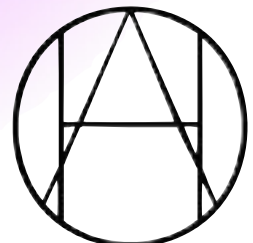


# ANATOMY OF HEALING

## ACTIVATING LIGHTBODY WITHIN



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In AOH, the human body and all its parts and functions is understood as being the doorway for the healing to happen in our lives, and in this present moment. The chakras, energy fields and *pearls of consciousness* are some of the keys used to unlocking the inner potential that we are born with; our birth right is to *illumination from within*.

There are several avenues in which you can choose to participate in AOH and with no prior experience needed. If you are being drawn to this work self-willingly, and you have a desire to deepen into your own Self; known and unknown, then AOH can be the place for you to begin or to continue this personal journey.

How AOH works is through the *re-integration of the fragmentation pieces of Self*. In AOH you will be guided into spiritual-psychological where discussion and intuitive inquiry into the self's subconscious patterns can reveal possible *hidden inner motives and of the Shadow*.

The *concept of time will bend* and be experienced as *a sphere of time* where you may have access to past, present and future incarnations, memories and energy imprints. Throughout the training with the experience of both the personal individual consciousness and with the group unitive consciousness, we will move through this healing process as *a whole united group of oneness*, as we experience the space of connectedness within and around us.

AOH is a healing modality, using breath-work, intentional movement, intuitive visualization, guided meditation and our body's innate wisdom to guide us through the material.

There are three levels in the training: the **Red Pearl** (Rooting & Incarnation Point), the **Aquamarine Pearl** (Emotional Visceral Release & Cosmic Love) and the **Silver Pearl** (Dorsal Chakras & Spinal-Cranial Alignment). Each pearl level takes you through self-discovery of the consciousness therein.



**Stating your own affirmation, mantra or protective shield for the purposes of this healing journey:**

## Protocols of Hands-On Healing:

**Session:** A bodywork session focusing on energy healing with deep-activation points through the skeletal, nervous and musculature systems of the body. Incorporating the Energy Chakra System and LightBody Activation: Luminescent Energy Field.

**Intention:** The practitioner embodies a *standing or sitting moving meditation* while applying hands-on placements with healing techniques to the energy field and deep within the human body connections.

\*It is through the physical tissue that the ECS (Energy Chakra System) and EC (Energy Corridors) are addressed and treated.

\*Learning a comprehensive road map of where and how the human body funnels energy through its corridors and gateway.

\*Maintaining a grounded connection of the rooting chakra, red pearl and incarnation point throughout the session.

\*Understanding the importance of one's vertebral alignment integrity for maximum energy availability, distribution and grace.

\*Meeting the body's common 'energetic junctions' located at; the soles of feet, ankles, knees, hip joint, pelvic floor, stomach, heart, shoulders, neck and jaw.

\*Opening to and discovering the innate inner wisdom of the body, the knowledge of the energy flowing through our own body systems, the client's body systems and through the session.



**CHA: Chakra:**

Wheel of energy dispersing energy in and out of the body and field.  
Energetic Gateway and the muscles and bones involved with each charka.  
The mechanism of storing and processing; emotions, thoughts, beliefs and habits.

**COR: Corridors:**

Observing and influencing the directional flow of energy/ light-information through tunnels or highways. Directional flow inside the body, movement through joints, musculature and nerves.

**ECS: Energetic Chakra System:**

Seven in-body charkas & minor chakras as a whole system. How the 'Human Body System Integrity' relates, communicates and maintains a type of homeostasis and character between dimensional realms within and around each of us. Our 'personality'.

**NSI: Nervous System Integration:**

Nervous system is our electrical emissions. Similar to how a light bulb is capable of lighting-up a room, street or tunnel. The 'light' emanating is our consciousness. 'Attention' here can create a shift in 'Response'. When the electrical system harmonizes with another system; then the  $1+1 = 3$  paradigm is possible.



# Pearls of Liquid Crystal Light

- Red Gold : Root of rooting chakra in the pelvis between the tailbone and the pubic bone. Point of incarnation and grounding into the crystalline core – womb of planet earth.
- AquaMarine Gold : Root of heart chakra in the center of the chest between your lungs deep in the ribcage. Point of Cosmic Love remembrance with our cosmic ancestors. Dolphin Chakra.
- Silver Gold : Root of crown chakra in the center of your head in between brain hemispheres. Point of direct information from spiritual guides, oversoul and cosmic DNA downloading.



