

CHAPTER 2 WORKSHEETS

Transcending Fear and Loss of Information Assessing and Transcending Birth Archetypal Nature

LACK OF INFORMATION AND FEAR

<p>1. To what degree have I transcended dogmatic thought-form in my ascension to date?</p> <p>% Transcended Dogma _____</p> <p>% Integrated Language of Light (first 48 notes) _____</p>	<p><i>I intend to transcend all dogmatic beliefs that I have held since childhood.</i></p> <p><i>I intend to let go of those vibrations associated with dogma.</i></p> <p><i>I intend to integrate the Language of Light in their place.</i></p> <p><i>I intend to release all karma in my tapestry of ancestry for dogmatic ancestors and all that this creates in the dance of life.</i></p>
<p>2. For the level of evolution I have mastered to date, what percentage of my genetic information is still missing?</p> <p>% Missing _____</p>	<p><i>I intend to release all karma for loss of information and fraying DNA in my inheritance.</i></p> <p><i>I intend to release all karma for the loss of information associated with the nuclear annihilation of Atlantis.</i></p> <p><i>I intend to retrieve all lost genetic information lost in the era of Atlantis.</i></p>
<p>3. Out of this what percentage was lost due to nuclear warfare in my ancestry?</p> <p>% Lost _____</p>	<p><i>I intend to release all karma for the loss of information associated with the nuclear annihilation of the Anu.</i></p> <p><i>I intend to retrieve all genetic information lost in the era of the Anu.</i></p> <p><i>I intend to forgive those ancestors who were responsible for nuclear warfare.</i></p> <p><i>I intend to forgive those ancestors who suffered as a result of nuclear warfare.</i></p>

HEALING THE INNER FAMILY

Fear due to Lack of Information

Question	Inner Male Child	Inner Female Child
1. What ages did you experience fear due to a lack of information to handle a particular circumstance in childhood?	<div> <div> <div>___ Age 0-1</div> <div>___ Age 1-2</div> <div>___ Age 2-3</div> <div>___ Age 3-4</div> <div>___ Age 4-5</div> <div>___ Age 5-6</div> </div> <div> <div>___ Age 6-7</div> <div>___ Age 7-8</div> <div>___ Age 8-9</div> <div>___ Age 9-10</div> <div>___ Age 10-11</div> <div>___ Age 11-12</div> </div> </div>	<div> <div> <div>___ Age 0-1</div> <div>___ Age 1-2</div> <div>___ Age 2-3</div> <div>___ Age 3-4</div> <div>___ Age 4-5</div> <div>___ Age 5-6</div> </div> <div> <div>___ Age 6-7</div> <div>___ Age 7-8</div> <div>___ Age 8-9</div> <div>___ Age 9-10</div> <div>___ Age 10-11</div> <div>___ Age 11-12</div> </div> </div>
<i>I intend to release and erase all trauma from feeling afraid due to a lack of information in my childhood.</i>	<i>I intend to retrieve all parts of my inner male child at all age ranges.</i>	<i>I intend to retrieve all parts of my inner female child at all age ranges.</i>
<i>I intend to replace the memories of fear with those of safety and love from parallel life childhood experiences.</i>	<i>I intend to release and erase the trauma of fear recorded at the above ages within my inner male child.</i>	<i>I intend to release and erase the trauma of fear recorded at the above ages within my inner female child.</i>
<i>I intend to forgive my parents or other adults or friends who put me in fear in my childhood and lacked the information themselves to handle the circumstance in any other way.</i>	<i>I intend to retrieve all fractured pieces of my inner male child that shattered due to fearful past experiences and send them for recasting.</i>	<i>I intend to retrieve all fractured pieces of my inner female child that shattered due to fearful past experiences and send them for recasting.</i>
<i>I intend to forgive my inner child for being in fear or putting others in fear.</i>	<i>I intend to erase the fearful experiences and replace them with experiences where my inner male child felt safe in parallel lives.</i>	<i>I intend to erase the fearful experiences and replace them with experiences where my inner female child felt safe in parallel lives.</i>
<i>I intend to restore a sense of safety within my inner child so that a new dance of unity can emerge within my inner family.</i>	<i>I intend to send all information that I now know as an adult all the way back in time throughout my inner male child.</i>	<i>I intend to send all information that I now know as an adult all the way back in time throughout my inner female child.</i>
	<i>I intend that my inner male child learn to ground and synthesize the field to feel safe.</i>	<i>I intend that my inner female child learn to ground and synthesize the field to feel safe.</i>

What herbs, minerals or Language of Light tones would be useful in the healing of my inner child of fear?

Question	Inner Male Teenager	Inner Female Teenager
<p>2. What ages did you as a teenager experience fear due to a lack of information?</p> <p><i>I intend to release all trauma from fearful experiences due to a lack of information in my teenage years.</i></p> <p><i>I intend to erase all experiences of fear in my teenage years in full.</i></p> <p><i>I intend to replace the memories of fear with those of safety and love from parallel life teenage experiences.</i></p> <p><i>I intend to forgive my parents or other adults or friends who put me in fear as a result of not knowing how to handle the circumstance any other way.</i></p> <p><i>I intend to forgive my teenager for being in fear or putting others in fear.</i></p> <p><i>I intend to heal the fear so that a new dance of unity can emerge within my inner family in all age ranges.</i></p>	<p> ___ Age 12-13 ___ Age 16-17 ___ Age 13-14 ___ Age 17-18 ___ Age 14-15 ___ Age 18-19 ___ Age 15-16 ___ Age 19-20 </p> <p><i>I intend to retrieve all parts of my inner male teenager at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of fear recorded at the above ages within my inner male teenager.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner male teenager that shattered due to fearful past experiences and send them for recasting.</i></p> <p><i>I intend to erase the fearful experiences and replace them with experiences where my inner male teenager felt safe from parallel lives.</i></p> <p><i>I intend to give my inner teenage male all information that I have learned now as an adult.</i></p> <p><i>I intend that my inner teenage male learn to ground and synthesize the field to feel safe.</i></p>	<p> ___ Age 12-13 ___ Age 16-17 ___ Age 13-14 ___ Age 17-18 ___ Age 14-15 ___ Age 18-19 ___ Age 15-16 ___ Age 19-20 </p> <p><i>I intend to retrieve all parts of my inner female teenager at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of fear recorded at the above ages within my inner female teenager.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner female teenager that shattered due to fearful past experiences and send them for recasting.</i></p> <p><i>I intend to erase the fearful experiences and replace them with experiences where my inner female teenager felt safe from parallel lives.</i></p> <p><i>I intend to give my inner teenage female all information that I have learned now as an adult.</i></p> <p><i>I intend that my inner teenage female learn to ground and synthesize the field to feel safe.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner teenager of fear?</p> <hr/> <hr/>		

