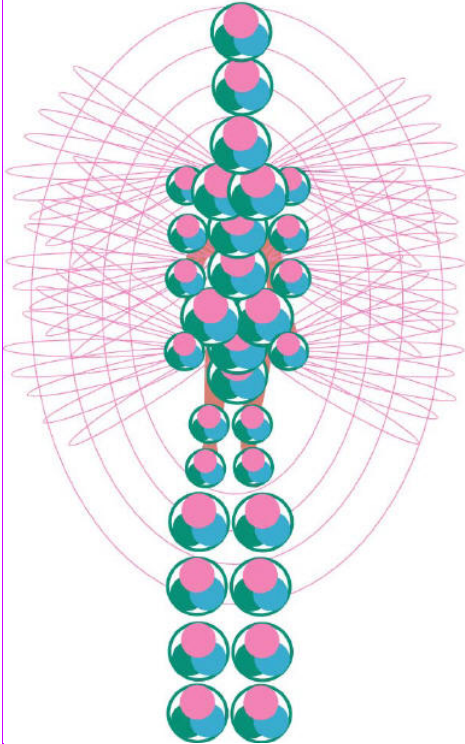


## CHAPTER 5 WORKSHEETS

### MANAGE ONE'S FIELD IN ASCENSION

#### COLLAPSING THE SPACE BETWEEN

EXPANDED FIELD WITH SPACE BETWEEN REDUCED TO 25%



**Please make the intentions to the right of this section. Wait 10 to 15 minutes or until later in the day and then muscle test:**

1. **After making these intentions, what percentage of the day does the space between remain at 25% overall?**

\_\_\_\_\_

1. *I intend to collapse the space between to 25% of my total energy flow in the etheric body.*
2. *I intend to uncast any machinery or patterning that suspends my space between more than 25% throughout my etheric body that is non-karmic or other creational in nature.*
3. *I further intend to release all karma, patterning or thoughtform that causes portions of my etheric body to host space between greater than 25% in size.*
4. *I intend to collapse the space between to 25% between my physical and etheric body.*
5. *I intend to uncast any machinery or patterning that is non-karmic and suspends my space between more than 25% between my etheric body and physical form.*
6. *I further intend to release all karma, patterning or thoughtform that causes portions of the space between my etheric body and physical form.*
7. *I intend to collapse the space between to 25% between my etheric skin or genetic grid work and ascension grid work.*
8. *I further intend to release all karma, patterning or thoughtform that causes portions of the space between my etheric skin or genetic grid work and ascension grid work to exceed 25% in size.*
9. *I intend to uncast any machinery or patterning that is non-karmic and suspends my space between more than 25% between my etheric skin or genetic grid work and ascension grid work.*
10. *I further intend to release all karma, patterning or thoughtform that causes portions of the space between my etheric skin or genetic grid work and ascension grid work to exceed 25% in size.*
11. *I intend to collapse the space between to 25% between my small, medium and large chakras.*
12. *I intend to uncast any machinery or patterning that is non-karmic and suspends my space between more than 25% between all chakras.*

**2. What portions of the field tend to inflate over the course of the day when I am not paying attention?**

\_\_\_Ethereic grid work

\_\_\_Space between the etheric body and physical form

\_\_\_Space between the etheric body and genetic grid work

\_\_\_Space between the genetic grid work and ascension grid work

\_\_\_Space between the small, medium and large chakras

\_\_\_Space between the ascension grid work and first subtle body

\_\_\_Space between the mental and emotional body

\_\_\_Space between the emotional (or mental) body and the intuitive body

\_\_\_Space between the intuitive body and creative body

\_\_\_Space between the creative body and the dreamtime self

\_\_\_Space between the dreamtime self and the light body body-double

***I intend to work upon those regions that will not remain collapsed to 25% until this has been fulfilled upon. I intend to release the machines and patterning at cause as to why my space between inflates in the above regions of domain***

***13. I further intend to release all karma, patterning or thoughtform that causes portions of the space between my chakras to exceed 25% in size.***

***14. I intend to collapse the space between to 25% between ascension grid work and subtle bodies.***

***15. I intend to uncast any machinery or patterning that is non-karmic and suspends my space between more than 25% between my ascension grid work and subtle bodies.***

***16. I further intend to release all karma, patterning or thoughtform that causes portions of the space between my etheric ascension grid work and subtle bodies to exceed 25% in size.***

***17. I intend to collapse the space between to 25% between the mental, emotional, intuitive and creative bodies.***

***18. I intend to uncast any machinery or patterning that is non-karmic and suspends my space between more than 25% between my mental, emotional, intuitive and creative bodies.***

***19. I further intend to release all karma, patterning or thoughtform that causes portions of the space between my mental, emotional, intuitive or creative bodies to exceed 25% in size.***

***20. I intend to collapse the space between to 25% between the subtle bodies and dreamtime self or light body.***

***21. I intend to uncast any machinery or patterning that is non-karmic and suspends my space between more than 25% between my subtle bodies and my dreamtime self.***

***22. I further intend to release all karma, patterning or thoughtform that causes portions of the space between my subtle bodies and dreamtime self to exceed 25%***

***23. I intend to collapse the space between to 25% between the dreamtime self and my light body body-double.***

***24. I intend to uncast any machinery or patterning that is non-karmic and suspend my space between more than 25% between my dreamtime self and my light body body-double.***

***25. I further intend to release all karma, patterning or thoughtform that causes portions of the space between my dreamtime self and my light body body - double to exceed 25%***

## PERSONALITY AND IDENTITY ENTITY MANAGEMENT

**1. What percentage of the day do I rely upon personality or identity entities to live my life?**

90% of all codependent patterning is associated with personality and identity entities. Personality entities are the fractured bits of souls that have been running human existence since the Anu imported them to run the lives of the slaves. Identity entities are associated with the variant jobs assigned to the slaves in service to the Anu. All personality and identity entities tend to be fractured in frequencies of the 7 Kumaras or pain, suffering, greed, lust, fear, death, and judgment.

When one goes into the thoughtform associated with the Kumaras, personality and identity that resonate enter the field. It is hard to transcend these frequencies without releasing the personality and identity associated along with the personality and identity programming one has assumed since childhood.

*I intend to release all personality or identity entities that I was born with or assumed in the death of any family members that no longer serves my continued evolution.*

*I intend to break all agreements and release all contracts for the persona and identity entities that I am ready to release and press them down the Aurora for transmutation .*

*I intend to release those mechanisms and thoughtforms associated with personality and identity that interfere with mastering a state of divine union.*

*I intend to replace the personality and identity ancestors with ancestors who are willing to assist in the living of my life and guiding me upon my ascension path.*

*I intend to master a state of divine union so that I may begin to allow Soul, Nature and Earth to merge with my body to also assist in living my life and guiding me upon my ascension path.*

*I will allow the old "me" to die and the new "me" to be born in each phase of ascension.*

*I will allow the relationships to all others to change accordingly, even if it makes me or them uncomfortable.*

*I bring forward ancestral information to assist with the transformational process.*

*I call upon my ancestors to support me in my choice to ascend and transcend codependent patterning.*

*I intend to transcend the thoughtform of the Kumaras associated with pain, suffering, fear, death, judgment, lust and greed and build a new foundation with the Language of Light unity based thoughtform in their place.*

## PARALLEL LIFE MANAGEMENT

1. How many parallel lives have I integrated to date in my ascension?

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For those mastering to 1024, 4 parallel lives should be thoroughly integrated.

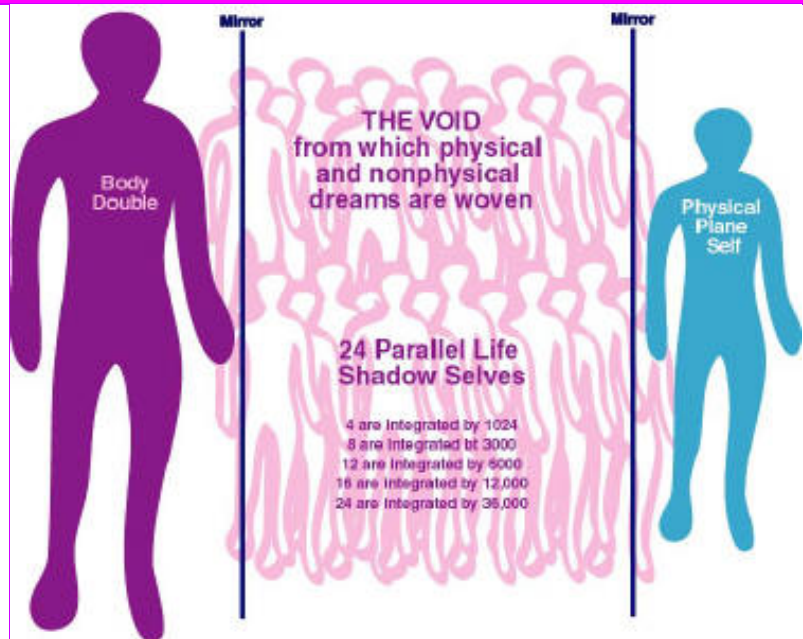
For those mastering to 2200, 6 parallel lives should be thoroughly integrated.

For those mastering to 3000 segments, 8 parallel lives should be thoroughly integrated.

For those mastering to 4200 segments, 10 parallel lives should be thoroughly integrated.

For those mastering to 6000 segments, 12 parallel lives should be thoroughly integrated.

For those mastering to 9000 segments, 14 parallel lives should be thoroughly integrated.



*I intend to completely integrate each parallel life that I am associated with during each initiation mastered in ascension.*

*I intend to allow the thoughtforms that are polar-opposite to my physical plane nature to cancel in full leading to the integration of the Language of Light in their place.*

*I intend to release all agreements with personality and identity entities associated with parallel lives so that I do not bring them into the physical in the integration process.*

*I intend to embrace the dreams from my parallel lives with discernment and intend to manifest only those dreams that support my continued goal of ascension.*



2. Are there portions of parallel lives that have been manipulated in my ascent to date?

☐ Yes ☐ No

3. What kind of manipulation has occurred and to which parallel lives?

☐ *Swapping of Parallel Lives with others.*

☐ Yes ☐ No.

*If yes then which parallel lives to date were swapped out?*

☐ Plane #1 ☐ Plane #2  
☐ Plane #3 ☐ Plane #4  
☐ Plane #5 ☐ Plane #6  
☐ Plane #7 ☐ Plane #8  
☐ Plane #9 ☐ Plane #10  
☐ Plane #11 ☐ Plane #12  
☐ Plane #13 ☐ Plane #14  
☐ Plane #15 ☐ Plane #16  
☐ Plane #17 ☐ Plane #18

☐ *Duplication of Parallel Lives*

☐ Yes ☐ No.

