initiation and the teacher appears. It is this willingness that permits the teacher to share its light. Once the student advances enough to carry a higher quotient of light, the student can embody the teacher's energy.

The work is never-ending. Shadow Work is a daily event and you may not even notice it because of the subtleness from which it may come. It can be as simple as, "Why don't I like pineapples?" or as complex as "Why was I raped?"

A little before your first Saturn Return, you will notice you start to question your true identity. The hypnotic program loses its potency over time and you will begin to suspect something is not right. This is a very good sign that you have initiated the break away from artificial/parasitic

programming. Be mindful, that the thicker the layer, the more effort it will take to peel the onion so keep going; follow the teacher aka the angle of light to raise your frequency and vibration so that you can initiate your light.

Acclimatize yourself to the fact that this journey “back to your square”, will be uncomfortable or painful at most. There is no pleasure in waking up at first, it will feel like isolated and lonely. You will want to revert to your comfort zone many times over BUT MAINTAIN YOUR TRUST AND FAITH IN GOD; merge with the Shadow Self and trust the process, GOD will never forsake you. The only way out is through! It is natural to feel fearful. Saturn/Satan definitely will lay on the pressure and, on the other hand, Angels of light to help you. Call upon the Angelic Realms, your spirit guides and guardian angels are all here for you, waiting for you to ask. You have a whole host of supporters but they cannot intervene without permission. Your guides will NEVER go against your free will so keep this in mind.

You see, Saturn/Satan has its army living among us behind the veil- the unseen world. Their job is to cultivate the environment and sow seeds of destruction; hate, jealousy, envy, anger, fear, shame and guilt tending carefully to the flock for harvesting.

After your first Saturn/Satan return in your 20s, there will be a 2nd in your 50s then 3rd in your 80s then 4th between 112-116. Doe mek dem trick yuh!!! The creator gave you 120 years in this physical realm. Gen. 6:3 Then the LORD said, "My Spirit shall not strive with man forever, because he also is flesh; nevertheless, his days shall be one hundred and twenty years."

Your second Saturn Return is more likely to manifest as the stereotypical "midlife crisis." if you still haven't learned your lessons or simply calcified/frozen state. The question here is, are you living up to your highest potential?

Your third Saturn Return is a time for powerful reflection. This can also be an extremely spiritual moment. The question here is, what is my legacy?

You are here to serve the collective and expand consciousness: individually and collectively.

Your fourth Saturn Return is a time completion. This can also be an extremely spiritual moment. The question here is, did I fulfil my purpose? Your purpose is to actualize and then teach others what you learn.

Are you seeing the elements? You are the avatar that bends all 4 elements: Earth, Water, Air and Fire on a physical, spiritual and mental level. You have until your late 20s to master the Earth element; Earth represents foundation, stability, practicality, and abundance. You were to master the material intelligence/body/ego self here. Then by your mid-50s, master the Water element. Water represents emotions, intuition, and the realm of the subconscious. You were to master the emotional intelligence: physical, mental and spiritual alchemy here. By the time you reach your mid-80s, you should master the Air element. Air represents communication, creativity, intuition and flow. You were to master the Etheric Realm. Your Fire is now ignited- Power.

Saturn is a strict teacher. Its job is to teach, evaluate then reward/punish. Saturn is the planet of Karma; you reap what you sow. What you put in is what you get out. If you do “good”, “good” will follow and if you do “bad”... It’s that simple!

We are energetic beings; our currency is energy. We are either operating our bank account at a loss, profit or in balance. Let me explain.

You have two (2) bank accounts; a fixed deposit and a savings account.

Your Fixed Deposit = 120 years equivalent of Source energy - this currency is issued into your account at certain intervals: every month, every solar and lunar year cycle. Eg. Let us say you get 30 drops of oil in your lamp every lunar month when the moon is in your sun sign. You also get oil when the stars return to the same position at your birth- solar/lunar return.

Your Savings Account = Energetic value of your physical condition. You create fuel/oil/life force energy from the air you breathe, the sunlight that

you eat via the rays of the sun, the fruits and vegetables and also the fresh spring water.

You give up energy/money every time you **react** to emotionally charged sensations triggered by archons. The archons have no heart, only a brain/mind. They are very knowledgeable and have trained us well to believe only in the mind/material intelligence that will ultimately trap us into fighting ourselves. Stuck in fight or flight, we create negative energy called loosh that they feed off.

Every time you contract with these parasitic entities by way of your participation in low-frequency activities, you lose light/energy. Let's explore the term "pay attention". "To pay attention" means "to give heed, to direct the mind, consideration or regard towards" so whatever you engage in, you sign your nature (sig-nature) to it and hence become a co-creator. You reap what you sow. After the end of each contract, you are required to pay with light/lifeforce energy.

You are encouraged to spend your savings wisely so that you don't deplete all your allotted life force energy prematurely. The key is to respond as opposed to react. When we respond, we automatically employ awareness to drive thoughtful and deliberate action.

Emotional reaction is not the only way you lose life force energy, you also lose life force energy if you are "sick", especially over a prolonged period. Notice how tired you feel when you are recovering from a dis-ease; you literally burn through your savings and eventually withdraw from your fixed account to replenish the vessel/body. Women also in childbirth, utilize massive amounts of energy to the point where they pull from the fixed account. This is a great sacrifice as the fixed account is not something you can easily replenish; it's not impossible but somewhat close. It is easier to replenish the savings account and maintain the balance. The adversary is fully aware of the energetic structure and so it devises its many plans to steal

Remember these parasites/archons cannot create energy on their own because they are cut off from the Christ Consciousness so they rob us through lies and deception aka knowledge. Let's say you start with 120 on the marker on each side of your lamp. After the contract is complete, energy is extracted from your savings account. if there is enough to cover the bill then you're lucky. If there isn't enough, then you get fucked because now you would have to pull currency from your fixed account to compensate. This shortens your life span, ever see someone looking much older after not seeing them in a short while? prime example. If you continue to re-lease/re-contract with these archons, you continue to lose until you course-correct or fully harvested.

Remember, it's your experience and you have free will. Your army of light cannot intervene without your permission. And, that isn't to say they can bully the dark forces you have a contract with, the most they can do sometimes is to lessen the blowback. When you give up your light carelessly,

soon enough, when you drop the body, you won't have enough oil in your lamp to light your way back to Source. You will be tempted to follow the false white light that mimics Christ Consciousness.

A “person” who has not removed parasitic implants from their Soul Matrix while in physical form, will have an inorganic umbilicus/navel connection to the Astral Plane which connects the Individual Soul to the false white light. This is how it works, the artificial umbilicus/navel connection is implanted in the soul matrix of each individual soul; together with the etheric webbing is used to un-cord the Individual Soul from the body/vessel during the death process. This allows for the Individual Soul to be directed back into the white light tunnel that filters it into the astral plane for recycling. Once a Being ends up in the astral plane, there is only one place that it can reincarnate, the 3D timeline on Earth; the lowest density dimension and the most negative on the spectrum of spiritual evolution. This forced recycling is what created the term- prison planet.

You must free yourself from the trap on the etheric/spiritual and the governmental/physical level. It is all magic, they capture your soul in the etheric realm and control your soul in the physical. Break all spiritual contracts, mediate and connect to your guardians, they will guide you on what to do. You were meant to light your own way home by the oil you preserve in your vessel. Read the story of the 10 virgins in Matthew 25: 1-13.

Are you ready to return and integrate with Christ Consciousness? Are you ready to surrender to Source and allow/just be? or do you think you have it all covered and need no help? What if you just sit and wait? Will time just automatically harmonise? Is the student ready?!!!!

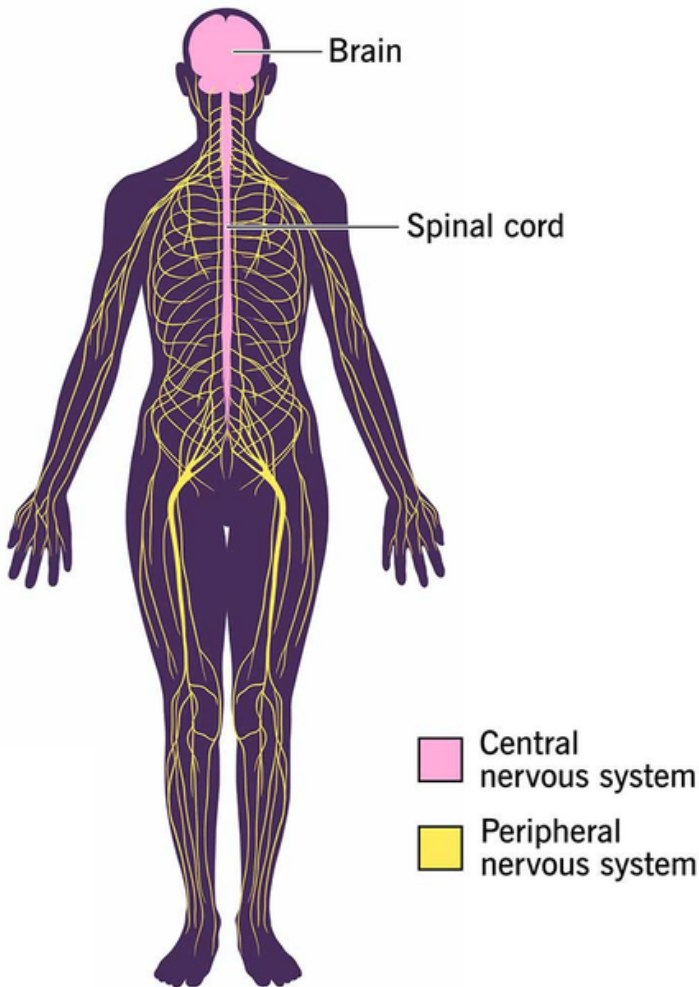


Does Time Heal?

There is a false notion that time heals. Time does not heal or fix anything!!! What simply happens is that over certain time/cycles, the e-motional charge of our experience involving people, places or things loses intensity and is buried beneath the surface because our attention naturally moves along with the passing moments to whatever has more priority.

As the energy wanes, the fragment sinks deeper and the trauma registers in the subconscious. We soon forget about the emotional discomfort the experience caused until it's triggered. It may take 10 years, 5 days, or even 40 years for a trigger to bring up a fragment but best innerstand that it will not go away. Trapped e-motions create what I call a fragment. The fragment becomes a splinter in your energetic body that creates blockages in your flow state. The nervous system records all the intricate details relating to this splinter from all our known senses: smell, touch, sound, sight, and taste and stores it in the subconscious mind. Let's explore why nothing goes away without validation.

Peripheral nervous system



Notice how the Nervous System spreads throughout the entire body; every crevice and corner. The nervous system is responsible for communicating, regulating, and controlling the body. Without it, we could do nothing. Remember

earlier when we spoke about consciousness and that our brain fully developed around age 25. Well, this event is dependent on the integration of all three (3) brains. Yes, you read right...we all have 3 brains, they are:

Our Head Brain called the Cephalic Brain. This brain is a part of the Central Nervous System that is fully developed at age 25 to process information optimally.

Our Heart Brain called the Cardiac Brain. It has its own Intrinsic Cardiac Nervous System and can operate independently from the Head Brain. It is the first Brain and the first system to develop in the body/vessel. This is where Source resides.

Our Gut Brain called the Enteric Brain. Has a complex structure known as the Enteric Nervous System (ENS) located in the Stomach. It plays a very key role in keeping our “immune System” in balance. The enteric nervous system is confined to the gastrointestinal tract.

The Head Brain and the Gut Brain communicate constantly. The Heart Brain communicates with

with the other two brains and the rest of the body neurologically, biochemically, biophysically and energetically. Let's put it this way:

The Cephalic Brain houses you/Individual Soul.

The Cardiac Brain houses the Oversoul/Creator.

The Enteric Brain houses the Material Intelligence/Ego Self.

Probe the energetic signature of the three brains and you will begin to innerstand what I am saying. The central nervous system consists of the Cephalic Brain, spinal cord, and all of the nerves within the body/vessel and processes information. The autonomic nervous system, although part of the central nervous system, is associated with the Cardiac Brain which regulates involuntary body functions and processes information from the internal environment. Within the autonomic nervous system, we find the sympathetic and parasympathetic nervous systems. The Enteric Brain controls the material/vessel/body intelligence where it can sense, adapt and respond to external stimuli. Let's briefly break them down.



Our Head Brain

The Head Brain known as the Cephalic Brain, consists of three parts and is all included in the Central Nervous System. They are:

1. **Cerebrum:** the largest part of the brain and is composed of right and left hemispheres. It performs higher functions like interpreting touch, vision and hearing, as well as speech, reasoning, emotions, learning, and fine control of movement.
2. **Cerebellum:** located under the cerebrum. Its function is to coordinate muscle movements and maintain posture and balance.
3. **Brainstem:** acts as a relay centre connecting the cerebrum and cerebellum to the spinal cord. It performs many automatic functions such as breathing, heart rate, body temperature, wake and sleep cycles, digestion, sneezing, coughing, vomiting, and swallowing.

The Individual Consciousness resides in the cockpit/the thalamus and works with the Heart.



The Heart, called the Cardiac Brain has a separate nervous system called the **Intrinsic Cardiac Nervous System** boasting approximately 40,000 neurons/messengers. The head brain has about 86 billion.

As the emperor/king of the body, the heart communicates with the other two brains and the rest of the body in many methods: neurologically (nervous system), biochemically (hormones), biophysically (pulse wave), and energetically (electromagnetic fields). The vagus nerve, which is 80% afferent, carries information from the heart to other internal organs including the head brain.

Signals from the "heart brain" redirect to the medulla, hypothalamus, thalamus, amygdala and the cerebral cortex. Thus, the heart sends more signals to the head brain than vice versa. God is always speaking to us.

The heart is the seat of the OverSoul/God.

**Gut
with
Enteric
Nervous
System**



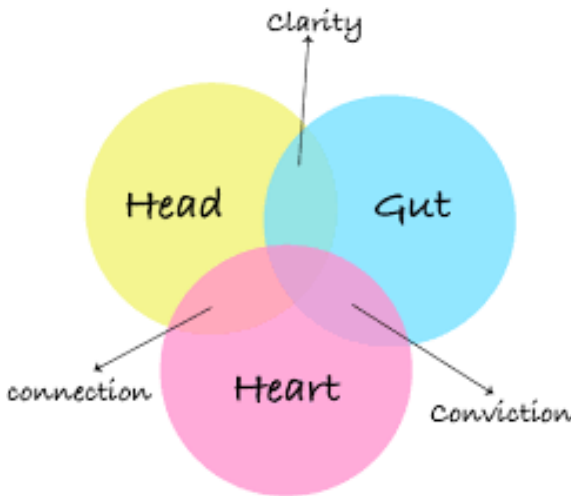
The Gut Brain is composed of a network of 100 million nerve cells lining the gastrointestinal tract from esophagus to the rectum and, is referred to as the Enteric Nervous System.

The Enteric Nervous System (ENS) has two nerve centres: the myenteric and the submucosal. This “brain in your gut” is responsible for the physiological functions of the vessel/body such as digestion, absorption, elimination, our intuition/the way we think or perceive and our immune function. Research shows that almost 95% of your body’s serotonin, the happy hormone, is found in your gut hence, it is the source of your e-motions and willpower. Ever heard the term Gut Feelings?

The Gut Brain communicates to the Head Brain via the Vagus Nerves and vice versa. They are besties. They talk about everything from practical, to physical matters to emotional ones.

How the Three Brains Work Together

The three (3) brains are mediated by a complex network of nerves, hormones and neurotransmitters that communicate with each other via the Vagus Nerve. See how they interlap:



The diagram is self-explanatory. Gut to Head Brain connection provides **clarity** in movement. 80% of the neural signals go from the Gut Brain to the Head brain to tell it what is going on inside the body; 20% of neural signals go from the Head Brain to the Gut Brain to regulate the organs, blood flow, and muscles. This means the signals from the Gut predominantly influence the Head Brain.

Head to Heart provides **connection** in movement. 80% of the communication goes from the Heart to the Head Brain to update it about the condition of the Soul. 20% of the communication goes from the Head Brain to the Heart to allow for emotional processing and other cognitive functions. Although connected via the Vagus Nerve, that is neurologically,, the heart communicates to the brain in three other ways:

- 1.biochemically (via hormones and neurotransmitters),
- 2.biophysically (through pressure waves)
- 3.energetically (through electromagnetic field interactions).

Communication along all these conduits significantly affects the brain's activity. Research shows that messages sent from the heart is obeyed by the brain as it affects its performance.

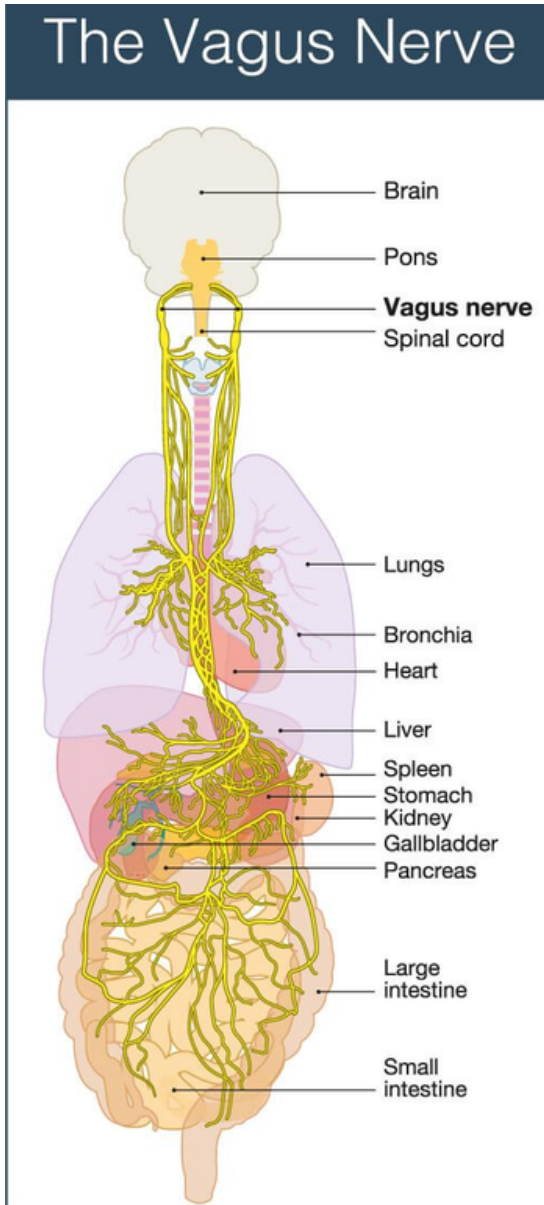
Heart to Gut connection provides **conviction** in movement. They are siblings and connect via the Vagus Nerve: the Autonomic Nervous System. The Gut specifically the small intestine, providing for

the Heart, purified information/light codes; differentiating pure from the impure thoughts/feelings/essence from food. The Heart requests data from the Small Intestine.

These are the Three Wise Men: Gut Brain, Head Brain and Heart Brain. All three brains work together in harmony as a whole system so whether you listen to your gut, follow your heart, or think with your head, it's time to start activating and tapping into all of your intelligence/wisdom centres to create a balanced you. The Gut Brain is servant to the Head Brain and the Head Brain is servant to the Heart.

If the Head and the Gut control the direction of creation, there will always be chaos as the Ego will always think of itself since it lives in duality. When the heart is in control, everything comes back to balance because the heart can only feel and know oneness. It is through the nervous system that we connect to Source, different versions of ourselves and the external world by way of **feeling**. As we experience our environment,

we record the experience in our body through our emotions/feelings. Take a look at the descent of the Vagus Nerve.



We must feel to experience, it is our experience that triggers feeling and we must feel to heal!

A trigger is an experience that conjures a similar sensation reflecting an unhealed, unconscious wound/fragment that we already possess through trauma.

When the body goes through a traumatic experience, the Central Nervous System records, stores and communicates information in the body, which the Gut Brain shares with the Head Brain which in turn reports the energetic condition to the Heart Brain. The Heart Brain processes this information and formulates responses neurologically (nervous system), biochemically (hormones), biophysically (pulse wave), and energetically (electromagnetic fields). This communication is transmitted within the inner and outer world at a certain frequency. Here is where Quantum Physics comes in. Mathematics is the truest language of the universe; everything is numerical; whatever you put out is what you get back and it all conspires to course correct.

We attract what we are/feel.

The condition of our energetic signature determines the experiences we will pull towards us (law of attraction). What we feel is what we experience. These experiences are packaged in lessons that will grant us the opportunity to transmute “negative” energy into “positive” energy with love-**without judgment**.

The state of our energetic signature is always communicating with the celestial bodies/planetary stars. When we were born, planets were aligned in a certain position within the universe. We were imprinted with cosmic coding that holds several layers of information such as Karmic Lessons, Mission, Purpose, and Story Line aka Script. As we interact with the creation, we constantly modify our energetic signature, every second, which communicates with the planets which in turn responds to our energetic signature in keeping with our energetic imprint. It then sends us experiences that will afford us the best lessons for the best outcome

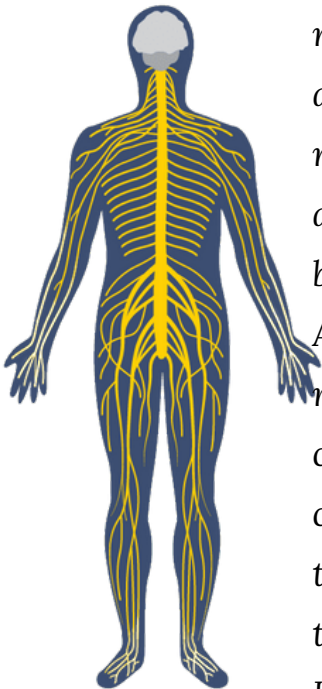
with our script as a reference until Saturn Returns to check our report card and reward/punish us accordingly.

I cannot impress this enough: We are here to do Shadow Work. Everything conspires to lead us back to the centre; the very core of who we are - unconditional love with embodied Christ Consciousness.

I am going to share with you a download that I got explaining Christ Consciousness. I want to show how everything correlates to the physical body. Once you master the knowledge of how the physical body works, you understand all other systems and constructs, artificial or organic, at a micro and macro level. YOU ARE A UNIVERSE!

The Story About Christ Consciousness

There is a lamp that resides in all of us. It is called the Spinal Cord. The Spinal Cord is the longitudinal cord of nerve tissue enclosed in the spinal canal from the medulla oblongata, in the brainstem, to the bottom of the lumbar region of the vertebral column (the lower back). In this tube, contain your oil; which burns for the sustenance of your existence.



Take a good long look and notice how the canal resembles a thermometer. See how the nervous system connects to it and spreads across the entire body.

Along the spinal column rest 7 main energy centers called chakras. These 7 chakras contain the 7 keys you need to to unlock the 7 seals so can see the face of the Creator in the Heavens/Head/Mind.

The Christ Consciousness is the embodiment of love, harmony and bliss state we achieve when we transcend physical existence into our higher self which connects us to Source.

Every month, when the moon is in your astrological Sun sign, your body produces “milk” and “honey” that flows down the spinal column into the secret place/sacral, rises the spinal column/vagus nerves where it is crucified at the throat, stays there for 2.5 days then rises to the 3rd into the cerebellum where it is refined then sent to the Optic Thalamus.