# Activating LightBody Within

## Red Pearl Level : Cosmic Incarnation

### The Red Pearl:

The crystalline core of the earth is a electromagnet crystal containing essential incarnation purpose onto this planet's intention. It is located in a dimensional space beyond our physical 3-D time and space physics. The Red Pearl in the earth's crystalline core is also the same vibrational space found in the DNA of the cells of your human body. Your personal unique Red Pearl came into existence the moment you were conceived. The Red Pearl in your mother's egg and the Red Pearl in your father's sperm, when unified at moment of egg fertilization, created the  $1+1=3$  energy portal, allowing your soul to receive it's anchor to be here on earth. The physical mass creating your physical body began.

As the cells of your body began to divide and multiply, it was through the Red Pearl consciousness that the DNA of your cells created your body through the wormhole of the Red Pearl. Right now inside your DNA, inside your cells, inside your body now, the Red Pearl exists, vibrates, pulsates and breathes. It always has and it always will until your body is done being used by your soul in this incarnation. The Red Pearl of your DNA, the Red Pearl of the earth and the Red Pearl of your rooting chakra are all the same exact vibration 'chamber'



throughout the time-space continuum. They are exactly the same thing! As you activate the Red Pearl, you allow your LightBody to align within your physical body. Allows your vibration to be closer to 5th dimensional reality where no fears, worries, mistakes, doubts or manipulations can exist.

As we activate the LightBody within, our physical vibration will increase, whatever lower vibrational frequency we are still struggling with, or attached to, simply cannot sustain themselves in the presence of the 'higher' vibration. The lower vibrations; negative thoughts, compulsive imagery and addictive behaviors of the mind, simply cannot sustain their own vibrations when met by your higher vibration; they (the lower vibrations) simply dissolved in the presence of your Innate Inner Light. It is nothing different from coming home at night, walking into your living room or kitchen and turning on the Light switch... the 'darkness' of the room with the absence of Light simply vanishes or dissolves when the Light mechanics is turned 'On'. Your energy system and your Light Body are no different. The 'mechanics' are simply the same. Turn on Your Innate Inner Light and experience the 'darkness' vanish, disappear, dissolve. You always have the choice. And you can always turn the switch 'On' or 'Off' as you desire! This is the free-will choice of activating the LightBody within. It is simple, it is within you always, and it is your choice and yours only! So, why isn't everyone already living like walking Lightbulbs?

We are un-consciously addicted to the lower vibratory influences, events and emotional results therein. You see, as our DNA formed through the wormhole of our Red Pearl Consciousness, it was 'flavored' with Soul contracts, karma, ancestral lineage and the different parts of our multi-self. There is a very certain purpose to our lives now here on earth, to our parents; alive or on the other side of the veil, to our children's dimensional living (generation) and to the ever evolving consciousness of the human race. We created this world, looking at our history, we can see the we made a mess! We created it, and we have to fix it! Yes, some of us, many of us, have moved to planet earth from other places dimensionally and have





acquired a 'special task', but really this was only to facilitate the arrival of the next generation... or "The children from other dimensional realities". Which in essence is us already. When you experience the essence of time bending and the Sphere of Time becomes a known in your personal experience, then you can see the human race as One entity that has the possibility to heal the multiverse through the actions, thoughts and behaviors from within the human body here and now.

The Red Pearl asks us to look at these incarnational Soul-contracts, to bring them out of the depths of our unconscious and give them the grace to be reflected back to us by our environment; relationships, so that we can remember and acknowledge these parts of ourself, and begin to re-integrate these transformed energies back into our souls. AOH is a place where this 'transformation' can happen. It is a process, it requires; your courage, time, total self-responsibility and radical acceptance and truth. We can, if we choose to, to re-integrate the fragmented pieces of ourself from lifetimes, dimensions and Soul levels.

The innate inner wisdom of the body and the activation of the Red Pearl allows the LightBody within to be experienced through you, by you! This is the exercise to begin transforming any of your lower vibration thought-waves; conscious or unconscious, softening emotional addictions and karmic entanglements. It is a step-by-step process that requires your attention, your commitment and your willingness to be present to what is. The question to ask yourself everyday, every moment is; 'Which dimensional body do I want to be in today?