*If yes then which parallel lives to date were duplicated?*

☐ Plane #1 ☐ Plane #2  
☐ Plane #3 ☐ Plane #4  
☐ Plane #5 ☐ Plane #6  
☐ Plane #7 ☐ Plane #8  
☐ Plane #9 ☐ Plane #10  
☐ Plane #11 ☐ Plane #12  
☐ Plane #13 ☐ Plane #14  
☐ Plane #15 ☐ Plane #16  
☐ Plane #17 ☐ Plane #18

*Which parallel lives that I have integrated have been incompletely ascended into?*

**Ascent to 1,024**

☐ Plane #1 ☐ Plane #2

☐ Plane #3 ☐ Plane #4

**Ascent to 2,200**

☐ Plane #5 ☐ Plane #6

**Ascent to 3,000**

☐ Plane #7 ☐ Plane #8

**Ascent to 4,200**

☐ Plane #9 ☐ Plane #10

**Ascent to 6,000**

☐ Plane #11 ☐ Plane #12

**Ascent to 9,000**

☐ Plane #13 ☐ Plane #14

*I intend to completely integrate each parallel life associated with my existence in other realities upon Earth. I intend to cease to reject parts of myself that I judge as they exist upon parallel planes. I intend to press the polar opposite thoughtform together between the physical and parallel lives allowing for cancellation to occur and the Language of Light to be embraced.*

*I intend to retrieve all portions of parallel lives traded with another. I intend to return all portions of parallel lives traded to those that they belong to. I intend to cease to trade parallel lives as it serves not creating a complete ascension.*

*I intend to retrieve all duplicates of any parallel lives that I have integrated or not integrated including the master copy. I intend to erase all duplicates. I further intend to return the duplicates of any other parallel life that is in my field to those that it belongs unto.*

## LANGUAGE OF LIGHT INTEGRATION

 <p><b>1. Forgiveness</b>  Herb: Echinacea Purpurea  Mineral: Rhodocroschite  Polarity Thoughts: <b>Never Begrudges - Begrudges</b></p>	 <p><b>2. Structure</b>  Herb: Saw Palmetto  Mineral: Amethyst  Polarity Thoughts: <b>Stubborn - Acquiesces</b></p>
 <p><b>3. Power</b>  Herb: Ginger  Mineral: Amber  Polarity Thoughts: <b>Helpful - Helpless</b></p>	 <p><b>4. Compassion</b>  Herb: Chamomile  Mineral: Aventurine  Polarity Thoughts: <b>Loves/Accepts - Hates/Rejects</b></p>
 <p><b>5. Breath of Life</b>  Herb: Feverfew  Mineral: Yellow Calcite  Polarity Thoughts: <b>Creates - Destroys</b></p>	 <p><b>6. Non-Conditional Love</b>  Herb: Nettle  Mineral: Hematite  Polarity Thoughts: <b>Praises - Invalidates</b></p>
 <p><b>7. Freedom</b>  Herb: Lobelia  Mineral: Citrine  Polarity Thoughts: <b>Master - Slave</b></p>	 <p><b>8. Divine Union</b>  Herb: Evening Primrose  Mineral: Vesuvianite  Polarity Thoughts: <b>Male - Female</b></p>
 <p><b>9. Unity</b>  Herb: Angelica  Mineral: Rose Quartz  Polarity Thoughts: <b>Positive - Negative</b></p>	 <p><b>10. Non-Conditional Governance</b>  Herb: Lady's Mantle  Mineral: Tiger's Eye or Rutiled Quartz  Polarity Thoughts: <b>Dominates - Subordinates</b></p>
 <p><b>11. Jurisdiction</b>  Herb: Red Clover  Mineral: Moonstone  Polarity Thoughts: <b>Rules - Is Ruled</b></p>	 <p><b>12. Hope</b>  Herb: Skullcap  Mineral: Pyrite  Polarity Thoughts: <b>Success - Failure</b></p>
 <p><b>13. Peace</b>  Herb: Chaparral  Mineral: Chrysocolla  Polarity Thoughts: <b>Harmonious - Discordant</b></p>	 <p><b>14. Abundance</b>  Herb: Comfrey  Mineral: Topaz  Polarity Thoughts: <b>Greed - Poverty</b></p>
 <p><b>15. Prosperity</b>  Herb: Uva Ursi  Mineral: Aragonite  Polarity Thoughts: <b>Give - Receive</b></p>	 <p><b>16. Magnitude</b>  Herb: Yarrow  Mineral: Sodalite  Polarity Thoughts: <b>Whole - Fractured</b></p>
 <p><b>17. Intuition</b>  Herb: Horse Chestnut  Mineral: Dolomite  Polarity Thoughts: <b>Connected - Separated Off</b></p>	 <p><b>18. Function</b>  Herb: Osha  Mineral: Iolite  Polarity Thoughts: <b>Controls - Surrenders</b></p>

 <p><b>19. Perseverance</b>  Herb: Vitex  Mineral: Danburite  Polarity Thoughts:  <b>Manipulates - Manipulated</b></p>	 <p><b>20. Stealth</b>  Herb: Astragalus  Mineral: Aquamarine  Polarity Thoughts:  <b>Expands - Contracts</b></p>
 <p><b>21. Consciousness</b>  Herb: Devil's Claw  Mineral: Celestine  Polarity Thoughts:  <b>Animate - Disanimate</b></p>	 <p><b>22. Internal</b>  Herb: Bloodroot  Mineral: Sugilite  Polarity Thoughts:  <b>Active - Passive</b></p>
 <p><b>23. External</b>  Herb: Oregon Grape Root  Mineral: Ruby  Polarity Thoughts:  <b>Expressed - Unspoken</b></p>	 <p><b>24. Oneness</b>  Herb: Lady Slipper  Mineral: Watermelon Tourmaline  Polarity Thoughts:  <b>Separate - Together</b></p>
 <p><b>25. Truth</b>  Herb: Corydalis  Mineral: Jasper  Polarity Thoughts:  <b>Experienced - Novice</b></p>	 <p><b>26. Action</b>  Herb: Blue Cohosh  Mineral: Apophyllite  Polarity Thoughts:  <b>Responsible - Irresponsible</b></p>
 <p><b>27. Fluidity</b>  Herb: Aloe Vera  Mineral: Annabergite  Polarity Thoughts:  <b>Expects - Conforms</b></p>	 <p><b>28. Purpose</b>  Herb: Shepherds Purse  Mineral: Larimar  Polarity Thoughts:  <b>Aligned - Misaligned</b></p>
 <p><b>29. Integrity</b>  Herb: Burdock  Mineral: Andesine  Polarity Thoughts:  <b>Sabotage - Sabotaged</b></p>	 <p><b>30. Balance</b>  Herb: Milk Thistle  Mineral: Graphite  Polarity Thoughts:  <b>Greater - Lesser</b></p>
 <p><b>31. Honor</b>  Herb: Chickweed  Mineral: Emerald  Polarity Thoughts:  <b>Abuses - Abused</b></p>	 <p><b>32. Dream</b>  Herb: Horsetail  Mineral: Gold  Polarity Thoughts:  <b>Past - Future</b></p>

	<b>33. Illusion</b> Herb: Poke Root Mineral: Kyanite Polarity Thoughts: <b>Real - Fantasy</b>		<b>34. Passion</b> Herb: Passion Flower Mineral: Kunzite Polarity Thoughts: <b>Movement - Stagnation</b>
	<b>35. Creativity</b> Herb: Mother's Wort (Bell Wort) Mineral: Herkimer Polarity Thoughts: <b>Excitement - Boredom</b>		<b>36. Sexual Energy</b> Herb: Wild Yam Mineral: Lepidolite Polarity Thoughts: <b>Relishes/Savors - Denies</b>
	<b>37. Friendship</b> Herb: Cascara Sagrada Mineral: Peridot Polarity Thoughts: <b>Relationship - Loneliness</b>		<b>38. Communion</b> Herb: Sorrel Mineral: Sapphire Polarity Thoughts: <b>Agitates - Pacifies</b>
	<b>39. Dance of Life</b> Herb: Valerian Root Mineral: Clear Quartz Polarity Thoughts: <b>Friends - Enemies</b>		<b>40. Community</b> Herb: Black Cohosh Mineral: Desert Rose Polarity Thoughts: <b>In Group - Out Group</b>
	<b>41. Honesty</b> Herb: Alum Root (Alumstone) Mineral: Titanium Polarity Thoughts: <b>Deceives - Deceived</b>		<b>42. Communication</b> Herb: Hops Mineral: Rhodolite Polarity Thoughts: <b>Understands - Confused</b>
	<b>43. Unseen Worlds</b> Herb: Cramp Bark Mineral: Obsidian Polarity Thoughts: <b>Alive - Dead</b>		<b>44. Unspoken Worlds</b> Herb: Datura Mineral: Gypsum Polarity Thoughts: <b>Conscious - Non-Conscious</b>
	<b>45. Underwater Worlds</b> Herb: Flax Mineral: Celestite Polarity Thoughts: <b>Known - Unknown</b>		<b>46. Worlds upon the Land</b> Herb: Echinacea Mineral: Turquoise Polarity Thoughts: <b>Perceived - Unperceived</b>
	<b>47. Human Species</b> Herb: Golden Seal Mineral: Rutile Polarity Thoughts: <b>Guru - Disciple</b>		<b>48. God Goddess All That Is</b> Herb: St. John's Wort Mineral: Diamond Polarity Thoughts: <b>Blind Trust - Distrust</b>



**1. How many Language of Light tones from the above list have I woven into my etheric body in my ascension to date?** \_\_\_\_\_

**2. How many Language of Light tones from the above list have I woven into my chakra system?**  
\_\_\_\_\_

**3. How many Language of Light tones from the above list have I woven into my subtle bodies**  
\_\_\_\_\_

Mastery to 3,000 segments allows the first 10 base notes of the Language of Light to be fully woven into the etheric grid work and field.

Mastery to 4,200 segments allows the first half of the scale (24 notes) to be woven into the physical grid work and field.

Mastery to 6,000 segments allows the entire scale or all 48 notes to be woven into the etheric body and field.

*I intend to embody the Language of Light tones into the etheric grid work structure of my etheric body and field.*

*I intend to release any foreign grid work from other ascending humans, nature kingdoms, dolphins or whales or the light body body-double planes.*

*I intend to integrate Language of Light grid work cast in my recasting temple from my own ancestral templates.*

*I intend to cease to participate in any false ascension patterning that would not allow for a complete ascension in this lifetime.*

*I intend to be thorough in the weaving of my field anchoring Earth's souls and angels to support my goal of ascension.*

*I intend to release all karma with any nonphysical force that is non-supportive of my goal to ascend.*

**4. Which Language of Light symbols has been skipped over entirely that I should have mastered thus far?**

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**What are the polarity-based thought-forms associated with the symbols I have skipped over entirely?**

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*I intend to master the entire scale of the Language of Light to the degree that I can ascend in this lifetime.*

**5. What herbs or minerals would be supportive of assisting me in embracing the missing notes?**

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*I intend to integrate the missing notes in the scale that I have skipped over.*

*I intend to release the associated polarity based thoughtform with each Language of Light note that I have schismed over.*

*I intend to integrate the associated parallel lives or parts of parallel lives that I have schismed over.*

*I intend to release the ancestral karma associated with the non-unity based thoughtform I am still harboring.*

*I intend to give to myself those herbs and minerals that are supportive of my choice to ascend in this lifetime.*

*I intend to purify my Language of Light daily as needed by exchanging all the tones with the temple of the Language of Light in the Aurora.*

**6. What Language of Light notes have I only embodied a portion of the entire vibration associated?**

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**7. What herbs or minerals would be supportive of assisting me in embracing the missing notes?**

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**What are the polarity-based thought-forms associated with the symbols I have failed to embody the entire vibration of?**

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*I intend to embody the entire note of each note of the Language of Light that I do master in this lifetime.*

*I intend to transmute all polarity based thought-form associated with the full scale in each note of the Language of Light.*

*I intend to release all cords of attachment associated with the embodiment of the Language of Light tones.*

*I intend to release all mechanized energy flow triggered in the integration of the Language of Light.*

*I intend to allow the physical plane changes that the integration of the full scale and each part of the scale of the Language of Light causes.*

*I intend to give my body everything that it requires to ascend, from the right place to live, the right associations, the right job, and the right foods, herbs or minerals.*

## ASSESSING LINEAGE AND ANCESTRAL MANIPULATIONS

- 1. Am I hosting manipulated lineages and ancestors at this time?**

       Yes        No

- ## 2. Is there karma for the manipulation?