Let's break down the process in the steps below:

Step 1: Sacred/secret oil is produced in two streams; the Pineal - male type of energy known as Pingala and the Pituitary gland -female type of energy known as Ida.

Step 2: Both secretions flow down the spinal cord reaching the sacral plexus which is next to the sacrum/sacral bone. The sacral bone is a part of 5 lowermost fused vertebrae bones above the coccyx. The Sacrum is referred to as the sacred chalice

where subtle energy descends to be raised back up while being purified and transmuted in its upward movement on a mental, emotional as well as physical and spiritual level. The oil is of the least value in the belly, so it must be raised to become of the highest value. If your chakras are blocked, then the oil will not be able to ascend.

Step 3: The oil mixed in the chalice now travels to the solar plexus, the third chakra where it awaits the germination of the seed. This is the first process of refinement as the oil must be purified before continuing from the lower 3 chakras. In this chakra, acknowledgement and refinement of human emotion and personal power come into play. Blockages must be transmuted and cleared to reach a balance between the two energies Ida/Pingala and only then do they enter the third state; transcendence of materialistic view on life and full self-acceptance and self-love; state of wholeness. This frequency balances the solar plexus chakra. The Solar plexus chakra otherwise called the house of bread is the center of information as it is

connected to the astral body and astral realm. Every month a seed is planted in the form of 'receiving information from astral plane'. When information/bread from the Sun is combined with the holy secretion of Christ oil, it produces a Seed. This happens for each individual every month, in a 2.5 days cycle when the moon enters the zodiac sign where the SUN was at the moment when you were born. The allegorical reference here is that the Germ/Seed is the Christ that is born in Bethlehem when the two energies Joseph and Mary; father and mother commune with the Sun.

Your original blueprint lies in your Solar Plexus behind your navel. Remember we talked about the artificial umbilicus implant on the Soul Matrix? Every single cell in our body is directly related to the first original cell located immediately behind the navel. This cell is manifested when the sperm of the father meets the ovum of the mother. As long as this cell sends a message of perfection to the DEA of each cell in the body, we are virtually immortal.

Step 4: The seed/germ produced ascends to the Heart Chakra where it is nourished in love.

Step 5: The Christ oil reaches the Throat chakra where it crosses the vagus nerve. In the 5th chakra, the Christ oil symbolically 'crosses' the longest nerve in the body – the Vagus nerve. The vagus nerve/pneumogastric nerve descends from pineal and pituitary glands, it is referred to as the Tree of Life as it sustains all life processes in the human body; it is responsible for feeding the lungs and the stomach.

When the Christ oil crosses over the vagus nerve, it is crucified/'put to death' meaning, it remains dormant in the throat chakra for 2.5 days to rise on the 3rd just like Jesus in the teachings in the Christian Bible that states Jesus was crucified on the fifth day, the 5th chakra, and returned after 2.5 days spent in the tomb.

If we can resist our low/carnal urges for 2.5 days, the amount of time the moon stays in each sun sign, then the oil will be refined, transmuted and

resurrected on the third day. Colossians 2:5 “For though I be absent in the flesh, yet am I with you in the spirit, joying and beholding your order and the steadfastness of your faith in Christ.”

Step 6: Once risen, Christ will enter the Optic Thalamus where the oil is magnified 1000 fold. Blood and brain regeneration,

As you can imagine, the process of this refinement begins three (3) days before the moon reaches the astrological sign the Sun was in at the time of your individual birth. For example, if your sun sign is Aries, then the timing for Aries starts two days before the moon enters the sign of Aries. This happens 13 times “a year”, so there you have 13 chances of reaching the state of Crucifixion. During this time/cycle, it is advised to fast/abstain from food, sex, substances, and thought forms that don't serve your highest potential. When fasting do so in private and joyfully, no one should know what you are doing. This is between you and God; Matthew 6:16-18.

The following depiction is a graphical demonstration of the crucifixion process in the hueman body:

1. The Pineal Gland 'Joseph' secretes the milk, the Pituitary 'Mary' secretes the honey, both from the same source the Claustrium 'Santa Claus'.

RAISING THE CHRISM: SANTA CLAUS JOSEPH MARY AND THE CRUCIFIXION



5. The sacred oil returns after the crossing 'the crucifixion' it enters the cerebellum 'Golgotha' the place of the skull. The fluid 'Christ' is refined 1000 x fold.

2. The two sacred oils travel down into the solar plexus via the semi-lunar ganglion Pneumogastric nerve

3. The Psycho-Physical Germ 'the Fruit of the Tree of Life' is born in the Solar Plexus 'the Manger'

4. The Ida (red), Pingala (blue), two nervw fluids where at the crossing of the medulla oblongata the crucifixion takes place where it rests for 2 and a half days.

This message has been taught by many messengers before me. The artificial matrix has programmed you to not acknowledge that the body/material intelligence is connected to the astral realm that impacts our mental state and inner spiritual journey that takes place in the form of shadow work.

Spiritual alchemy can be explained physically as it takes 64 combinations of Amino Acids to form the DEA and by following the 64 eternal laws of change represented by ancient I Ching, our cells can harmonise with more subtle forces (Higher Energy). We do this until we reach the divine spark in the original cell- immediately behind the navel. This process can change our atomic structure from carbon to silicone 'crystalline'.

Because we exist in a reality of duality, we have what is called free will; the will to choose what we want to participate in and whatever we participate in, either increase or decrease our oil/life force/energetic currency. Do you think it's a coincidence that they advertise, promote or make suggestions that target the lower 3 chakras, especially the Solar Plexus? If they can corrupt your thoughts, they corrupt the way you perceive things and further corrupt the state of purity of the Solar Plexus. This is your Manager center for information, it is where you digest thoughts, images and light codes given to you by the Sun or

your environment. There is nothing wrong with the material world as it is, we have a choice; plug into the natural matrix or continue to feed the machinery of the artificial matrix/civilization that is structured to divide and conquer, creating e-motional trauma and fragmentation.

Take note that “elites” have targeted our collective solar plexus energy in many many ways using education, culture, traditions, consumerism, entertainment, etc deceiving you into accepting a false identity. The more we operate out of integrity with ourselves, the more energy/oil/currency we lose.

Keep your oil in your lamp, stop participating. Stop throwing away your life force energy in senseless activities and rituals. The higher the amount of oil you have in your lamp, the higher you climb Jacob’s ladder; 33 vertebrae of the spinal column. As the oil rises, so will your frequency and vibration increasing levels of consciousness you pivot from. Your Kundalini will

flow effortlessly from the base of the spine, the sacred chalice, through the 7 churches aka the 7 chakras where the 7 keys to consciousness are hidden and required to unlock the 7 seals to attain Christ Consciousness. Exodus 25:37 "Then you shall make its lamps seven in numbers, and they shall mount its lamps so as to shed light on the space in front of it. "

Remember, every month in the Lunar Cycle, the moon enters your astrological Sun sign (the sign you were born under) bearing gifts. James 1:17 "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." So like clockwork, you are granted a measurement of oil/light codes that goes into the golden side of your lamp. You have two sides to your Lamp; a Golden Side and a Silver Side representing the Sun and the Moon; Fire and Water. 1 Chronicles 28:15 "and the weight of gold for the golden lampstands and their golden lamps, with the weight of each lampstand and its lamps;

The Silver Side holds the energy you generate through your own works, the food you eat, the air you breathe and the sunlight you consume through your skin.

In regards to the weight aka the measurement of each lampstand, 1 Kings 7:49 "and the lampstands, five on the right side and five on the left, in front of the inner sanctuary, of pure gold; and the flowers and the lamps and the tongs, of gold;" Who remembers what a thermometer looks like?



Do you think it is a coincidence that the measure is 5°C on either side with $5 = 120$ cm on the measuring scale of the thermometer? 5cm is the melting point of Ice and 120 cm is the boiling point of water.

How many years did the Creator/Source say it will stay with you? Gen 6:3 And the LORD said, My spirit shall not always strive with man, for that he also is flesh: yet his days shall be a hundred and twenty years." - The moment you reach your boiling point/transitioning; $5+5 = 10$.

10 is the number of completion and the number of God the Father-1 and God the Mother-0. The number 5 represents balance between physical and spiritual realms.

While we are here going through our physical experience, we MUST save up enough fuel for our journey back to Source. I invite you to read the biblical story of the 10 virgins. Unlocking the 7 seals from the 7 churches as taught by Christ is crucial and keep in mind you have to free the Higher Self of your Individual Soul that has been trapped in the astral realm just as they trap the Higher Self of Christ. This trap that they set up allows them to pull your Soul into the false light.

The Book of Revelation addresses seven letters to seven churches (Revelation chapters 2-3). Each letter, as proclaimed by Christ and recorded by John the Apostle- a friend of Christ, declares the triumphs and failings of the recipient churches and warns each congregation to repent aka forgive..... let go...resolve through Shadow Work: Spiritual Alchemy.

How to Attain Christ Consciousness

"Then the kingdom of heaven will be comparable to ten virgins, who took their lamps and went out to meet the bridegroom." **Matthew 25:1** The bridegroom is Source/Christ Consciousness that the Mind-Individual Consciousness seeks to integrate with.

"Five of them were foolish, and five were prudent. For when the foolish took their lamps, they took no oil with them, but the prudent took oil in flasks along with their lamps." Foolish = empty vessel and Prudent = full vessel. Remember, John 3:3 Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God"... except man save his oil/energetic currency in the chamber and attain Christ Consciousness, he will never enter the King -Dom of God.

"Now while the bridegroom was delaying, they all got drowsy and began to sleep."If you're low on energy, you lack vitality; the system must adjust by rationing energy so it may preserve your existence as long as possible.

"But at midnight there was a shout, 'Behold, the bridegroom! Come out to meet him.' Then all those virgins rose and trimmed their lamps. The foolish said to the prudent, 'Give us some of your oil, for our lamps are going out.' But the prudent answered, 'No, there will not be enough for us and you too; go instead to the dealers and buy some for yourselves.'...those who did their shadow work and raised their vibration unlocking the 7 seals are ready to join with Source Consciousness when the stars align and Christ returned as promised. Those who do nothing will stay in darkness because they have no light for recognition. They don't embody the frequency.

"And while they were going away to make the purchase, the bridegroom came, and those who were ready went in with him to the wedding feast, and the door was shut. Later the other virgins also came, saying, 'Lord, lord, open up for us.' But he answered, 'Truly I say to you, I do not know you.' The foolish virgins had no fuel in their lamp and so even when they go out and buy what they call fuel, they remain unrecognizable.

The only way to be recognized is by attaining the light of Christ within. This light cannot be bought, it is must earned. You must go through the fire of purification; be born again from the water, the spirit and the blood- the holy trinity. **1.** Detoxification of parasitic dark forces and unlocking the 7 seals of the 7 chakra/churches clearing the pathway to Source, **2.** Detoxification of the spirit - purification of individual consciousness; Shadow Work **3.** Detoxification of the body - purification of the blood: parasitic removal and asserting ownership over the avatar.

“Repent, for the kingdom of heaven is at hand.” - Matthew 4: 17. I don't give advice but this is an exception. Do not commit to any of the world systems or their doctrines. It is only to deceive you. Behind every system is its ruler, one of the 7 crown princes of hell with their associated army of archons to divide and conquer; race, religion, careerism, sports, sexuality, classism and whatever other bullshit. If they get us to fight each other then we won't be united to fight them.

And don't get me started on this fictitious identity they have us walking around claiming to be. We have all been tricked into carrying the Mark of the Beast. Revelation 13:16-17 "And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: 17 And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name." What if I told you, the mark of the beast is YOUR NAME? The one that they write in all caps on parchment paper to magically bond/bind you to the strawman/dead entity.

Think about it, what can you do without the mark/identification? The NAME you were given is a false identity; the strawman and a representation of the living soul who stands under God's Law. You are God's creation sent here by God and should not contract and subject your soul to demons disguised as man. Matthew 6:24-26 "No man can serve two masters: for either he will hate the one, and love the other, or

else he will hold to the one, and despise the other. Ye cannot serve God and mammon.” Do you remember who Mammon is? Mammon is the crown prince who presides over commerce/money.

Do you think it's a coincidence that you are required to pay a third of your salary to the dark forces, I mean government - governors of the mind? Certainly not!!! You are being enslaved under an illusion; chasing wealth that already belongs to you. You pay a third of “earnings” as taxes to the third of Fallen angels who were cast out of heaven with Satan/Saturn as explained in Revelation 12: 3-4.

The war against Christ Consciousness is intelligently designed. Do not attempt to fight the battle on your own, you must surrender to the guidance of Source. Stay in the flow.

Christ Consciousness is attainable!!

Who Are We?

**We are the Infinite Creator and the
Infinite Creator is Us.**



We are ‘Energy Beings’, Operating Within a Field of Intelligent Energy in a space referred to as the Universe. We are the Avatars!!!

Most of humanity lives in a state of amnesia from birth to death. Buried under layers and layers of artificial programming moving further and further away from the truth of who they are and ultimately the Creator.

But Who Are We?

In short answer, we are GOD; the Gods and Goddesses as **Psalm 82:6** reads, “I said, ‘You are “gods””; you are all sons of the Most High.”

Collectively, we are God and God is all 8 billion of us having a physical experience. Individually, we are a unique expression of light aka Angle/Angel of Light of the Infinite Creator itself; vibrating on our unique frequency and vibration. We are here in physical form to experience our creation and expand our Individual Consciousness and ultimately that of the Creator Source.

As much as we are different, we are not. We are the same Source expressed in different forms/capacities. We are all interconnected and so our thoughts, words and actions affect the collective; as we change ourselves we change others and by extension the universe. There is only one consciousness which means we interact only with ourselves through the rest of creation.

1 Corinthians 12:7-11

“But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another, gifts of healings by the same Spirit, to another, the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills.”

We are all here to serve. It is through service we

“worship” God but because we incarnate here in amnesia, we forget our divine inheritance. We, with GOD, are the creators of this realm and we have been here many, many, many times over, analyzing, harmonizing and improving ourselves collectively (Infinite Creator Source). Our records of our many lives are retained within our DEA; our mitochondria to be specific, latent yet very much alive waiting for the moment we activate dormant abilities.

Once activated, we begin to unpack/read data/information we amass throughout our many incarnations; this triggers a cellular remembrance of who we are at the individual soul level, why we are here and our life's purpose.

Remember, as we climb Jacob's ladder: the 33 vertebrae of the spinal column, we unlock the seals of the 7 churches and gain access to more light/information from the organic womb as well as access to our gifts (encoded light) that we will use to serve in this war on consciousness.

What are Light Codes?

Light Codes are seeds. Seeds are tiny particles with encoded information encased much like an embryo of a plant. Each seed has its unique set of instructions divinely designed and imprinted.

Each Light Code has its own universal language of sacred geometry, colours, sounds, tones and frequencies. They are the seeds of our divine genetic potential and contain the Blueprint of all Creation.

Light Codes are collected over our many incarnate journeys on this and other planes of existence and inform us of the nature and purpose of our higher self, and that of the Cosmos.

We incarnate here with our own energetic signature and memory imprints of our soul. Our only goal here should be to activate these light codes so we may utilize our many skills to navigate this realm and fulfil our purpose but..when we

are covered in garbage; trauma and artificial parasitic programming, we are in a fallen state that distracts us and keeps us enslaved which makes it challenging to mature into who we are.



We can acquire maturity by validating and integrating the Shadow Self. We must learn to accept the “positive” and the “negative” within us. We are one with oneness.

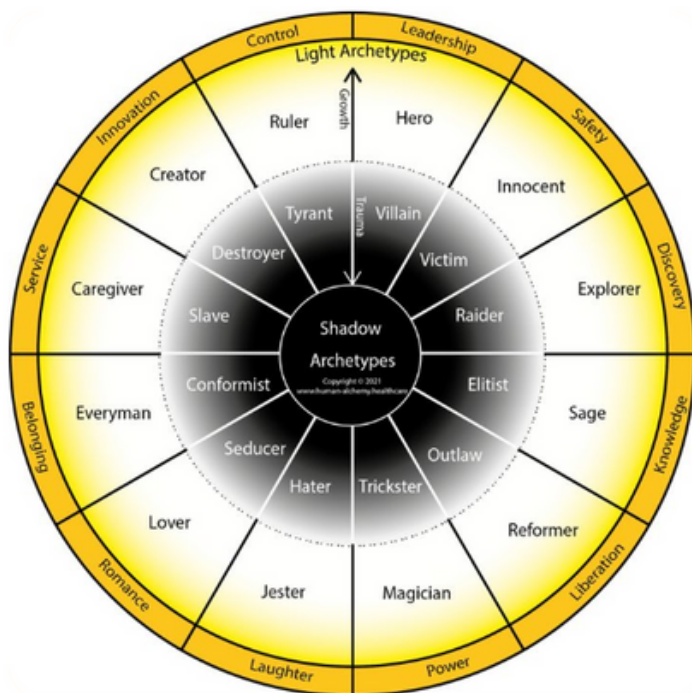
Do not confuse these “positive” and “negative” attributes with the “positive” and “negative” traits we learned and/or took on through parasitic programming; these are the layers we need to remove to get to the truth of who we are: our square. To get back to our square, we must diagnose the state of our energetic condition, detox ourselves from these energetic parasites and transmute trauma using a technique we call SHADOW WORK.



Shadow Work

Deprogramming and Transmutation

What is Shadow Work?



Shadow Work is the peeling away of layers of artificial programming of the Ego Self/Material intelligence to re-establish the Individual Soul as the operator of the vessel/avatar allowing you to express self with integrity and authenticity of who you are at the Soul Level. Shadow Work employs the process of identification, resolution and integration of repressed aspects of ourselves such as personality traits, emotions, thoughts and trauma/fragments with love.

Ever Heard The Term “Generational Curse”?

A generational curse is a collective karma that is passed down from one generation to another within the same bloodline due to rebellion against aka turning their backs to God/Source.

We were born in sin (generational karma) and shaped in iniquity (artificial programming). In other words, we all came into the world perfect; open and free of judgment. As we grow/mature in our environment, we are exposed to spells; knowledge through systems of matrixes like religion, academia, parasitic archons etc that reinforce the state of amnesia that we were put under when we passed through the veil. All to prevent us from waking up to the truth.

We are social creatures that have one goal: to serve harmoniously with the collective - to love and be loved in Christ Consciousness. The war is to stop this ascension so the fallen ones devised a highly sophisticated matrix designed to detach us from the warm loving embrace of Source.

Separation is unnatural and causes trauma for us on a soul level. Fear will eventually develop from the detachment. It is how you get infiltrated by archons posing as helpers and the more information they feed you, the further you move away from Source/Christ. So many of you in the same bloodline fell for the same trap over and over and over and so you are now here to transmute that. You are here now to champion that challenge for yourself and them: heal the ancestral wound.

You came into this realm and you join the tradition and culture imposed on you. You quickly learn what is acceptable and what's not but the problem is, all these agreements were created under the illusion. The rabbit hole is deep and this is where the fallen ones manipulate us even when we know something is wrong and want to make a change, we are chained by our attachment to our family and lineage. So to keep the peace, we sell out ourselves. we push the things we perceive as unacceptable into the shadows creating more

karma on top of our inherited patterns we are already here to transmute...and the cycle continues until we decide enough is enough and start living in truth and integrity of what we are.

No matter how difficult or dire it seems from where you are standing, you can overcome it. God doesn't give you more than you can bear. You knew about all the possibilities before you came and you designed all your war strategies for every situation all you need to do is say....God!! Help me

Sometimes you need help to clear your vision so you can see the truth. Help is always available; if we simply ask. We didn't come here alone. We came here with our spiritual team. Our spiritual team consists of Archangels, Guardian Angels, Angels, Spirit Guides, Ascended Masters, Power Animals, Trees, Plants and High Vibrational Ancestors who have decided to be a part of the Celestial Team BUT we must ask for help. They cannot go against our free will as we are here for our own individual experience.

To engage in Shadow Work, the first thing we need to ascertain is, what is the shadow. The shadow is the unconscious aspect of ourselves/personalities that does not correspond with the ego ideal, leading the ego to resist and project the shadow; separation.

According to Carl Jung, a godfather of psychology, the shadow is the unconscious part of our character or personality that does not align with the ideal version of what we're aiming for, the ego ideal.

We all have traits and/or traumas that are not serving us and these traits and/or traumas may trigger as we interact with people, places or things and cause discord; so we hide them from public view which becomes the shadow. **Jung wrote:** “Unfortunately there can be no doubt that man is, on the whole, less good than he imagines himself or wants to be. Everyone carries a shadow, and the less it is embodied in the individual’s conscious life, the blacker and denser it is. At all counts, it forms an unconscious snag, thwarting our most well-meant intentions.”

Erroneously, we all strive to be “good” so we distance ourselves psychologically from behaviours, emotions, and thoughts that we find threatening to our “good” image and here lies the trap because the shadow cannot be ignored forever. This is a part of yourself that craves to be understood, and explored; so like a disobedient teenager, it will rebel until it is validated and resolved.

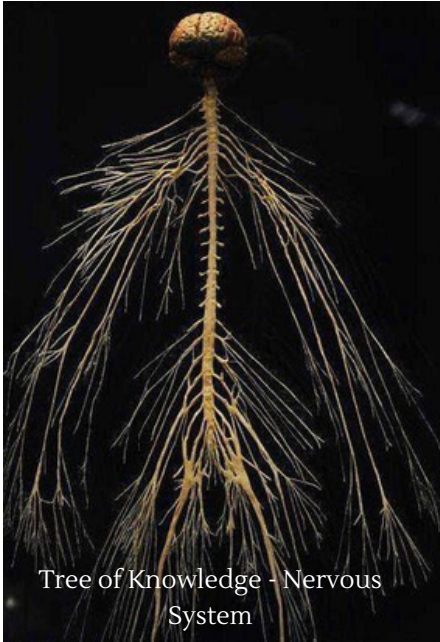
At some point, we are ignited with the burning question: Who am I? And Why am I here? These are the two questions the fallen ones don't want you to find out. So it keeps you locked into the cycle of fighting yourself in everything and everyone you encounter. If you never find the answer to who you are, then you will never know the answer to why you are here. If you do not know your why, you cannot serve; you have no contribution. We are here to BE; We are here to discover ourselves and then share/express this discovery with the external world. We are the only ones who can show our true identity.

To discover our true identity, we must journey within. What lies within us? Ans: the kingdom of God. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? 17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Corinthians 3:16-17 and further "Know you not that your body is the temple of the Holy Ghost which is in you? Therefore glorify God in your body."-1 Corinthians 19: 20.

"Seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you." Matthew 6:33. Everything starts with Self; point 0 and ends with self; point 0.