# Red Pearl Level : Incarnation Point

- Points To Consider to Activating Red Pearl.
- Axis Line: Fetus, IncarnationPoint, Soft-Spot, Perineum
- Grounding Exercises: Body with breath movements.  
It requires focused energy to be present in the human body, everything shows up!
- Audible Sound Breathing: The flute of the Gods with its seven musical notes and glands.
- Breathing into your root chakra.
- Breathing into the back of your heart chakra.
- Your kangaroo Tail: Feeling supported into the Lumbar Tripod. Strengthening pelvic floor, hips, and opening root chakra. Mulabandha= pulling in your anus, sex organs and perineum.
- The Lumbar Spine: The need for an open lower back, uncoiling. Freedom for the Adrenal Glands and Kidneys.
- Common physical 'energy junctions' in the body: Soles of feet, ankles, knees, hips, pelvic floor, diaphragm, shoulders, (back of) heart, jaw and forehead.
- The strengthening of the pelvic floor. Empowerment, truth, victory. "I Am here." Activates the Red Pearl.
- The Importance of clearing the backside of the Heart Chakra: Breathe into the back of the lungs. Exhale out the front of the heart. Activates Aquamarine Pearl.
- Acknowledge "I am here with you." The 'You' and the 'All'; ancestors from the past, ancestors form the future, spiritual /other dimensional aspects of Self, other lives.
- NSI: Nervous System Integration: when  $1+1=3$ . You can only take another to the point you have taken yourself.
- Do your inner work, and your healing with others will deepen.



# Hands-On 1) The Anterior Leg and Hip

Hands on pelvis. Ground. Rocking down lower limbs ending on soles of feet. Hold. Anchor. Ground. Sinking in.

NSI: Sciatic nerve. Focus on hips, knees and ankle joints. Sciatic.

CHA: Root.

COR: Anchoring stability of new energetic pathways from hip into lower body. Drawing in and seeding the electrical nervous system;

CNS, PNS and extended nervous system aka energy chakra system.

End: At the soles of the feet, minor chakras. Connecting hips to knees, to ankles, to soles of feet, to earth.

*Mediation Points...*

*Moving forward through space, walking one's path.*

*Standing in stillness.... Contemplating. Acceptance of what IS.*

*Rooting the vessel into the earth's crystalline core. Opening the womb, the root chakra; anchoring incarnation fully here, now. DNA activation from earth's core energy inside cells of this body. Beacon of Light, raising vibration, grounding, truth, acceptance and integrity.*

(For LMTs: \*Do your leg massage. Focus on bony landmarks and joints. ASIS, Acetabulofemoral joint, patella, condyles of femur and tibial shaft, malleoli, soles of feet.)



## 2) Anterior Energetic

Client Supine. Begin at feet: Grounding.

Traction Feet & Legs: Opening Hips & lower back.

NSI: From Pelvis to Neck.

CHA- One, Two, Three, Four and Five.

COR- Earth to Feet.

Feet to Pelvis. Pelvis to Spine.

Up Spine around Rib Cage. Chest to Neck.

Compress anterior lower body- Feet, ankles, legs, and thighs.

Compress Torso- Hands on both hips; stabilize and ground. Place Right Hand on Lower Abdomen Chakra Two. Place Left hand on Stomach Chakra Three.

Keep Right Hand on Lower Abdomen and

Place Left Hand on Sternum. Chakra Four. Keep Right Hand on Lower Abdomen and

Place Left Hand below Clavicles.

Keep Right Hand on Lower Abdomen and

Place Left Hand cradling Neck. Chakra Five.

END- Torso Integrity and Stabilization and Opening.

### *Meditation Points...*

*The journey is here and now for this being, flowing up from the Earth... and down from the sky. The journey is right here. The journey of being human, of experiencing deeply. The freedom of accepting the rich dichotomy of being human, the karma, our natural limitations.*

*The past, the present and the future are here in the one point of infinity expressed as light, as cells, as thought, as words, as behavior, as memories, as dreams, as loss, as pain, as peace, as balance.*

\*Do your abdomen, Chest Massage.

\*Focus on Joints/ Bony Landmarks.

Iliac Crest, Ribs, Sternum, Sternocostals,

Sternoclavicular, Clavicle, Cervical Vertebrae, Base of Occiput.



### 3) POSTERIOR LEG

Begin on feet. Grounding & Holding.

Comparing left & right legs with flexibility and ROM in joints. NSI-

Focus on Sciatic Pathway.