Question	Inner Male Adult	Inner Female Adult
<p>3. What ages in your adult years did you experience fear due to a lack of information?</p> <p><i>I intend to release all trauma from fear due to a lack of information in my adult years.</i></p> <p><i>I intend to erase all experiences of fear in my adult years in full.</i></p> <p><i>I intend to replace the memories of fear with those of safety and love from parallel life adult experiences.</i></p> <p><i>I intend to forgive my parents or other adults or friends who put me in fear me as an adult.</i></p> <p><i>I intend to forgive myself for putting others in fear in the dance of life with family, friends or at work.</i></p> <p><i>I intend to heal the fear so that a new dance of unity can emerge within my inner family in adulthood.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to retrieve all parts of my inner male adult at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of fear recorded at the above ages within my inner male adult.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner male adult that shattered due to fearful past experiences and send them for recasting.</i></p> <p><i>I intend to erase the fearful experiences and replace them with experiences where my inner male adult felt safe from parallel lives.</i></p> <p><i>I intend that my entire inner adult male have all information that I have now.</i></p> <p><i>I intend that my inner adult at all ages learn to ground and synthesize the field to feel safe.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to retrieve all parts of my inner female adult at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of fear recorded at the above ages within my inner female adult.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner female adult that shattered due to fearful past experiences and send them for recasting.</i></p> <p><i>I intend to erase the fearful experiences and replace them with experiences where my inner female adult felt safe from parallel lives.</i></p> <p><i>I intend that my entire inner adult female have all information that I have now.</i></p> <p><i>I intend that my inner adult female at all ages learn to ground and synthesize the field to feel safe.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner adult of fear?</p> <hr/> <hr/>		

Question	Inner Male Parent	Inner Female Parent
<p>4. What memories do I have of my parents being in fear themselves or putting the child, teenager or adult into fear as recorded within myself?</p> <p><i>I intend to erase all experiences of fear held within my inner parents.</i></p> <p><i>I intend to replace the memories of fear with those of safety and love from parallel life parental experiences.</i></p> <p><i>I intend to forgive my parents who put me in fear and left a record of fear within my inner family.</i></p> <p><i>I intend to forgive myself as a parent for placing my own inner children in fear or the children that I am raising or have raised into fear.</i></p> <p><i>I intend to heal the fear so that a new dance of unity can emerge within my inner family as directed by my new inner parents who are grounded in nature.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to construct a new inner father that is wise, grounded and safe and related to my grand master or red nation ancestors.</i></p> <p><i>I intend to release the trauma of fear recorded within my inner father.</i></p> <p><i>I intend to erase each experience of fear within my inner father.</i></p> <p><i>I intend to replace the experiences of fear with experiences where my inner father is safe from parallel lives.</i></p> <p><i>I intend that my inner father have all information that I understand now.</i></p> <p><i>I intend that my inner father learn to ground and synthesize the field and teach the rest of the inner family members to do the same to feel safe and nurtured by Earth.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to construct a new inner mother that is wise, grounded and safe and related to my grand master or red nation ancestors.</i></p> <p><i>I intend to release the trauma of fear recorded within my inner mother.</i></p> <p><i>I intend to erase each experience of fear within my inner mother.</i></p> <p><i>I intend to replace the experiences of fear with experiences where my inner mother is safe from parallel lives.</i></p> <p><i>I intend that my inner mother have all information that I understand now.</i></p> <p><i>I intend that my inner mother learn to ground and synthesize the field and teach the rest of the inner family members to do the same to feel safe and nurtured by Earth.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner parents of fear?</p> <hr/>		

SPIRALING DNA

<p>1. What percentage of my DNA still spirals?</p> <p>% Spiraling DNA _____</p>	<p><i>I intend to fill in all gaps in my DNA in my continued ascent.</i></p> <p><i>I intend to retrieve all DNA that frayed due to nuclear annihilation in my ancestry.</i></p> <p><i>I intend to compile a complete set of DNA to 3,000 segments or however far I can master in this lifetime.</i></p>
<p>2. What percentage of my DNA has been constructed as CD's that are whole and complete?</p> <p>% DNA is whole and Complete _____</p>	<p><i>I intend to create an entire wheel of genetic information that is stacked like a CD with 3,000 bits of information or more.</i></p> <p><i>I intend to release all karma for how DNA lost information and began to spiral in the many falls in my ancestry.</i></p> <p><i>I forgive my ancestors for creating any circumstance that caused a loss of DNA over time.</i></p> <p><i>I forgive any others that created any circumstance that caused a loss of DNA over time.</i></p> <p><i>I intend to restore holographic knowing and a complete wheel of genetic information to the degree that I can in this lifetime.</i></p>
<p>NOTES</p>	

3. What parts of my body still host spiraling DNA?

I intend to release all karma and scar tissue in these regions of my form that cause my DNA to spiral.

I intend to retrieve all information that was lost in the fraying of DNA due to radiation poisoning over time in my ancestry.

I intend to forgive my ancestors who participated in the dance of nuclear warfare.

I intend to forgive those ancestors who suffered as a consequence of nuclear warfare.

I intend a complete ascension as possible in this lifetime.

___ Nervous System

___ Brain ___ Brainstem ___ Spinal Column
___ Spinal Cord ___ Nerves ___ Pineal Gland
___ Pituitary Gland

___ Breath of Life

___ Lungs ___ Diaphragm ___ Rib Cage

___ Digestion and Waste Management

___ Esophagus ___ Stomach
___ Small Intestine ___ Large Intestine
___ Gall Bladder ___ Kidneys ___ Bladder

___ Circulatory System

___ Heart ___ Lymph Nodes
___ Veins ___ Lymph
___ Spleen ___ Bone Marrow

___ Reproduction or Regeneration

___ Uterus ___ Ovaries
___ Testes ___ Regeneration Glands

___ Metabolism

___ Thyroid ___ Thymus ___ Pancreas ___ Liver

___ Sensory Organs

___ Skin ___ Eyes ___ Ears ___ Nose ___ Mouth

___ Body Structure

___ Muscles ___ Bones
___ Arms ___ Hands ___ Legs ___ Feet

RETRIEVING INFORMATION DUE TO NUCLEAR ANNIHILATION

1. How many ancestors do I know of to date that perished in the nuclear annihilation of Atlantis?

I intend to retrieve all genetic information lost to date in any nuclear annihilation that occurred upon Earth and as experienced by my ancestry.

I intend to retrieve all information that left with Innana to going to the Pleiades that belongs unto my red nation ancestry.

2. How many ancestors do I know of to date that perished in the nuclear annihilation of the Anu?

I intend to retrieve all information that has been lost to the false intervention to date in my ancestry.

I intend to retrieve all information lost in the great floods and the drowning of so many of my red nation ancestors.

I intend to forgive the Anu for their desire for physical immortality.

I intend to forgive the false intervention for their desire for nonphysical immortality.

3. How many ancestors do I know of to date that perished in the great floods and as the ice shields broke?

I intend to forgive any ancestor in my inheritance that desired immortality in lieu of spiritual evolution Home.

I intend to ascend in this lifetime.