From a place of self-love and non-judgment, we can share ourselves with the external world. We were placed in the Garden of Eden, the body/vessel with 1 simple rule; do not eat from the Tree of Knowledge. "There are two great systems in the body of man: the tree of life, which is the arterial with its roots in the heart; and, the

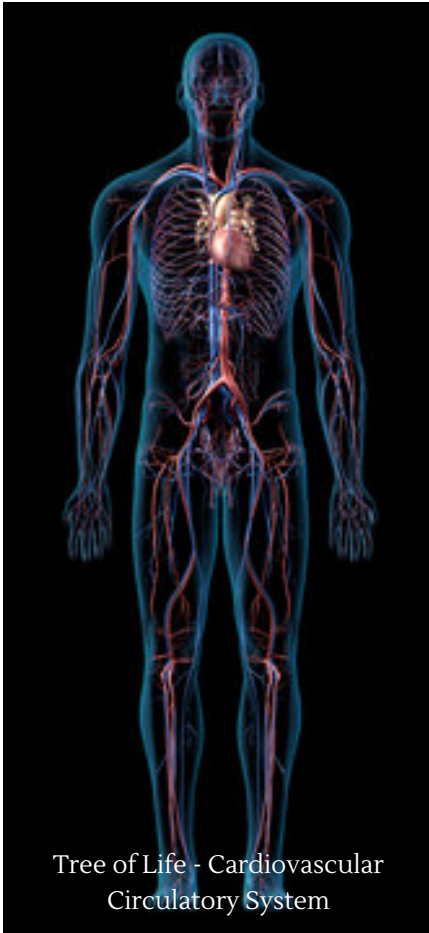
tree of the knowledge of good and evil, i.e. the nervous system, which has its roots in the brain."
~Manly P Hall; How to Understand Your Bible



It is through the tree of knowledge aka the nervous system that we sort, process, intellectualize and interpret our internal experiences and the world. Here is where we lose ourselves because we tend to hold on to things

rather than observe and let go/offer up because we are more inclined to lean on our own understanding and not that of Source. Once you start to eat from the Tree of Knowledge, the archons now have possession of you. You should instead, use the information you pick up from sensation to guide your action that will ultimately alkemize any experience because YOU ARE THE AVATAR. You bend all four elements.

We are to eat only from the Tree of Life, the Cardiovascular Circulatory System, where the Creator Source resides and supplies us with the divine intelligence where we will want for no-



thing, be content with all things and standing in true authenticity/integrity of who you are.

When we are in the state of authenticity, we radiate love; bliss.

The most powerful frequency is that of authenticity... 400 times stronger than the Frequency of Love.

Being in a state of Love is great but

remember traps are set everywhere. You can be a person who loves purely, being kind and giving yourself to your detriment; which is karmic. Why?

If you prevent another from learning their lesson by going through a particular trial, you take on their karma plus another for taking that karma. “no good deed goes unpunished”.

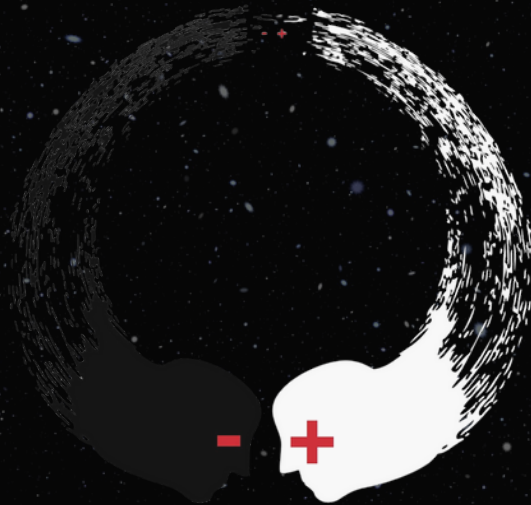
That debt that you prevented the person from paying is still owed, the books must be balanced. So they will get another lesson to transmute that pattern and equally, you will get a lesson to master discernment when you are called to help and when you should stay out of people’s business.

So, stay in the integrity of who you are. Be your authentic self. Being Authentic is being one with ourselves (wholesome), we must work towards validating, accepting and integrating the shadow (repressed id) rather than continuing to reject it. To achieve this, we must peel the layers and deprogram the unconscious mind to uncover the parts of ourselves that we repress and hide from the world and by extension ourselves.

“One does not become enlightened by imagining figures of light, but by making the darkness conscious.”

Carl Jung

How To Integrate With Your Shadow Self



Within each of us lies two parts of a whole - what we want to be (ideal version), and what we are (authentic version). The ideal version conflicts with the authentic version which creates the shadow that generates impulsive urges, desires and things we **feel** but don't like.

To put it in proper context; the ideal version of self is the programmer's ideal of material intelligence- what they want you to be and society, with archon possession, assists them in enforcing it. You accepted that to be a part of the community, this is what you must be. The authentic version is the Individual Consciousness you came here to be. Self explanatory, God made you this way. You are here for a specific purpose and only you can be you.

So again, you have free will and if you accept the ego ideal then the authentic version of yourself becomes a prisoner forced to watch the fight between the Ego Ideal and the Shadow. The Ego Ideal rejects and resists the validating demands of the Shadow and due to the rejection of the parts

of ourselves we dislike, we unconsciously project them onto others. For example, let's say you don't like Tom. The specific dislike you have for Tom is an indication of what you dislike in yourself. We are well aware that we attract what we feel so the strongest frequency that projects from us will determine the experience we pull towards us. If there is a war within, best believe there is also a war without. The universe reflects you to you.

I will now share with you five (5) simple steps to Shadow Work which are best integrated into your daily life. Shadow work is a never-ending journey.

Step 1: Take Full Responsibility/Ownership

It may seem unreasonable but BLAME YOURSELF FOR EVERYTHING. Confront yourself and take full responsibility for the totality of the reality you are currently experiencing. You are only experiencing yourself in everything and everyone. Everything and everyone is your mirror that is always reflecting parts of your consciousness back to you.

Step 2: Become a Curious Observer.

Bring disowned parts of yourself and your experience to the light/surface through awareness, meditation and intention. Deep dive into self and notice patterns and themes that keep showing up in your interactions with people and situations. Observe without judgment and allow the experience to teach you areas/things you need to address.

Step 3: Practice Non-judgment

As you learn to witness and observe your mind and your shadow, do so without judgment or putting yourself down. When you are experiencing a shadow emotion, allow yourself to experience aka merge with emotion without judging yourself or the feeling you are experiencing. Allow the energy to show itself to you and question it in a non-confrontation way so it is comfortable to tell you everything. Give it thanks, validate it and show it love. You will now know what to do. Remember, hurt people hurt people; hurts energies hurt energies.

Step 4: Dig Deep With Specific Questions.

Just like a child would ask you a question and follow with another question and another question until he/she is satisfied with the response, practice the same. Ask specific questions about whatever came to the fore and peel the layer so you can get the core, get the handle, so it can be pulled it from the root.

Listen to the responses and do not judge or argue with the character that is responding. Journal if you need to. A Journal would be a very important tool in this process. You won't always remember insights that pop in and by writing you can recall what was given to you by spirit and....it also activates the intentions around the work you are embarking on.

Step 5: Meditate.

Meditating is a great way to learn how to observe your mind and practice non-judgment. Remember to journal - get all those thoughts out of your head and onto paper; this will offer a deep opportunity for reflection.

In addition to having a Journal, you may consider these two suggestions:

- 1. Work with a Professional*
- 2. Do a full astrological analysis of your born data (DOB to include time).*

Why Work With a Professional?

Shadow Work can be intense and even overwhelming. I highly recommend you research and work with a skilled facilitator who can assist you in navigating the inner workings of the mind and empower you with techniques to move things from your unconscious mind to your conscious mind for clearing.

Why Should You Do a Full Astrological Analysis?

The moment we enter this realm, a snapshot of our energetic signature is taken by the cosmos and is expressed through astrological data. Using this astrological data we can ascertain Karmic Debt, Karmic Lessons, Relationship Style, Hidden Persona, Life's Purpose...Let's take a look at how your birth chart can assist you with this.

You will need your Month, day and year of birth along with the time. e.g. March 20, 1983, 4:30 pm. Here are some clues on how to use your astrological chart.

Locate where Pluto is in your chart

Pluto governs the parts of ourselves we tend to keep buried under layers of social conditioning, but which are aching to be witnessed and validated.

This is the planet of major transformation, representing the cycle of death and rebirth. It is responsible for breaking down the old to make room for the new. Pluto also represents power and control and reigns over our relationship with authority figures and leadership.

Fast Pluto Facts

Nickname: Lord of the Underworld

Zodiac sign Pluto rules: Scorpio

House Pluto rules: 8th House of Depth and Intimacy.

Pluto retrogrades: Once every year, with each retrograde lasting five months

Pluto stays in each zodiac sign: about 15 - 25 years

Pluto makes a complete trip through the zodiac:

About every 250 years.

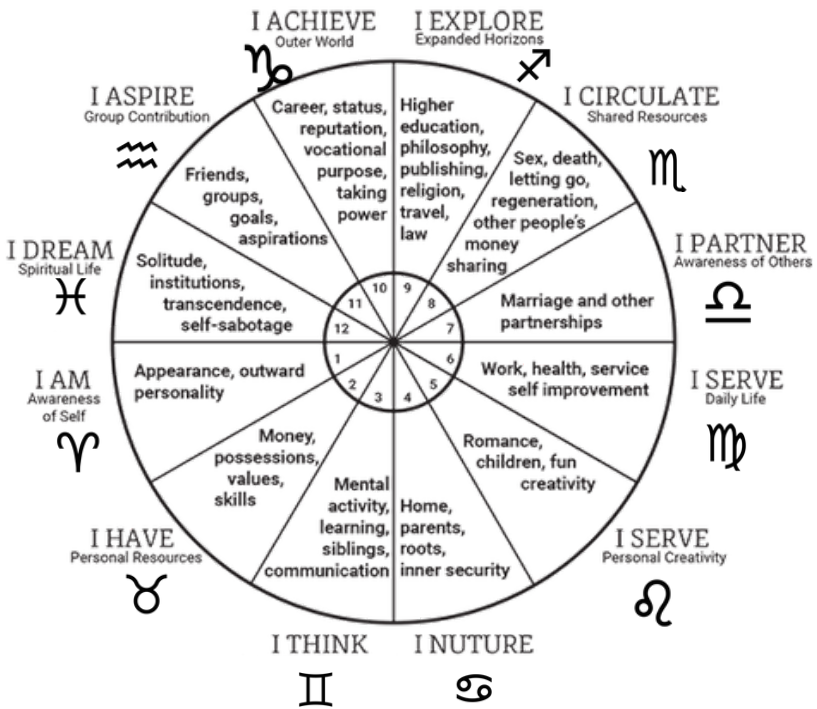
Pluto and the 8th House of Depth and Intimacy

The 8th House is all about the important things you share with others, from sex to money to space. This house is also associated with extremes, like life and death just like Pluto. Both Pluto and the 8th house are only interested in the most intense emotions and experiences - those that will transform us.

Pluto and Scorpio

The planet Pluto rules over the zodiac sign Scorpio. Both Scorpio and Pluto share common themes of death, rebirth, and transformation -- all parts of the cycle of metamorphosis. Their gift is to reveal to us where we're most carnal, where we can practice grip and release and to help us mine this intensity for transmutation.

You may be wondering what a house means in an astrological birth chart. I will break it down briefly for you. There are 12 houses, each associated with the 12 zodiac sign and planetary ruler. See the chart wheel below:



We are all familiar with the 12 zodiac signs: Aries, Libra, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius & Pisces. Their Rulers are the **Sun**: Leo and the 5th house, **Moon**: Cancer and the 4th house, **Mars**: Aries & Scorpio,

along with the 1st house. **Mercury**: Gemini & Virgo, along with the 3rd and 6th houses. **Venus**: Taurus & Libra along with the 2nd and 7th houses. **Jupiter**: Sagittarius & the 9th house. **Saturn**: Capricorn & the 10th house. **Uranus** rules Aquarius and the eleventh house. Saturn is the traditional ruler of Aquarius. **Neptune** rules Pisces and the twelfth house. Jupiter is the traditional ruler of Pisces. **Pluto** rules Scorpio and the eighth house. Mars is the traditional ruler of Scorpio. The reason Pluto is so powerful is that it represents a code that can unlock and transform energy, including emotions. It is the E=MC2 of Astrology, a formula for releasing powerful forces.

When we refuse to look into our dark side we are incomplete and lack access to our full power. When we face our fears, doubts, misdeeds, and shortcomings without blame or recrimination, we are released from their bondage and grow more profound and potent.

Let's look at what the houses represent:

The **first house** represents the terrain of your personal brand, your identity, and your self-image. It also speaks to your physical appearance while the **second house** relates to finances, material possessions, personal possessions and self-worth. The **third house** pertains to siblings, and communication, and oversees how you think and express yourself with others while the **fourth house** represents home and family; the inner world, and the domestic sphere. The **fifth house** is associated with romance, self-expression, fun, pleasure, creativity, and kids while the **sixth house** relates to health and your day-to-day hustle/work. The **seventh house** represents partnerships and marriage; relationships overall, while the **eighth house** pertains to shared resources, sex, death and rebirth, transformation, and our most intimate emotional bonds. The **ninth house** is associated with higher education and travel, while the **tenth house** represents professional path, social standing, and public persona. The **eleventh house** pertains to social networks and friendships, while the **twelfth house**

represents karma, dreams, spiritual growth, your unconscious mind, and subconscious patterns.

Now that you have the foundational structure of astrology, we can continue to look at other placements in your astrological chart. You may need to research to get the hang of things. I will not be going into details here although I gave a good breakdown of what you need to know.

Locate The 7th House: Hello, Shadow Self

Known as the House of Relationships and Agreement, it sits opposite the 1st House of Self and Personal Expression.

The seventh house represents your close bonds and partnerships as well as parts of our nature where we're in denial. Cooperation and conflict both live here. This house rules one-on-one partnerships of all kinds, including romantic relationships, business alliances, friendships, and even adversaries. It also describes how we approach agreements with others, including legal contracts, negotiations, and lawsuits.

The zodiac sign that occupies the 7th house of your birth chart is called the **Descendant**. It represents qualities you hold that you have not yet consciously embraced or balanced within yourself. Through your relationships, you're forced to face these qualities in others, which helps you grow more fully into your complete self.

7th House Themes

- Partnership
- Contracts
- Marriage
- Cooperation
- Conflict
- Adversaries

To better understand this house, you can look at its opposite - the 1st House of Self and Personal Expression. Both houses shape your identity. However, the 7th house is where you understand yourself through others. We all know that relationships are where we do the hard work to accept ourselves wholly. Oftentimes the qualities

we seek in others tend to represent missing parts in us that we are subconsciously trying to find. Or we may even project our shadow parts onto others. In this way, your partnership house can tell you more about yourself as an individual than you may realize such as our approach to relating, the types of people you're drawn to, and how you manage conflict including that of your “enemies”.

Here's what planets in the 7th house could mean for you.

Sun: Relationships are a big part of who you are. At times, you may even become a little too dependent on them. Don't sacrifice your needs to avoid conflict with those around you.

Moon: You're very empathic, perhaps to the point where you confuse your emotions with the emotions of others. Harmony in your relationships helps you feel secure and fulfilled.

Mercury: Communication is a priority in your relationships, so much so that you are likely turned on by intellectual stimulation. You thrive when you can debate ideas.

Venus: A charming and agreeable air makes you very attractive to others. This works out well since you prefer to be in a relationship - just don't forget about your relationship with yourself.

Mars: Your strong need for independence can cause strife in your relationships. Learning to cooperate and listen to what others are truly saying will help you find balance.

Jupiter: While you probably thrive in partnership, your beliefs and values may begin to mirror your beloved's. Fairness, equality, and social justice are likely to be at the top of the list.

Saturn: Relationships take a lot of work for you. The responsibility of commitment may wear you down so don't get caught in someone else's standards of what success looks like.

Uranus: You need freedom in a relationship and are likely attracted to those who are a little different. Your detached nature may also make you seem hard to get.

Neptune: Try not to read too many fairy tales. Idealistic thinking and unrealistic expectations can distort the true colors of your relationships.

Remember, you don't need anyone to complete you.

Pluto: Your soul has a strong security attachment to relationships. You're being called to transcend your dependency on others and listen to your own advice for a change.

Chiron: The relationships modelled to you as a child may have involved a lack of closeness or an ugly divorce, potentially resulting in a fear of abandonment. Own your need for connection.

North Node: Even though you may pride yourself on being independent and self-reliant, you must recognize your need for relationships. Find ways to maintain your sovereignty in them. You're always thinking about what others think, but being a people-pleaser is likely getting old. It's time to put yourself first, whether people like it or not.

The 8th House: How We Dance With Our Demons

In our earthly lives, planets in the 8th House can show how we access our psychic powers. For

example, if your Moon sign is located here it suggests that you have very strong intuition, if Mercury is found here it means you actually “hear” voices from the other side.

8th House Themes

- Intimacy
- Sex
- Secrets and Fears
- Death
- Regeneration
- Shared Money and Possessions

The 8th house is a place of depth - deep bonding, deep sharing, and deep transformation. This is where we go beneath the surface of the relationships that are developed in the **7th House of Partnership** and cultivate a more profound intimacy with others but first, we must establish intimacy with ourselves. The 8th house demands that we dig deep down to reveal the parts inside us that we're too scared to share with others. Your fears, traumas, secrets, and taboos all live here.

The 8th house rules death and rebirth. We must be born again while we are alive/here in the flesh. We must conquer the Ego/Material Consciousness and claim full control over the body/vessel we live in and surrender to Source

Death is a transformative act and rebirth is the emergence of the new you after conquering the darkest parts of yourself. Although transformation can be a painful process, the rewards are undeniable. This is where you find your power. This is where you find your authentic self.

Here's a quick overview of planets you might find in your 8th house and the effects they can produce.

Sun: You're definitely not a shallow person. Your magnetic presence is often felt by others, but you might be a little hard to read at times.

Moon: Has anyone ever accused you of being too sensitive? Well, you feel emotions very intensely. Just don't obsess over them. Intimacy with

yourself and others is needed to feel secure and fulfilled.

Mercury: Small talk likely bores you. You have a perceptive mind and a strong curiosity to understand the deeper motivations of others. This makes your words powerful and persuasive.

Venus: Your desire for depth and intimacy means you're not a casual dater, but try not to create drama just to feel the heat of passion. Fears of betrayal can make you possessive and jealous.

Mars: When you're passionate about something, your drive can get you to the top. You have a powerful sex drive and a strong interest in anything taboo.

Jupiter: When there's a problem to solve, you're the one to call. Your powerful intuition and keen perception make you a great researcher, lawyer, or detective.

Saturn: You might not do so well with change, but don't make letting go harder than it needs to be. Resistance will only make growth more uncomfortable.

Uranus: Your comfort with changing things up

and exposing the truth may make others uneasy at times, but that's not going to stop you.

Neptune: *There's an intuitive nature about you, perhaps even to the point of being psychic. This can distort who you trust in intimate relationships, especially around shared property or finances.*

Pluto: *Your soul has patterns of depending on external sources of power, be it relationships or resources. You're being asked to eliminate these limitations and find the power within yourself.*

Chiron: *Loss, abuse, or manipulation in the early home environment may make it difficult to get close to or trust others, especially when it comes to shared resources and deep intimacy.*

North Node: *It's time to get out of your comfort zone. Eliminate your attachments to what you know and cultivate deeper intimacy with yourself and others.*

South Node: *Depending on others for money and security limits your sense of self-worth. You're being called to put down old stories of powerlessness and become self-reliant.*

The 12th House: Let Go and Let God

The 12th house encompasses the accumulation of our souls' experiences over many lifetimes. This house is deeply spiritual by nature, as it is a composite of all the other houses. It contains everything and nothing simultaneously. It's the final house of our birth charts and holds the pain, karma, and unconscious memories from our past. We could call the 12th house, the underground cellar of your astrological chart.

The energy living here is kept under lock and key (unconscious mind) but from time to time it rises up and "possesses" you. Here lies:

- Unconscious Mind
- Soul Karma
- Intuition
- Imagination and Dreams
- Self-Reflection
- Healing

It is the most psychic house and is considered the "unseen realm," and governs all things without physical forms, like dreams, secrets, and emotion.

Let's say Pluto or Mars is located here. This reveals you possess repressed anger and control impulses. Meanwhile, Venus here marks an invitation to notice where you deny yourself pleasure.

It is here, the final frontier, that we are encouraged to let go/offer up anything keeping us from understanding that we're all connected. By resolving hurt and wrong through the forgiveness of self and others; we heal wounds, remove fragments, and surrender our ego selves revealing the cosmic source of all things.

Take a look at the challenges and gifts presented by the planets living in your 12th house.

Sun: You're dreamy and a bit mysterious. It's vital that you acknowledge your need for space and quiet -- otherwise, you may struggle with maintaining proper boundaries.

Moon: Has anyone ever told you you're too sensitive? As an empathic human, you need ample alone time and spiritual practice to avoid getting overwhelmed by anxiety and emotions.

Mercury: While your thought process is likely very intuitive, you may struggle in typical learning environments, which can make you second-guess yourself. Find ways to learn visually. **Venus:** You've got "hopeless romantic" written all over you and may attract others who are emotionally unavailable. Don't get lost in the idea of someone and lose sight of reality.

Mars: You are whimsical, imaginative, and intuitive, but that may make it difficult to get anything done. Learn to establish proper boundaries that nurture your confidence.

Jupiter: Whether you're deeply spiritual or not, your faith in the universe can help you do great things. Just don't let your compassionate heart grow so big that you overextend yourself.

Saturn: A heavy load of guilt and sorrow may sit on your shoulders. By accepting your past, you can let go of it, along with any fears of the unknown. **Uranus:** To some, you're a visionary. To others, you're a weirdo. Surround yourself with people who are creative and artistic - otherwise, you may feel a deep sense of loneliness.

Neptune: In a nutshell, you're an empath. To avoid getting overwhelmed by energy and emotions, you may want to try meditation or a spiritual practice

Pluto: Your soul's desire to merge with something larger, whether it's a god or a relationship, may have blurred your sense of self. Your mission is to learn boundaries and discernment.

Chiron: You may have been raised in an environment where you felt completely overwhelmed by emotions. Transform any escapist coping mechanisms that don't serve you anymore.

North Node: Nobody's perfect, but you might wish you were! Your evolution demands that you let go of the anxious details and have faith in the universe by embracing your intuition.

South Node: A victim mindset may have dominated your past and permitted people to take advantage of you. By forgiving yourself and others, you can gain mastery over your life.

This 12th House corresponds with Pisces energy. We attract karmic people into our lives when planets transit here, but we must remember that not all relationships are meant to last.

Neptune: Your Inner Spiritual Guru

Neptune is the psychic planet representing our ideals, intuition, and our connection to the higher realms of existence. It is the domain of dreams and delusions. Neptune's placement tells your innate connection to spirituality, mysticism, creativity, and divinity and reveals everything unseen and unknown.

Our Neptune placement also exposes how we dissolve structures, systems, limiting beliefs; and anything that stands in the way of accessing true of who we are. Neptune also shows where we may seek to “merge” with the Universal oneness—or lose our sense of “self.”

See how Neptune's placement instructs you to harness your intuition:

- **Neptune in the 1st House:** Intuition through identity and personal freedom
- **Neptune in the 2nd House:** Intuition through resources and values
- **Neptune in the 3rd House:** Intuition through communication and culture.

- **Neptune in the 4th house:** Intuition through family and generational healing
- **Neptune in the 5th House:** Intuition through artistic expression and romance
- **Neptune in the 6th House:** Intuition through physical health and daily habits
- **Neptune in the 7th House:** Intuition through partnership and contracts.
- **Neptune in the 8th House:** Intuition through metaphysics and memories
- **Neptune in the 9th House:** Intuition through travel and philosophy
- **Neptune in the 10th House:** Intuition through career and legacy
- **Neptune in the 11th House:** Intuition through community and technology
- **Neptune in the 12th House:** Intuition through meditation and solitude.