       Yes        No

- ### 3. Is there false karma from another at cause of the manipulation?

       Yes        No

- 4. Who in my life dance have I exchanged lineages and ancestors with?**

[illegible]

*I intend to return all lineage and ancestors that are not my own to the Temple of Ancestry and their source of origin. I intend to retrieve all lineages and ancestors that are sincerely of my own birth inheritance.*

*I intend to release karma with each upon my list that I have traded lineages and ancestors with. I intend to return any false karma at cause of a swapping of lineages and ancestors.*

*I intend to take responsibility only for the real karma in my real birth inheritance and call all manipulations to my tapestry of ancestry null and void.*

*I intend to release karma only against the real birth tapestry of ancestry in each human that I know or have known this lifetime.*

*I intend to send all that I have known or know presently to the healing temples in dreamtime to have a thorough assessment of their birth inheritance to augment the release of karma in my ascension.*

*I intend to call the false ancestors of another “null and void” in my life dance and field. I intend to call all false karma from false lineages null and void until I uncover the manipulation and release it.*

*I intend to cease to swap lineages, ancestors or karma with any other in the greater understanding that this causes a cease ascension or false ascension.*

*I intend to create a guardian that monitors my ancestors and lineages to assure that they are sincerely of my birth tapestry.*

*I intend to visit the Temple of Karma once per week to assure that my ancestry has the latest information added as it is made known by the map makers of ascension.*

*I intend to release any phantom tapestry of ancestry that has been manipulated into my field and retrieve portions of my tapestry that have been taken to create a phantom in another. I choose to cease to participate in the game of phantoms.*

## ASSESSING MANIPULATIONS TO INFORMATION

1. **Am I hosting manipulated akashic records or biological records at this time?**
- \_\_\_Yes \_\_\_No**

       Yes        No

2. Is there karma for the manipulation?
- ☐ Yes ☐ No

       Yes        No

3. Is there false karma from another at cause of the manipulation?
- \_\_\_ Yes \_\_\_ No

       Yes        No

- [illegible]

*I intend to return all information and DNA that are not my own to the Temple of Ascension Grid Work and their source of origin.*

*I intend to retrieve all information and DNA that is my own and add it to the akashic records or biological records.*

*I intend to release any grid work woven from false DNA or information thus far in my ascent.*

*I intend to reweave the grid work from the sincere DNA of my inheritance and the associated Language of Light serpents.*

*I intend to release karma with each upon my list that I have traded DNA and information with.*

*I intend to return any false karma at cause of a swapping of DNA and information.*

*I intend to cease to swap information or DNA with any other in the greater understanding that this causes a cease ascension or false ascension.*

*I intend to create a guardian that monitors my information and DNA to assure that they are sincerely of my birth inheritance.*

*I intend to replace the akashic records keeper or biological record keeper in the event that they become distorted in a karmic encounter.*

*I intend to visit the Temple of Ascension Grid Work once per week to assure that my akashic records keeper and biological record keeper are not corrupt and receive the latest information added as it is made known by the map carvers of ascension who share my ancestry.*

*I intend to release any phantom akashic records or biological records that have been manipulated into my field and retrieve portions of my tapestry that have been taken to create a phantom in another. I choose to cease to participate in the game of phantoms.*



## ASSESSING MANIPULATIONS TO GRID WORK

1. Am I hosting manipulated grid work of others or other kingdoms woven into my etheric body or chakras at this time?
- \_\_\_ Yes \_\_\_ No

## 2. Is there karma for the individual?

- manipulation?

3. Is there false karma? ☐ Yes ☐ No

3. Is there false karma from another at cause of the manipulation?

the manipulation:	
Yes	No

4. **Who in my life dance or what kingdom have I exchanged etheric grid work with? (*Plant, animal, mineral, whale or dolphin*)**

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*I intend to return all grid work that is not my own from human associates, light bodies or the plants, animals or minerals, dolphins or whales to the Temple of Ascension Grid Work and their source of origin.*

*I intend to retrieve all grid work that is my own and send it to my recasting temple.*

*I intend to reweave grid work into my etheric body and*

field that is only of my sincere inheritance and a human holographic blueprint.

*I intend to release karma with each upon my list that I have not dealt with already.*

*I intend to return our false home at once as a warning*

I Intend to return any false karma at cause of a swapping of grid work.

*I intend to cease to swap grid work with any other in the greater understanding that this causes a cease ascension*

greater understanding that this causes a cease ascension or false ascension.

*I intend to create a guardian that monitors my grid work to assure that they are sincerely of my birth inheritance*

to assure that they are sincerely of my own maintenance and holographic template.

## ASSESSING SCHISMS

**1. Is there a portion of my ascension that I have schismed over to date?**

☐ Yes ☐ No

**2. What segments of DNA have been schismed over?**

- ☐ 100-500 Segments
- ☐ 500-1024 Segments
- ☐ 1024-1800 Segments
- ☐ 1800-2200 Segments
- ☐ 2200-3000 Segments
- ☐ 3000-3800 Segments
- ☐ 3800-4200 Segments
- ☐ 4200-5000 Segments
- ☐ 5000-6000 Segments
- ☐ 6000-7000 Segments
- ☐ 7000-8000 Segments
- ☐ 8000-9000 Segments

**3. Was there false grid work overlaying the schisms from other humans, plants, animals, minerals, whales, dolphins or light bodies?**

☐ Yes ☐ No

**4. What herbs and minerals would be useful in assisting me in integrating my current schisms?**

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*I intend a complete ascension in this lifetime with all crystalline genetic materials embodied in full to a cellular level and in all organs, glands and system at all levels of mastery.*

*I intend to retrieve those portions of the unconscious schismed over along with the ancestors, lineages, karma and DNA associated.*

*I intend to release the karma in full for each associated lifetime and embody the DNA down to the physical.*

*I intend to release the cellular trauma associated with each life so that the cells that have failed to become crystalline can ascend.*

*I intend to forgive my ancestors for creating false and incomplete ascensions.*

*I intend to forgive my ancestors for trying to embody grid work from the light body planes or from the plant, animal, mineral, dolphin or whale kingdoms.*

*I intend to be thorough with my ascension embodying each layer of DNA necessary to create a complete ascension.*

*I intend to give to myself those herbs and food sources necessary to assure a complete ascension into the physical form.*

*I intend to take the power back from the false gods to create schisms in my ascension.*

*I intend to take the power back from any nonphysical force to manipulate my ascension into failure.*

*I intend to take my power back from the false gods for all ancestors upon Earth or within any creation throughout time, space and form.*

*I intend to take my power back from any other human upon Earth or in any other creation to manipulate my ascension into failure. I intend to create a complete ascension in this lifetime.*

## ASSESSING DREAM MANIPULATIONS

**1 Who have I exchanged dreams with in the dance of life?**

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*I intend to become the dreamer and the dream.*

*I intend to cease to barter with any human or false god over the dream I choose to manifest.*

*I intend to retrieve my dream weaving knowledge from those ancestors who understood conscious intention and dream weaving.*

*I intend to forgive those ancestors who bartered dreams away believing that they could not manifest their wishes any other way.*

*I intend to retrieve all grid work associated with my dream catcher chakra.*

*I intend to return any grid work in my dream catcher chakra that belongs unto another sending it to the temple of dream weaving.*

**2 Is there karma to allow for each exchange?**

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*I intend to release all karma with those who I have exchanged dreams with over time.*

*I intend to return any false karma that suspends a dream exchange in my field along with the associated dream.*

*I intend to retrieve all dreams that I have cast that have gone unto another.*

*I intend to cease to participate in the game of dream bargaining and exchange.*

**3 Is there false karma in my field for some of the dream exchanges?**

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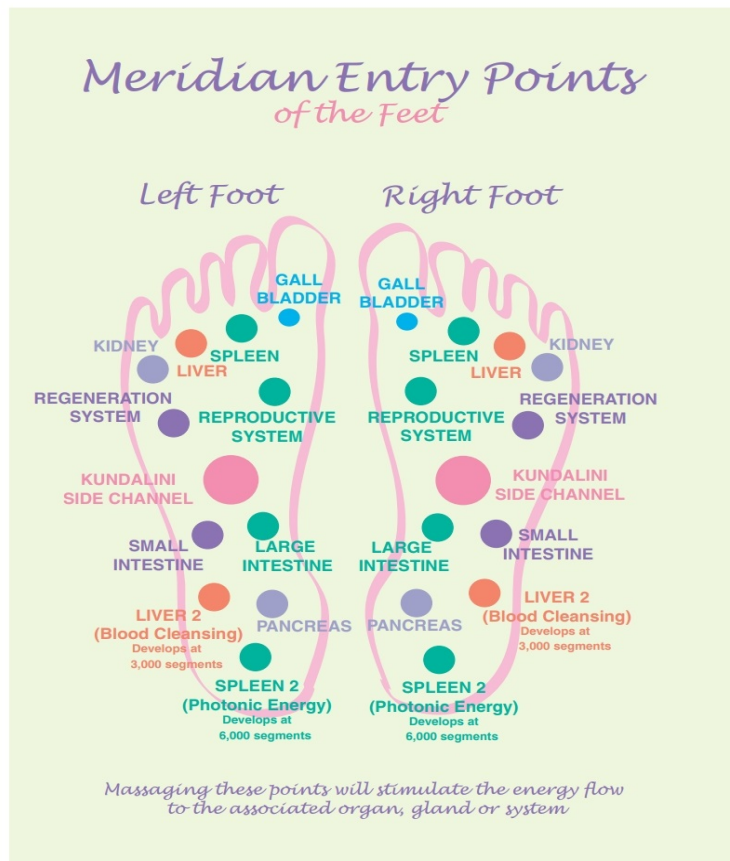
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*I intend to work with Earth to co-create an ascending life dream and dream for my body's continued evolution.*

*I intend to release any phantom dreams and retrieve my grid work that may have been used in the creation of a phantom to manipulate another.*

*I intend to step out of the game of the use of phantom dreams to manipulate humans. I intend to weave a dream that allows for my continued ascension and learning the spiritual lessons necessary to my mastery.*

## DEVELOPMENT OF FEET MERIDIANS



**1. Which meridian entry points in the feet have failed to fully open in the ascension to date?**

*I intend to fully develop the meridian entry points for each organ, gland or system in my feet.*

### LEFT FOOT

☐ Gall Bladder  
☐ Spleen  
☐ Liver  
☐ Kidney  
☐ Regeneration System  
☐ Reproductive System  
☐ Kundalini Main Channel  
☐ Small Intestine  
☐ Large Intestine  
☐ Pancreas  
☐ Liver 2  
     (develops by 3000 segments)  
☐ Spleen 2  
     (develops by 6000 segments)