CHA- Root and Second.

COR- Foot and Hip (R / L One side at a time, both together). Foot and Earth.

Earth and Hip: Opening COR between Earth and Hip.

End: Feet grounding. Moving up to Hips, Sacrum, Coccyx.

*Meditation Points...*

*Energy ascending through our 'unseen' side.*

*Ancestry energy consciousness, past experiences, that which is Behind us, support us, came before us.*

*Walking the earth, every step is a beat of the drum.*

*Vibration created by walking, standing.*

*Active physical movement forward onto one's path.*

\*Do your posterior leg and hip massage. \*Focus on joints/boney landmarks. Acetabulo-Femoral, Tibio-Femoral, Ankle, Foot, Soles of Feet, Bottom of Heel.



# Energy Tools!

## **\*Grounding**

From Root Chakra & Crystalline Core of Earth. : Red Pearl Meditation

Womb of mother earth of 5 dimension

Crystalline body alignment : Your own Experience of this!

Conscious breathing : Energy follows breath, prana, soul inspires!

Being Presence: Not wanting to \*change\* any \*thing\*

Shifting brainwave patterns: Transform emotional and mental patterns.

Focusing : Laser attention & inclusive.

Recharge, Realign & Reclaim!

Clarity : Strengthening aura boundaries & integrity.

Attention to purpose = intention.

## **\*Cleansing Your Energy & Patterns!**

Red Rose Exercise : Daily dissolve of accumulation of toxins.

Be Inside of You! : Know who you are not.

Your Higher Mind Octave : Know which thoughts are not your own.

Breath in Liquid Light : Intentional breathing.

Breath out AquaMarine : Activates heart love remembrance.

Spin Chakras into 'The Trine' : Balance, non-duality, union.

Activate GOLDEN RAY of Chakras : Increase Voltage!

One-sided Mirror Membrane : Protective measures.

Wisdom of Your Over-Soul : There are no mistakes. You are here.

A Healer's Karma : The dark side of healing & what you're not told!

## **\*You can't take your baggage with you!**

Chakra Dance : Movement is Divine! Dance, walk, making love.

Meditation : But not too much!

Self Process Work : Know your shadow, or it will control your life.

The Chakras & Symptoms of the LightBody : symptoms of energy upgrades.

Clearing Ego Magnetism, Clears Karma : This is where it begins.

You cant take your baggage with you! : You restrict yourself.

Thoughts = Electric : Radio waves, music's vibration.

Emotions = Magnetic : Weather patterns and temperatures.

3D vs 5D in the Here&Now : Different Timelines.



## **The Process...**

### **Loving Your Shadow's Truth Back to Light.**

The origin is internal.

Has nothing to do with the present situation. A reflection of the past situation. The original child.

Learning to recognize this and how to handle it is imperative to your personal growth.

Directing ones attention inward, to resolve. The origin is internal.

Directing inward towards internal cause though fear, anger, etc; to the image, pain is healing.

Directly expressing towards the other person, can cause wounding to that person.

Using it for healing:

- \*Align intention for healing
- \*Isolate energy cluster away from the person/subject
- \*Express to a neutral party
- \*Feel pain underneath
- \*Find truth

Experiencing of deep early childhood wounding.

Leading to one's deep, quiet, pain, regret and mourning of what self-isolation has caused.

Blaming others is resisting the creative flow of possible healing of self.

Using Focus to create Positive Intention.

- \*Reason: to understand that process is needed
- \*Will: to repeatedly choose to go through the process
- \*Emotions: clarify duality inside

The motivation is to be healthy and in a balanced state of being.

- \*Sink into inconvenient feelings
- \*Respond rather than reaction
- \*Practice makes perfect



The trickier parts...

- \*Blame and Judgments hurt others; and self.
- \*Expression of these (negative feelings) inner energies is imperative.
- \*Working with someone who is neutral is important.
- \*Working and expression of this energy while not directing it at the other is necessary.
- \*Encourage yourself to stay in the process.
- \*Clarity will arise automatically by deeply connecting inwards.
- \*Solutions arise from deep within the core self.
- \*Empowerment, self-respect and bliss are coming from your core self.