I intend to cease to participate in the life extension games of others in my dance of life.

I intend a complete ascension in this lifetime.

I intend a regenerative form that lives to witness the coming times of cleansing ahead.

What herbs, minerals or Language of Light would be useful in releasing the karma and retrieving knowledge lost in nuclear annihilation or the great floods upon Earth?

RETRIEVING BIRTH KNOWLEDGE

1. What ages did you experience a childhood or teenage disease or accident?

What childhood diseases did you manifest?

___ Measles Age ___

___ Mumps Age ___

___ Pneumonia Age ___

___ Chicken Pox Age ___

___ Rubella Age ___

___ Other Age ___

Accidents and Age:

I intend to retrieve all information I gathered before birth to support my path of ascension in this lifetime.

I intend to retrieve my birth knowledge that was stripped during each childhood or teenage disease that I experienced.

I intend to retrieve any body level dream information lost with each accident experienced in my childhood or teenage years.

I intend to send the retrieved information to my recasting temples for integration.

I intend that the information sit within the crystalline DNA and hologram that I am now embodying as an ascending human.

I intend that the ancient knowledge I brought forth at birth assist me in understanding my life's karma to be cleared to assure a complete ascension in this lifetime.

I intend to release my karma with each individual that stripped my birth knowledge in childhood or my teenage years.

Who did my birth knowledge go to? And what is their archetypal nature?

Person 1 _____ Archetype _____

Person 2 _____ Archetype _____

Person 3 _____ Archetype _____

Person 4 _____ Archetype _____

What herbs, minerals or Language of Light would be useful to retrieving all my birth knowledge?

<p>2. What other types of troubles did you have in your childhood, teenage years or young adulthood?</p> <p>What problems did you manifest?</p> <p>___ Colic Age ___</p> <p>___ Earaches Age ___</p> <p>___ Back Pain Age ___</p> <p>___ Neck Pain Age ___</p> <p>___ Stomach Pain Age ___</p> <p>Other Ailments and Age:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>I intend to retrieve all birth knowledge surrounding spiritual evolution and visionary truth.</i></p> <p><i>I intend to retrieve all birth knowledge surrounding dream weaving and manifestation.</i></p> <p><i>I intend to retrieve all birth knowledge surrounding breath of life and love.</i></p> <p><i>I intend to retrieve all birth knowledge on sexual energy flow and the kundalini energy system.</i></p> <p><i>I intend to retrieve all birth knowledge on grounding and connecting to my source.</i></p> <p><i>I intend to retrieve all birth knowledge on communion with Earth and nature.</i></p> <p><i>I intend to retrieve all birth knowledge on how to weave a dream for a strong healthy body that can ascend.</i></p> <p><i>I call my ancient ancestors forward to assist me in this process of retrieving my birth inheritance.</i></p> <p><i>I intend to release karma with each that stripped my birth knowledge.</i></p>
<p>Who did my birth knowledge go to? And what is their archetypal nature?</p> <p>Person 1 _____ Archetype _____</p> <p>Person 2 _____ Archetype _____</p> <p>Person 3 _____ Archetype _____</p> <p>Person 4 _____ Archetype _____</p> <p>What herbs, minerals or Language of Light would be useful to retrieving all my birth knowledge?</p> <p>_____</p> <p>_____</p>	

WORKING WITH EARTH TO WEAVE ONE'S DREAM

1. What percentage of the time do you still rely upon the false gods and bargain for your dream?

% _____

What types of dreams do you still bargain for?

___ Love or manifestation of the Beloved

___ Having enough to subsist

___ Safety

___ Joyful experiences

___ Loving family experiences

___ Friendships

___ Work

___ Sex

___ Other

I intend to cease to bargain with the false gods for my dreams.

I intend to release all karma for having to bargain with the false gods for any dream throughout my ancestry.

I intend to work with Mother Earth to manifest my dreams so that my thoughtform is reflected back in my dance of life.

I intend to attune to the dreamtime manifestation planes that Mother Earth provides for the purposes of ascension.

I intend to release all karma in my ancestry for relying upon the false gods for dream weaving purposes.

I intend to retrieve all my ancestral and holographic knowledge on dream weaving.

I intend to become the dreamer and the dream through ascension.

I intend absolute forgiveness of each pattern that I transcend and to release my multidimensional karma associated.

I intend to manifest all the dreams I desire with the assistance of Earth and due to transmutation of thoughtform and karma that would prevent the dream otherwise.

I intend to release all thoughtform that stands in the way of each dream that I desire to make manifest.

What herbs, minerals or Language of Light would be useful in ceasing to rely upon the false gods for dream weaving?

<p>2. What mirrors have I received as of late from nature about the current dream stepping down or karma to be released in my ancestry?</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>I intend to watch the mirror that the nature kingdoms and little creatures that cross my path offer up about my current state of being and karma to be released.</i></p> <p><i>I intend to release and forgive all ancestral karma that is my own that is mirrored unto me in the natural world or the world mirror at large.</i></p> <p><i>I intend to return all karma that is not my own that is mirrored unto me in the natural world mirror or the world mirror at large.</i></p> <p><i>I intend to transcend the thoughtform, patterning, entities, souls and machines that are associated with each mirror provided by nature or within the world.</i></p> <p><i>I intend to bless the nature kingdoms around me each day and receive their blessings in return.</i></p>
<p>3. What world mirrors or world events as of late mirror something about my current dream stepping down or karma to be released in my ancestry?</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>I intend to attune to the messages that Nature and Earth have for me about the current spiritual lessons I am learning.</i></p> <p><i>I intend to open to holographic communication so that I can clearly hear nature and Earth speak to me along with my ancestors and soul.</i></p> <p><i>I intend to open to my visionary knowledge so that I can clearly perceive the patterns requiring dismantling within my field.</i></p> <p><i>I intend absolute forgiveness of each pattern and I transcend to release the multidimensional karma associated.</i></p>
<p>What herbs, minerals or Language of Light would be useful in ceasing to rely upon the false gods for dream weaving?</p> <hr/>	

RELEASING CODEPENDENCE

1. Who have I believed I could not live without in this lifetime?

I intend to move out of the game of codependent love where my experience of love is dependent upon any other.

I intend to release all karma for codependent love in my ancestry and in particular, within my slave nation lineages.

I intend to forgive those of only slave nation inheritance for their inability to love any other way other than from codependence.

I intend the restoration of love as an internal experience generated through communion between body, soul and Earth.

2. Who has rejected me this lifetime?

I intend to retrieve all knowledge lost on love and communion throughout my ancestry.

I intend to master non-conditional love and non-attachment in this lifetime.

I intend to release all attachment from my heart to all others both within the space without and space between.

3. Who have I rejected this lifetime?

I intend to open the 1,000-petal lotus of the Bodhisattva in the heart region to the degree that I can to foster a state of communion and blessings of love exchanged between body, soul and Earth.

I intend to allow all others their experiences and path in the dance of life. I intend to unconditionally love and accept all others in their personal life choices.