### RIGHT FOOT

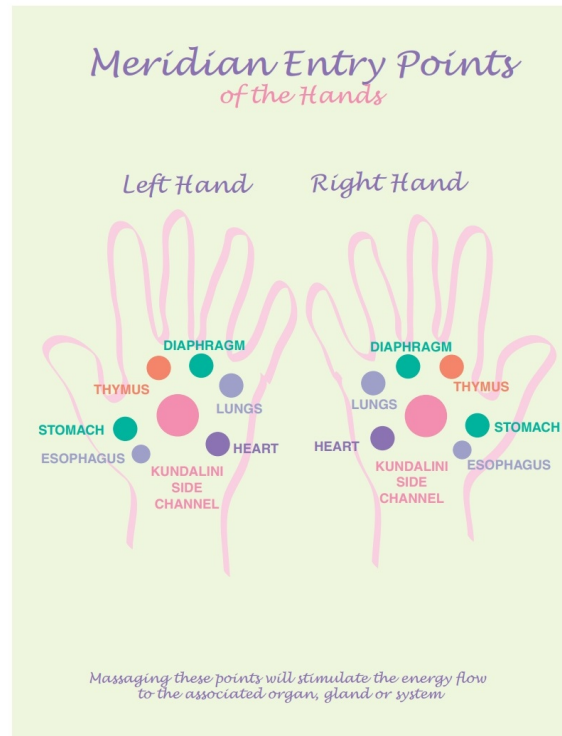
☐ Gall Bladder  
☐ Spleen  
☐ Liver  
☐ Kidney  
☐ Regeneration System  
☐ Reproductive System  
☐ Kundalini Main Channel  
☐ Small Intestine  
☐ Large Intestine  
☐ Pancreas  
☐ Liver 2  
     (develops by 3000 segments)  
☐ Spleen 2  
     (develops by 6000 segments)

<p><b>2. Which meridians are not fully developed from the feet to their associated organ, gland or system?</b></p> <p><i>I intend that the meridians extend in full from the feet and legs to the organ, gland or system it is associated with.</i></p> <p><i>I intend to develop and widen each lower body meridian with each phase of ascension mastered.</i></p>	<p><b>LEFT FOOT</b></p> <p>___ Gall Bladder ___ Spleen ___ Liver ___ Kidney ___ Regeneration System ___ Reproductive System ___ Kundalini Main Channel ___ Small Intestine ___ Large Intestine ___ Pancreas ___ Liver 2     (develops by 3000 segments) ___ Spleen 2     (develops by 6000 segments)</p>	<p><b>RIGHT FOOT</b></p> <p>___ Gall Bladder ___ Spleen ___ Liver ___ Kidney ___ Regeneration System ___ Reproductive System ___ Kundalini Main Channel ___ Small Intestine ___ Large Intestine ___ Pancreas ___ Liver 2     (develops by 3000 segments) ___ Spleen 2     (develops by 6000 segments)</p>
<p><b>3. Which feet meridians do not have all small chakras open necessary to conduct the chi to the degree that they should in my ascension to date?</b></p> <p><i>I intend to develop all meridian chakras necessary to allow the chi to flow from the Aurora through each meridian in the feet to the destination organ, gland or system.</i></p> <p><i>I intend to provide enough daily exercise to assist the chi in moving through all meridians in the lower half of the body.</i></p>	<p><b>LEFT FOOT</b></p> <p>___ Gall Bladder ___ Spleen ___ Liver ___ Kidney ___ Regeneration System ___ Reproductive System ___ Kundalini Main Channel ___ Small Intestine ___ Large Intestine ___ Pancreas ___ Liver 2     (develops by 3000 segments) ___ Spleen 2     (develops by 6000 segments)</p>	<p><b>RIGHT FOOT</b></p> <p>___ Gall Bladder ___ Spleen ___ Liver ___ Kidney ___ Regeneration System ___ Reproductive System ___ Kundalini Main Channel ___ Small Intestine ___ Large Intestine ___ Pancreas ___ Liver 2     (develops by 3000 segments) ___ Spleen 2     (develops by 6000 segments)</p>





## DEVELOPMENT OF HAND MERIDIANS



**1. Which meridian entry points in the hands have failed to open in the ascension to date?**

*I intend to fully develop the meridian entry points in the hands for each organ, gland or system associated.*

### LEFT HAND

☐ Heart  
☐ Lungs  
☐ Diaphragm  
☐ Thymus  
☐ Stomach  
☐ Esophagus  
☐ Kundalini Side Channel

### RIGHT HAND

☐ Heart  
☐ Lungs  
☐ Diaphragm  
☐ Thymus  
☐ Stomach  
☐ Esophagus  
☐ Kundalini Side Channel

**2. Which meridians have failed to fully develop from the hands to their destination organ, gland or system?**

*I intend that the meridians extend in full from the hand through the arms and shoulders to the organ, gland or system it is associated with.*

### LEFT HAND

☐ Heart  
☐ Lungs  
☐ Diaphragm  
☐ Thymus  
☐ Stomach  
☐ Esophagus  
☐ Kundalini Side Channel

### RIGHT HAND

☐ Heart  
☐ Lungs  
☐ Diaphragm  
☐ Thymus  
☐ Stomach  
☐ Esophagus  
☐ Kundalini Side Channel

<p><b>3. Which hand meridians do not have all small chakras open necessary to conduct the chi to the degree that they should in my ascension to date?</b></p> <p><i>I intend to develop all meridian chakras necessary to allow the chi to flow from the Aurora through each meridian in the hands to the destination organ , gland or system.</i></p> <p><i>I intend to provide enough daily exercise to assist the chi in moving through all meridians in the upper half of the body.</i></p>	<p><b>LEFT HAND</b></p> <p>___ Heart          ___ Lungs          ___ Diaphragm          ___ Thymus          ___ Stomach          ___ Esophagus          ___ Kundalini Side Channel</p>	<p><b>RIGHT HAND</b></p> <p>___ Heart          ___ Lungs          ___ Diaphragm          ___ Thymus          ___ Stomach          ___ Esophagus          ___ Kundalini Side Channel</p>
<p><b>4. Which upper body meridians tend to shut down over the course of the day and when I am not focused in meditation or walking, swimming or moving?</b></p> <p><i>I intend to retrain my body to keep upper body meridians open to as great a degree I can day and night to assure enough chi is provided for the continued ascension of my form.</i></p> <p><i>I intend to release all patterns, thoughtforms, entities and machines that restrict the flow of energy in my upper body meridians.</i></p> <p><i>I intend to develop and widen each upper body meridian with each phase of ascension mastered.</i></p>	<p><b>LEFT HAND</b></p> <p>___ Heart          ___ Lungs          ___ Diaphragm          ___ Thymus          ___ Stomach          ___ Esophagus          ___ Kundalini Side Channel</p>	<p><b>RIGHT HAND</b></p> <p>___ Heart          ___ Lungs          ___ Diaphragm          ___ Thymus          ___ Stomach          ___ Esophagus          ___ Kundalini Side Channel</p>

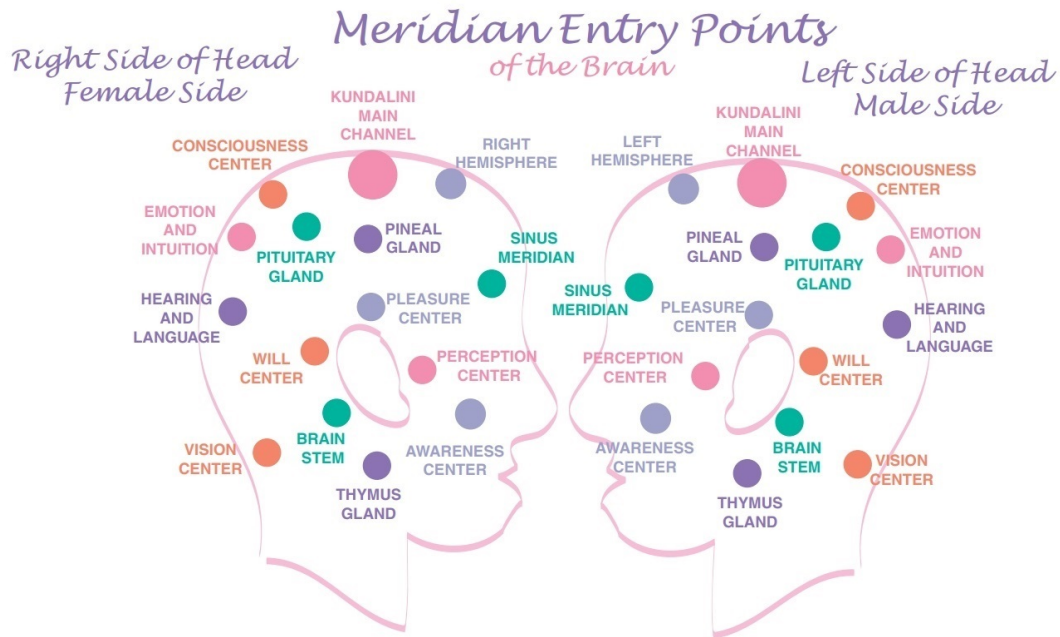
**5. What herbs or minerals from the Language of Light list would be supportive of opening and retaining a movement of chi in the meridians of the upper half of the body?**

*I intend to provide the body those herbs or minerals that shall support the opening of the hand meridians along with retaining the associated energy flow throughout the day and night.*

[illegible]

## NOTES

## DEVELOPMENT OF HEAD MERIDIANS



**1. Which meridians entry points in the head have failed to fully open in the ascension to date?**

*I intend to fully develop the meridian entry points for each part of the brain and nervous system in the head.*

### RIGHT SIDE

- \_\_\_ Right Hemisphere (opens at 1024)
- \_\_\_ Left Hemisphere (opens at 1024)
- \_\_\_ Kundalini Channel (opens at 1024)
- \_\_\_ Consciousness Center (opens at 2200)
- \_\_\_ Pineal Gland (opens at 2200)
- \_\_\_ Pituitary Gland (opens at 2200)
- \_\_\_ Pleasure Center (opens at 1024)
- \_\_\_ Sinus Meridian (opens at 3000)
- \_\_\_ Emotions/Intuition (opens at 3000)
- \_\_\_ Hearing/Language (opens at 3000)
- \_\_\_ Will Center (opens at 1800)
- \_\_\_ Perception Center (opens at 1800)
- \_\_\_ Awareness Center (opens at 3000)
- \_\_\_ Thymus Gland (opens at 3000)
- \_\_\_ Brain Stem (opens at 1800)
- \_\_\_ Vision Center (opens at 3000)

### LEFT SIDE

- \_\_\_ Right Hemisphere (opens at 1024)
- \_\_\_ Left Hemisphere (opens at 1024)
- \_\_\_ Kundalini Channel (opens at 1024)
- \_\_\_ Consciousness Center (opens at 2200)
- \_\_\_ Pineal Gland (opens at 2200)
- \_\_\_ Pituitary Gland (opens at 2200)
- \_\_\_ Pleasure Center (opens at 1024)
- \_\_\_ Sinus Meridian (opens at 3000)
- \_\_\_ Emotions/Intuition (opens at 3000)
- \_\_\_ Hearing/Language (opens at 3000)
- \_\_\_ Will Center (opens at 1800)
- \_\_\_ Perception Center (opens at 1800)
- \_\_\_ Awareness Center (opens at 3000)
- \_\_\_ Thymus Gland (opens at 3000)
- \_\_\_ Brain Stem (opens at 1800)
- \_\_\_ Vision Center (opens at 3000)