**Listening skills?** Being present with your whole being.

**Contact** to others and self? Open, real and genuine, in your essence and with another.

**My Wound?** Forms the defense system and negative life creations.

**My Higher Self?** Inner goodness and divinity.

**My Lower Self?** Acts out of negativity; consciously or unconsciously. Covered up by our mask.

**My Shadow?** unconscious, both positive and negative.

**My Defense?** efforts to avoid pain; protective measure against original childhood wounding.

**My Main Image-Belief?** Limited belief systems creating repetitive patterns in life.

**My positive Intention?** Choice for life!





**My Negative Intention?** Choice for separation!

**My Effortlessness?** Pure intentionality!

**My Transference?** Present day experience though the veil of the past. Rooted in child.

**My Boundaries?** Physical, emotional, mental, spiritual.

**My Positive Ego?** Voluntary capacities to discern, make positive choices, accept frustrations.

**My Negative Ego?** Hostile view of others, exaggerated sense of separated self.

**My Witnesser?** Impartially perceive objectively.

**My Asker?** Ability to be curious, to search the here and now.

**My Experienter?** Feeling at a cellular level, visceral level in body and cosmic.

**My Surrender?** To fully accept ourselves, others, situations, cosmos.

**My Pleasure?** The foundation of the innate pleasure current; negative and positive.

*A new relationship with Self automatically creates a new relationship with others... Creating more honesty within. The more honesty there is in a relationship, the more aware of the issues being avoided in that dynamic.*



# Red Pearl Questionnaire

## **1) Identify how and where your energy is flowing or not?**

Physically=

Mentally=

Spiritually=

## **2) Where in you is your energy most open and flowing?**

## **3) Where can you perceive your blocks?**

## **4) Comment on your relationship to each of the anatomy system in your body.**

digestive-

elimination-

circulatory-



respiratory-

nervous-

endocrine-

skeletal-

muscular-

integumentary-

lymphatic-

reproductive-

### **3) Describe your longest personal intimate relationship?**

Describe overall dynamic circumstances-

How did it begin-

How did it end (if it ended)-

What was/is the teaching-



**4) Write your birth parent's names-**

Describe type of connection while growing up.

**5) Write your sibling's names (If any.)-**

Describe type of connection growing up.

**6) What has been your main personal relational connection mode-**

Avoider

Confrontationist

Lover

Aggressor

Judge

Lecturer/Teacher

"Nice"

Disengaged



**Red Pearl** is the rooting chakra;  
of your *body*,  
in your *cells*,  
inside crystalline *core of earth*,

**Point of incarnation** = Divine Alignment.  
Inside the body = DNA.  
Activates the Light Body energy.

The **electro-magnetics of the body** (through the mind and the emotions) is simply **raised or expanded beyond the normal experience** of the created 3D reality. = The thoughts and emotions you experience in this state are different; in vibration, in feeling, and ultimately in how and in what you experience and thus in what you/we manifest. ***Healing is not determined by what happens to us, but inner response to it.***

### **Things to consider...**

**Bone** Vibration & **Nerve** Vibration

**Muscle** Tissue Vibration

Character Style & **Body Types**

**Meditation & Intuiting**: Knowing Without knowing

**Perception**: Inner ear, inner eye, inner heart.

**Vulnerabilities**: Touch Ethics

**Perceiving** The Field : Training : Practice : Trust : Experience

**Grounding**: Crown Chakra only as open as Rooting Chakra.

**Attention**: Energy follows attention and intention.

**Graceful Movement**: Grounded but not stuck.

**Respiration**: The two part cycle.

**Soul States** : Guides : Dreams : Vision

**Past Lives** : future lives already lived

**Trauma** : Emotion : Shielding : Courage : Creativity



**The Ego:** Creates Conflict. Appears external. Originates internally. It will create separation. That is it's JOB. It wants to survive as much, if not more than you! YOU created your ego when you were a child. Now YOU must handle the ego; with awareness of its trickery, compassion for its misalignment, and strength to create internal resolve where the ego is 'at war'.

*The ego knows you better than you know yourself!* It is wiser than you can imagine, and knows exactly how to get you back on its side of reality! In this healing journey work, we do address the ego's needs, its existence and how it can easily misinterpret reality.

This is done to help the ego/shadow back to awareness and Light. Into safety and acceptance; the very thing it [ego] BELIEVES is the *dangerous territory and the beginning of your demise*.

When we speak the Truth in an honest and heart centered way, we are granted spiritual protection.

Oftentimes the Truth will be [at first] difficult to accept. When this happens, it is the *ego's defensive posturing*. After the ego is guided to soften; due to *a safety and non-judgment environment* that the ego is allotted TIME to EXPERIENCE, it [ego] will eventually transform.