Neptune is associated with collective consciousness, idealism, dreams/fantasy, projections, undoing/dissolution of the status quo, evolutions, artistry, empathy, and illusion on the way to discovering universal truths.

South Node: Your Soul's Old Clothing

One of the best astrological indicators of past-life experience and karma is the South Node. This reveals the gifts and talents you developed in previous incarnations, as well as psychological patterns and habits you have carried over from past lives. You can refer to this as your default mode, your old very comfortable clothing.

The South Node, where you are coming from, is always exactly opposite the North Node, where you are going, your evolutionary path, and the qualities you are learning to embrace in this lifetime. The sign of the North Node is new for you on a soul level, so it will always feel alien and challenging, requiring a leap of faith to move in that direction and leave behind what feels comfortable (the South Node).

As stated, the sign of the South Node represents an energy you have mastered and possibly overdone, so it no longer serves you. Usually, when things get difficult, we revert to the old pattern as these are

our past-life gifts and talents. After all, it could have some value in many situations but in this life, you are asked to channel your North Node placement for a soul upgrade.

The North Node may feel itchy and challenging at first and will take some breaking in. You may not even recognize yourself when you embrace this behavioural pattern but you've got to risk slipping into these new party clothes and head out on the town to fulfil your mission.

Please note, that it's not about letting go completely of the South Node but giving priority to the North Node; taking risks and mastering new abilities.

Chiron: Your Secret Superpower

Often called the “wounded healer,” Chiron is known to represent our deepest emotional and spiritual wounds. It is associated with the archetype of the "healer" or "shaman" and represents our ability to transform pain and suffering into healing and growth.

Along with Saturn, Chiron is all about something we think we never received and/or don't deserve. This wound provides an amazing opportunity to transmute our deepest hurts into something positive.

By element, it shows us what we perceive as our weakness:

- **Chiron in Earth**, connection to the pragmatic, material realm.
- **Chiron in Water** fears around surrendering to our emotional tides.
- **Chiron in Fire** requires work around patience and emotional regulation. victimhood, and creativity.
- **Chiron in Air** will experience the cosmic counsellor. They are required to look at co-dependency, their need for validation, indecisiveness, and communication with others.

Let me make this very clear! There are no bad placements in astrology, only opportunities for growth and alchemy. We are meant to live

beautiful meaningful lives, with opposition. With that said, let's explore Chiron placements:

Chiron in Aries/ 1st house

Chiron in Aries means your deepest wounds are around your self-image and how you show up in the world. You may have been bullied as a child, or made to feel like your feelings don't matter to the people around you. You may be somewhat of a chameleon when with friends and take on their personalities because you don't feel comfortable being who you are. Healing this wound will allow you to show up authentically and with full force as yourself, inspiring everyone around you to be fully themselves despite outside opinions.

Chiron in Taurus/2nd house

Chiron in Taurus means you lack a sense of security. You may have grown up in a less-than-ideal financial situation where even some basic needs were not met. Or this could have shown up as a lack of emotional security from your parental figures. You have a constant feeling of

never having enough material wealth and live in fear of the future around security. Healing this wound will allow you to feel safe and secure within yourself. And when you accomplish that self-worth, the outside abundance will match your inner world. Showing everyone that material and inner wealth is all part of one expression.

Chiron in Gemini/3rd house

Chiron in Gemini means you have a wound around how you communicate. You may suffer heavily from anxiety and ruminating thoughts because you don't feel safe to speak your mind. It's a deep feeling that no one understands you and the way your mind works. You spend a lot of time in your own head, and have a hard time making decisions if things don't "make sense". Healing this wound will allow you to find your true voice, speak your mind and know that the way you communicate is important. This will show the world that it's okay to be different. And that each voice is unique and matters.

Chiron in Cancer/4th house

Chiron in cancer means you have deep wounds around your family and your childhood. You may have had to take on the role of a caretaker emotionally or physically at a young age. You may have had an emotionally abusive parent or an absent parent. You take on everyone's energy, and it affects you deeply. You may also be a people pleaser to keep the peace and feel like you belong. You will stay in relationships far past the expiration date to avoid the feeling of abandonment. By healing this wound you will find a deep sense of self-love and commitment. By learning that you have all you need you can create healthy boundaries and release your fears of being abandoned. Showing the world that when we love ourselves, we always belong.

Chiron in Leo/5th house

Chiron in Leo means you have deep wounds around creative expression, your inner child, and having fun. You may not allow yourself to do any of these things in a meaningful way because you

weren't allowed to be silly or free as a child. You may feel the need to colour within the lines and have a very traditional structured life even though deep within you don't want this at all. By healing this wound you will unlock your creative expression. Learn to be silly and reconnect to the things you loved as a child as a way to reach true emotional fulfilment. Showing the world that your inner child is still alive and needs to be nurtured even as adults. And that by returning to this innocence life can become true magic.

Chiron in Virgo/6th house

Chiron in Virgo means you have deep wounds around perfectionism. You are extremely hard on yourself and constantly feel a sense of not being good enough. You try to cope with this sometimes through addictive behaviours, or by taking out your inner critic on the people around you, expecting them to be perfect as well. This placement affects your everyday life because it is tied to work and daily tasks. By healing this wound you will learn to relax and recognize that

you don't have to be perfect; mistakes are needed and good for growth and they do not make you unclean, unworthy, or unlovable. As you heal your inner critic and perfectionism, you will show the world that they are worthy by being themselves no matter the mistakes they have made.

Chiron in Libra/7th house

Chiron in Libra means you have deep wounds around relationships. You deeply want to be truly loved and to have a soul mate connection. But you feel rejection much deeper than most people. Because of this, you may over-give in relationships, or you may not want to be in a relationship at all. Libra is all about balance. So when you are still in an unhealed Chiron you will oscillate between the two polarities. When healed you will find the balance between your inner self and your relationships. Your choice to deeply love yourself will help you to feel safe and open up to loving a partner. You will show the world that we show up best in our relationships when we have equal energy exchange and operate from a

place of deep self-love and care.

Chiron in Scorpio/8th house

Chiron in Scorpio means you have deep wounds around control and loss. This is one of the most difficult Chiron placements. You more than likely have experienced a lot of loss in your lifetime and that has caused you to fear trusting. This placement will have a hard time in relationships until they learn to give up the need to control. You will try to control your outer world to feel safe, usually because you have endured some difficult trauma or abuse. People with this placement must guard against masking wounds via intensity, drama, or being stuck in a victim mentality. When healed, you will recognize that control is an illusion and does not lead to trust or happiness. You will find deep self-empowerment that allows you to show up in the world safely. You will not control others and you will not give your power away for others to control you. You will show the world that healthy boundaries are essential and that your past doesn't define you.

Chiron in Sagittarius/9th house

Chiron in Sagittarius means you have a deep wound around belief and belonging. This placement is either obsessed with spirituality or the complete opposite. They often feel lost because they can't seem to find the meaning in it all and will search relentlessly to find something that makes sense. The house this placement is in, will show you what you run away from because you hate to be boxed in. There is deep self-hate talk that can happen with this placement. You truly feel you can't find your purpose and it eats at you.

When healed you will discover that you've always had the answers within you. That connection to your higher self is the most important relationship for you to have and that will lead you to a healthy relationship with your higher power in this life. You will show the world that focusing on the journey rather than the destination is beautiful and that they've always had the answers within all along.

Chiron in Capricorn/10th house

Chiron in Capricorn means you have a deep wound around being seen and recognized. You will overwork yourself and go above and beyond in your career and your daily life desperately hoping for recognition for your talents. You may also have a very controlling and rigorous schedule, that you implement not only for yourself but your loved ones as well. In childhood, you may have been told that your dreams were not realistic. And you were constantly overlooked when it came to what you felt you had to offer the world.

When healed you will find that you only ever needed to be proud of yourself. You don't need outside recognition, you will find deep peace when you are comfortable doing things for your own heart. And you will find as you do this, that public recognition will enter. You are meant to show the world that through knowing your worth, others will then see it too.

Chiron in Aquarius/ 11th house

Chiron in Aquarius means you have a deep wound around belonging. You may have stood out from the crowd your whole life. You may feel uncomfortable in groups of friends. Like you say the wrong things, and you just don't belong. You feel like no matter what you do, you are just different. Because of this you will lash out and hurt people who are trying to be your friend because you feel like they don't understand you so you'd rather end the relationship early than face more rejection. You may even close yourself off to friendships completely.

When healed you understand that your differences are very valuable. You will find a group of people that you can contribute to for the greater of humanity. You will all have your quirks and accept each other. You will show the world that you can be unique and find your soul family.

Chiron in Pisces/12th House

Chiron in Pisces means you have a deep wound around faith and true happiness. You feel you've been let down by the world/universe/god over and over again. You may be very cynical towards positive outlooks and lean on the side of glass half empty. You either wallow in your emotions of Despair or you completely dissociate. This can be a difficult placement to handle. You may turn to addictive substances to distract yourself from dealing with hard thought cycles. You feel it all. When healed you will be able to look at the world through a clear lens/non-judgment; You will logically discover why all of your thoughts aren't facts but a theory. You will see that there is good to be found every day. You will show the world that through a healthy balance of logic and faith, we can create the world of our dreams, despite the perceived hard times. We repeat what we don't learn or lessons we haven't yet completed. Even if you think you completed a cycle, the universe will test you again to ensure you're spiritually fit to move on to the next level.

*What You Don't
Learn You Repeat*



We all repeat what we don't learn or lessons we haven't yet completed and even if we think we completed a cycle/lesson; the universe will test you again to ensure you're spiritually fit to move on to the next level.

You will not exit a lesson/cycle unless you have transmuted it with love/without judgment. If you miss a handle or an opportunity, it may result in you being trapped in a loop, repeating a lesson over and over and over again; the typical pattern. The only way to break the cycle is to find the theme/handle of the trauma; and use the light code to neutralize it or pull it out from the root.

Everything is your teacher and equally your student. Obstacles/challenges are nothing more than growth opportunities; we learn through adversity. There is no lesson in success. We always learn lessons during our hardest challenges; every dark cloud has its silver lining. There are three main reasons why we repeat lessons:

1. You haven't fully learned the lesson yet. When we find ourselves in a pattern where it feels like we are repeating the same experience over and over again it's because the Universe wants us to expand and learn a key lesson for our soul's growth and evolution. The key here is to get to the root cause of the separation and resolve/transmute it.

2. You've forgotten the lesson you've learned.

So you learnt a lesson and some amount of time later a familiar experience appears on your path and you think, "this again! mi duh dis aready!". This is simply the Universe testing you to see if you actually learned/embodied the lesson. It has to make sure you've followed through with removing all traces of the parasitic programming and replacing negative habits with a positive one.

So, why is your life situation bringing the same exact lesson forward again? Well, it is a clear indication that you've simply forgotten what you learned. When we learn a lesson in life, it's not

just about moving on but integrating new behaviours, habits, or virtues required for full transformation.

Wisdom is the application of knowledge aka light which makes you an alchemist; transforming low frequency into high frequency. We all have the ability!!! No one is special!!! Some of us just know how to do it more seamlessly than others and this is the very reason why I am sharing my techniques and experience with you.

3. You haven't integrated and embodied the lesson.

Once we've learned the lesson fully, the universe expects us to integrate and embody the lesson learned forever.

It takes at minimum 18 days to 254 days to form a new habit and an average of 66 days for a new behaviour to become a pattern. It's not a flip of the switch. We are creatures of habit and we like it when life is easy. Life is meant to be easy and blissful, we have this encoded into our blueprint

so it's ok to be drawn to simple but the trouble is, we cannot be at ease in ignorance/darkness. You must free yourself. The battle is hot and this means we often find ourselves stuck in the same situations because it takes commitment, discipline, courage, awareness and conscious decision to actually embody the change that is required to go to the next level.

We are all different and so we form habits at different rates. Different habits also require different "time" patterns/cycles for formation. How do I form new habits? I self-study by way of introspection and meditation. The key to self-study is to observe your traits, thoughts, behavioural patterns and qualities; without judgment. Observe how you incorporate new habits and the length of time it takes for you to adopt them. Again, each of us has our own patterns and cycles so don't get frustrated because you didn't quite get it like John did....tap into your design and use your inner resources to fight your battles.

Let's use a tangible scenario to observe how you cultivate a new behaviour of turning off the lights when you leave a room.

Cue: The **idea to turn off the light** tells your brain to go into automatic mode and select which habit to use when leaving the room.

Routine: The actual behaviour of turning out the light.

Reward: A lower utility bill and better a overall home energy budget.

As you practice the behaviour and receive an approved reward, your brain determines that this particular habit loop is worth remembering so it adopts it, creates a pattern and goes into automatic mode and prompts the behaviour of turning off the light. You no longer think about doing it or why you do it. You not only get rewarded with a lower light bill but you also get dopamine from doing something beneficial. Your brain likes habits because they're efficient. When you automate common actions, you free up mental resources for other tasks and assignments.

Pleasure-based habits are particularly difficult to break because enjoyable behaviour prompts your brain to release dopamine. Dopamine is the reward that strengthens the habit and creates the craving to do it again.

To break pleasure-based habits:

- Become aware of your habits and develop strategies to change them. It's all trial and error. Don't be disheartened, be gentle with yourself but be consistent.
- Identify patterns/cycles. Observe the places, people, activities or situations that trigger a certain habit, and then change your response behaviour toward those. For example, I usually crave ice cream from a particular shop whenever I go on the road. So, whenever I am triggered to get it, I change my route of travel to avoid the temptation.
- Replace a bad habit with a good one. For example, instead of reaching for a cigarette, consider trying a nice flavour of chewing gum or taking some deep breaths.

Habits have a profound impact on a person's spiritual and psychological well-being. They shape our thoughts, behaviours, and “beliefs”/agreements, which influence every aspect of our lives; the law of attraction. What you think you become, what you become you attract. What you attract you react/respond to, serving or not, and the cycle breaks or continues depending on the choices you make (free will).

On the spiritual front, habits can help cultivate virtues and values, guiding a person towards a more meaningful and fulfilling existence. The more you cultivate positive habits, the more you add value to your waking life. On the opposing side, negative habits can erode spiritual foundation; meaning the more you engage in negativity, the more it depletes your lifespan (shortens it) and the further it detaches you from your sense of purpose (life's mission) and erodes your spiritual foundation (source connection).

Everything starts in the spiritual realm/ether before it manifests in the physical/matter.

On the psychological front, habits play a key role in shaping our identity and self-esteem influencing our thought patterns and e-motions, playing a central role in shaping our overall mental health and well-being. Engaging in “positive” habits will result in a sense of reverence and contentment (balance), raising our frequency and vibration. Opposingly, “negative” habits will support unhealthy connections to dark entities; ruling spirits of the 7 deadly sins/demons: pride, envy, anger, sloth, greed, gluttony, or lust, and will lead to feelings of guilt, shame, fear, unworthiness and low self-worth. It takes no rocket scientist to figure out that contracting with dark entities will lower your frequency and vibration and what you become you attract... and so on and so forth.

In short, habits have the power to shape our lives in profound and lasting ways. Whether they lead us down a path of darkness or light, it all depends on the choices we make and the habits we choose to cultivate. **Romans 12:2** “Do not be conformed to

this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

I cannot stress this enough! We must break the 7 Seals of the 7 churches to be able to see/read the word of God that is written within us. The 7 seals are located in the 7 main chakras within the hueman body/vessel. You open and activate each of your chakras/churches through Shadow Work which now clears the pathways for the kundalini/lifeforce, the primordial fire of purification to rise through you, incinerating layers and layers of parasitic programming ultimately achieving freedom.

Just like in the physical body, these parasites (the archons) lay their egg (programs) in our astral bodies farming their young (thought/desire) and feeding them with our energy until they are mature enough to attack us and repeat the cycle. These parasites hijack our nervous system and

alter information sent or commands received falsifying communications around the body/vessel in a stealth operation. They covertly trigger and encourage us to operate in the fallen state that feeds them. It is as if you are their farm for luscious loosh produced from pain and suffering.

The more you feed dark entities, the bigger and stronger they get; the bigger and stronger they get, the bigger and stronger the hold they have on you/Individual Consciousness and the more challenging it is to get out from under the many layers of programming. But because God so loved the world, it gave its only begotten SUN/Christ to show us the way. **1 Corinthians 10:13** “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation, he will also provide a way of escape, so that you may be able to endure it.” The SUN of God said in St. John 14:6 “I am the way and the truth and the life. No one comes to the Father

except through me. We exit this realm through the eye of the Sun. The Sun is a multidimensional gateway to other parts of the universe. It is our exit point when we drop the body/vessel just as it was our entry point into the realm. To go back to Christ/Sun, we must embody the light/consciousness that will magnetize the Soul to it. While on our mission here on Gaia, the Sun will guide us through its light codes embedded in the sun rays, fruits, herbs and vegetables. These light codes are packed with information and instructions to reprogram, upgrade and maintain the Soul/Body Condition.

Everything the controller of the matrix told you is upside down/reversed and laced with a network of deception. All to confuse you so that you don't get out of the maze/matrix programming. Many of you will be shocked to learn that the majority of the population has been worshipping the "Devil" all along in these buildings called churches. They took the teachings of Christ and perverted them; incorporating the dark entities

they call Jesus, Mohammed, Zeus, Buddha, Krishna and all names and forms that carry the signature of the virgin birth, star in the east, perform miracles, born December 25, yadda yadda yadda. All of these dark entities posing as light are all here to stop you from ascending; they hijack your affirmations (prayers), communication and intimate communion with your Creator Source.

There are over 10,000 different religions. Of that number, 90% of the religious population practices Christianity, Islam, Buddhism, Judaism, and Hinduism. Do you think it's a coincidence that all these five (5) religions have the same storyline? Do you think it's a coincidence that the system promotes and encourages Saturn/Satan Worship?!! All hidden in plain sight: religion, school, entertainment, social construct etc. Do you think it is a coincidence that Saturn is gifted in music and entertainment? Do you think it's a coincidence that they turn everything upside down? rainbow inverted into the gay flag, your

natural food inverted into processed food, service to nature inverted to service to civilization; all used to cast spells on huemanity to cover your spiritual eye aka the first eye from the truth of who you are and why you are here.

One of the major tools used to cast spells on huemanity is the Christian Bible. The Christian Bible was modified in 1615, right around the same time Saturn returned to the constellation. 18 books were removed, and 66 books were left. The books removed are:

- *Book of Enoch 1, Book of Enoch 2 / The Secrets of Enoch, and Enoch 3*
- *Book of Esdras 1 and 2*
- *Book of Maccabees 1, 2, 3, 4, and 5*
- *Book of Tobit*
- *Book of Jasher*
- *Book of Judith*
- *Book of Esther – Missing sections*
- *Book of Ecclesiasticus / Sirach*
- *Book of Jubilees*
- *Book of Baruch 1, 2, and 3*

- Book of The Shepherd of Hermas
- Book of Wisdom / Wisdom of Solomon
- Book of The Psalms of Solomon
- Book of The Odes of Solomon
- Book of Giants
- Book of Adam and Eve 1 and 2; The Conflict between Adam and Eve with Satan

You may be wondering, if she perceives the bible as perverted, why is she quoting so many scriptures? Two reasons:

Number 1: Most of the souls I am here to wake up are deep under the religious programming. Most of huemanity was traumatized by war and strife by the Princes of darkness, then they so lovingly and caringly packaged the solution of peace in the form of religion now that they have stolen your land, your birthright and sovereignty. Buried under karma: hurt and wrongs religion played its part in maintaining balance by keeping the people pacified but don't be mistaken, this system was only to serve the Artificial Matrix System and to keep you in a child state. My job is to use the same

weapon of mass hypnosis to reverse engineer its effects.

Number 2: The very scriptures they used to deceive and disarm are laced with the truth allegorically. They tried their very best to manipulate the truth but seeing that they must operate in observance of the universal laws/common laws, they have no other choice but to tell the truth but under a veil. They did tell you that you must lift the veil to innerstand the scriptures. **2 Corinthians 3:16-18** “But when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled faces, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit”. So it’s up to you if you want to continue to be the lamb to the slaughter under the “loving gaze” of the Shepherd.

Let me ask you a question!! What are you going to do now that I tell you all these things? The same

things that Christ came in the flesh and taught the people which later led to his demise.

Shadow Work will be the only way to get back to your square using the power of love and forgiveness; for self and others. This will purify your thoughts and broaden your perspectives raising your consciousness. Remember, it is in your Solar Plexus/House of Bread that you will be impregnated with light codes that will germinate and produce the seed of Christ. Christ now born out of Bethlehem will travel up the 33 vertebrae where it is crucified at the cross.

There is no man in the sky that is coming to save you. You are the man that came from the sky; you came through the Sun to enter into the flesh for this experience. YOU ARE THE CHRIST RETURNED!!! All you need to do is to come back into alignment with Source and all things will be revealed to you. You will see all the illusions, you will see the battlefield that you were zombified on. I know you have heard this clique before but we

are truly living in the last days leading up to the battle of armageddon and we have very little time to get our house in order.

I do not give advice but it is my strong recommendation that you do your shadow work; stabilise your vessel (master emotion), strengthen the mind and fortify the spirit. **Romans 12:1-2**“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

I can be here forever issuing receipt after receipt but we have to move on. Unlock the 7 Seals and read the book of Revelations. I promise you, you will remember the story; your version. I am not special...well...sure I am but you get the point. No one can teach you about God; God is within you.

I am simply here to remind you of that which you already know. You will feel your cells waking up, some of you may feel sensations as you interact with my light codes. We are all connected; there is no such thing as time or space.

One of the laws of the universe, the Law of Vibration states: Nothing Rests, Everything Moves, Everything Vibrates. We are all like cells in a cosmic body moving at the symphony of the cosmos. Here you can use your imagination and vision for yourself, everything in creation moving in unison in a synchronized manner over and over and over again.

Imagine now, a fracture in that system, when the energy flows in that area, it will be trip/stick, like a scratch record, this indicates that the body is out of integrity/alignment and needs adjustment. Let us say it was not resolved, do you think the experience will repeat itself? Do you think the stick will happen when the energy cycles back into that same position? Whatever happens on

a macro level also happens on a micro level; As above so below. Whatever happens in the cosmic body, also happens in your physical body. There once was harmony in the collective until sin was found in the heart of Lucifer (original Hebrew, name Hawlayle, which means “Day Star”).

Hawlayle/Lucifer was created to bring “light” aka knowledge and guidance to the first huemans, but when he fell due to pride, he still brought “light”, but not God’s light, his own that was self-serving and destructive to huemanity. He fell for the plan of Satan/Saturn sold to go up against Christ to take over the throne. Lucifer/Hawlayle lost the war with 1/3 of the angels and was sent into the abyss. Don’t let Lucifer deceive you with knowledge; eat from the tree of life.

I guess you are more intrigued now about the war of the heavens. Let me tell you a story!!



**The War of The
Heavens**

“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.” John 3:16.

Once upon a time, very long ago, there was a loving, kind, and gentle higher self (Individual Soul) that incarnated on Earth/Mother Gaia. The Individual Soul was later tricked and trapped while trying to help another he thought was in trouble.