<p><b>2. Which meridians in the head do not extend fully from entry point to their destination?</b></p> <p><i>I intend that the meridians extend in full from the point of entry into the destination point in the brain or nervous system.</i></p> <p><i>I intend to develop and widen each meridian in the head with each phase of ascension mastered.</i></p>	<p><b>RIGHT SIDE</b></p> <p>___ Right Hemisphere (opens at 1024)</p> <p>___ Left Hemisphere (opens at 1024)</p> <p>___ Kundalini Channel (opens at 1024)</p> <p>___ Consciousness Center (opens at 2200)</p> <p>___ Pineal Gland (opens at 2200)</p> <p>___ Pituitary Gland (opens at 2200)</p> <p>___ Pleasure Center (opens at 1024)</p> <p>___ Sinus Meridian (opens at 3000)</p> <p>___ Emotions/Intuition (opens at 3000)</p> <p>___ Hearing/Language (opens at 3000)</p> <p>___ Will Center (opens at 1800)</p> <p>___ Perception Center (opens at 1800)</p> <p>___ Awareness Center (opens at 3000)</p> <p>___ Thymus Gland (opens at 3000)</p> <p>___ Brain Stem (opens at 1800)</p> <p>___ Vision Center (opens at 3000)</p>	<p><b>LEFT SIDE</b></p> <p>___ Right Hemisphere (opens at 1024)</p> <p>___ Left Hemisphere (opens at 1024)</p> <p>___ Kundahlini Channel (opens at 1024)</p> <p>___ Consciousness Center (opens at 2200)</p> <p>___ Pineal Gland (opens at 2200)</p> <p>___ Pituitary Gland (opens at 2200)</p> <p>___ Pleasure Center (opens at 1024)</p> <p>___ Sinus Meridian (opens at 3000)</p> <p>___ Emotions/Intuition (opens at 3000)</p> <p>___ Hearing/Language (opens at 3000)</p> <p>___ Will Center (opens at 1800)</p> <p>___ Perception Center (opens at 1800)</p> <p>___ Awareness Center (opens at 3000)</p> <p>___ Thymus Gland (opens at 3000)</p> <p>___ Brain Stem (opens at 1800)</p> <p>___ Vision Center (opens at 3000)</p>
<p><b>3. Which meridians in the head do not have all the little chakras opened necessary to generate the chi to feed the brain?</b></p> <p><i>I intend to develop all meridian chakras necessary to allow the chi to flow from the solar sun through each head meridian to the destination point in the brain or nervous system.</i></p>	<p><b>RIGHT SIDE</b></p> <p>___ Right Hemisphere (opens at 1024)</p> <p>___ Left Hemisphere (opens at 1024)</p> <p>___ Kundalini Channel (opens at 1024)</p> <p>___ Consciousness Center (opens at 2200)</p> <p>___ Pineal Gland (opens at 2200)</p> <p>___ Pituitary Gland (opens at 2200)</p> <p>___ Pleasure Center (opens at 1024)</p> <p>___ Sinus Meridian (opens at 3000)</p> <p>___ Emotions/Intuition (opens at 3000)</p> <p>___ Hearing/Language (opens at 3000)</p> <p>___ Will Center (opens at 1800)</p> <p>___ Perception Center (opens at 1800)</p> <p>___ Awareness Center (opens at 3000)</p> <p>___ Thymus Gland (opens at 3000)</p> <p>___ Brain Stem (opens at 1800)</p> <p>___ Vision Center (opens at 3000)</p>	<p><b>LEFT SIDE</b></p> <p>___ Right Hemisphere (opens at 1024)</p> <p>___ Left Hemisphere (opens at 1024)</p> <p>___ Kundalini Channel (opens at 1024)</p> <p>___ Consciousness Center (opens at 2200)</p> <p>___ Pineal Gland (opens at 2200)</p> <p>___ Pituitary Gland (opens at 2200)</p> <p>___ Pleasure Center (opens at 1024)</p> <p>___ Sinus Meridian (opens at 3000)</p> <p>___ Emotions/Intuition (opens at 3000)</p> <p>___ Hearing/Language (opens at 3000)</p> <p>___ Will Center (opens at 1800)</p> <p>___ Perception Center (opens at 1800)</p> <p>___ Awareness Center (opens at 3000)</p> <p>___ Thymus Gland (opens at 3000)</p> <p>___ Brain Stem (opens at 1800)</p> <p>___ Vision Center (opens at 3000)</p>

<p><b>4. Which meridians in the head tend to shut down over the course of the day?</b></p> <p><i>I intend to provide enough daily exercise to assist the chi in moving through all meridians in the brain and nervous system.</i></p> <p><i>I intend to retrain my body to keep open all head meridians to as great a degree I can day and night to assure enough chi is provided for the continued ascension of my brain and nervous system.</i></p>	<p><b>RIGHT SIDE</b></p> <p> <input type="checkbox"/> Right Hemisphere (opens at 1024)  <input type="checkbox"/> Left Hemisphere (opens at 1024)  <input type="checkbox"/> Kundalini Channel (opens at 1024)  <input type="checkbox"/> Consciousness Center (opens at 2200)  <input type="checkbox"/> Pineal Gland (opens at 2200)  <input type="checkbox"/> Pituitary Gland (opens at 2200)  <input type="checkbox"/> Pleasure Center (opens at 1024)  <input type="checkbox"/> Sinus Meridian (opens at 3000)  <input type="checkbox"/> Emotions/Intuition (opens at 3000)  <input type="checkbox"/> Hearing/Language (opens at 3000)  <input type="checkbox"/> Will Center (opens at 1800)  <input type="checkbox"/> Perception Center (opens at 1800)  <input type="checkbox"/> Awareness Center (opens at 3000)  <input type="checkbox"/> Thymus Gland (opens at 3000)  <input type="checkbox"/> Brain Stem (opens at 1800)  <input type="checkbox"/> Vision Center (opens at 3000)         </p> <p><i>I intend to release all patterns, thoughtforms, entities and machines that restrict the flow of energy in my head meridians.</i></p>	<p><b>LEFT SIDE</b></p> <p> <input type="checkbox"/> Right Hemisphere (opens at 1024)  <input type="checkbox"/> Left Hemisphere (opens at 1024)  <input type="checkbox"/> Kundalini Channel (opens at 1024)  <input type="checkbox"/> Consciousness Center (opens at 2200)  <input type="checkbox"/> Pineal Gland (opens at 2200)  <input type="checkbox"/> Pituitary Gland (opens at 2200)  <input type="checkbox"/> Pleasure Center (opens at 1024)  <input type="checkbox"/> Sinus Meridian (opens at 3000)  <input type="checkbox"/> Emotions/Intuition (opens at 3000)  <input type="checkbox"/> Hearing/Language (opens at 3000)  <input type="checkbox"/> Will Center (opens at 1800)  <input type="checkbox"/> Perception Center (opens at 1800)  <input type="checkbox"/> Awareness Center (opens at 3000)  <input type="checkbox"/> Thymus Gland (opens at 3000)  <input type="checkbox"/> Brain Stem (opens at 1800)  <input type="checkbox"/> Vision Center (opens at 3000)         </p> <p><i>I intend the complete development of a crystalline brain and nervous system that allows for the perception of the Language of Light and unity based thoughtform and relationships.</i></p>
<p><b>5. What herbs or minerals from the Language of Light list would be supportive of opening and retaining a movement of chi in the head meridians?</b></p>	<div> <hr/><hr/><hr/><hr/><hr/> </div> <p><i>I intend to provide the body those herbs or minerals that shall support the opening of the head meridians along with retaining the associated energy flow throughout the day and night.</i></p>	

## DEVELOPMENT OF THE REGENERATION CHAKRAS

**1. Have all regeneration chakras that should be open to date in your ascension constructed and moving?**

☐ Yes ☐ No

For those mastering to 1024, 4 regeneration chakras should be open, 2 in the front and 2 in the back.

For those mastering to 2200, 12 regeneration chakras should have opened, 6 in the front and 6 in the back.

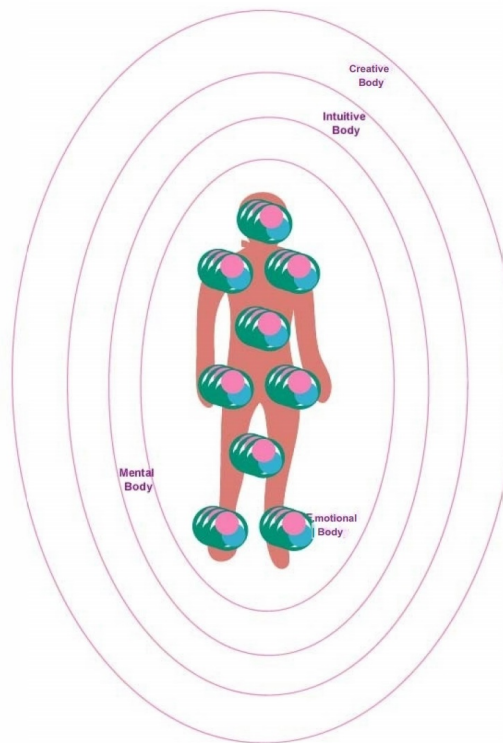
For those mastering to 3000 segments, 18 regeneration chakras should have opened, 9 in the front and 9 in the back.

For those mastering to 4200 segments, 22 regeneration chakras should have opened, 11 in the front and 11 in the back.

For those mastering to 6000 segments, 28 regeneration chakras should have opened, 14 in the front and 14 in the back.

For those mastering to 9000 segments, 36 regeneration chakras should have opened, 18 in the front and 18 in the back.

REGENERATION CHAKRAS  
FRONT VIEW



9 REGENERATION CHAKRAS DEVELOP IN FRONT  
AND 9 IN THE BACK (by 3,000 segments)

*I intend the full development of my regeneration chakras in my ascension.*

*I intend to release the karma for how my ancestry lost the blueprint for regeneration over time.*

*I intend to integrate a full set of regeneration chakras at each level of evolution*

*mastered in this lifetime.*

*I intend to allow the regeneration chakras to pull the fire from the core of the kundalini to youth my physical form*

*I intend to allow the regeneration chakras to provide the skin or etheric kundalini fire flow to hold boundaries and release karma.*

*I intend to run my regeneration chakras each time I eat or exercise to assure my continued regeneration and ascent up in frequency.*

## DEVELOPMENT OF THE 12 CHAKRA SYSTEM

1. Have you mastered the 12 chakra system in your ascent to date?

\_\_\_Yes \_\_\_No

2. If no, what chakras have opened thus far?

\_\_\_Diaphragm Chakra  
(associated with the breath of life)

\_\_\_Occipital Chakra  
(associated with dream manifestation)

\_\_\_Pineal Chakra

\_\_\_Pituitary Chakra

\_\_\_Male/Female Chakras

\_\_\_Pelvic Lotus  
How many petals open? \_\_\_

\_\_\_Heart Lotus  
How many petals open? \_\_\_

\_\_\_Crown Lotus  
How many petals open? \_\_\_

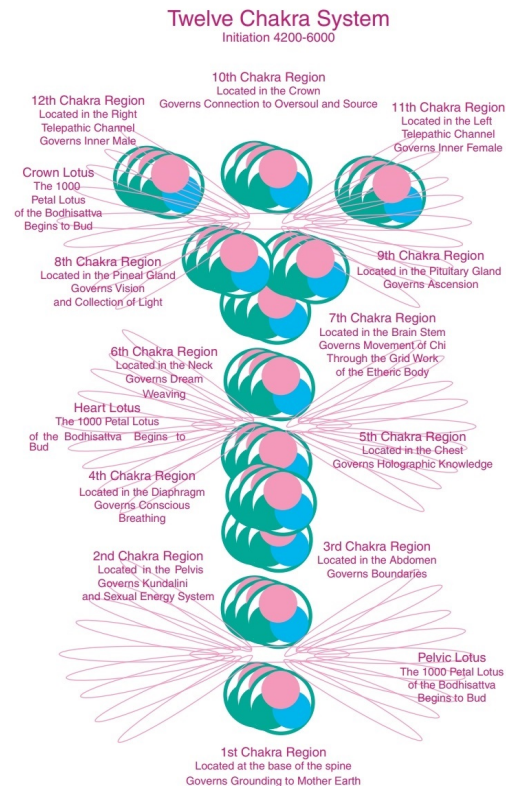
3. What herbs or minerals would support me in opening the 12 chakras system, the lotuses and integrating the holograms associated?