I intend to set boundaries that foster my own continued evolution. I intend to separate from others that would interfere with my choice to ascend otherwise allowing them their own sovereign journey.

What herbs, minerals or Language of Light would be useful in learning to love unconditionally, both myself and all others?

HEALING THE INNER FAMILY

Codependent Love

Question	Inner Male Child	Inner Female Child
1. What ages in childhood did you experience rejection? <i>I intend to release and erase all trauma from feeling rejected in my childhood.</i> <i>I intend to replace the memories of rejection with those of being embraced and loved from parallel life childhood experiences.</i> <i>I intend to forgive my parents or other adults or friends who rejected me in my childhood and lacked the information themselves to handle the circumstance in any other way.</i> <i>I intend to forgive my inner child for being rejected or rejecting others out of fear.</i> <i>I intend to restore a sense of unconditional love and acceptance within my inner child so that a new dance of unity can emerge within my inner family.</i>	<div style="display: flex; justify-content: space-between;"> <div> ___ Age 0-1 ___ Age 1-2 ___ Age 2-3 ___ Age 3-4 ___ Age 4-5 ___ Age 5-6 </div> <div> ___ Age 6-7 ___ Age 7-8 ___ Age 8-9 ___ Age 9-10 ___ Age 10-11 ___ Age 11-12 </div> </div> <i>I intend to release and erase the trauma of rejection recorded at the above ages within my inner male child.</i> <i>I intend to retrieve all fractured pieces of my inner male child that shattered due to rejection and send them for recasting.</i> <i>I intend to erase the experiences of rejection and replace them with experiences where my inner male child felt embraced, accepted and loved.</i> <i>I forgive my inner male child for rejecting others out of fear.</i> <i>I intend to fill my inner male child with my own love that is unconditional.</i> <i>I intend that my inner male child learn to commune with body, soul and Earth to feel loved from within.</i>	<div style="display: flex; justify-content: space-between;"> <div> ___ Age 0-1 ___ Age 1-2 ___ Age 2-3 ___ Age 3-4 ___ Age 4-5 ___ Age 5-6 </div> <div> ___ Age 6-7 ___ Age 7-8 ___ Age 8-9 ___ Age 9-10 ___ Age 10-11 ___ Age 11-12 </div> </div> <i>I intend to release and erase the trauma of rejection recorded at the above ages within my inner female child.</i> <i>I intend to retrieve all fractured pieces of my inner female child that shattered due to rejection and send them for recasting.</i> <i>I intend to erase the experiences of rejection and replace them with experiences where my inner female child felt embraced, accepted and loved.</i> <i>I forgive my inner female child for rejecting others out of fear.</i> <i>I intend to fill my inner female child with my own love that is unconditional.</i> <i>I intend that my inner female child learn to commune with body, soul and Earth to feel loved from within.</i>
What herbs, minerals or Language of Light tones would be useful in the healing of my inner child of rejection and codependent love? <hr/>		

Question	Inner Male Teenager	Inner Female Teenager
2. What ages did you as a teenager experience rejection? <i>I intend to release and erase all trauma from feeling rejected in my teenage years.</i> <i>I intend to replace the memories of rejection with those of being embraced and love from parallel life teenage experiences.</i> <i>I intend to forgive my parents or other adults or friends who rejected me in my teenage years and lacked the information themselves to handle the circumstance in any other way.</i> <i>I intend to forgive my inner teenager for being rejected or rejecting others out of fear.</i> <i>I intend to restore a sense of unconditional love and acceptance within my inner teenager so that a new dance of unity can emerge within my inner family.</i>	<div> <div> <div>___ Age 12-13</div> <div>___ Age 13-14</div> <div>___ Age 14-15</div> <div>___ Age 15-16</div> </div> <div> <div>___ Age 16-17</div> <div>___ Age 17-18</div> <div>___ Age 18-19</div> <div>___ Age 19-20</div> </div> </div> <i>I intend to release and erase the trauma of rejection recorded at the above ages within my inner male teenager.</i> <i>I intend to retrieve all fractured pieces of my inner male teenager that shattered due to rejection and send them for recasting.</i> <i>I intend to erase the experiences of rejection and replace them with experiences where my inner male teenager felt embraced, accepted and loved.</i> <i>I forgive my inner male teenager for rejecting others out of fear.</i> <i>I intend to fill my inner male teenager with my own love that is unconditional.</i> <i>I intend that my inner male teenager learn to commune with body, soul and Earth to feel loved from within.</i>	<div> <div>___ Age 12-13</div> <div>___ Age 13-14</div> <div>___ Age 14-15</div> <div>___ Age 15-16</div> </div> <div> <div>___ Age 16-17</div> <div>___ Age 17-18</div> <div>___ Age 18-19</div> <div>___ Age 19-20</div> </div>

Question	Inner Male Adult	Inner Female Adult
<p>3. What ages in your adult years did you experience rejection?</p> <p><i>I intend to release all trauma from rejection in my adult years.</i></p> <p><i>I intend to erase all experiences of rejection in my adult years in full.</i></p> <p><i>I intend to replace the memories of rejection with those of being embraced unconditionally from parallel life adult experiences.</i></p> <p><i>I intend to forgive others who rejected me as an adult.</i></p> <p><i>I intend to forgive myself for rejecting others in the dance of life with family, friends or at work.</i></p> <p><i>I intend to heal the dance of rejection so that a new dance of unconditional love and acceptance can emerge within my inner family.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release and erase the trauma of rejection recorded at the above ages within my inner male adult.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner male adult that shattered due to rejection and send them for recasting.</i></p> <p><i>I intend to erase the experiences of rejection and replace them with experiences where my inner male adult felt embraced, accepted and loved.</i></p> <p><i>I forgive my inner male adult for rejecting others out of fear.</i></p> <p><i>I intend to fill my inner male adult with my own love that is unconditional.</i></p> <p><i>I intend that my inner adult male learn to commune with body, soul and Earth to feel loved from within.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release and erase the trauma of rejection recorded at the above ages within my inner female adult.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner female adult that shattered due to rejection and send them for recasting.</i></p> <p><i>I intend to erase the experiences of rejection and replace them with experiences where my inner female adult felt embraced, accepted and loved.</i></p> <p><i>I forgive my inner female adult for rejecting others out of fear.</i></p> <p><i>I intend to fill my inner female adult with my own love that is unconditional.</i></p> <p><i>I intend that my inner adult female learn to commune with body, soul and Earth to feel loved from within.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner adult of codependent love?</p> <hr/> <hr/>		