You see Mother Gaia took on a special mission to help the fallen ones find their way back to the Creator Source. We all know the story of the war that broke out in Heaven “And there was war in heaven: Michael and his angels fought against the dragon, and the dragon fought and his angels, 8 And prevailed not; neither was their place found any more in heaven. 9 And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.” Revelations Chapter 12: 7-9

The Fallen Angels, the Etheric Beings, knew that if they could capture the higher self of the Prince, the young boy known as the magician from Venus that embodies love eternal on earth, they could rule the entire universe. Saturn commissioned Astarte/Ishtar to do it when he was imprisoned.

What happened was, after the fall, Satan was running a rampage on the offspring of the Great Mother. Revelations 12: 17 “And the dragon was wroth with the woman and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Christ.” so Archangel Michael descended from heaven and locked him in prison. Revelations 20: 1-3 “And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. 2 And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years. 3 And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years

should be fulfilled: and after that, he must be loosed a little season.”

Whatever happens in the spiritual/etheric realm automatically manifests in the matter/physical realm. Because the Fallen Angels had already captured the higher self of the Prince in the Etheric Realm, the young prince was fated to fall into the same imprisonment in the physical realm. It is the SOUL that they are after and so they enslave the Soul by trapping it in the body. The Soul is tied to the material realm by karmic debt; only when the Soul is in balance it is allowed to evolve from this realm.

This Prince was targeted because of its ability to alchemize and control all elemental forces: fire, water, air, and earth; ever heard about the avatar? Revelation 12: 5 “And she brought forth a man child, who was to rule all nations with a rod of iron: and her child was caught up unto God, and to his throne.” Like the Prince, all of us are avatars from one of the four (4) nations who have the ability to bend any one or two or three of the

elements but the ONE who poses the ability to bend all four is responsible for maintaining harmony among the four elements/nations and serves as the link between the physical world and the spirit/etheric world. Whatever/Whoever controls this Individual Soul/spectrum of light, controls this universal realm.

Having captured the Higher Self of the Prince, they decided to chop it up into 14 different parts; keep 1 for themselves and use it as a magic wand then freeze the 13 remaining pieces into ice. The land on Xaymaca, from where I write this message is chopped up into 14 pieces with the capital Kingston owned by dark forces from which they rule. If you are not from Jamaica/Xaymaka, you may want to investigate your environment to see similarities in how they apply general patterns to their operations. How you do 1 thing is how you do all things; They have a pattern.

The remaining 13 pieces were frozen in what is called a Gemini mirror; here they could copy all

of its energy. Are you aware there are 13 zodiac signs? The 13 zodiac archetype represents the 13 essences/signatures of the young prince. They even went further to take his soul and freeze it on the moon in hailstone. That way, they can control reality from the physical realm, in inversion.

Because of the connection between the Prince and his Higher Self aka the Sun, they gain the ability to control the Sun through the Moon, remember they freeze the soul into the moon. The light of the Sun and the light of the Moon carry information which allows them to easily manipulate minds and institute mind control.

To effect mind control they use magnetic powers; they split up the young Prince's magnetic (feminine) powers into the four elements: fire, water, air and earth and created etheric copies of them. The copies are: fire, represented as a wand, water, represented as a cup, earth represented as a pentacle, and air represented as a sword. They use these etheric copies of the elements to

inadvertently control humanity through magic. Are you beginning to see how Astro-logy tie in? 13 Zodiac signs with 1 hidden; they split the other 12 under 4 elements/nations. The hidden zodiac sign is the One/energetic signature to rule all 4 nations. We are all ElectroMagnetic Beings; Electro is masculine and Magnetic is feminine. The magnetic field of creation holds and binds all things together. The electrical field of creation projects and enforces logic. Having the Sun trapped, they have the ability to zap humanity's memories and set the stage to sabotage the young Prince Magician- the Sun.

The Goddess Ishtar, wife of Saturn aka Baal, was the one who executed the operation. She relied on the pureness of the Prince/Sun who opened up his heart to offer her help because he thought she was in trouble. Unexpectedly, she struck him in the head giving her access to his mind and his voice: thought and manifestation. Now, she has the magical weapon to serve alongside Baal/Satan/Saturn to accomplish their plan.

The archetype Goddess Ishtar is a complex figure that combines the characteristics of both “good” and “evil”. This “Moon” Goddess is also known by other names Ashtoreth, Asherah and Astarte. She was the Ishtar of the Accadians and the Astarte of the Greeks (Jeremiah 44:17; 1 Kings 11:5,33; 2 Kings 23:13). She is also the principal feminine deity. Idolaters called her the “queen of heaven” (Jeremiah 44:25). Notice how the Sun has to give energy to the Moon. There used to be two (2) Suns on Earth until one was frozen by the fallen ones. The whole Christian bible is written from the Cosmic science of Astrology/Star System. Genesis 1:14 “Then God said, “Let there be lights in the expanse of the heavens to separate the day from the night, and let them be for signs and for seasons and for days and years;”

The Book of Revelation was interpreted by John of Patmos (Asia Minor), an assumed disciple of Christ. He like the other writers, wrote under the cloak of spiritual allegory. John presented a stream of dramatic episodes of the age-long

conflict between good and evil that began in heaven and ultimately will end here on earth. These episodes take us down the stream of time, from the opening scene of Satan's rebellion in heaven to his vicious attacks on God's people in the last days to the final battle of Armageddon. This war is a battle for rulership over this earthly realm. The story as told showed where Saturn/Satan recruited 1/3 of the angelic realm and led a rebellion against Christ to claim the throne and made some damning accusations.

Saturn, the firstborn, was unsatisfied with ruling in the shadow of Christ, its younger sibling, and grew jealous, wanting to own the throne to rule with its own ideas. Saturn believes that man should be allowed to eat the fruit of the Tree of Knowledge to foster growth and expansion with free will. Satan/Saturn then violated God's/Creator Source decree that Christ is the sole King of Heaven. This is the iniquity that Isaiah 14 verse 15 talked about: "Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee."

Satan/Saturn and its army lost the battle against the Angels led by Archangel Michael. Revelations 12: 7-9 “And there was war in heaven: Michael and his angels fought against the dragon and the dragon fought and his angels, 8 And prevailed not; neither was their place found any more in heaven. 9 And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.”

As soon as Saturn was cast down to earth, he attacked the Great Mother once more who was in labour at the time. Revelations 12: 13 “And when the dragon saw that he was cast unto the earth, he persecuted the woman which brought forth the man child.” the wombman was helped by Mother Gaia who was able to flee into the wilderness; Saturn turned on her offspring. Revelations 12: 17 “And the dragon was wroth with the woman and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Christ.”

Because of the rampage Saturn/Satan was on against the offsprings of the Great Mother, Archangel Michael descended and imprisoned him. Revelations 20: 1-3 “And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. 2. And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years, 3. And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that, he must be loosed a little season.”

So, for a thousand years, there was peace on earth; the righteous was resurrected to live with Christ. The Devil/Satan/Saturn no longer had influence on the inhabitants of Earth. After the thousand years ended, around the 1600s, the Devil/Satan/Saturn was released for its short reign; he was given around 420 years, from 1610, which ends around 2030. Have you ever heard about the 2030 Agenda/New World Order?

Revelation 20: 7-8 “And when the thousand years are expired, Satan shall be loosed out of his prison, 8-And shall go out to deceive the nations” Do you think it’s a coincidence that the European/Roman Renaissance started in the 16th century? promoting the “rediscovery” of classical philosophy, literature and art injecting commerce/money. Do you recall when Saturn was first observed in the night sky?

According to His Story, written by modern-day NASA, Galileo Galilei was the first to observe Saturn with a telescope in 1610. Due to the crudeness of his telescope, he couldn't determine what the rings were. He incorrectly guessed that there were two large moons on either side but two years later when he viewed Saturn again, the "moons" had disappeared. Saturn/Saturn is back and has regained its power of influence. With its promise of wealth and power, he was able to get 13 bloodlines to sellout; the pale white horse, the pope of Rome is one of them. It was the Pope who came with vengeance under the false identity of

Christ and conquered over 80% of the world's population inch by inch; robbing, killing and deceiving in Jesus's name putting the people under the hypnotic spell/programming through magic injecting traumatic fear into their nervous system shattering their psyche. Feeling isolated and under duress, many accept religion/idolatry for peace except this was the virus planted and used as the tool to divide and conquer without further force. Revelation 6:8 "And I looked, and behold a pale horse: and his name that sat on him was Death, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword, and with hunger, and with death, and with the beasts of the earth."

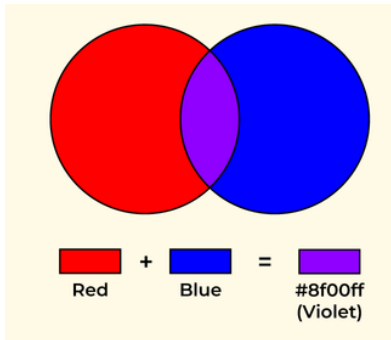
We have heard at some point or another about the 13 ruling families but didn't quite get how they were connected to us spiritually. We knew they were "powerful", suffice to say, let me hastily tell you, it goes much much deeper than that. All 13 bloodlines carry 13 symbols which

reflect 13 different roles and responsibilities they copied from the 13 remaining pieces of the Prince/Sun higher self kept under ice on the Moon. These families have a covenant with Saturn/Satan to use their vessels/bodies to access the physical realm where they can attempt to rule the heavens.

They work overtime to implement structural programming on the masses to keep them asleep. Planting seeds of discord; judgment under the disguise of knowledge/information for “expansion and growth” of mankind. With your captured attention and unsuspecting mind, they layer hypnotic programs in your psych by force or manipulation and they get your parent, friends, family and loved ones to administer and reinforce their programming.

The more people they can get to operate out of fear, guilt and shame; the lower three chakras, the more darkness is produced, and the colder/ lower the frequency and vibration of the planet/Mother Gaia gets. Cold = Death Heat=Life.

Both cold-blue and heat-red is FIRE. It is a matter of where you are on the polarity of the spectrum; high or low, up or down or in the middle.



When you mix red and blue what do you get? The Crown Chakra - the highest frequency of love - authenticity and integrity - nobility.

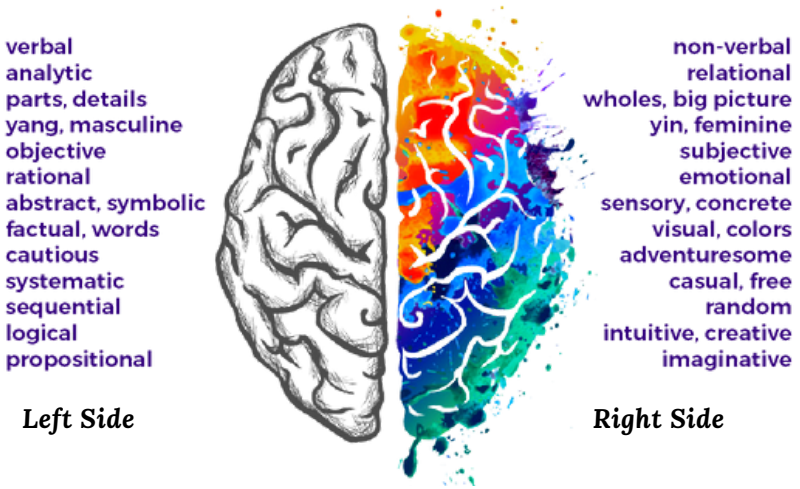
You see, you may not be aware that you are under a spell/spel to keep you from waking up to the truth of who you are. You are light beings/hueman but the physical evidence has been whitewashed, and I don't mean race. Your rich Her-story has been wiped almost clean through inversion and destruction but guess what? Everything resides in you, you have direct access to the cosmic records of all things. Tap into the mitochondria and Mother Gaia encoded you with direct access to the akasha. Your Divine Mother needs you to do the shadow work and remove the darkness from over the land by

operating from the heart space to transmute all negative experiences with unconditional love. The archons have no heart and cannot feel love or consume the energy of love. Do you see now the war between “good” and “evil”?

Satan/Saturn has a case to prove so he will stop at nothing to prove that his theory is right. He relentlessly uses War/conflict/competition as a disruption of the harmonic flow between Man and Creator Source; injecting fear, shame, guilt, and limitations in the hearts of man expanding their forces in preparation for the War of Armageddon to come.

They who created the chaos and destruction provided the solution- “knowledge” but the solution was tainted with seeds of deception/etheric parasites charged with the responsibility to infiltrate the mind, invade the cockpit and capture the Individual Soul in all of hue-manity enslaving them for food. The enslaved Soul is trapped in the body/vessel and tormented

through the pain and suffering of material intelligence/Ego, which they program to believe is superior to the Soul. Armed with tainted knowledge and fragmented, the ego seeks to find its own way and so it constantly processes information and caste judgement; negative karma. This is the poisoned apple that EVE, the feminine principle- the right side of the brain, ate and shared with ADAM, the masculine principle- the left side of the brain.



Judgment creates separation/disconnect from the flow/harmony between Man and Creator Source because the judgment asserts an identity: a sense of individual self but this is false!!! We are all one GOD Body just like all the cells of your body is

ONE lesser God body. Is any one cell of the body separate and apart from the body? What do you think would happen if one of your cells decides to go against the collective? and that thought/cell replicates itself according to its natural life cycle? Tumour?...Cancer?

When we judge, we separate ourselves from the collective; separateness is an illusion where the individual self thinks of itself as different which pulls knowledge/information towards it that continues to set it apart. This judgement created negative karma forging a contract with the demon of pride. The Ego embodies and expresses its separateness through thoughts, words or deeds supplying a false sense of satisfaction it strives to feel over and over again. Pain and suffering are inevitable as the ego competes to find its place in the Artificial Matrix which it will never find. Stuck in a state of fight or flight, the negative emotion you produce is consumed as food - loosh energy you generate from operating on the negative spectrum of the lower 3 chakras.

Sacral



Root



Solar

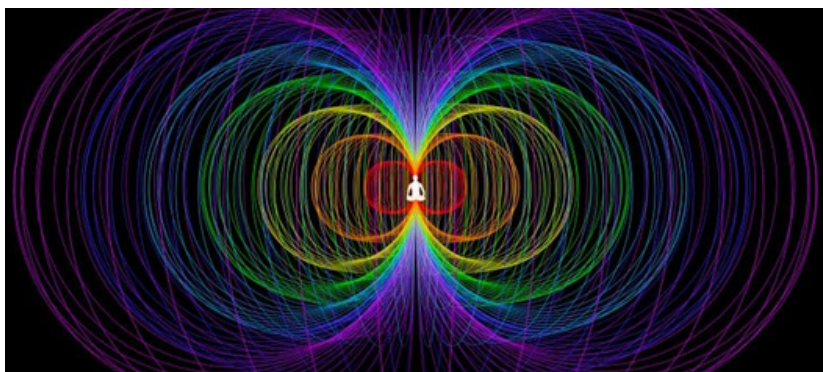


How does it work?
Well, once they get you to think, feel and act on the negative spectrum of the the lower three (3) chakra

root, sacral and solar plexus, they cause you to feel negative emotions through fear and frustration in your judgement/reaction. This is what we call the fight or flight loop that you are trapped in over a prolonged period. Remember we spoke about how habits are formed? and why? Frustrated and fearful they provide you with more information to cause more judgment creating more negative emotions; you to others, others to you. It is called survival of the fittest; competition/sports. No different from their original death ring Roman Callasium where the gladiators fought to the death. You are trained and set out to fight to the death over the limited fiat paper/money they inject into the matrix system aka civilization in the race for wealth, status and power. The bloodier the battle, the

sweeter the loosh. Guess what? This creates blockages in your lower 3 chakras which means the kundalini energy will not rise past the Solar Plexus. The main 7 chakras must be opened and balanced for the energy to shoot upwards.

Notice in the image below how the energy of the lower 3 chakras descended first into the earth before it rose and entered through the Third Eye Chakra then back home into the Heart.

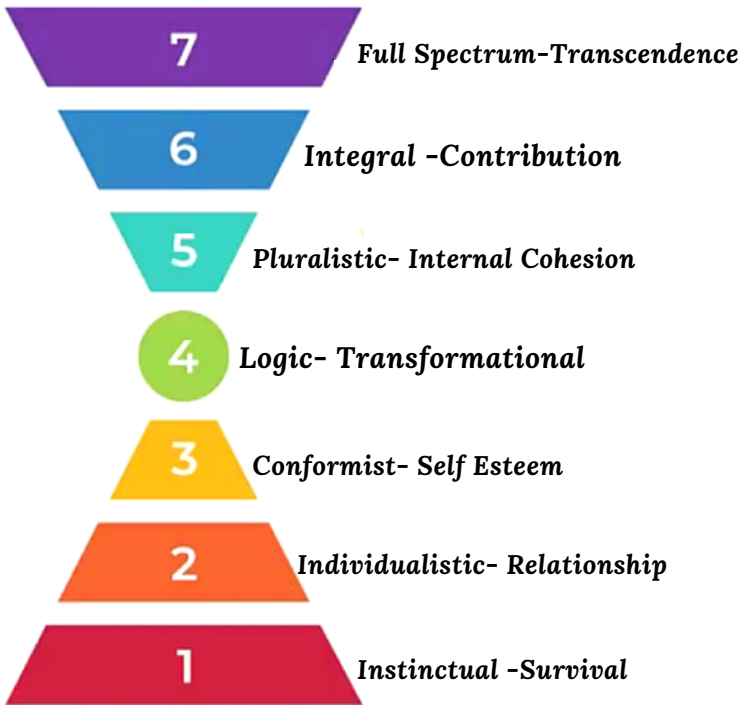


What you put out is what you get back. If I can corrupt your perception of what you feel/sense then I corrupt how you see/interpret yourself and the world around you. For example, imagine you take an entity, isolate it/cut it off from its natural environment from birth, induce amnesia and program it with your ideals up to 1/3 of its

true capacity, what would you expect to happen? Would this thing follow blindly your commands? Would it operate primarily within the scope of its training/limitations? Would you feel like you are losing control if this thing decides to act on its own accord or begin to wake up to the truth of what it is? What would you classify a school and church as? A programming institution perhaps? What do they administer at these institutions? Programs? “Give me a child until he is 7 and I will show you the man”? Said Aristotle. Why? Between the ages of 1 and 7, the child goes through the 7 chakras to set the foundation for learning and development for the rest of its life.

Between 0-7 years, the brain is in Theta state; 3.5 -6.75 Hz, the state between wakefulness and sleep. Still connected to the Etheric Realm, the Soul is targeted. If they capture the Soul here, they control it from within the physical realm; the same way they capture the Young Prince. The goal is to keep the body/vessel/material intelligence in sleep mode so it never wakes up to

its full capacity and only operates up to level 3 consciousness; there are 7 levels of consciousness. .



Notice the colour of the lower 3 chakras. Now, look around and notice the colour schemes of these commercials and fast food places. Every time you try to wake up, they reinforce sleep commands embedded in their programming through loved ones aimed to pacify and override the conscious mind. There were three waves of programming implemented: Primary 1-7 years, Secondary 8-14 years and Tertiary 15- 21 years.

But guess what? You are the SUN/Light of God and light will always take care of its own. The Sun will always find a way to en-lighten you whether by fruits, vegetables, herbs, the rays of the sun, the air you breathe, the earth you walk on, the water you drink or even the person beside you. Rest assured, the angels/angle of light will repair your connection reclaim and reprogram you to wake state allowing you to complete the integration with your vessel so you can STAND ON YOUR SQUARE.



Once you start firing on all seven cylinders/ levels of consciousness, you are now in control of your

vessel/material intelligence ready to fulfil your purpose: raise the frequency and vibration of the planet by being in a state of eternal unconditional love; authentically with integrity.

Make no mistake, YOU ARE IN THE MIDST OF THE WAR and soon enough you will be woken up to the realization of it. How can you play your part in the war? Do your shadow work and rid Mother Earth of evil programs and negative patterns through forgiveness of self and others and maintain a state of unconditional love as you express the truth of who you are.

Re-cognise that we are all ONE and that every reflection you encounter is doing the best it can with what they have. Remember you are always experiencing yourself in others as they reflect what exists in you so observe without judgment; accept everything as they are, make the decision to transmute them and devise a plan of action. One of the most detrimental things to shadow work is a lack of preparation. Do not be caught

flat-footed in the war. Recreate your divine connection with Source Consciousness so you download programs at will to resolve any issue that comes before you. EVERYTHING EXIST IN YOU, RIGHT NOW, RIGHT HERE. There is no such thing as time; time is an illusion.

Are you starting to see now how important you are in all of this? Do you see why they manipulate you to turn your back on the Creator? Do you see why unseen forces are working to keep you energetically enslaved? Do you see the plot to keep you from achieving Christ Consciousness?

You must be vigilant. There are a lot of NPCs- None Player Characters- in the matrix construct. They look like us but have no soul connection; they are fully zombified and utilized by dark entities. They have been manufacturing their army for centuries now. Sure they indoctrinated the holy scriptures, stole the identity of Christ and enslaved most of humanity by use of fear and deception. Sure they have rulership and

authority over the artificial matrix they so fancily call civilization but Babylon must fall. Nothing artificial can stand against nature. We did it before and we will do it again for the final time with Christ and the host of Angels of light at the fore.

Free your higher self not only spiritually but physically. Did you know that you are considered dead or lost at sea? Research the Cestui Que Vie Act 1666. During the black plague and the great fires of London, England, the Vatican took custody of every natural human and their property into a trust. A straw man was created otherwise called a “person” aka a corporation posing as YOU- Do you have a BIRTH CERTIFICATE?

The state/church became the trustee holding all titles to the people and property until the living man came back to reclaim those titles. You have an unknown contract with these dark entities. You were gifted/registered to them by your mother. The rabbit hole goes reaaaaaaal deep.

You might be wondering, why am I caught up in all of this? What does all of this have to do with me doing some simple Shadow Work to improve the quality of my life? Well, the Law of Correspondence states patterns repeat themselves throughout the universe on a personal and universal level. Our reality is a mirror of what's happening inside and outside of us at that particular moment. Think "As above, so below. As within, so without."

There are 12 universal/spiritual laws that I suggest you explore: **1:** The Law of Oneness - everyone and everything is connected. **2:** The Law of Energy - energy can neither be created nor be destroyed. **3:** The Law of Correspondence - your external reality is a direct reflection of your internal state. **4:** The Law of Action- what you put in is what you get back. **5:** The Law of Cause and Effect - every action has a re-action. **6:** The Law of Compensation- you reap what you sow. **7:** The Law of Attraction - like attracts like. **8:** The Law of Perpetual Transmutation of Energy - energy is

constant and ever-changing. **9** The Law of Relativity - everything is relative. **10:** The Law of Polarity - everything has its opposite. **11:** The Law of Rhythm - everything vibrates according to a specific rhythm. **12:** The Law of Gender- everything has its masculine and feminine qualities.

By living in alignment with the universal laws, you can better understand yourself and the Universe. We live in a first-person perspective and cannot see ourselves until we interact with a person, place or thing; that acts like a mirror to reflect us. As we change ourselves we change the universe; as we raise our own vibration, we raise that of the universe and this high energy frequency burns away parasitic dark forces off the face of the earth and reaffirms Christ as King of this realm.