\_\_\_\_\_  
\_\_\_\_\_

*I intend to open the 12 chakra system in full in my ascent to 3000 segments or beyond in this lifetime.*

*I intend to open the pelvic, heart and crown lotus to the degree that I can in my ascent.*

*I intend to embody the holograms in the lotuses and open to holographic communication and understanding in this lifetime.*



# DIMINISHING CHAKRAS

1. What chakras tend to diminish in size over the course of the day when I am not exercising or meditating?

☐ Grounding Chakras  
☐ Root Chakra (base of the spine)  
☐ Sexual Chakra (pelvis)  
☐ Sexual Lotus  
☐ Power Chakra (solar plexus)  
☐ Diaphragm Chakra (diaphragm)  
☐ Heart Chakra (chest)  
☐ Heart Lotus  
☐ Co-Creation Chakra (neck)  
☐ Occipital Chakra (back of neck)  
☐ Pineal Chakra  
☐ Pituitary Chakra  
☐ Male/Female Chakras  
☐ Spiritual Knowledge Chakra (crown region)  
☐ Crown Lotus  
☐ Connection to Source Chakras

2. What are the associated lessons from chapter 5 for diminished chakras?

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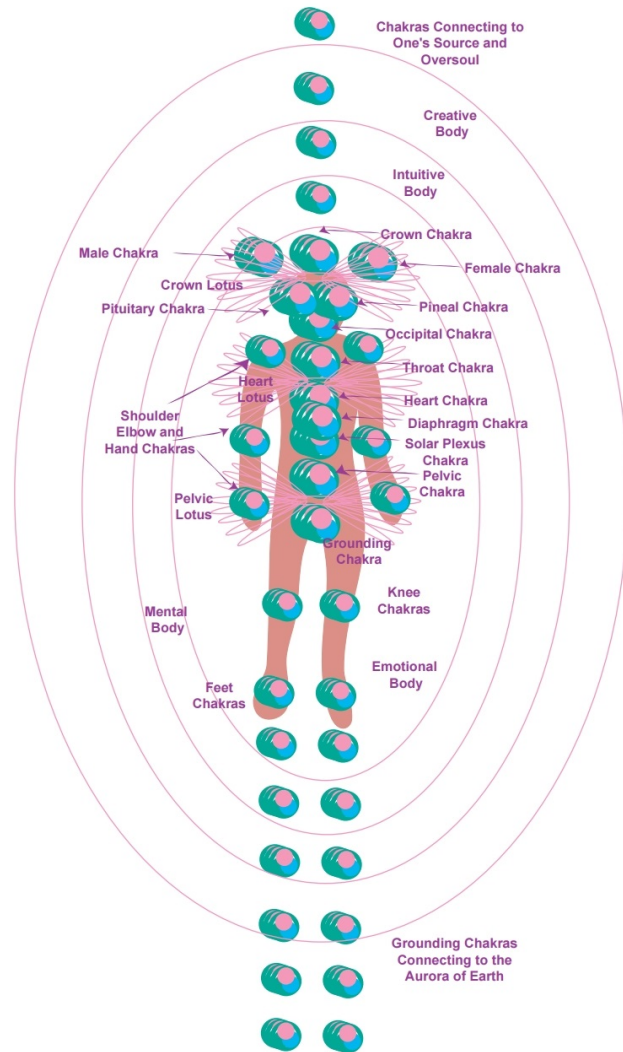


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3. What herbs or minerals would support me in ceasing to diminish certain chakra regions?

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Chakras and Subtle Bodies to Bodhisattva Level Evolution



*I intend to learn to retain all chakras at the same size and weight and speed of rotation to create a very balanced field more capable of ascending as far as I can in this lifetime.*

*I intend to transcend the codependent patterning associated with any chakras I tend to diminish.*

*I intend to step out of the game of deflating any chakra or chakra region in my field. I intend to create a stable chakra rotation that supports my goal of ascension.*



## OVER EXPANDED CHAKRAS

1. What chakras tend to over expand in size over the course of the day when I am not meditating?

- ☐ Grounding Chakras
- ☐ Root Chakra (base of the spine)
- ☐ Sexual Chakra (pelvis)
- ☐ Sexual Lotus
- ☐ Power Chakra (solar plexus)
- ☐ Diaphragm Chakra (diaphragm)
- ☐ Heart Chakra (chest)
- ☐ Heart Lotus
- ☐ Co-Creation Chakra (neck)
- ☐ Occipital Chakra (back of neck)
- ☐ Pineal Chakra
- ☐ Pituitary Chakra
- ☐ Male/Female Chakras
- ☐ Spiritual Knowledge Chakra (crown region)
- ☐ Crown Lotus
- ☐ Connection to Source Chakras

2. What are the associated lessons from chapter 5 for over inflated chakras?

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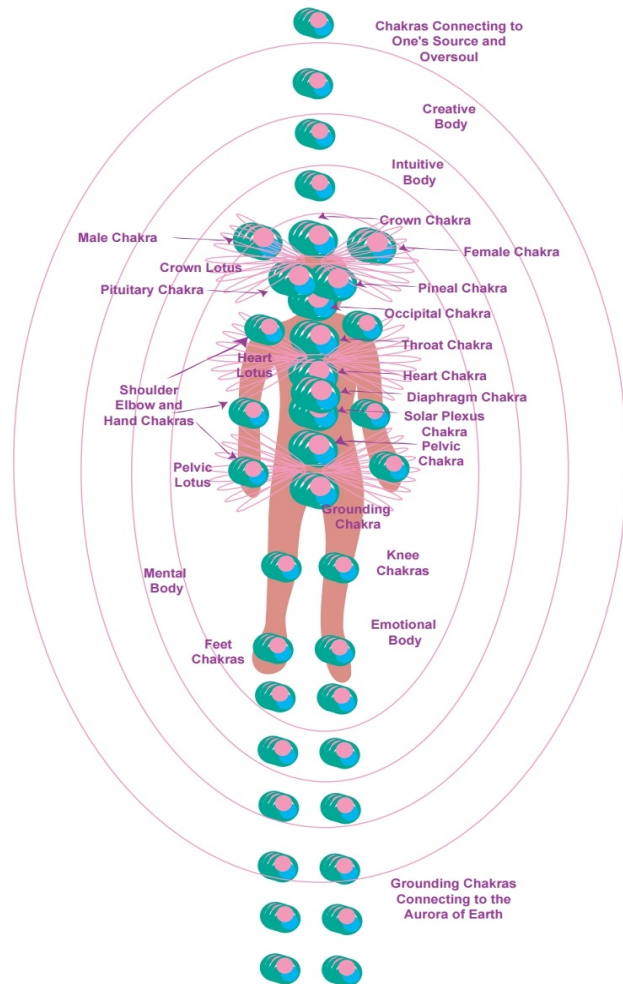


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3. What herbs or minerals would support me in ceasing to over inflate certain chakra regions?

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Chakras and Subtle Bodies to Bodhisattva Level Evolution



*I intend to learn to retain all chakras at the same size and weight and speed of rotation to create a very balanced field more capable of ascension in this lifetime.*

*I intend to transcend the codependent patterning of over inflated chakras in this lifetime. I intend to step out of the game of over-inflating any chakra or chakra region in my field.*

*I intend to create a balanced field that does not wobble with equal sized chakras that are small, medium and large in size.*

## DIMINISHING WILL CENTERS

**1. What will centers tend to diminish in size over the course of the day when I am not meditating?**

- ☐ Root Will Center (base of the spine)
- ☐ Sexual Will Center (pelvis)
- ☐ Power Will Center (solar plexus)
- ☐ Heart Will Center (chest)
- ☐ Co-Creation Will Center (neck)
- ☐ Pineal Will Center
- ☐ Spiritual Knowledge Will Center (crown region)

**2. What are the associated lessons from chapter 5 for diminished will centers?**

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**3. What herbs or minerals would support me in ceasing to diminish certain will centers?**

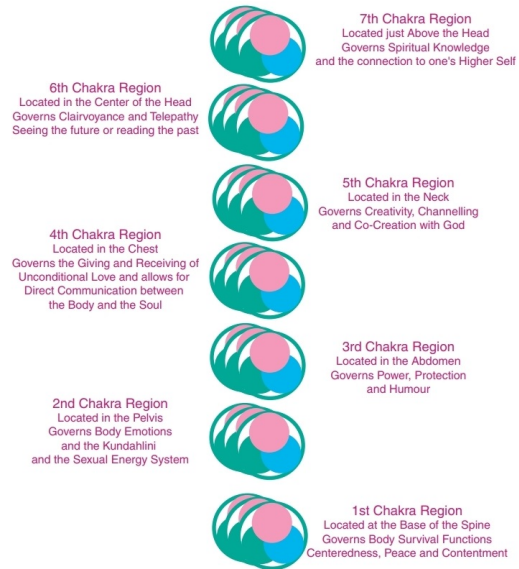
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*I intend to have all seven will centers available to assist in the process of conscious intentions for the purposes of dream weaving.*

*I intend to retrieve any missing knowledge in my ancestry for the development of a full set of will centers through ascension.*

*I intend to retain all will centers in equal size to one another so that each center can do its part to intend my thoughts and dream into the manifestation planes.*

*I intend to step out of the codependent game of diminished will centers.*

## OVER EXPANDED WILL CENTERS

**1. What will centers tend to over expand in size over the course of the day when not meditating?**

- ☐ Root Will Center (base of the spine)
- ☐ Sexual Will Center (pelvis)
- ☐ Power Will Center (solar plexus)
- ☐ Heart Will Center (chest)
- ☐ Co-Creation Will Center (neck)
- ☐ Pineal Will Center (head)
- ☐ Spiritual Knowledge Will Center (crown region)

**2. What are the associated lessons from chapter 5 for over-expanded will centers?**

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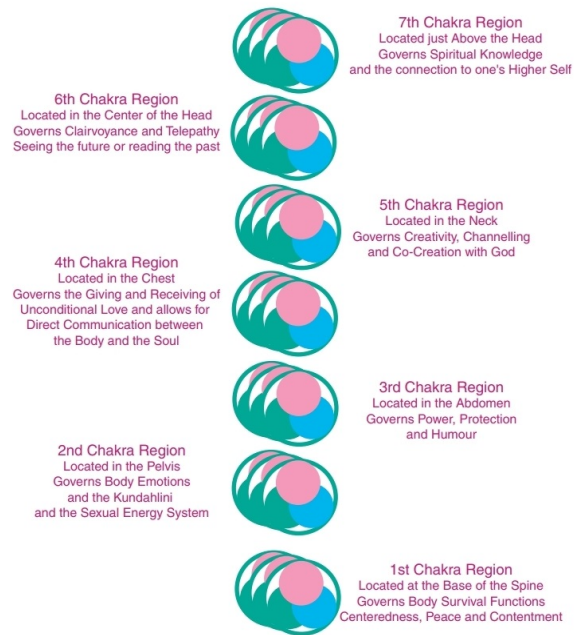
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**3. What herbs or minerals would support me in ceasing to over inflate certain will centers?**

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*I intend to retain all will centers in equal size to one another so that each center can do its part to intend my thoughts and dream into the manifestation planes.*

*I intend to step out of the codependent game of the lessons I have defined for over expanded will centers.*

*I intend to become the dreamer and the dream.*

*I intend to retrieve all ancestral records on dream weaving and the proper utilization of will for intentions.*

## DIMINISHED SUBTLE BODIES

1. What subtle bodies tend to diminish in size over the course of the day when not exercising or meditating?

\_\_\_ Mental Body

\_\_\_ Emotional Body

\_\_\_ Intuitive Body

\_\_\_ Creative Body

2. What are the associated lessons from chapter 5 for diminished subtle bodies?

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3. What herbs or minerals would support me in ceasing to diminish certain subtle bodies?