Question	Inner Male Parent	Inner Female Parent
<p>4. What memories do you have of your parents rejecting each other or others?</p> <p><i>I intend to erase all experiences of rejection held within my inner parents.</i></p> <p><i>I intend to replace the memories of rejection with those of unconditional acceptance and love from parallel life parental experiences.</i></p> <p><i>I intend to forgive my parents for rejecting each other or rejecting others in the dance of life.</i></p> <p><i>I intend to forgive myself as a parent for rejecting my own inner children or the children that I am raising or have raised.</i></p> <p><i>I intend to heal the dance of rejection so that a new dance of unconditional acceptance can emerge within my inner family as directed by my new inner parents who understand unconditional love and non-attachment.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to construct a new inner father that is unconditionally accepting and non-attached as related to my grand master or red nation ancestors.</i></p> <p><i>I intend to release the trauma of rejection recorded within my inner father.</i></p> <p><i>I intend to erase each experience of rejection that my real father caused in my life.</i></p> <p><i>I intend to erase the experiences of rejection and replace them with experiences of unconditional acceptance from parallel lives.</i></p> <p><i>I intend that the new inner father teaches each inner family member about unconditional acceptance and non-attachment in the dance of life..</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to construct a new inner mother that is unconditionally accepting and non-attached as related to my grand master or red nation ancestors.</i></p> <p><i>I intend to release the trauma of rejection recorded within my inner mother.</i></p> <p><i>I intend to erase each experience of rejection that my real mother caused in my life.</i></p> <p><i>I intend to erase the experiences of rejection and replace them with experiences of unconditional acceptance from parallel lives.</i></p> <p><i>I intend that the new inner mother teaches each inner family member about unconditional acceptance and non-attachment in the dance of life.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner parents of rejection and codependent love?</p> <hr/>		

RED NATION BRIDGE PATTERNING

1. Who have I known that hosts red nation bridge patterning in this lifetime?

I intend to release all karma in my inheritance for those of red nation inheritance that became bridges through which the Anu traded dreams with red nations' tribes.

I intend to forgive the Anu for relying upon red nation energy flow to extend their lives.

I intend to forgive the Anu for depressing their dreams of depression and death upon my red nation ancestors.

I intend to return any dreams of depression and death that occur in this life due to parallel karma of this nature from previous time periods in my ancestry.

2. What ancestral lifetimes do I have that are associated with being a bridge?

___ Rosetti and Innana

___ Rosetti and Apollo

___ Persephone and Merduk

___ Zeus and Red Nations' Sexual Partners

___ Athena and her red nation spouse

___ The red nations' brothers and sisters of Persephone, Rosetti, or Athena's spouse

I intend to retrieve my dream of ascension and a joyful life dance from those of Anu descent in my dance of life.

I intend to end the game of trading dreams that I weave for dreams that I did not cast.

I intend to become the dreamer and the dream, working with Mother Earth each night to cast the dream I desire to make manifest now and into the future.

I intend to release all karma for dream bartering in my ancestry.

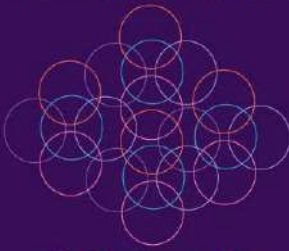
I intend to release all karma for being an energetic bridge to the Anu in my ancestry that created a half pyramidal and half magnetic energy flow.

I intend to release any associated patterning that has developed in my ascension to date within my field.

What herbs, minerals or Language of Light would be useful in releasing Anu-Red Nation bridge karma and the associated patterns of dream swapping and energy flow?

ASSESSING BEEHIVE ENERGY FLOW

Flower of Life Energy Flow



Beehive Energy Flow



6. What parts of my field host the Beehive energy flow?

I intend to embrace a Beehive energy flow in all moving energy systems throughout my field.

I intend to research my ancestry bringing forward the information on rotational energy flow from my red nations' lineages.

I intend to attune to the healing temples for ascension for information and support in embracing this new magnetic flow at this time in my ascension.

I intend to release karma for how rotational energy flow was lost over time and throughout my inheritance.

I intend to forgive those who manipulated my ancestral magnetic energy flow in any manner.

Chakra System

- ☐ Small Chakras inside the etheric body
- ☐ Regeneration Chakras
- ☐ Grounding Chakras
- ☐ Root Chakra
- ☐ Pelvic Chakra
- ☐ Pelvic Lotus
- ☐ Power Chakra
- ☐ Diaphragm Chakra
- ☐ Heart Chakra
- ☐ Heart Lotus
- ☐ Communication Chakra
- ☐ Dream weaving Chakra
- ☐ Pituitary Chakra
- ☐ Pineal Chakra
- ☐ Crown Chakra
- ☐ Source connection Chakras

Subtle Bodies

- ☐ Mental Body
- ☐ Emotional Body
- ☐ Intuitive Body
- ☐ Creative Body

Dreamtime Self

- ☐ Dreamtime body double
- ☐ Dreamtime chakra system

What minerals and Language of Light tones would be supportive of learning the Beehive Flower of Life movement in those regions of my field that have yet to embrace this flow?

ANU MANIFESTATION PLANES

1. What fear based manifestation planes of the Anu (also known as the Planes of the Kumaras) do I tend to be related unto?

___ Plane of Death / Life

___ Plane of Pain / Pleasure

___ Plane of Suffering / Excitement

___ Plane of Fear / Peace

___ Plane of Rejection / Lust

___ Plane of Judgment / Acceptance

___ Plane of Poverty / Greed

What minerals and Language of Light tones would be supportive of releasing my association with the Anu manifestation planes?

Embracing Triple Lotus Flow



I intend to forgive the Anu for creating manifestation planes that interfered with my red nations' ancestor's ability to manifest a unity based existence.

I intend to release all karma for all of my slave inheritance and how their dreams were created for a master-slave dance through the Anu planes.

I intend to cease to attune to the Anu manifestation planes from this point forward and release all karma from the past for former association in my ancestry.

I intend to attune to Mother Earth's new manifestation planes for unity in all my dream weaving experiences into the future.

I intend to assist Earth in rolling up and removing from her global body any Anu manifestation planes in my region of origin or travels.

<p>2. What fear based manifestation planes of the Anu do I have lost parts of my unconscious upon?</p>	<p><i>I intend to retrieve all of my unconscious that remains upon any of the Anu based master-slave manifestation planes (Kumara based planes).</i></p>
<p>___ Plane of Death</p>	<p><i>I intend to release all attachment between my field and etheric body and any Anu manifestation plane in both the positive and negative ley lines of the form.</i></p>
<p>___ Plane of Pain</p>	<p><i>I intend to release all ancestral karma for participation in the violent or master-slave manifestation planes of the Anu.</i></p>
<p>___ Plane of Suffering</p>	<p><i>I forgive those ancestors who may have participated in the creation of the master slave manifestation planes of the Anu.</i></p>
<p>___ Plane of Fear</p>	<p><i>I intend to forgive those red nations' ancestors who were drawn into the dance of master-slave dreams due to the presence of the Anu slave manifestation planes and how these planes overrode the red nations' ancestors own magnetic manifestation planes.</i></p>
<p>___ Plane of Lust</p>	<p><i>I intend to anchor and attune to Earth's manifestation planes through the healing temples of ascension.</i></p>
<p>___ Plane of Judgment</p>	<p><i>I intend to pay attention to when I venture upon violent or Anu based dreamtime planes and intend to remove such planes upon awakening with the assistance of Earth.</i></p>
<p>___ Plane of Greed</p>	<p><i>I intend to roll up each Anu manifestation plane I have ever danced upon and send it through the solar Sun for dissipation.</i></p>
<p>What minerals and Language of Light tones would be supportive of retrieving all my unconscious from the Anu manifestation planes?</p>	<p><i>I intend to become a guardian of the new dream that Terra is anchoring for humanity.</i></p>
<p>_____</p>	<p><i>I intend to replace each Anu based manifestation plane and the associated dream with the new dream and new manifestation planes of Earth for peace and unity.</i></p>
<p>_____</p>	<p><i>I intend to weave a dream of peace, unity and joy in association with Terra's new dreamtime planes.</i></p>
<p>_____</p>	
<p>_____</p>	
<p>_____</p>	
<p>_____</p>	
<p>_____</p>	