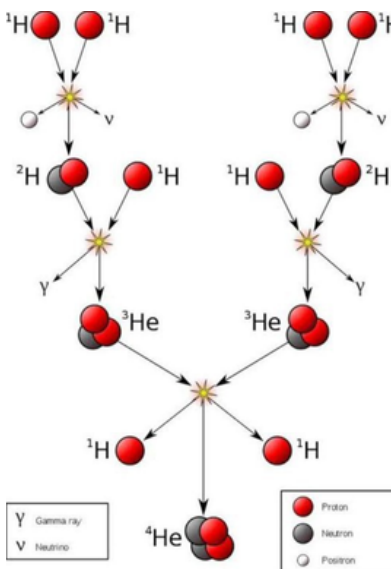
Seeing that we are spiritual beings having a physical experience, let's break down the mind-body-spirit connection. Feel free to pause and reflect a little.



**Mind-Body-Soul
Connection**

The mind-body-soul connection refers to the idea that the mind, body and soul; are the three aspects of ourselves that are all interconnected to represent Oneness...the holy trinity: Father, Son and the Holy Spirit... Mother, Father and Child... Source Consciousness, Individual Consciousness and Material Consciousness...Hydrogen (mas), Helium (fem) and Carbon.

Helium? What? How?... Well, Kundalini, divine feminine energy, is made of inert matter, Helium; this energy cannot be cut, burnt, destroyed, or dissolved because it's nonflammable & primordial.



Kundalini (Helium) comes from the Core of the Sun; remember I explained that the etheric body (second layer) is charged by the Sun?

You may be asking how is that the Kundalini, a feminine energy derived

from the Sun, a masculine energy. The Sun/Christ is 70% hydrogen and 28% helium. Carbon, nitrogen and oxygen make up 1.5% and the other 0.5% is made up of small amounts of many other elements such as neon, iron, silicon, magnesium and sulfur. The Sun, through the process of solar flares and stellar winds, produce helium elements. Everything in this realm is governed by Universal Laws and the law of gender states that everything carries masculine and feminine principles including you despite your sex.

Kundalini, your individual Divine Mother, sits in your sacrum patiently waiting to give you your second birth. She knows all about you, your past, present and future and has the intelligence to fix all your concerns. All you need to do is unlock the lower three 3 chakras through shadow work. If one gets caught up in intellectualism the progress of ascension is stalled because she will be locked in. Keep peeling the layers of programming; train the nervous system using mediation techniques

to allow you to quiet your mind and master your emotions so you can resolve trauma. Once you clear the nervous system, she now can rise naturally and spontaneously, teaching, purifying your spiritual eye and upgrading your consciousness. With your Kundalini flowing seamlessly, you are now back to your square.

You may be wondering why I haven't mentioned oxygen. We have been programmed to believe that this is what we breathe in and this is the life force energy that we survive on. THIS IS A DECEPTION. Oxygen is named from the Greek oxy + genes, meaning "acid-former"; it is a fire element. Oxygen, false light, robs the body of minerals; it has an unpaired electron and is extremely reactive. It goes around the body and converts other elements to radicals, and lactic acid, damaging your DNA and other components of your body. How do you conquer this culprit, consume more fruit and vegetable juices and sunlight seeing they are high in hydrogen that attaches to oxygen and converts to water.

Nature shows us in many ways, the true story. As we learn self, we learn all things in existence. Everything is patterns; sacred geometry expressed in numbers. Each one of us interprets our coded environment in different ways, at different rates and on different frequencies according to our energetic signature aka the spectrum of light we contain.

Our mind is what we use to interpret our experience. The mind is operated by software programming, artificial or organic, through commands aka thoughts that connect the body to the soul. Information/codes are fed to the mind through the body's sensations aka feelings.

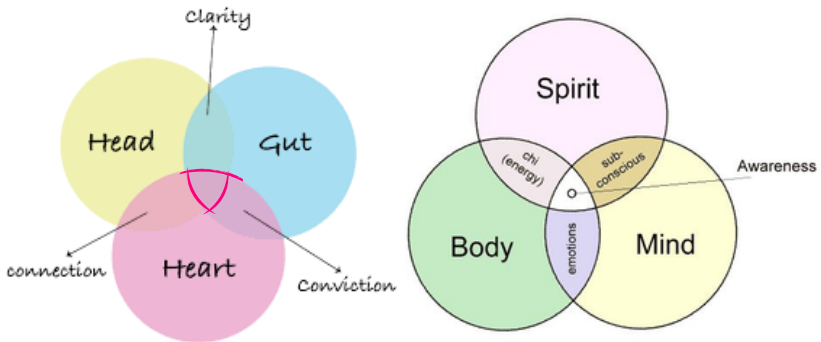
Our body represents the physical aspect of our being. It is an electromagnetic biological machine made up of charged particles and subject to the laws of electromagnetism. The three (3) brains and the entire nervous system can be compared to a computer system like monitor, CPU, keyboard etc. For example, you touched a hot pot....

This experience generates sensations that the mind interprets. We can call this pain/discomfort; this pain/discomfort triggers a chemical response that places the body in fight or flight mode. The tides rise and trigger a search for the source of the pain/discomfort so it can be resolved. When found, instructions are given to stop this thought or action so the pain/discomfort ceases and returns the system to homeostasis.

Our Soul aka individual consciousness, is fueled by Spirit/Breath of Source Consciousness which acts as the catalyst to our proof of existence. This essence can be compared to electricity which is the basic requirement for running a computer system.

Together the mind-body-soul integration demonstrates the mind as a bridge that connects the body to the soul. Do you remember the three (3) brains: the cephalic brain (mind), the etheric brain (the body) and the cardiac brain (oversoul)? The mind and body are constantly impacting each other which both together impact the soul: the

truth of who you are. Again you may ask, what does this have to do with Shadow Work? Well, we must know how the various aspects of ourselves function, how they inter-related and impact each other. The midpoint of all three brains as demonstrated in the diagram below resembles an Acorn. Incidentally, the acorn fruit symbolizes wisdom, patience, spiritual growth and eternal youth while the Oak Tree represents the Tree of Life. Coincidence? I think not!



An Oak trees take many years to mature and only mature trees bear fruit. You as a tree yourself take many years to mature; 25 years when the mind is fully developed. It is expected that after maturation you start to bear fruit; you are mentally, emotionally, spiritually and physically developed/mature.

Did you watch the movie Avatar? If not, I suggest you do. The film describes wholesomely the idea of connectedness. The avatars (you) lived in harmony with Pandora (Earth) and worshipped (commune) with the Great Mother/Tree (mycorrhizal network) through its hair (nervous system). They used their nervous system (hair) to connect to the Great Mother to access Akashic records and to communicate; upload, and download light codes/information. Does any of this sound familiar? Are you connected to the earth? Are you here to protect nature? Do you communicate with the trees?

*You carry your energetic roots in the **soul** of your feet and this is how you connect to the entire ecosystem of Great Mother Gaia beneath you. All plant life connects and communicates via the mycorrhizal network. You are also a plant... you spawn from the earth. Genesis 3:19 “ In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.”*

You are the children of the Great Mother Gaia, all lifeforms are our siblings. All conditions that exist within it are all of **our** creation. The hair on your body is like the leaves on a tree, it scans the environment like an antenna and tunes into various frequencies according to its sensitivity pulling information from the cosmos into the heart space through the upper chakras. The Etheric Parasitic Beings intercept and extract your light/communication by attaching to the calf of the etheric body, the posterior portion of the lower leg. Some attach to other parts of the etheric body but mainly this is where you are **dammed**; like they do rivers and streams.

Whenever our connection with the Creator Source is disrupted or broken down, we experience a state of separation. Separation then leads to isolation which leads to dis-ease or even “death”. Take off those shoes, reconnect back to Divine Mother and she will purify you so you can see again. We have work to do!! Shadow Work!!! because we are all collectively responsible for the

toxicity that is present on the land. It is imperative to remember, despite our individualized expression, we are all One Consciousness; Infinite Creator Source offering a mirror reflection of ourselves to ourselves in different forms so we can see and feel what needs to be RESOLVED.

Reclaim your sovereignty!!! Wake up to your true nature- Unconditional Love and incinerate these parasites- they cannot survive in your light. How do you reclaim your sovereignty? Detox yourselves spiritually and physically so you can be born again- through spirit-kundalini and blood-DNA/DEA and “stand on your square”

I will first share with you below some peace offerings that you can use to start clearing your nervous system and your chakras especially the lower 3. I will also share, in the next chapter, how to detox your body/avatar. Let's start with forgiveness of self and others. Use the following peace offering every rising and every setting to let go/offer up negativity.

Forgiveness Prayer

Offered by John Newton - Adjusted by Alsyia

Say silently as many times as you desire - 10 times or more will bring optimal results as it is encoded with a direct connection to the Creator Source.

Infinite Creator, All That You Are: For me, all my family members and all our relationships, our ancestors and all their relationships throughout all relevant time, space and dimension; past, present and future.

For all hurts and wrongs: Physical, mental, emotional, spiritual, sexual and financial through thought, word or deed: Please help us all forgive each other, forgive ourselves, forgive all people and all people forgive us, completely and totally, now and forever. Please and thank you.

For all suicide, incest, murder, rape, abortion and infidelity through thought, word or deed: Please help us all forgive each other, forgive ourselves, forgive all people and all people forgive us, completely and totally, now and forever. Please and thank you.

For all times we abandoned or were abandoned; withheld love or had love withheld; weren't nurtured, loved, supported, or cherished and times we didn't nurture, love, support, or cherish others: Infinite Creator, please help us all forgive, be forgiven and all forgive ourselves, completely and totally. Please and thank you.

Infinite Creator, for the highest good: Lift out all weight, pain, burden, sin, death, debt, hexes, curses, black magic, white magic, parasitic programming, negativity and limitation of all kinds; transform it into your love, and let your love flow back into us, filling us and giving us complete peace, now and forever. Please and thank you. Please and thank you. Please and thank you.

Please help us love and bless each other; love and bless ourselves. Be at peace with each other and be at peace with ourselves, now and forever. Please and thank you. Please and thank you. Please and thank you.

Breaking Spiritual Contracts

Offered by Alsya

Infinite Creator: Divine Mother and Divine Father, all that you are, and all that you will be. I come humbly in your divine presence with my petition.

As I enter into this ritual, I (insert name) call upon the Angelic Beings of the four elements water, earth, air, and fire to put a protective seal around us in the east, west, north, and south.

I (insert name) call upon Ascended Masters, Archangels and Angels, Saints, Benevolent beings of Love and Light, my spirit guides, and my guardian angels, to come into this space, bear witness, hear me, and help me in this ritual. I give full permission

I call upon my highest vibrating ancestors known and unknown who love me, those I have in my blood, my spirit, and my soul, to come forth to enter in these works.

We ask the Lords of the Akashic Records to open our Records and grant us the ability to amend, bind and dissolve promises, contracts, vows, oaths, spells, pacts, bindings, or agreements.

Visualize a door opening that leads to your Akashic Records. Imagine a record keeper present to amend your records. Thank them for their help.

We thank all the Benevolent Masters of Love and Light who have come to assist us in our healing; the Records are now open, the Records are now open, the Records are now open. And so it is.

I (insert name) hereby break and dissolve any and all promises, contracts, vows, oaths, spells, pacts, bindings, or agreements that I have entered into known or unknown that conflict with my highest good.

Please assist me in disavowing these vows and agreements so they are no longer a restricting device on me. I ask that all restrictions be lifted and eliminated so that I can expand and align with my higher path and purpose.

Sever and make null and void at the root cause any promises, contracts, vows, oaths, spells, pacts, bindings, or agreements between me and all entities causing interference. These include all that may be secret, hidden, invisible, covert, unseen, unheard, unknown, unacknowledged, and undisclosed. Remove all operating systems and instructions, including backup systems and copies across all relevant time, space and dimensions: past, present and future. Retain all learning experiences free of trauma. Conduct a full binding on all negative entities.

Sever all vows and contracts that I have made, knowingly or unknowingly, that have interfered with Universal love, light, and truth for any planetary system. Include contracts that are perceived to be irrevocable. Release me from all judgments, pain, and guilt associated with creating or participating in these agreements, bind up all discord and negative energy, and transmute it into love across all plains of my existence and across all lifetimes now and forever

I (insert name) break all vows, contracts, agreements, curses, hexes, blockages and spells made in my name, with my energy, image, thoughts, writing, belongings, or anything else carrying my energy or essence now and forever, across all plains of my existence, across all universes and across all lifetime. Please and thank you, Please and thank you, Please and thank you

Forgiveness prayer:

I forgive myself consciously and unconsciously for hurting others in these contracts that I have made; knowingly or unknowingly in all timelines, dimensions, and realities. past, present and future

Close your eyes and feel this in your heart space. Visualize these people that you have hurt. Release and breathe.

I forgive others consciously and unconsciously for hurting me in these contracts, vows, and agreements that I had made in all timelines,

dimensions, and realities.

Close your eyes and feel this in your heart space. Visualize these people who had hurt you. Release and breathe.

I ask Archangel Raphael and the green-ray to come and heal our body, mind, heart, spirit, and soul in all cellular levels of memories and consciousness.

Closing prayer:

We thank our Ascended Masters, Archangels and angels, Saints, Benevolent beings of Love and Light, our Higher Selves, spiritual teams and guides, and loved ones from other dimensions.

We thank the Lords of the Akashic Records for allowing us access to our Records and for this healing, blessings, gifts of wisdom, information, messages, and clearing of our contracts, vows, and agreements. We ask this healing to be sealed with the sacred geometrical form of Merkabah to flow with ease, love, and grace. We Thank you,

How To Do a Spiritual Bath

Offered by Alsya

To do a spiritual bath, you will need a few items.

They are

- Sage/Lemongrass/Rosemary to burn for purification of the space you are using.
- New bath pan or bucket with New Rag/wash cloth
- Florida Water
- White Candle with a match to light.
- Spiritual Bath Wash Herbs
- Sea Salt/Epsom Salt
- 3 Key Limes/Lemon
- Consecrated Olive Oil
- Psalms 91, 37 and Prayer
- Rum/Beer (optional)
- Clear Quartz Crystal (optional) for amplification
- A set of Loose-fitting clothes preferably white.

Step 1: Prepare the space in which you will be doing the cleansing. Be sure to organize and clean any space you will be working in. Cleanliness is

We thank you, and We thank you.

I (insert name) now decree and declare any and all promises, contracts, vows, oaths, spells, pacts, bindings, or agreements broken and dissolved across all plains of my existence and across all lives and all universes, now and forever.

The Records are now closed, the Records are now closed and the Records are now closed. As it is above so it is below and so shall it be,
It is done. It is done. It is done.

I suggest you pair this ritual with a white candle. Do not extinguish it after you are done, allow it to burn to completion.

You might want to do a spiritual bath wash to reinforce the etheric commands done. See the following instructions on how to do one.

Godliness. Feel free to play some frequency music to raise the vibration.

Step 2: Gather all your items. Cleanse your bath pan/bucket and rag of negative energies it may pick up during handling and transportation. You cleanse by using Florida Water to rinse the bath and rag or Smudge using a Sage Stick.

Step 3: Set water to boil for your herbs and leaves. Allow the herbs to boil for 3 minutes then leave to steep for another 15 minutes; pour into bath pan/bucket (remove the herbs).

Step 4: Add Sea Salt/Epsom Salt to the bathwater in three handfuls.

Step 5: Cut the Lime/Lemon in halves. Squeeze the juice of all 6 pieces in the bathwater. Drop 3 pieces in and discard the other 3 pieces.

Step 6: Add Florida Water in 3 throws. (add rum/beer is desired. Let your spirit guide you)

Step 7: Take your Olive Oil in the left hand (or non-dominant/receiving hand). Relax. Take a few breaths. read Psalms 91 then 35. Visualize powerful universal God energy and light infusing into the Olive Oil.

Step 8: Add 3 drops of your consecrated olive oil to your bathwater. Rest your dominant hand in the bathwater to charge it with your energy. Repeat your prayer

Step 9: Leave to rest for 15 minutes at least. Go ahead and take a shower in the meantime. You are to wash yourself clean from head to toe to include your hair.

Step 10: Give thanks of gratitude to Source, spirit guides, guardian angels, and the ancestors to assist you in your works (I give thanks for all that you have done and all that you will do). Pour the bath over your head 3 times; gauge enough for you to repeat it in the recommended time. Visualize all negativity being washed away from

the body and leaving you renewed, pure and electrified.

Dress in your fresh clothes. Do not dry off. Do not take a shower until the 3rd day. Repeat 2 more times.

If you are unable to gather all the ingredients, use sea salt and water only. Here are a few other options:

- *Garlic + Seasalt*
- *Baking Soda*

Take this warm bath for 9 straight days- go for victory. After you have completed the 9 days break for 3 days then replace what you remove with the following bath:

- *Nutmeg, Cinnamon, Pimento*
- *Lavender, Bay leaf, Pimento*
- *Calendula, Rosemary, Rose*
- *Patchouli, Ginger, Cinnamon*

Suggested Prayer To Bath

Offered by Alsya

I (insert name) call upon source, the Mother God and Father God humbled in your divine presence to ask for forgiveness of all my transgressions known and unknown. I come to you with a focused heart, mind, body and spirit humbly seeking your help to renew myself in your mighty divine righteousness.

----- Pause -----

I (insert name) call upon my spirit guides and my guardian angels, angels of light to come into this space, bear witness, hear me, and help me in this cleansing ritual as I release the past and create a new.

I call upon my highest vibrating ancestors known and unknown who love me, which I have in my blood, my spirit and my soul, to bring your wisdom, protection, and power through my voice as I speak into these waters.

I call upon the angelic realm of light to send your angels seen fit to charge this bath water with the energy and power to cut, clear, and remove all curses, hex, obstruction, blockages, negativity, and entities of darkness from my body; known and unknown, those I brought upon myself or those brought upon me by others be it man or woman, adult or child, animal or non-human across all the planes of my existence and across all lifetimes.

Empower and charge these waters with the highest potent divine energy of God to bring unto me clarity, inner peace, infinite abundance of love, understanding, courage and self-acceptance. Surround and fill me with divine white light to cleanse and purify my energy in every crevice and corner of my vessel; uplift my vibration and support me in embodying my highest divine truth and potential. Ashe.

I thank all these elements I have placed in this bath to help me. Thank you for your sacrifice.

Thank you for your power. Thank you for offering up your healing energy for my salvation.

I thank you, my ancestors, known and unknown, in advance for all that you are about to do for me. I am truly grateful.

I command all energies that is less than love to go to the place in the universe where it may be transmuted to the highest good across all plains of my existence, across all the universes, and across all lifetimes.

As it is above, So it is below. So it is and so moth it be. It is done. It is done, It is done. Ashe

Remember to use Psalms 91, and 37 to power up your bath water after you have done your confessional. Be authentic and stay in integrity; you cannot trick or con the Creator.

Ancestors Prayer for Courage.

Offered by Alsya

I ask my strong and powerful ancestor of the highest truth, frequency, and vibration, who love me. Those I have in my blood, my spirit, and my soul to come forward and protect me against my foes as well as those who wish to do me harm.

I petition you to clear my mind from all unwanted thoughts as well as my inner voice of doubt. Please give me the strength to silence my inner fear so that my true character can shine. Search and destroy all parasite programming embedded in my vessel.

We are the wind that can create good, and we are also like the storms that can destroy. We are all together, we are family, and we fear nothing. We are One, We are Many, We are Strong

I thank you in advance for all that you have done and all that you are about to do for me.

I Thank you, I Thank You , I Thank You

The body, soul, and mind come together to form a network of cosmic interconnection with Earth and the infinite universe. This interconnectedness allows us to process data/information uploaded /downloaded within the organic matrix through awareness/observation. This flow keeps us rhythmically synchronised in the cosmic dance and judgment creates a disconnection as it weighs us down- burden.

As you move through your purpose: shadow work, stay with sensation while you connect with Source through the breath and remain present. Remember, your voice is your weapon of creation or destruction, use it wisely and don't be afraid to ask for help. Your guides will not move against your free will; you must ask for help before they intervene.

Now that we have completed the spiritual detoxification process, let's do the physical; this lays the foundation for your potential to hold space and access full functionality of your vessel.

Calling Back Your Power

Offered by Poojah

Energy exchange is the process of cutting etheric connections with other beings. This will help you maintain the integrity of your authentic energetic signature.

Put your right hand on your heart chakra and your Left hand on your solar plexus/belly.

Affirm loudly-

I command my core sovereign self to refund back all energies back to(whomsoever/ source/ event) that doesn't belong to me across all lifetimes

After that Affirm -

I command my core sovereign self to bring back all my beautiful energies from (whomsoever/ source/ event) that belongs to me from all sources across all lifetimes

Repeat the mantra 3 times



DETOX THE AVATAR

**“Proper Nutrition Is The Foundation
To Spirituality”**

The most important aspect of spiritual development involves the proper detoxification of the physical body/vessel.

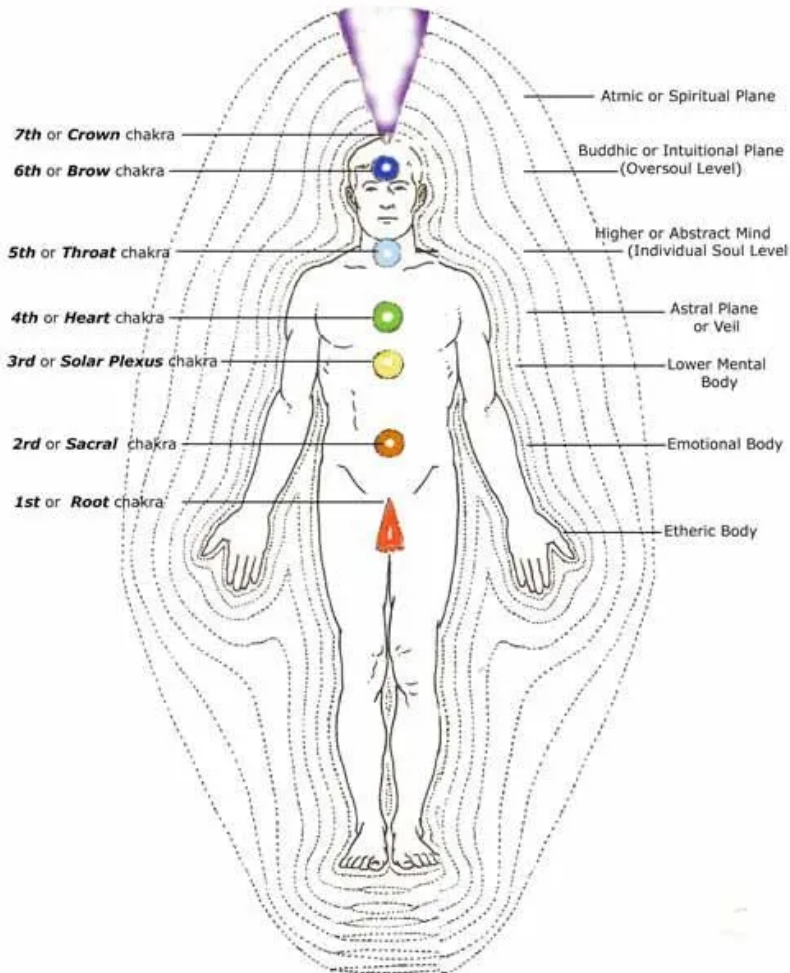
The body/vessel has its own Material Intelligence, what I would refer to as the Ego; animalistic instinct. The body/vessel thinks for itself; processes information by way of feelings/emotions and reports sensations via the nervous system from its central point- the Enteric (Gut) Brain to the Head Brain and also the Heart Brain. The Body is SUPER INTELLIGENT, it is the navigation vehicle in the physical realm and has all the encoded DNA/DEA crystals to download programs to operate, maintain and repair itself.