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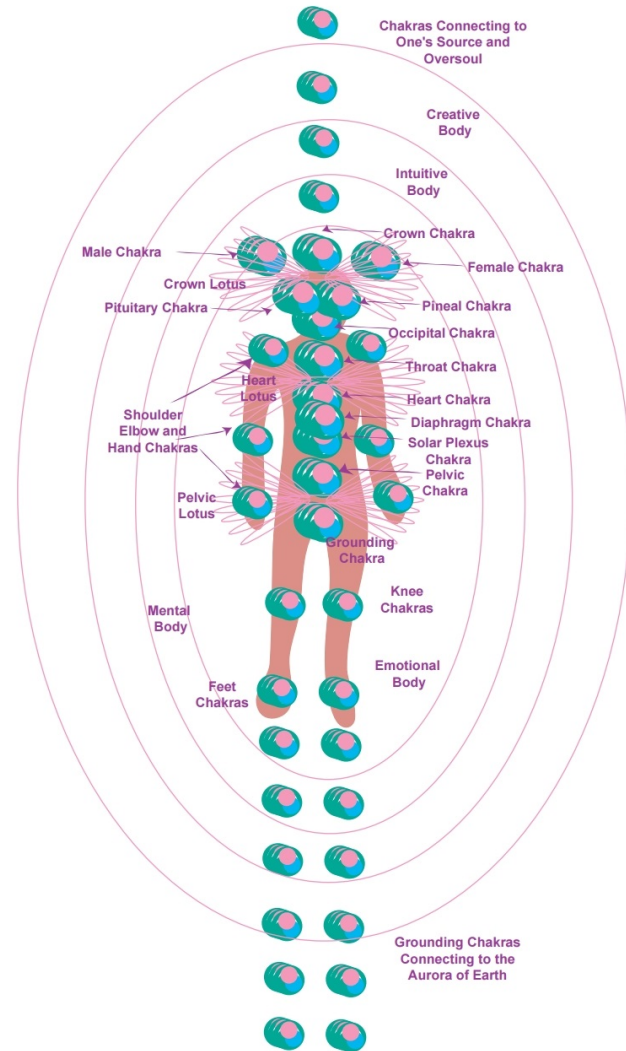
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Chakras and Subtle Bodies to Bodhisattva Level Evolution



*I intend to retain all subtle bodies equal in size to one another. I intend to release all codependent patterning at cause of diminished subtle bodies.*

*I intend to master emotions, language, intuition and the art of co-creating in this lifetime.*

*I intend to create a stable field that is balanced and does not wobble and better supports my continued evolution.*

## OVER INFLATED SUBTLE BODIES

1. What subtle bodies tend to over inflate in size over the course of the day when not exercising or meditating?

\_\_\_ Mental Body

\_\_\_ Emotional Body

\_\_\_ Intuitive Body

\_\_\_ Creative Body

2. What are the associated lessons from chapter 5 for over inflated subtle bodies?

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3. What herbs or minerals would support me in ceasing to over inflate certain subtle bodies?

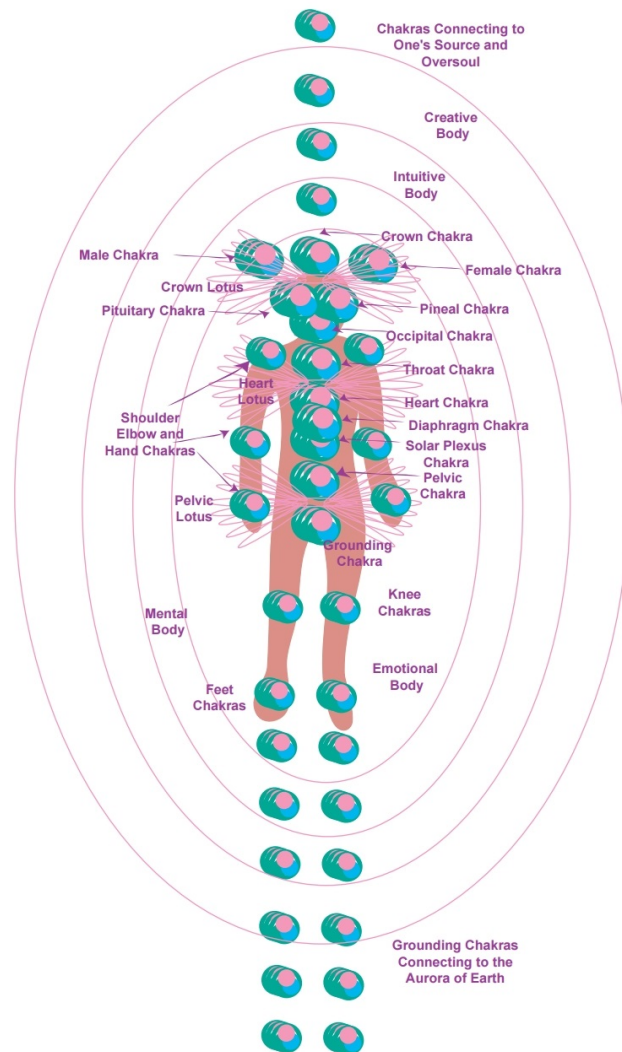
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Chakras and Subtle Bodies to Bodhisattva Level Evolution



*I intend to step out of the codependent game of over inflating any of my subtle bodies.*

*I intend to release all the patterns associated with the over inflation of any subtle body.*

*I intend to create a stable field that is balanced and does not wobble and better supports my continued evolution.*



## SEXUAL ENERGY SYSTEM

1. Do you have information on all components of the sexual energy system?

\_\_\_ Kundalini Main Channel  
 \_\_\_ Kundalini Side Channel (right side)  
 \_\_\_ Kundalini Side Channel (left side)  
 \_\_\_ Sexual Energy Lotus  
 \_\_\_ Etheric Kundalini (skin)

2. Which systems do you tend to shut off over the course of the day when you are not meditating or exercising?

\_\_\_ Kundalini Main Channel  
 \_\_\_ Kundalini Side Channel (right side)  
 \_\_\_ Kundalini Side Channel (left side)  
 \_\_\_ Sexual Energy Lotus  
 \_\_\_ Etheric Kundalini (skin)

3. What herbs or minerals would support me learning to move my kundalini energy at all times to foster ascension?

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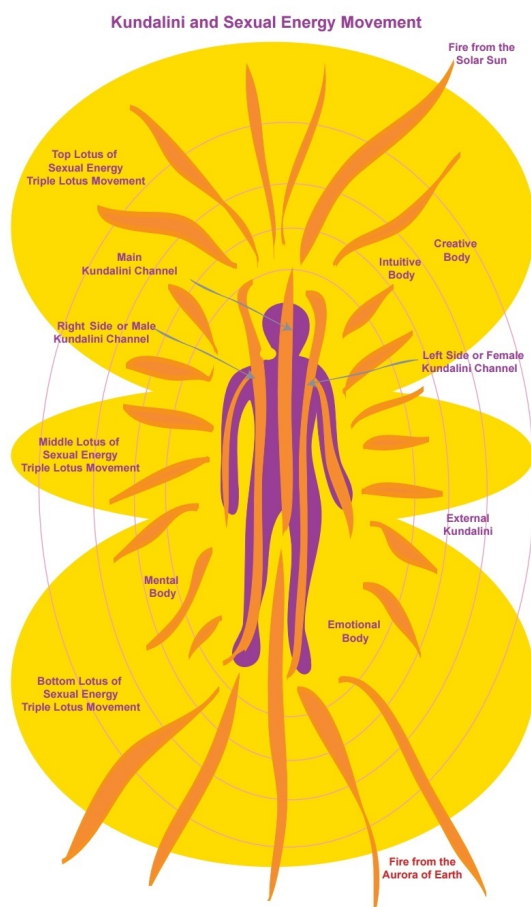
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*I intend to retrieve all ancestral knowledge on the movement of the kundalini and sexual energy for the purposes of spiritual evolution.*

*I intend to retrain my field to move the sexual energy as needed to sustain my vibration and the spin of my chakras over the course of the day and into the night.*

*I intend to return any part of another's sexual energy system and retrieve my own creating a sovereign kundalini energy flow.*

*I intend to cease participation in patterns associated with phantom sexual energy systems and release any sexual phantoms in my space between.*





## DIGESTIVE ENERGY SYSTEM

1. Do you have information on all components of the digestive energy system?

\_\_\_Magnetic system to push information from one's oversoul to the crown and akashic record keeper

\_\_\_Magnetic system to push released patterns from the record keeper through the 12 chakra system

\_\_\_Magnetic System to ground out to the Aurora larger patterns that the 12 chakra system cannot transmute

2. Which systems do you tend to shut off over the course of the day when you are not meditating or exercising?

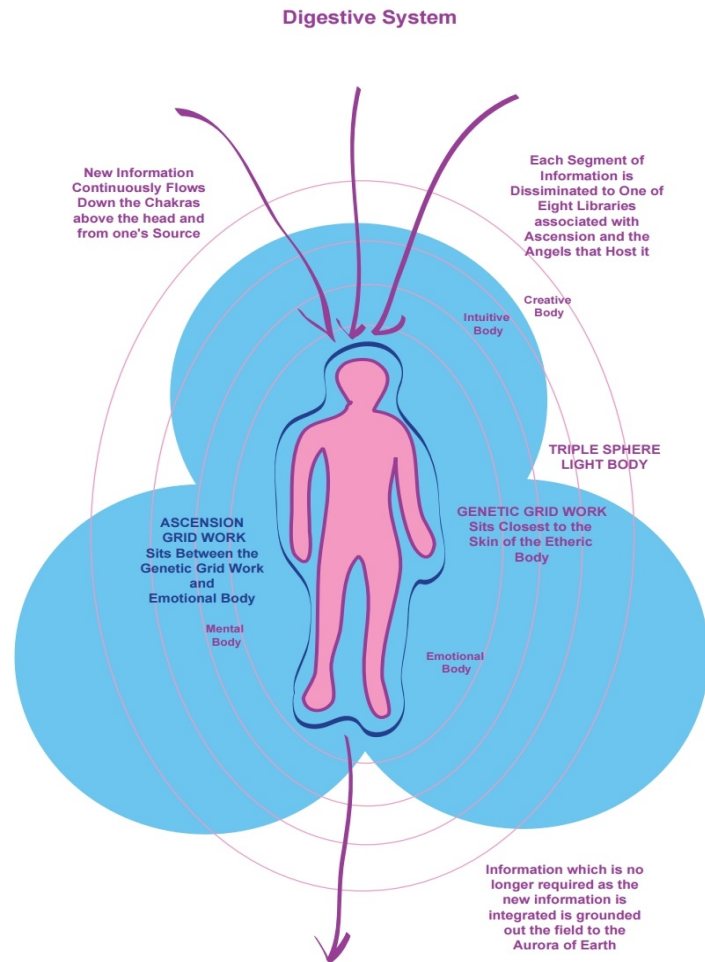
\_\_\_Magnetic system to push information from one's oversoul to the crown and akashic record keeper

\_\_\_Magnetic system to push released patterns from the record keeper through the 12 chakra system

\_\_\_Magnetic System to ground out to the Aurora larger patterns that the 12 chakra system cannot transmute

3. What herbs or minerals would support me learning to move my digestive energy at all times to foster ascension?

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*I intend to retrieve all ancestral knowledge on the movement of the digestive energy system.*