ABOUT THE NEXT SECTION OF INFORMATION

Dear Beloved,

Now we would like each to carry on and analyze one's birth thoughtform along with the thoughtform associated with one's difficult life manifestations and future dreams. Each was born with 18 thoughtforms associated with the 144 that are spoken to in Chapter 2 of ***Mother Earth's Complete Ascension: Workbook 1***.

We invite each to pull out your worksheets from Chapter 2 of Workbook 1. If you have not focused upon these worksheets yet, then we suggest that you do so at this time and before moving on to the following section.

Highlight the thoughtform from the 144 listed that is explored in Chapter 2 Workbook 1 that is of the most extreme (Yes and No) in nature. If you worked with this information a while ago, you may wish to go through the list again and reassess your own nature. Then you can begin to assess the 18 thoughtforms utilized to construct your body in the womb of your mother.

Those that know that one is an indigo child will muscle test 36 thoughtforms that constructed your archetypal nature from birth at 1024 segments of DNA. For those that have mastered to 1024 segments, you too integrated another 18 thoughtforms from the list of 144 in your ascent to this level. Eighteen more thoughtforms are integrated in the ascent to 2200 segments. Each then shifts from integrating polarity based thoughtform to ascend and instead takes a new path of integrating Language of Light thoughtform in its place. Therefore, each working upon transcending 2200 segments will have 54 polarity thoughtforms that one will be working upon releasing in order to master the Language of Light scale and notes 1 through 48.

We have constructed a checklist of the thoughtforms for easier reference. This checklist is founded upon which thoughts are related to the Anu manifestation planes as well as the Language of Light. We believe that each will derive a better understanding of how dogmatic, polarity based thoughtform is related to those Language of Light tones that are designed to transmute and release the associated patterns, machines, entities and cords of attachment associated with codependence.

In working with thoughtform, one can devise intentions to release the patterns and to integrate new Language of Light in place of the patterns. Intention is a macro command that allows the genetics and karma associated to then be released so that the ascension out of polarity and into unity can step into physicality. We hope you enjoy working with this section.

Namaste,
Mother Earth

THOUGHTFORM AND ANU MANIFESTATION PLANES

1. What are the 18 extreme thought-forms that I am associated with at birth as my archetypal nature?

Using the list to the right and in association with the Chapter 2 Worksheets results from Workbook 1, muscle test or pendulum the 18 thoughtforms that created your archetypal nature from birth at 2 segments of DNA.

Note: Look over all 144 thoughtforms upon following pages to discern the 18 related to your pre-ascension birth nature.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

I LOVE (Anu) OR I ACCEPT (Red)
I HATE (Anu) or I REJECT (Red)



ASSOCIATED WITH THE PLANES OF LUST AND REJECTION
Transmutative Tones: Breath of Life and Non Conditional Love

MALE OR EGO

FEMALE OR NEGATIVE EGO

☐ I Embrace
☐ I Acquiesce
☐ I Never Begrudge
☐ I Feel Deeply
☐ I Dominate
☐ I Am Uncompassionate
☐ I Am Other Oriented
☐ I Use
☐ I Give
☐ I Force
☐ I Seduce
☐ I Am Free

☐ I Repel
☐ I Argue
☐ I Begrudge
☐ I Do Not Feel
☐ Subordinate
☐ I Empathize
☐ I Am Narcissistic
☐ I Am Used
☐ I Take
☐ I Give In
☐ I Am Seduced
☐ I Am Attached

I CONSUME (Anu) or I AM PROSPEROUS (Red)
I AM CONSUMED (Anu) or
I AM IMPOVERISHED (Red)





ASSOCIATED WITH THE PLANES OF GREED AND POVERTY
Transmutative Tones: Unity and Non-Conditional Governance




MALE OR EGO



FEMALE OR NEGATIVE EGO

☐ I Hunt
☐ I Am Outgoing
☐ I Lead
☐ I Control
☐ I Feed Off Others
☐ I Use
☐ I Own
☐ I Prostitute
☐ I Gather
☐ I Am Healthy
☐ I Am Energetic
☐ I Am The Master

☐ I Am Hunted
☐ I Am Introverted
☐ I Follow
☐ I Am Controlled
☐ I Am Fed Off Of
☐ I Am Used
☐ I Am Owned
☐ I Am Prostituted
☐ I Disperse
☐ I Am Diseased
☐ I Am Tired
☐ I Am The Slave

12. _____	I AM FEARLESS (Anu) OR I PARTICIPATE (Red) I FEAR (Anu) OR I WITNESS (Red)  ASSOCIATED WITH THE PLANES OF FEAR AND PEACE <i>Transmutative Tones: Compassion</i>	
13. _____	MALE OR EGO	FEMALE OR NEGATIVE EGO
14. _____	<input type="checkbox"/> I Am Exuberant <input type="checkbox"/> I Am Adventurous <input type="checkbox"/> I Feel Little <input type="checkbox"/> I Am Busy <input type="checkbox"/> I Am Arrogant <input type="checkbox"/> I Am Normal <input type="checkbox"/> I Shame Others <input type="checkbox"/> I Blame Others <input type="checkbox"/> I Am Stubborn <input type="checkbox"/> I Dominate <input type="checkbox"/> I Govern <input type="checkbox"/> I Direct	<input type="checkbox"/> I Am Reserved <input type="checkbox"/> I Am Timid <input type="checkbox"/> I Feel Deeply <input type="checkbox"/> I Am Quiet <input type="checkbox"/> I Am Humble <input type="checkbox"/> I Am Insane <input type="checkbox"/> I Am Ashamed <input type="checkbox"/> I Am Blamed <input type="checkbox"/> I Am Bendable <input type="checkbox"/> I Subordinate <input type="checkbox"/> I Am Governed <input type="checkbox"/> I Am Directed
15. _____		
16. _____		
17. _____		
18. _____		
2. What are the additional 18 thoughtforms that I integrated in the ascent to 1024 (or was born with as an Indigo child)?		
<i>Note: Look over all 144 thoughtforms upon all pages to discern the 18 related to your ascent to 1024. Note these will be different from the first 18.</i>		
I WIN (Anu) or I GIVE (Red) I LOSE (Anu) or I TAKE (Red)  ASSOCIATED WITH THE PLANES OF PAIN AND PLEASURE <i>Transmutative Tones: Structure</i>		
19. _____	MALE OR EGO	FEMALE OR NEGATIVE EGO
20. _____	<input type="checkbox"/> I Gain <input type="checkbox"/> I Abuse <input type="checkbox"/> I Am Angry <input type="checkbox"/> I Torture <input type="checkbox"/> I Am An Optimist <input type="checkbox"/> I Am Free <input type="checkbox"/> I Am Wealthy <input type="checkbox"/> I Am Recovered <input type="checkbox"/> I Am Famous <input type="checkbox"/> I Have the Good Life <input type="checkbox"/> I Am Lucky <input type="checkbox"/> I Am Beautiful	<input type="checkbox"/> I Forfeit <input type="checkbox"/> I Am Abused <input type="checkbox"/> I Am Never Angry <input type="checkbox"/> I Am Tortured <input type="checkbox"/> I Am A Pessimist <input type="checkbox"/> I Am Imprisoned <input type="checkbox"/> I Am Poor <input type="checkbox"/> I Am Addicted <input type="checkbox"/> I Am Unknown <input type="checkbox"/> I Suffer <input type="checkbox"/> I Am Accident Prone <input type="checkbox"/> I Am Homely
21. _____		
22. _____		
23. _____		
24. _____		
25. _____		