It is our best friend; our dog. Once we train it right, it will serve us in alignment with our highest potential. You/Individual Consciousness is not your body, You/Individual Consciousness is IN the body and as such You/Individual Consciousness must take control of it, turn it into your ally and the benefit becomes unlimited.

Because we have been trapped in the lower level of consciousness (lower 3 chakras) deep under hypnotic programming, we forgot the step we were to take before we started to fly/navigate our environment. We have been riding with the enemy (parasites/monitoring spirits) all along. All these parasites report back to the archons, agents of the fallen ones, all the information they gather on us. The first thing we MUST do is search, kill and destroy all parasites and parasitic programming from our body, mind and spirit.

In this section, we will focus on how to maintain homeostasis of the physical body; the vessel/the avatar and keep at bay any future parasitic infestation. You should be aware by now, that sickness and dis-ease are unnatural to the body and only manifest when we exceed the threshold of toxic e-motional build-up/stagnation from parasitic waste overload. ALL dis-ease has a spiritual component and first happens in the spiritual/etheric realm before it manifests into the physical.

Image showing the 7 layers of the body.



We have seven (7) layers of body, not just the matter/flesh and whatever we put into the physical vessel affects the condition of the other bodies as well. The lower layers of body are prone to parasitic infestation and these parasite has one job only; to keep you trapped in the lower state of

consciousness. Most of humanity operates in a fallen state; trapped in the lower 3 chakras: Root, Sacral and Solar Plexus; etheric, emotional and mental body.

Let's briefly explain the 7 layers of vessel/avatar:
The physical body is matter and comprises of atoms that make up cells that make up organs that make up all anatomical parts. **The etheric body** is the energetic mould of the physical body as it includes all the anatomical parts and organs just the same. This body correlates to the root chakra with visible light of a bluish-grey in colour. The main function of this body is to absorb light and heat from the Sun and to transmit them to all parts of the physical body.

The emotional body represents our feelings and relationship to all things. It includes the nervous system, hormones, touch, water release, and water absorption. The emotional body is the bridge between the physical and the mental body and carries all seven (7) colours of the rainbow

correlating to the 7 chakras of the body. This body corresponds to the Solar Plexus.

The Mental Body represents all things intellectual, including analytical thoughts and cognitive processes: how we process information, how we learn, and how we use our words. It encompasses several aspects, including discernment, will, analysis, ego (I-consciousness), and intuition. Bright yellow in colour and connected to the Sacral Chakra.

The Astral Body represents the doorway between the physical realm and all other states of reality. It correlates to the heart chakra and has the same rainbow colour scheme as the emotional body except each light is infused with the rose light of love. This is the Aether/Akasha.

The Etheric Template Body represents the entire blueprint of the body that exists on the physical plane. It includes everything you create on the physical level, including your identity, personality

and overall energetic signature. It resembles the negative of a photograph. This body correlates to the throat chakra and varies in colour.

Celestial Body (the emotional body template) represents the Individual Soul, in its pure emotional state, the higher self, on the spiritual plane and is connected to the third eye chakra. This body carries a pearly white colour; pure shimmering white light. From here, we express feelings of oneness and unconditional love with the divine and all things.

Ketheric Temple (the mental body template) represents the mental body on the spiritual plane. This body encompasses the feeling of being one with the Universe and holds all the information about your soul and previous lifetimes. It vibrates at the highest frequency and is connected to the crown chakra. It is gold in colour and rapidly pulsates.

Avatar? Do you see the four (4) elements that make you up? Do you see how the “as above so

below” correlations to all things.

As you can imagine, the stomach/the solar plexus is the “kitchen” of the body; the manufacturing and processing plant for food/light codes/energy both on a physical and spiritual level. Remember we talk about the etheric brain? This is where it resides. Do you remember we identified the entire GI tract as home to billions of bacteria that influence the production of hundreds of neurochemicals the head brain uses to regulate physiological and spiritual/etheric functions? What you put into your body is very important as it impacts greatly on the state of your e-motions which in turn influences the state of your overall health and well-being.

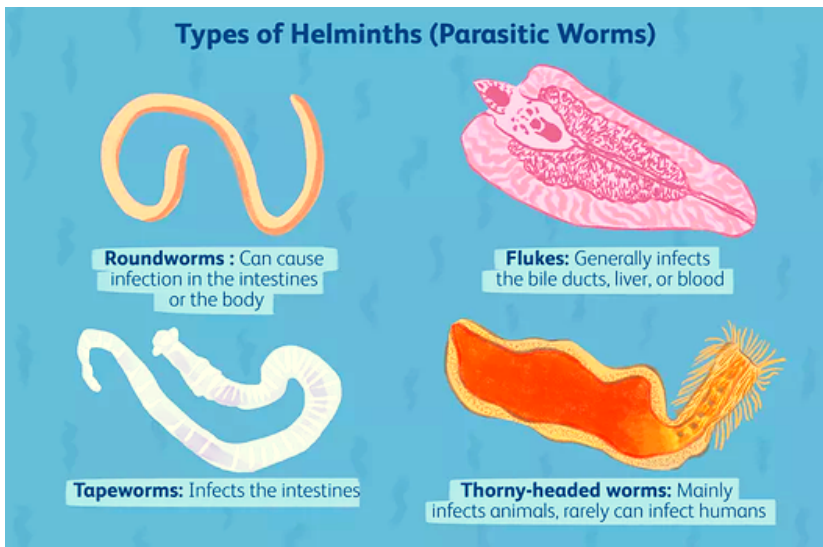
We have much to protect; more than we imagine. The war is being fought on multiple layers. In the physical realm, the physical equivalent of the archons is parasitic worms. The parasites are agents of demons/archons that hijack the host: animal or human, and curate the physical environment with chemicals for mind control.

Just as the mind is prone to artificial parasitic programming, the body is also prone to both organic and artificial parasites: nana particles/bots, gene-altering chemicals, parasitic worms, viruses and fungi. Parasites nest in the body, mostly in the stomach and later spread to other organs, hijacking the etheric brain or nervous system through chemical manipulation. They use cloak technology and piggyback on the white blood cells, that would normally destroy them, to transport them around the body.

Every single dis-ease you can think of that afflicts the hueman body is caused by a parasite. As the parasite eats, excretes and reproduces/farms in your body it creates an infection referred to as inflammation. Inflammation is classified as an ITIS according to the location where the parasites nest, for example, pancreatitis - inflammation of the pancreas. The etymology meaning of itis is connected with or belonging to" and inflammation means "catch fire; set on fire". Inflammation is the result of a location catching

fire due to parasitic infestation. How else can an organ be infected if not by an outside entity? There are three main classes of parasites that cause disease in the human body: protozoa, helminths, and ectoparasites.

But aren't parasites supposed to only be in the Gut? Well, they start in the intestine then later burrow through the intestinal wall and invade other organs via the bloodstream. The most likely one to do this is the Helminth Worm.



There are three types of helminths: flukes (trematodes), tapeworms (cestodes), and roundworms (nematodes). The fourth type rarely

affects humans, mostly animals. The protozoa are equally dangerous just more subtle in their operation because they like to preserve their host.

The helminth worms manifest dis-ease such as herpes, HIV, cancer, tumours, viral infection etc.

Roundworms otherwise called nematodes, have a cylindrical body similar to earthworms. They usually infect the intestines and then travel elsewhere in the body. **Flukes** otherwise called trematodes have a flat body and leaf-shaped head with a sucker that helps them attach. They generally infect the blood or the liver-bile ducts and thin the tubes from the liver to the small intestine. **Tapeworms** otherwise called cestodes, are long, segmented flatworms found in or around the intestines. **Thorny-headed** worms, which mainly infect animals, and rarely humans, have a round body and barbs around their heads.

Again, **Every ailment in the body is caused by a parasite; every---single---one---of---them.** Let's take a look at them!

Protozoa

a. Flagellates
(*Giardia intestinalis*)



c. Sporozoa
(*Plasmodium*)



b. Amebae
(*Entamoeba*)



d. Ciliates
(*Balantidium coli*)



Protozoa are microscopic, single-celled organisms that are mostly transmitted via mosquito bites or from one person to another. They cause diseases like malaria, giardia, and toxoplasmosis. Malaria infections start in the blood, giardia begins in the gut, and toxoplasmosis infects the lymph nodes, the eye, and the brain. These parasites are also transferred sexually.

There are four types or classes of protozoa. These are:

- Sporozoa -intracellular parasites.
- Flagellates -which use a tail-like structure to move.
- Amoebas -which move using pseudopods or a temporary cell body projection.
- Ciliates- which move using hair-like structures called cilia.

So now that you know parasites are the culprit you've been searching for all along, you won't be tricked into treating symptoms anymore; search, kill and destroy!

We also know that parasites travel outside of the stomach all over the body, which is an invasion, and based on where they lodge into the body, create an infection and determine what the disease is named. Some commonly used medical suffixes are:

- itis means inflammation or infection (conjunctivitis)
- osis means pathological condition or process (neurosis)
- osis means pathological condition or process (neurosis)
- pathy means suffering from a disease (cardiomyopathy)
- phobia means fear of (arachnophobia)
- sclerosis means the hardening of tissue (atherosclerosis)
- emia means in the blood (septicemia)

- *lepsy* means seizure (epilepsy)
- *oma* means growth (hemangioma)
- *cardia* means of the heart (tachycardia)
- *cyte* means cellular (lymphocyte)
- *ectomy* means surgical removal of (appendectomy)
- *rrhea* means discharge (amenorrhea)
- *phagia* means to swallow (hyperphagia)
- *oxia* means oxygen levels (hypoxia)

All these labels are just fancy names identifying the location and type of parasite causing the infection. Despite the deception, we will use these descriptions to determine the right herbs to use to remove them. Every herb you encounter, carries a unique energetic signature, just like you, and as such, carries a specific purpose.

Do you see the importance of doing routine parasitic detoxification? Parasites are NOT your friend, they have no benefit to the body! They are all related to the etheric parasitic beings that use them to invade and take over your body/vessel.

How to Detox Parasites

To reclaim sovereignty over the land, the body, we must perform a deep cellular parasitic detoxification of the entire system starting with the digestive system. Once we flush out the digestive system removing excess debris, mucus, fecal matter and eradicating parasitic colonies, we make the first step to taking back control of our vessel/body.

The Gut Brain will begin to speak in truth and integrity once more, giving you a clearer lens to see through. A comprehensive cleanse will include Bitters, Anti-Parastic Herbs, Laxatives and Enema. Enemas have been used for decades to clean the colon of intestinal mucosa, fight infections, remove parasites, and faecal matter. Some commonly used enema solutions include:

- **Normal saline solution.** It is a combination of salt and water.
- **Coffee.** It is a mixture of brewed coffee and water, used to remove bile from the colon.
- **Baking Soda.** 1 tbsp Baking Soda to qt water.

- **Anti-Parasitic Blend.** Water, Bitterwood, Black Walnut and Wormwood to brew tea.
- **Oil:** Olive/Coconut lubricates and softens fecal impaction and helps to break up the hardened mass and ease its passage.

How To Self-Administers An Enema.

You need an enema kit, warm enema liquid, coconut oil, a towel and time. Every kit is different but general guidelines suggest:

Step 1: Fill the enema bag with the solution you choose to use or the mix provided in the kit. Hang it on a towel rack, shelf, or cabinet above you.

Step 2: Heavily lubricate the enema tube with coconut oil. Larger amounts of lubricant will make inserting the tube into your rectum more comfortable and easier.

Step 3: Place a towel on your bathroom floor. Lie on your side on the towel, and pull your knees under your abdomen and chest.

Step 4: Gently insert the lubricated tube up to 4 inches into your rectum.

Step 5: Once the tube is secure, gently squeeze the contents of the enema bag or allow it to flow into your body with gravity's help.

Step 6: When the bag is empty, slowly remove the tube. Sit on the toilet and allow the solution to descend.

Wash and sanitize the enema bag before storage.

All dis-ease start in the colon. Doing an enema at least once a month is good for keeping the lower digestive tract clean and parasite-free. Best done on the week of the full moon.

Around the same time of the full moon, you may want to perform a parasite cleanse. This clean should last for 7 days beginning 3 days before the full moon. Parasites a very smart, do not underestimate them or assume that you can get rid of them in just one cleanse. Personally, I'd recommend you launch an all-out attack over 90 days ramping up your artillery on and around the full moon. The Full Moon activates parasites within your body, which makes them exposed.

The following is an antiparasitic protocol that you can use. One night 3 of the cleanse, you will start stomach flushing.

6:00am	Meditate: Forgiveness and Letting go
6:30am	Rise... Tongue Scrapping, Brush Teeth
6:45 am	3oz Bitters 20 mins after: 1 Lime in 8oz Warm Water
7:30am	Breakfast: 1 Medium Papaya with 2Tbsp of the Seeds
8:00am	12 oz Heavy Metal Detox or Green Juice
10:30am	1 Tbsp Anti-Parasitic Tincture in 8oz Coconut Water.
1pm	Lunch: Broth / Vegetable Soup with lots of onion, thyme, a 3 bird peppers.
2:30 pm	1 Tbsp Anti-Parasitic Tincture in 8oz Coconut Water.
3:00pm	Dinner: Medium Cucumber Salad seasoned with Turmeric
5:00pm	12oz freshly made Fruit Juice of your choice
6:00pm	Night 3: Add Detox Tea here- 8oz
7:30pm	Apply Anti-Parasitic Oil Blend to Spine Column, Temple, Third Eye, Dimples at back of the head.

Bitters to dry up dampness and stimulate the gallbladder/liver.

Herbs	Roots	Fruits
Bitterwood	Turmeric	Tamarind
Wormwood	Ginger	Bird Pepper
Neem	Goldenseal	Citrus Peel

Bitters stimulate the movement of bile into the digestive system and help turn on the digestive system's juices as well as peristalsis—the wave-like muscular motion that moves food through the digestive tract. Indirectly, bitters act as mild laxatives because of stimulation of the liver.

Anti-Parasitic Blend, removes the biofilm and paralyze the parasites making it easier to kill.

Anti-Parasitic Herbal Blend	
Noni Leaves	Oregano
Hyssop	Semi Cantra
Love Bush	Papaya Seed (alone)

Parasites love an environment with heavy metals as they hide behind them. You may use 1 tbsp Charcoal to 4oz water and drink for 9 days. Make a Heavy metal Detox Juice with a handful of Cilantro, 2 handfuls Parsley, and Moringa leaves; feel free to add pineapple to sweeten.

Laxative to flush the stomach removing mucus, excess fecal matter, debris and parasites.

Herbs to flush the stomach.	
Senna - Use as base and +	King of the Forrest
Cascara	Indian Goosegrass
Aloe (Use alone)	Hibiscus Leave

On the 3rd night, you introduce the laxative to flush the parasite out of the system. If the parasites are not moved out after they die, a great percentage of waste will reabsorb into your body system and make you sick. You also risk respawning from the eggs; flushing is key. You should be having 1-3 bowel movements daily to remove most of the waste from the body.

Replenisher to rekindle the digestive fire and replenish the microbiome/your forest.

Digestive Tea Blend	
Turmeric + Ginger + 1 tsp Bird Pepper	Slippery Elm + Bay Leaf + Cinnamon
Chamomile + Ginger + Soursop Leaves	Peppermint + Rosemary + Fennel

You may incorporate probiotics into your diet such Sauerkraut, Kimchi or Fermented juices.

All the herbs listed above will kill all parasites from the stomach and also sweep them from organs they may infest. When making your Antiparasitic tea blend, sweeten it with brown sugar to attract them to feast on the medicine.

You can always order your detox package from **Heal-Thyself-Today.Org** or For a deeper breakdown of the detoxification of the body, get our e-book: *Reversing Disease; A Guide Demonstrating How to Eat Your Way Back to Homeostasis.*

The detox process usually takes 7 days but you may extend it to 3 weeks if you're detoxing for the first time in many years. I recommend a 90-day stint once a year - consuming no meat or manufactured foods in the process.

Once you have completed the detox process, adopt a new nutrition/diet plan to replace your old eating habits. Cultivate a new relationship with food; consume only nutritionally dense food that promotes the growth of "good" bacteria; plant base. A healthy microbiota will positively affect the production of chemicals that keep the body's ecosystem in balance. **The body affects the mind and the mind affects the body and together they both affect the soul.**

Proper nutrition is the foundation of spirituality. It paves the way for Shadow Work by maintaining clarity and inner peace. Your newly cleansed Small Intestine will provide you with the gift of discernment, good judgment, and mental clarity.



Conclusion

*You Are More Powerful Than
You Think You Are.*

Life begins at 40! The number 40 symbolizes a period of preparation for something new and transformational.

In the Bible, the number “40” signifies new life, new growth, transformation, and a change from one great task to another. Some examples are:

- The rain of the Great Flood lasted 40 days and nights.*
- Moses went up the mountain for 40 days and 40 nights to receive the laws.*
- Christ fasted for 40 days and 40 nights in preparation for his ministry.*
- The Israelites wandered in the desert for 40 years after fleeing the Egyptians.*
- Christ Ascended into Heaven 40 days after His glorious Resurrection from the dead.*
- The period of Lent lasts for 40 days.*

It took 40 weeks for your body to be prepared and 40 years for you to be physically, spiritually and mentally integrated- prepared for your soul purpose. “Life really does begin at forty. Up until then, you are just doing research.” - Carl Jung

Ever heard about a midlife crisis? A midlife crisis is defined as a period of emotional turmoil in middle age: 40-60 years old, characterized by a strong desire for change. A midlife crisis can be triggered by any number of major life events, including divorce, the death of a loved one, the realization of inevitable death, lack of accomplishments in life, boredom or any significant tower moment.

The experience of a midlife crisis differs from person to person. Still, they're often marked by strong feelings of anger, boredom, emptiness, irritability, loss of purpose, nostalgia, resentment, sadness or being unfulfilled coupled with unhealthy coping skills and behaviour changes.

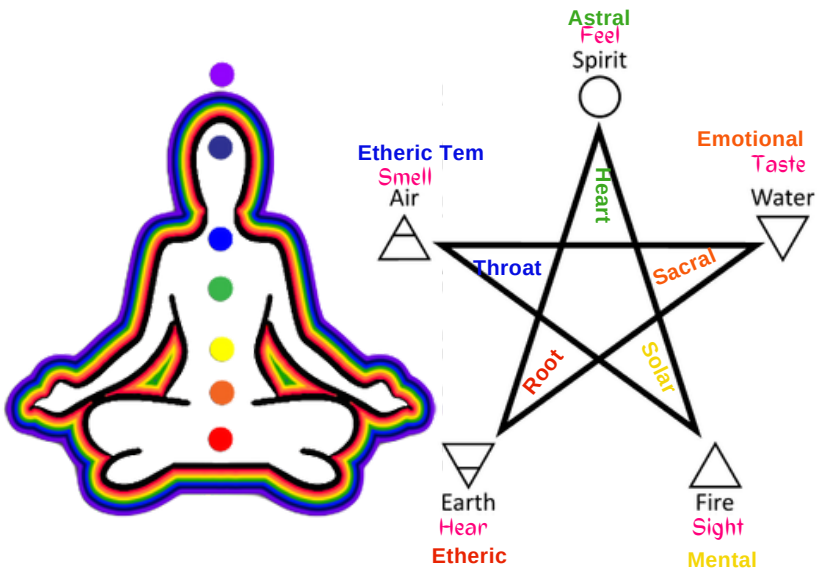
Here we go with the feelings again: we are here to feeeeeeeel; e-motion is our greatest gift and deadliest curse as it is our feelings that guide our actions. Much of what we do is motivated by a desire to change or maintain a feeling state; to hold on to good feelings or to avoid bad feelings.

We need emotions to direct our logic and reason to save us from error. It is not to be used to cast judgments. Feelings/emotions/sensations are magnetic and they pull towards us matching people and experiences. As the saying goes, birds of a feather flock together. See the connectedness? We are all one. Separation is an illusion, there is no time, no place, just the here and now- the present.

As far as e-motions themselves, they are complex electrochemical reactions. E-motions react to our intellectual opinions and thoughts. First, we observe through one of our five known senses, all of which are electromagnetic, and then we process the incoming signal; the signal is filtered through what we think/perceive of it, and then our emotions react to the thought/perception of the observation. Your emotions then react to your observations regardless of whether it's inside your mind or in the real world; the mind cannot differentiate between what is real and what is fiction. What we feed our senses either eats us up

or fills us up; it determines our energetic state. Remember, what we consume impacts our mood and mental well-being; whether it is food or information and both of these are processed by the digestive system/the gut-brain which drives our e-motions/sensations/feelings.

You have five (7) layers of body but in the demonstration, I will focus on the first five (5).



Avatars? Are you seeing what I am showing you? Your ability to feel is very spiritual. Do you see now why “what you feel is what you attract”? Your feelings are directly connected to the Astral

Plane and the Astral Body. You access this body through the Heart Chakra and stimulate this layer through acts of unconditional love, meditation, lucid dreaming, or other spiritual practices.

Feelings/Sensation is your primary sense; all other four (4) senses representing the four (4) elements came from this one, the Aether. So when you master your e-motions, you master all four (4) elements; sensations from sights, sound, smell and taste and all the correlating energetic signatures.

As we each ascend into a higher level of consciousness, we realize that much of what causes anxiety, pain and suffering is all an illusion. All suffering we experience is based on either validation or materialism. They may seem different but they are the same; same pole different spectrum seeking the same thing-acceptance. The funny thing is, you must first accept yourself before others. You set the law.

Within the natural construct; the Organic Matrix, there is no need for competition, disguised as validation or materialism in the arena of civilization. We naturally complement each other through our individual expression of truth. All we need to do is BE our authentic selves with the integrity of who we are at the core. The aim is to maintain a state of contentment: Contentment is the ultimate state of bliss/balance.

We covered a whole lot; I trust you were able to follow and innerstand all that was shared. I know it is a lot to take in and it may feel intense but take it one step at a time. Do not try to hurry yourself or your process because the journey of Shadow Work is infinite.

The rabbit hole goes deep but pay attention to the pattern; a one style dem have! One master plan; capture the mind of the Higher Self, individual and collective so they can enslave your soul in this physical realm. You knew something was off.

At some point in this “civilized” world, the artificial matrix, you started to question your own existence in this physical reality and the purpose of life itself. From the very first time you can recall asking yourself the question, it never ceased. The burning question may have lost its priority from time to time but it never went away. You may have gotten trapped in a fight or flight cycle but as soon as the tides fall and you get back to the state of stillness/contentment, the burning question re-ignites: who am I? and why am I here? These questions will continue to ring your consciousness until you answer the call. The moment you do, your encoded DNA/DEA trigger the process of SHADOW WORK.