*I intend to take full responsibility for my own spiritual lessons and choose to digest them at a pace that my body and life can handle.*

*I intend to allow all others to digest their own lessons. I intend to return any part of another's digestive system and retrieve my own creating a sovereign digestive energy flow.*

*I intend to cease participation in patterns associated with phantom digestive systems and release any phantoms in my space between.*

## BIOLOGICAL CYCLES OF ASCENSION

**1. What cycle of biological ascension are you currently transmuting?**

- ☐ Bones and Ligaments
- ☐ Muscles
- ☐ Circulatory and Lymph Systems
- ☐ Organs and Glands
- ☐ Lungs and Diaphragm
- ☐ Digestive System
- ☐ Reproduction and Regeneration
- ☐ Immune System
- ☐ Nervous System
- ☐ Skin and Sensory Organs
- ☐ Space Between

**2. What foods would be supportive of this cycle and the cycle ahead?**

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**3. What herbs or minerals would support this cycle and the cycle ahead or integration of cycles schismed over?**

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**Is there a particular part of the biology or several areas that has been schismed over and are behind in their evolution as a result? How many cycles are they behind?**

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Bones and Ligaments           | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Muscles                       | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Circulatory and Lymph Systems | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Organs and Glands             | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Lungs and Diaphragm           | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Digestive System              | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Reproduction/Regeneration     | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Immune System                 | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Nervous System                | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Skin and Sensory Organs       | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Space Between                 | #Cycles Behind <input type="text"/> |

*I intend to make sure that each organ, gland and system is no more than one cycle behind in the regeneration process.*

*I intend to retrieve any missing genetic information, and intend to retrieve whatever has been lost and release the karma associated.*

*I intend to make the time for the body to work upon those organs, glands or systems that have been schismed over, altering the cycle I am in as need be to assure ascending into a healthy crystalline biology.*

*I intend to face those spiritual lessons that are associated with whatever part of the biology has been schismed over.*

*I intend to create a complete biological ascension in this lifetime. I intend to retrieve any and all schisms so that each and every cell in my biology can be resurrected and become crystalline.*

*I intend to give unto the body what it requires to assist in the integration of the new crystalline DNA and cellular structure.*

## ENERGETIC CYCLES OF ASCENSION

### 1. What cycle of energetic ascension are you currently transmuting?

- ☐ Grounding Issues (base chakra)
- ☐ Sexual Energy Issues (pelvic chakra)
- ☐ Power Issues (solar plexus chakra)
- ☐ Breath of Life Issues (diaphragm chakra)
- ☐ Heart and Love Issues (heart chakra)
- ☐ Co-Creation Issues (throat and occipital chakra)
- ☐ Visionary Issues (head chakra)
- ☐ Knowledge Issues (crown chakra)
- ☐ Male-Female Issues (right and left chakras)
- ☐ Mental Expression (mental body)
- ☐ Emotional Expression (emotional body)
- ☐ Intuitive Expression (intuitive body)
- ☐ Creative Expression (creative body)
- ☐ Dreamtime Expression (dreamtime body)
- ☐ Kundalini Issues (sexual energy system)
- ☐ Digestive Issues (digestive system)

### 2. What herbs or minerals would support this cycle and the cycle ahead along with integration of those cycles schismed over?

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### Is there a particular part of the energy field or several areas that has been schismed over and are behind in their evolution as a result?

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Grounding Issues      | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Sexual Issues         | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Power Issues          | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Breath of Life Issues | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Heart/Love Issues     | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Co-Creation Issues    | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Visionary Issues      | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Knowledge Issues      | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Male-Female Issues    | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Mental Expression     | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Emotional Expression  | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Intuitive Expression  | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Creative Expression   | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Dreamtime             | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Kundalini Issues      | #Cycles Behind <input type="text"/> |
| <input type="checkbox"/> Digestive Issues      | #Cycles Behind <input type="text"/> |

*I intend to make sure that each layer of my energy field is no more than five cycles behind in its evolutionary shifts.*

*I intend to address all issues, even those that I resist looking at within myself.*

*I intend to focus upon those regions that I have heavily schismed over each cycle.*

*I intend to create a complete biological ascension this lifetime and learn all the spiritual lessons that I can to allow evolution to take hold in my ancestry.*

*I intend to process the thoughtform, patterning, machines and entities in each layer of my energy field as the issues surface in my continued ascension.*

## HEALING TEMPLES FOR ASCENSION

**1. Are there any healing temples that I have not visited in dreamtime in the past 14 days?**

- ☐ Temple of Interconnection
- ☐ Temple of Ascension Assessment and Tests
- ☐ Temple of Grounding
- ☐ Temple of Sexual Energy Flow
- ☐ Temple of Subtle Bodies
- ☐ Temple of Physical Grid Work
- ☐ Temple of Ascension Grid Work
- ☐ Temple of Ancestral Knowledge
- ☐ Temple of Light Body
- ☐ Temple of Recasting
- ☐ Temple of Time
- ☐ Temple of Schisms
- ☐ Temple of the Language of Light
- ☐ Temple of Genetic Information
- ☐ Temple of Visionary Knowledge
- ☐ Temple of Karma
- ☐ Temple of Guardians
- ☐ Temple of Dream Weaving

**2. Are there agreements or false agreements in my field that do not allow me to visit all of the temples?**

☐ Yes ☐ No

*I intend to release all agreements and karma that do not allow me access to all healing temples necessary to the creation of a complete ascension in this lifetime.*

*I intend to return any false agreements and karma that belongs unto another that interferes with my time in the healing temples each night during dreamtime.*

**Is there a particular temple or temples that I try and avoid in dreamtime?**

- ☐ Temple of Interconnection
- ☐ Temple of Ascension Assessment and Tests
- ☐ Temple of Grounding
- ☐ Temple of Sexual Energy Flow
- ☐ Temple of Subtle Bodies
- ☐ Temple of Physical Grid Work
- ☐ Temple of Ascension Grid Work
- ☐ Temple of Ancestral Knowledge
- ☐ Temple of Light Body
- ☐ Temple of Recasting
- ☐ Temple of Time
- ☐ Temple of Schisms
- ☐ Temple of the Language of Light
- ☐ Temple of Genetic Information
- ☐ Temple of Visionary Knowledge
- ☐ Temple of Karma
- ☐ Temple of Guardians
- ☐ Temple of Dream Weaving

*I intend to visit all temples each week to support my continued evolution.*

*I intend to visit even those temples that are not my preferred choice in dreamtime.*

*I intend to work collaboratively with all healing guides, angels, nature kingdoms and Earth that support human ascension through these temples.*

*I intend to work with Earth in world service and in support of the evolution of the human species and all other kingdoms upon Earth.*

## GUARDIANS FOR ASCENSION

**1. Have I anchored all the guardians possible in association with my ascension to date?**

\_\_\_ The Grounding Guardian

\_\_\_ The Connection to Source Guardian

\_\_\_ The Four Corners Guardians

\_\_\_ The Sexual Energy Guardians

\_\_\_ The Digestive Energy Guardian

\_\_\_ Nighttime Guardians

**2. Have any of my guardians been shattered as of late or manipulated in some way?**

\_\_\_ Yes \_\_\_ No

*I intend to anchor all guardians that Earth makes possible to support the fields of those who are ascending at this time in history.*

*I intend to connect to the Temple of Guardians each day to return those guardians that have been damaged or manipulated for recasting and anchor an entirely new set of guardians to support my continued ascent.*

*I intend to master the Language of Light in the rotation of my field to assist in holding my boundaries in the day to day living of my life.*

*I intend to embody true spiritual law in this lifetime upon all planes of reality, conscious , subconscious and unconscious.*

**NOTES:**

## AGREEMENTS IN ASCENSION

**1. Are there past agreements that I have transcended that have not been fully erased?**

\_\_\_Yes \_\_\_No

*I intend boundaries with agreements.*

*I intend that past agreements including duplicates and master copies are fully erased "ascension style" so that they cannot be recreated.*

**2. Are there agreements that are from the future and are active in my field at this time?**

\_\_\_Yes \_\_\_No

*I intend that agreements for the future remain in the future where they cannot affect my field.*

*I intend to create guardians that hold boundaries surrounding past and future agreements.*

**3. Are there portions of the new consensus agreements that are missing or have been manipulated?**

\_\_\_Yes \_\_\_No

*I intend to retrieve any portions of agreements required to participate in the new consensus for ascension and release all karma associated with why they have become lost or distorted.*

**4. Are there agreements that are active but hidden so that you cannot release them?**

\_\_\_Yes \_\_\_No

*I intend to retrieve all hidden karmic agreements so that I can release them in ascension. I intend to connect to the Temple of Karma to perceive where they have been stored and retrieve them to be released in each phase of mastery.*

**5. Are there agreements that have been combusted once to many times that are not available to be released and therefore remain active?**

\_\_\_Yes \_\_\_No

*I intend to resurrect any combusted karma and release it in full ascension style.*

*I intend to remove any of my energetic signatures upon falsified agreements and send them to the temple of karma to be returned to their source of origin.*

**6. Are there falsified agreements with your signature on them active in your field?**

\_\_\_Yes \_\_\_No

*I intend to retrieve all duplicates of any agreement along with the master copy and erase them ascension style.*

*I intend to rewrite all agreements to support my continued goal of evolution in this lifetime.*

**7. Are there duplicated agreements from the past that have been inserted and been activated in your field?**

\_\_\_Yes \_\_\_No

*I intend to take my power back from the false gods or any other nonphysical force that manipulates my agreements. I intend to take my power back from any human whose field is used to manipulate my agreements.*



## SPELLS, CURSES AND HEXES

- 1. Are there curses in my field that I am ready to release?**

☐ Yes ☐ No

Who are they from? \_\_\_\_\_

*I intend to release all curses sending them to their source of origin. I intend to retrieve any knowledge lost or karma gained in the dance. I intend to cease to curse others in the unconscious.*

- 2. Have I cursed others in parallel?**

☐ Yes ☐ No

*I intend to retrieve all curses sent over time without my awareness and retrieve all information or karma lost and return anything gained in the dance.*

- 3. Are there hexes in my field that I am ready to release**

☐ Yes ☐ No

Who are they from? \_\_\_\_\_

*I intend to release all hexes sending them to their source of origin. I intend to retrieve any knowledge lost or karma gained in the dance. I intend to cease to hex others in the unconscious.*

- 4. Have I hexed others in parallel in the unconscious without knowing?**

☐ Yes ☐ No

*I intend to retrieve all hexes sent over time without my awareness and retrieve all information or karma lost and return anything gained in the dance.*

- 5. Are there positive spells from others skewing my dream in a direction I do not intend?**

☐ Yes ☐ No

Who are they from? \_\_\_\_\_

*I intend to release all spells cast by others sending them to their source of origin. I intend to retrieve any dream lost or return any dream gained in the dance.*

- 6. Have I cast spells in parallel around others without knowing?**

☐ Yes ☐ No

*I intend to cease to cast spells upon others in the unconscious to manipulate their dream. I intend to retrieve all spells sent over time without my awareness and retrieve all dream lost and return all dream gained in the dance.*

- 7. Are there dark or space between spells skewing my dream in a destructive direction?**

☐ Yes ☐ No

Who are they from? \_\_\_\_\_

*I intend to release all black magic spells sending them to their source of origin. I intend to retrieve any knowledge lost or karma gained in the dance.*

- 8. Have I cast dark spells in parallel around others without knowing?**

☐ Yes ☐ No

*I intend to cease to create black magic spells upon others in the unconscious. I intend to retrieve all black magic spells cast over time without my awareness and retrieve all dreams and karma lost and return any dreams or karma gained in the dance.*