26. _____	I SUCCEED (Anu) OR I SUPPORT (Red) I FAIL (Anu) OR I UNDERMINE (Red) 	
27. _____	ASSOCIATED WITH THE PLANES OF LIFE AND DEATH Transmutative Tone: Forgiveness	
28. _____	MALE OR EGO	FEMALE OR NEGATIVE EGO
29. _____	___ I Dream ___ I Create ___ I Harmonize ___ I Synthesize ___ I Am Fulfilled ___ I Am Happy ___ I Am Well Off ___ I Am Comfortable ___ I Judge ___ I Manifest ___ I Am Abundant ___ I Am Flirtatious	___ I Fantasize ___ I Destroy ___ I Agitate ___ I Shatter ___ I Am Unfulfilled ___ I Am Depressed ___ I Am Poor ___ I Am Uncomfortable ___ I Am Judged ___ I Do Not Manifest ___ I Lack ___ I Am Withdrawn
30. _____		
31. _____		
32. _____		
33. _____		
34. _____		
35. _____		
36. _____		
3. What are the additional 18 thoughtforms that I integrated in the ascent to 2200? Note: Look over all 144 thoughtforms upon all pages to discern the 18 related to your ascent to 2200 segments. Note that these will be different from the first 36.	I AM SUPERIOR (Anu) or I SUBJEGATE (Red) I AM INFERIOR (Anu) or I AM SUBSERVIENT (Red)  	
	ASSOCIATED WITH THE PLANES OF JUDGMENT AND ACCEPTANCE Transmutative Tones: Freedom and Divine Union	
	MALE OR EGO	FEMALE OR NEGATIVE EGO
	___ I Am Big ___ I Persuade ___ I Language ___ I Intend ___ I Am Self Driven ___ I Am Assertive ___ I Contribute ___ I Gain ___ I Validate ___ I Give ___ I Am Affluent ___ I Am Powerful	___ I Am Little ___ I Am Persuaded ___ I Do Not Language ___ I Fail to Intend ___ I Am Driven by Others ___ I Am Non-Assertive ___ I Do Not Contribute ___ I Forfeit ___ I Invalidate ___ I Take ___ I Lack Affluence ___ I Am Powerless
37. _____		
38. _____		
39. _____		
40. _____		
41. _____		

<p>4. What Anu Planes of Manifestation (Planes of the Kumaras) are associated with the first 18 birth thoughtforms?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p align="center"> I TRUST (Anu) OR I INFLATE (Red) I DISTRUST (Anu) or I DEFLATE (Red) ASSOCIATED WITH THE PLANES OF JUDGMENT AND ACCEPTANCE </p> <div align="center">  </div> <p align="center"><i>Transmutative Tones: Freedom and Divine Union</i></p>	
<p>5. What are the Transmutative Tones of the Language of Light associated with the above planes?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p align="center">MALE OR EGO</p> <p> <input type="checkbox"/> I Relate <input type="checkbox"/> I Expand <input type="checkbox"/> I Believe <input type="checkbox"/> I Am Right <input type="checkbox"/> I Honor <input type="checkbox"/> I Exaggerate <input type="checkbox"/> I Tell the Truth <input type="checkbox"/> I Overvalue <input type="checkbox"/> I Tease <input type="checkbox"/> I Flatter <input type="checkbox"/> I Agree <input type="checkbox"/> I Smother </p>	<p align="center">FEMALE OR NEGATIVE EGO</p> <p> <input type="checkbox"/> I Do Not Relate <input type="checkbox"/> I Contract <input type="checkbox"/> I Do Not Believe <input type="checkbox"/> I Am Wrong <input type="checkbox"/> I Dishonor <input type="checkbox"/> I Do Not Exaggerate <input type="checkbox"/> I Lie <input type="checkbox"/> I Undervalue <input type="checkbox"/> I Throw Barbs <input type="checkbox"/> I Degrade <input type="checkbox"/> I Disagree <input type="checkbox"/> I Run Away </p>
<p><i>I intend to erase the polarity based thought and embrace in their place the Language of Light.</i></p>	<p align="center"> I CONTROL (Anu) or I AM POWERFUL (Red) I AM CONTROLLED (Anu) or I AM POWERLESS (Red) </p> <div align="center">  </div> <p align="center">ASSOCIATED WITH THE PLANES OF FEAR AND PEACE</p> <p align="center"><i>Transmutative Tones: Compassion</i></p>	
	<p align="center">MALE OR EGO</p> <p> <input type="checkbox"/> I Dictate <input type="checkbox"/> I Rule <input type="checkbox"/> I Dominate <input type="checkbox"/> I Am Inconsiderate <input type="checkbox"/> I Am Fierce <input type="checkbox"/> I Am Uncompassionate <input type="checkbox"/> I Am Demanding <input type="checkbox"/> I Argue <input type="checkbox"/> I Win <input type="checkbox"/> I Am Corrupt <input type="checkbox"/> I Bargain <input type="checkbox"/> I Destroy </p>	<p align="center">FEMALE OR NEGATIVE EGO</p> <p> <input type="checkbox"/> I Am Dictated Unto <input type="checkbox"/> I Am Ruled <input type="checkbox"/> I Subordinate <input type="checkbox"/> I Am Considerate <input type="checkbox"/> I Am Meek <input type="checkbox"/> I Am Compassionate <input type="checkbox"/> I Am Undemanding <input type="checkbox"/> I Never Argue <input type="checkbox"/> I Lose <input type="checkbox"/> I Am Incorruptible <input type="checkbox"/> I Will Not Bargain <input type="checkbox"/> I Never Destroy </p>

6. What Anu Planes of Manifestation (Planes of the Kumaras) are associated with the second set of 18 thoughtforms integrated in my ascent to 1024?