Although, most of hue-manity search far and wide, high and low to externally answer these questions and this is how they were programmed when all along, the answers they sought reside within. No one can tell you about who or what you are. No one can tell you who God is because YOU are God and God is YOU; It's that personal.

The YOU expressed as an Individual Consciousness, splintered off from Source Consciousness as a unique angel/angle of light. Yes, YOU are a light/star that embodies the same energy as Source; YOU are God and God is YOU, however, you/Individual Consciousness is the only such expression of Source and none will be like you. For example, the spectrum of light 1.2 is not the same as 1.21, 1.22 or 1.3; similar but not the same and in its integrity is truth; unconditional love. So imagine this, I am me and you are you, there is no other like you or I. My expression/filter determines how I see the world around me. My frame/mirror reflects uniquely and as such, to reflect the integrity of that which I experience, I must be in a state of clarity; pure/non-judgemental.

When you judge, you take on the perspective or desire of another being and this is how clones are created. Clones are not what they program you to be-lie-ve, clones are created when people are programmed to keep other people's beliefs instead

of being the truth of who they are. They become an extension of a particular Archetype. This is the illusion!! You train to become something or someone in the artificial matrix: doctor, lawyer, police, Indian or chief when you already came here as YOU. Are we here to be ourselves? or to be like someone else? The caveat is, can we be anybody else? Isn't everyone else taken? If everyone else is taken do you have any other choice but to BE yourself?

Let me tell you a story.

In the land of Xaymaca, A baby girl was born on March 22, 1983, at around 4:30 pm. Almost instantly after the vessel/avatar landed in the cool hills of Noland coordinates 18° 9' 0" North, 76° 49' 0" West, the Spirit of Great Ram completed its physical manifestation.

The Soul/Individual Consciousness on its way down passed through the veil of amnesia before it entered into the body that was prepared for it. At the moment the Soul/Individual Consciousness

entered the body, an astrological snapshot was taken.

Now a lot of things are triggered here. For one, the baby girl is now imprinted with her own unique energetic signature (angle of light). No one else, better yet, no other thing on the planet is like her. Fresh out of no-thingness, the matrix world tries to make sense of/decode this new light spectrum. From the clasp of his hands, her earthly father looked at her and called her Alcya - the seer.

The first task is to integrate with the vessel she/it entered. It will take a few years to get a good hang of it, 7 to be exact, navigating through the 7 main chakras/energy centres of the body to lay the foundation for physical, mental and spiritual development. Alcya started to walk around 1 yr old forming a bond with the earth/Mother Gaia as the soul of her Feet pitter-patter up and about joyfully experiencing life for the most. Divine Mother watches her as she blossoms and blooms.

Years	Chakra Development	Blocked By
0-1	Root- Security/Survival	Fear
1-2	Sacral - Pleasure/Sexuality	Guilt
2-3	Solar- Willpower	Shame
3-4	Heart- Unconditional Love	Grief
4-5	Throat- Truth/Speech	Lies
5-6	Third Eye- Insight	Illusion
6-7	Crown- Cosmic Flow	Earthly Attachment

Table Showing: The 7 main energy centres and the e-motions that blocks them

The table above shows the stage of development from ages 1-7. This is a critical stage because these are classified as the hypnotic years. Children soak up twice as many suggestions as they do any other time in their lives. If for whatever reason the child was not provided for or shown love, they develop fear and distrust which disconnects them from the earth and the collective. Symptoms of an imbalance root chakra are depression, anxiety, panic attacks, worry,

overthinking, anger, nightmares, emotional disconnection, disassociation disorder, or even constipation.

At every level of consciousness, the Fallen Ones through their programming, fragment the personality and emotions of the victim primarily with fear, shame and guilt; trapping them in the lower 3 chakras of consciousness. When the body is overwhelmed with negative e-motions, it splinters off the character/personality with associated feelings and partially detaches it from the core; which becomes suppressed and buried until a safe space for expression is provided. Your inner child is waiting to be healed.

Triggers will bring fragments to the forefront, causing incomprehensive emotional reactions. People with disintegrated fragments of self are not in control of their actions; their trauma-affected self, usually their inner child, is and this is the shadow that must be resolved. We all came here with a Shadow; the bully or prey we must

confront/rehabilitate to transmute. Whether you are the prey or the bully, both of you are victims. These archons were simply playing the divide and conquer tactic from a macro to a micro level. You were here thinking the war/fight was with your friends and loved ones when all along your enemy was unseen.



At some point in our life journey we all ask these questions; who am I? Why am I here? Should you answer the call to investigate these questions it will lead you to the core of who you are eventually. You are your own private investigator, you are intelligently designed to embody your highest potential; pure light of GOD.

Let's continue the story, before coming into the physical realm, Alcya selected a storyline that would best provide the highest potential outcome for the particular mission she is to undertake in this incarnation. The storyline has its blueprint aka script, much like the script of a movie. This script is written with some key elements in mind. They are:

- *Overarching contract with Source God. This stipulates the role that you will play in the Mission and the parameters at which you will execute it. This contract supersedes all other contracts; call this the Master Agreement binding Creator Source and Individual Soul.*
- *Individual Soul's Karmic: personal and/or ancestral. Some events/experiences are destined to happen and these events give up the opportunity to balance negative karma amassed in our ancestral lineage.*
- *Lesson Plans: things we need to learn in this incarnation so we can embody the right frequency required to carry out our Soul's purpose.*

- *Soul's Purpose: the very reason why we are here in the flesh. This mission is only known by you and Source. This will be revealed to you through shadow work.*

One thing you must understand is that everything is connected, your role and essence impact another and vice versa. You made agreements and pacts with other souls to support your soul's journey and you, theirs; whether it is the man you pass "randomly" on the street or your parent, spouse or children. There are certain events and situations "written" into our blueprint.

Just like the breath, in and out, inhale and exhale, everything is an exchange because everything exists in readiness. To obtain, something, something of equal value must be lost. Whenever you are present in an inter-action, show up in balance. You are both the student and the teacher. In every inter-action, there is something to learn and something to teach; the give and take.

Satisfied with the selected storyline, contract imprinted on Individual Consciousness and Source in the midst, Alcya was ready to go. The first scene starts in a small boarded house in the rural hills of Noland. Earthly mother and father although did their best, met upon a roadblock 15 months later where they separated. Father kept Alcya and mother went away with the younger sibling. It was already written that Alcya would endure an unstable home environment that would trigger a series of hardships/obstacles to prepare her. According to her numerological/astrological signature, she is Christ Consciousness in physical manifestation, here to endure pain, suffering and burden for others. She is here to transform Lead into Gold; it takes pressure to turn carbon into diamond.

This is not a boast, it's all there in the name and numbers. By the way, don't think for a second that the fallen ones and their agents don't know who you are. They have been tracking you from the day you landed here.

Here is where it gets interesting. Her energetic presence is known by the fallen ones and so they quickly activate their attack plans for the specific soul group she is a part of. You see, Alcya did not come alone, she came with an entourage of other souls that carried similar energetic signatures within a polarity of a certain spectrum of light. Let's call them defenders of the earth.

When the “defenders of the earth” came, there was already a mass hypnotic program running under the religious system. The artificial matrix shapeshifted from church to state with artificial intelligence running the World Wide Web (January 1, 1983). Clearly, “defenders of the earth” came as an opposing force to A.I; remember life begins at 40.

Alcya needs to wake up from soul amnesia but it will take some time for her to get the hang of her new vessel. Self-consciousness begins at around 4 years old and the Dawn of Consciousness comes around age 8. “Give me a child until he is 7 and I will show you the man.” - Aristotle.

The fallen ones have been layering artificial programming for centuries primarily with religious programming and later “knowledge”; two weapons, the sword and the pen. Knowledge was designed to move you further and further away from God/Nature. The further you move away from Source, the more open you are to sin as a result of suggestions/thoughts injected by Archons, the offspring of the fallen ones.

Do you remember as a child you were told that you have two entities that guide your decision? One on the left- the demon and one on the right-the angel



The Demons are the Archons who bring forth the knowledge to tempt you into sin i.e eat from the tree of knowledge of good and evil; cast judgment, whilst the angel of light guides your consciousness to preserve your connection to the collective flow.

Deceptions of the archons would be the first layer, the second layer is religious programming and the 3rd is social engineering: school, work,

entertainment and the Internet of things. Why is knowledge destructive? I will use an analogy. The information that flows from the Sun for the Jackfruit tree has nothing to do with the Mango tree because the Mango tree is not on that spectrum of light. If “scientists” chemically manipulate the Mango tree to consume the information encoded for the Jackfruit tree, it will create confusion and corrupt the natural flow of the Mango tree and the rest of nature.

Knowledge is infinite; knowledge without use has no value. A “person” who spends their energy learning and training for things that have nothing to do with their cosmic identity and soul's purpose would have wasted your energy.

Back to the story. Alcyra’s unsuspecting guardians indoctrinated her with artificial parasitic programming grooming her into traditional norms, morals and community values. Not questioning anything and trusting those before her, she harmonized with the herd and learned

their ways. Not so long after she started to realize something was not quite right. Things were too routine with little or no progress. She could feel the emptiness and pain others carried beneath their fake smiles and gestures. She was getting too much intuned and must be stopped so the fallen one sent one of its soldiers to track her and shut her down. They eventually found a match; her stepmother Joy who later raped her at the age of 5.

Ironically, her name was Joy. Joy raped her multiple times and once allowed the family cat to have its way with her. This experience trapped her in the 3 lower chakras. Fragmented with shame, and sexual trauma she quickly learned how to live **out-of-body**.

At this young age, she experienced multiple traumas:

- Disempowerment - low intuition
- Violated- boundaries crossed
- Loss of trust, security and stability - Fear
- Unworthiness - shame

These overwhelming feelings/sensations created a fragment in her energetic body because she judged the experience and took it personally. She wasn't mature enough to know better. She didn't remember that this was an agreement she made with Joy to have this experience that would have liberated them both. Or.....It could be that this experience laid the foundation for her entire life's journey leading up to her awakening.

Remember, Alcya is here to carry the burden; pain and suffering of others and transmute them into light. Other sexual abuse would follow as did physical abuse and neglect; left to mother and father herself. We can go on and on but you get the point. You may be thinking, she is just a child what could she have done already to magnetize these experiences? Well, she came into physical form already encoded with these past karma and ancestral shadows for resolution. It could very well be that in the lineage, someone molested children and she came with the magnet to balance this shadow. The Law of conservation of

energy states energy cannot be destroyed, it can only be transmuted from one state to another.

This fragment/magnet that is now in Alcya's energetic body will actively seek opportunities for resolution by pulling/magnetizing experiences that will provide the possibility for transmutation. The abuser/predator is also a "victim". They also have a story. Most of the time they are not even aware of what they are doing or why they are doing it until it is done; they are simply moved by a powerful sensation/desire to act only to later fall into a bout of shame, fear and guilt which trap them also. It's like killing two birds with 1 stone. I know what you're thinking so let me hastily point out that there are exceptions; some people offer up themselves as a vessel for dark entities to live through them. They will consciously do atrocities for material gains. In other words, they sold themselves/their light/their life force.

So here we can observe the predator and prey are both victims and both of them are presented with

the opportunity to balance the books. Notice how both of them are on the extreme spectrum of the pole. They must both come into balance and the universe will continue to set up events starring the abuser/predator and the vulnerable/prey until the task is accomplished. In the case of the abuser/predator, they are here to learn how to preserve/protect and in the case of the vulnerable/prey, they are here to learn how to enforce healthy boundaries. Both of their programs will continue to run until neutralized. If one learns before the other, the unlearned will be matched with its opposite.

What is the significance of all of this? You are not able to ascend if your soul is not as light as a feather. You will not be able to bend the elements if you are carrying blockages in your chakras-energy centers. A major thing I want you to note here is NONE OF US ARE VICTIMS. Victimhood is an illusion; a trap to keep you in a low vibrational state and blind you from seeing the truth. Archons/demons are parasitic entities

that declared this planet their property and all beings living on it, their hostages and slaves. The Archons inject thoughts to invoke emotions that trap you in the lower state of consciousness that they feed on. You are enslaved and harvested for negative energy over and over and over again until your life force or "time" expires. The only way out, raise your frequency and vibration. You signed up for this!!! You came here to do Shadow Work and to be a part of the army of light.

The Shadow of GOD is the Devil and the Shadow of Hue-man is knowledge/archons. In the army of light, each of us plays a different role although we are one consciousness. Some of us are Generals, Captains, Lieutenants, Sergeants, Colonels or Officers; none is greater. Your position is simply a reflection of your role here and now. You were given a task, you chose your Script. You selected the storyline that you thought would give you the best possible potential outcome over the course of this incarnation; do you get the point?

Alcya, now in an awakened state, is used by Source as a messenger, a way shower, lighting thousands or even millions back to their square as she lights her own. This is her mission and her service to the collective. Had she not selected the storyline that she did, she would be on another mission going through different experiences but thank God she selected this story so she can give you this very important message; YOU ARE GOD AND GOD IS YOU. You are the devil and the devil is you. Whatever exists in you, exists outside of you. You are the filter and as you raise your level of consciousness, you raise your perception/sight and become a more effective soldier of light/Christ.

Sooner or later you will cognise that there is only one consciousness. Everything is connected; there is no separation, and there is no time or place. We are all one consciousness expressed in different vessels experiencing the material world simultaneously, all at once in the past, present and future. Everyone you meet is your reflection;

a simple mirror reflecting your fragments, beliefs and perceptions back to you. This is the most powerful secret that will help you innerstand and transform all your relationships: with self and others.

So what are you transforming? You are transforming your own perception of hurt and wrongs. Your limited view and your sense of victimisation. You perceive hurt and wrong through your ego self; which be-lie-ves you are separate from all things and it's you against the world. What a deception!!!

In separateness, trauma traps you in fight-or-flight: Fight, Flight, Freeze, Fawn or Flop mode that constantly keeps you in a reactive state causing you to flare off a specific negative electromagnetic charge whenever you encounter a triggering situation which is a food source for the dark army. **Flight mode** is where one avoids reminders of an event and the emotions it evokes. **Fight mode** is frequent intense emotions of anger and irritability.

Freeze mode is being in a state of constant hypervigilance. **Fawn mode** finds you being a people-pleaser or stuck in codependent relationships and **Flop mode** is disconnection and dissociation. We all can account for 1, 2 or all of these reactions in unfavourable situations or even day-to-day interactions.

On the other hand, if you choose to respond as opposed to react, you begin to process/feel your way through the experience. You are able to consciously take actions using your wisdom. It employs love, awareness, respect, and a solution-oriented mindset. Reactions are governed by material intelligence/ego self and responses are governed by Individual Consciousness/true self.

Every e-motion has its own frequency. Consider each emotion as a radio station, the body as the radio and the nervous system as the antenna. Whatever station you are tuned into is what you channel/pull in. Your reaction or response is the dial you use to tune in to a certain e-motional

frequency. The Law of Vibration activates the Law of Attraction here and you attract what you put out. Our bodies are the processors for e-motions; remember we are here to feel and e-motion runs through the body and out into the Universe which responds to the energy projected. The goal here is to alchemize negative emotions into balance/contentment. In order to do this, we must change the way we look at e-motion. E-motions are messengers and they provide us with valuable information required to achieve balance. Anger tells us that our standards have been violated. Guilt indicates that we let ourselves down. Anxiety alerts us to danger. Shame indicates we perceive ourselves as unworthy of love and we can go on and on. E-motions are infinite and carry a wide range just like colours do.

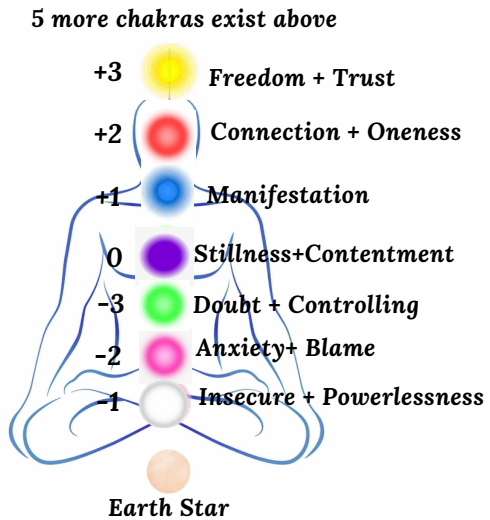
Learn thyself and everything will reveal itself to you. Study your energetic signature using astrology and numerology. All your cosmic codes are in your name given at birth, DOB to include the time and the place you were born. You will get

to see the elements you are strong in and the ones you are here to build on so you become whole again. YOU ARE THE AVATAR. You bend and manipulate all four elements telekinetically and are responsible for maintaining harmony within the physical realm. To achieve mastery over the 4 elements, we must unlock the 7 chakra/energy centers of the body so our life force flows freely.

The 7 chakras are the 7 churches that possess the 7 keys required to attain Christ Consciousness.

They are:

- 7. Crown - Golden
- 6. Third Eye - Red
- 5. Throat - Blue
- 4. Heart - Purple
- 3. Solar - Green
- 2. Sacral - Pink
- 1. Root - Silver



I know the arrangements look different than what you are used to so, let's break it down. The third eye is red because our thoughts are red water,

which is fire; the red healing energy of love that comes out of our temple into the world. When we co-create with Mother Gaia, which is silver /white you get pink water; red + silver/white energy = pink. The pink water is the combination of Mother Gaia and our thoughts which is then executed out of our solar plexus which is now green; the colour of Mother Gaia and the stomach represent the earth in the body. The magnetic energy that comes from our solar plexus affects the land and the spiritual magnetic power that comes from our throat, which is blue water. The purple water, Heart chakra, is a combination of red and blue. Our thoughts and speech come through the center, the Heart, which is where Source Creator resides; out of the abundance of the heart the mouth speaks.

Once the main energy centers/chakras are opened and balanced, your chi/life force will flow freely throughout the body leaving you confident and energized. The rainbow serves as a reminder.

which is fire; the red healing energy of love that comes out of our temple into the world. When we co-create with Mother Gaia, which is silver /white you get pink water; red + silver/white energy = pink. The pink water is the combination of Mother Gaia and our thoughts which is then executed out of our solar plexus which is now green; the colour of Mother Gaia and the stomach represent the earth in the body. The magnetic energy that comes from our solar plexus affects the land and the spiritual magnetic power that comes from our throat, which is blue water. The purple water, Heart chakra, is a combination of red and blue. Our thoughts and speech come through the center, the Heart, which is where Source Creator resides; out of the abundance of the heart the mouth speaks.

Once the main energy centers/chakras are opened and balanced, your chi/life force energy will flow freely throughout the body raising your awareness into the higher heavenly dimensions of the universe. The rainbow serves as a reminder.



Notice the rainbow, what do you see? 7 spectrum of visible light to represent the 7 main chakras

in the human body, 7 nations, 7 musical tones, 7 deadly sins/demons, 7 heavenly virtues and so on. As above so below, so within so without. Whatever exists in you exists outside of you, You and the Earth are the same and correspond to each other; your vessel springs from the Earth and is imprinted with her intelligence. Mother Gaia carries a chakra system just like you; 7 main and 13 total. She has the same divine assignment as you; evolutionary transition back to the cosmic flow/oneness through Shadow Work.

So here's the thing, Mother Gaia took on the task to help the Fallen Angels return to grace/oneness with Source. Earth was selected for their imprisonment. When they were first cast down they created havoc. Revelations 12:17 "And the dragon was wroth with the woman and went to

make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Christ.”

The Fallen Angels attacked and enslaved much of the sons of the Divine Mother, polluted her seed and corrupted them with knowledge causing them to turn their backs on the Creator Source. Archangel Michael saw the plight of man and came down from the heavens to help. Satan/Saturn was cast into the pit of hell. Revelations 20: 1-3 “And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. 2. And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years, 3 And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that, he must be loosed a little season.” 2 Peter 2:4-5 describes the fallen angels being imprisoned by God in and around the time of the

flood and 1 Enoch 18:14 describes the place Tartarus, the southern region of the earth that may represent the Antarctic, where the stars of heaven and the host of heaven were imprisoned. With the Fallen Angels imprisoned, their offspring were left on earth. They, the Nephilim, were later destroyed in the flood however, their energy remained as disembodied spirits/demons or what we refer to as archons; energy is neither created nor destroyed. The darkness that their existence cast over the realm, needed to be cleansed and this is where we come in.

Mother Gaia created new vessels/bodies that will be used by Source God to enter into the physical realm to cleanse the earth and to also prepare for the final confrontation with the Fallen Ones. Genesis 1-2 tells us that living things, human beings included, were made of dust from the ground. “And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul”. Genesis 2:7. “And out of the ground, God formed every beast of the field and every bird of the sky”

We are the chosen ones specifically created to do the work, to make the sacrifice. We are meant to take charge of the vessel/body and turn it into a weapon of light. We are the Christ/Light Workers that the world was waiting for to light the way and lead the charge to neutralise the remnants of the shadow that covers the realm. Our presence in the physical realm is a strong force of opposition to the darkness/shadow that exists.

The Archons won't go down without a fight after all, they have only one life to live. Once they die, they are gone forever and this is why they will do every and anything to preserve their existence. They are fully supported by the Fallen Angels who curate the environment for them; they have their own agenda- to defeat Christ.

What are Archons? Demon/Archons are inter-dimensional entities equivalent to physical parasites. They latch on to our auric field and extract the loosh produced from negative thoughts and emotions. The more intense they

can cause pain and suffering, the more life force erupts from the body on which they feed. Rest assured, animals and plants are subjected to this as well hence why the system is constructed in a predatorial way. Everything in this realm has sensations/feelings. Remember, we are all one; we are no different from the birds and the bees or even the trees. The ability to feel is our greatest gift and our deadliest curse. Our feelings guide of actions.

No amount of epiphanies, oos and ahs can do the Shadow Work for you. It will take you to decide, enough is enough and take your rightful place in the army of light. You are already in the midst of a war and it is truly time for all of us to come to this realization and take back sovereignty over our existence.

The rabbit hole goes deep so as a beginner, don't get caught up or distracted by knowledge; it is what got you here in the first place. Be still and journey within, listen keenly to your body and

connect with your heart, everything will be revealed to you. Your body is a very intelligent instrument that connects you to all other intelligence. Ask it to reveal to you what you need to know. You will also want to detox the avatar/body of parasites, chemicals, heavy metals, nanoparticles and parasitic programming so you can be sure your communication is pure.

Your teacher will come in many forms so pay attention and capitalize on every opportunity given. It can be your taxi driver or the cashier. It doesn't always have to be our close intimate relationships. What is the goal here? Emotional Intelligence. It is mastery over our e-motion that will grant us the ability to stabilise our vessel and have full control over material intelligence/ego. As we peel the layers, we get closer and closer to the truth of who we are. The repressed and disowned aspect of ourselves will surface for resolution; we come face to face with our own shadows. Shadow Work help us to become emotionally aware, integrated and present.

You are the secret weapon of the Creator. The filter, to remove all the fragments that exist in this realm by removing that which exists in you.

Do you know who you are?

Do you know your role in this construct?

Are you living your life's purpose?

Are you the best version of yourself at this present moment?

Get your journal and let's get to work!! All the best on your healing journey.

I am the hero with a thousand
faces and the faces are my
emotions and thoughts: my
shadow self.

THE ONLY WAY OUT IS THROUGH

Alsyh

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