7. What are the Transmutative Tones of the Language of Light associated with the above planes?

I intend to erase the polarity based thoughts and embrace in their place the Language of Light.

**I VALIDATE (Anu) Or I AM FRIENDS (Red)
I INVALIDATE (Anu) or I AM ENEMIES (Red)**



ASSOCIATED WITH THE PLANES OF LUST AND REJECTION
Transmutative Tones: Breath of Life and Non Conditional Love

MALE OR EGO	FEMALE OR NEGATIVE EGO
<input type="checkbox"/> I Am Direct <input type="checkbox"/> I Am Honest <input type="checkbox"/> I Am Uplifting <input type="checkbox"/> I Am Considerate <input type="checkbox"/> I Am Empowering <input type="checkbox"/> I Am Compassionate <input type="checkbox"/> I Am Loving <input type="checkbox"/> I Am Beautiful <input type="checkbox"/> I Am Sexual <input type="checkbox"/> I Am Outgoing <input type="checkbox"/> I Am Thin <input type="checkbox"/> I Diet	<input type="checkbox"/> I Am Indirect <input type="checkbox"/> I Deceive <input type="checkbox"/> I Am Patronizing <input type="checkbox"/> I Am Inconsiderate <input type="checkbox"/> I Undermine <input type="checkbox"/> I Am Uncompassionate <input type="checkbox"/> I Am Unloving <input type="checkbox"/> I Am Homely <input type="checkbox"/> I Abhor Sexuality <input type="checkbox"/> I Am Introverted <input type="checkbox"/> I Am Fat <input type="checkbox"/> I Over Eat

**I LIVE (Anu) or I AM FREE (Red)
I DIE (Anu) or I AM IMPRISONED (Red)**



ASSOCIATED WITH THE PLANES OF GREED AND POVERTY
Transmutative Tones: Unity and Non-Conditional Governance

MALE OR EGO	FEMALE OR NEGATIVE EGO
<input type="checkbox"/> I Am Joyful <input type="checkbox"/> I Pity <input type="checkbox"/> I Am High <input type="checkbox"/> I Am Exuberant <input type="checkbox"/> I Am Enlightened <input type="checkbox"/> I Am Supported <input type="checkbox"/> I Am Nurtured <input type="checkbox"/> I Am Healed <input type="checkbox"/> I Succeed <input type="checkbox"/> I Dream <input type="checkbox"/> I Have Good Health <input type="checkbox"/> I Am Truth	<input type="checkbox"/> I Am Joyless <input type="checkbox"/> I Am Pitied <input type="checkbox"/> I Am Down <input type="checkbox"/> I Am Demure <input type="checkbox"/> I Am Burdened <input type="checkbox"/> I Am Unsupported <input type="checkbox"/> I Am Nurturing <input type="checkbox"/> I Heal Others <input type="checkbox"/> I Fail <input type="checkbox"/> I Fantasize <input type="checkbox"/> I Am Diseased <input type="checkbox"/> I Am Non-Truth

8. What Anu Planes of Manifestation (Planes of the Kumaras) are associated with the third set of 18 thoughtforms integrated in my ascent to 2200 segments?

9. What are the Transmutative Tones of the Language of Light associated with the above planes?

I intend to erase the polarity based thoughts and embrace in their place the Language of Light.

I intend to transcend my attachment unto each Anu manifestation plane that I am associated.

I intend to retrieve all parts of myself caught upon the Anu manifestation planes.

I intend to transmute all polarity based thoughtform outlined in this section and integrate the first 10 notes of the Language of Light.

I intend to master the entire Language of Light scale of single tones or beyond in this lifetime.



THOUGHTFORM AND LIFE MANIFESTATIONS

1. What thought-forms created a difficult life experience to date?

Think of a difficult life circumstance that you have experienced or are currently experiencing. Using the thoughtform list from this worksheet, muscle test or pendulum the thoughtform that created the difficult life experience.

Generally, there will be six to seven thoughtforms at cause of any particular experience.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Print this worksheet out many times if necessary to look at many life experiences so that you can understand how thoughtform calls a particular dream to be experienced upon the physical plane.

I intend to erase each thoughtform along with all patterns, mechanization of field and entities at cause of this particular difficult life experience.

I intend to integrate the Language of Light and enough unity that I need not create such an experience ever again.

What Language of Light tones are useful in the transmutation of the thoughtform associated with this difficult life experience? *Generally there will be 3 to 4 Language of Light tones that will be helpful.*

What herbs would be useful in transcending the thoughtform at cause of this difficult life circumstance?

What minerals would be useful in transcending the thoughtform at cause of this difficult life circumstance?

2. What thoughtforms require transmutation to manifest the dreams I desire upon the physical?

I intend to manifest each dream upon my list.

I intend to transmute each thoughtform that would not allow a particular dream to be called into my physical life experience or would distort my experience in some manner.

I intend to research and release all associated ancestral karma at cause of the thoughtform blocking my dreams.

I intend to forgive my ancestors for falling into extreme and dogmatic thoughtform.

I intend to restore the thoughtform to be increasingly unity based through the integration of the Language of Light and the erasure of polarity based patterns.

I intend to create unity based dreams that allow for the experience of fulfillment in the dance of life.

I intend to become the dreamer and the dream.

List the dreams that you desire to make manifest in the year ahead.

Dream 1 _____

Dream 2 _____

Dream 3 _____

Dream 4 _____

Using the thoughtform list from this worksheet, muscle test or pendulum the thoughtform that blocks the manifestation of each dream that one desires to create.

Generally there will be three to five thoughtforms that block the manifestation of dreams that one desires, but there can be more or less depending upon one's level of ascension.

Dream 1: _____

Dream 2: _____

I intend to release the trauma from my etheric body at cause of how a particular set of thought-form became my ancestral inheritance.

I intend to transmute the etheric scarring associated with the dogmatic and polarity based thoughtform and in place of this I intend to embody the Language of Light thoughtform and unity based biological information.

I intend to release the karma in my ancestry for how information on transmutation of thoughtform was lost.

I intend to retrieve all information on how to transmute thoughtform that has been lost or stripped throughout time and space and form within my inheritance.

I intend to forgive how information on thought-form transmutation was lost absolute and upon all dimensions in my multidimensional inheritance.

I intend to retrieve my multidimensional information on thought-form transmutation.

Dream 3: _____

Dream 4: _____

What Language of Light tones are helpful in the transmutation of the thought-form blocking one's dreams from manifesting in the physical? Generally there will be 3 to 4 Language of Light tones that will be helpful.

What herbs or minerals would be useful in transcending the thoughtform that block one's dreams from manifesting?