The conflicts will resolve internally, melt and with no added karma created by you!



# City Of Lights, 3:33 Voyage

## Burning Through Karma.

It was the year 1995. I lived on my own in Miami Beach, Florida. A nice apartment in the tropical beach town. The outside was laced with palm trees, a swiftly moving baby blue sky with scattered cotton ball clouds varying from white to shades of grey. The warmth of the sun, a constant. This was the norm.

I was a student at the time. Young, maybe already 21 years old. I had, two years prior started my Art Program at a local College and now was about to complete my training as a Massage Therapist. I had decided to not pursue my career using 'computers' and rather had the inclination to manually correspond with other people and their energy field, aura and Chakras! A type of visceral or 'consciousness computer' seemed much more interesting to me rather than the actual hard drive of a computer and sitting at a desk. I was a bit of an eccentric. Very appointed, passionate and on the, lets say, stubborn side. But I had a Vision! And it was mine and who else was to follow it, but Me!? So I did. I made my life decisions at the early platform of being 21 years old. Some of these decisions have bewildered me to this day, while others I still hold strongly in the back of my mind as I, for the past 20 years have wrestled with the concepts of realities, angels and demons, amongst other things... and 'places'.

But let me not get ahead of myself. My love for painting excelled and equally, my desire to open the veils between worlds! You see as I soon discovered in my passage through the holistic massage therapy school training, that some people on earth are psychic, clairvoyant, clairaudient and simply put open channels. It was made very obvious to me, that I fit the bill exceptionally. What does this mean, you may ask? Let me explain, As I placed my hands on my classmates in the exchange of giving and receiving a massage in the classroom, I would begin to experience visions that were connected to a very intense emotional feeling within my own being and I was brought to tears with



a very deeply felt resonance of Love. The kind of Love experience that makes you just stop what you are doing and cry! I thought to myself, 'well what is going on here!?' 'Why the hell am I crying and with such force from my own spirit!?' And then an image would appear; a word spoken softly to me and a storyline would spontaneously be manifest in my mind. I quickly discovered that these were messages for the person I was currently treating on my massage table. It was very clear that once I relayed the message to the person on my table that my deeply felt emotions would immediately subside, leaving me back to my somewhat normal state of being. Altered a bit, yes, but more at ease.

With much patience and practice, I learned to assimilate what was actually taking place. You see, once we 'die' or more properly, remove and shed the body form, our auric energy is not completely gone with the release of the body. One can especially detect this phenomenon immediately and for the next few days after the 'passing on' of a loved one. You can see that there is a change in the quality of the air! Something on your skin feels differently, almost as if a veil is temporarily thinned-out. For a few days. This is so! You have closer access to 'The Doorway' through the passing passage of your loved one, and the connection of the Spirit between the two of you. So, I recognized that the passed-away or transitioned relatives were activating the thinning of this veil. With me as the conduit for relaying a message to their living loved one, laying there on my massage table. The messages were always on the tone of love and healing of the un-finished business that had remained, or the unanswered questions that remain in the minds and hearts of the living. With this awareness, I surrendered and eased into my newly found role as somewhat of a 'medium'. I was excited, humbled and new at this! It was only the beginning. I had no idea.

In the 20 years that would pass, would I come to learn what makes a healer 'a healer'. You see in the 90s and early 2000's everyone here in Miami Beach was either a real-estate agent, lawyer or music producer... The more consciously aware folks were 'south beach





yogis' or massage therapist and healer. As everyone walks their path in this life, with decisions made, actions taken and repercussions thereof... Life does unfold for each one of us in such a unique expression of all that we hold inside our self. Both known to us and veiled by natural laws of ignorant causes. The experience of becoming a healer is as uniquely experienced as the differences in fingerprints. So I am here to share with you how healing happened to me in my life and what I did with it! There is no romancing this story, the way I am to describe it's landscape and tribulations are no less serious then the fact the earth rotates on her axis and is influenced by both the moon and our sun.

One of the first points of awakening came to me as a young kid with the question "Why am I here?" Being a young kid drove me nuts! I couldn't wait to become an adult and even though at the time I had no idea why or what I was in such a hurry for. I knew I wasn't 'here' to be a 'kid'. Also the idea of being born was mind boggling to me. I just couldn't understand 'How' this had happened. But not just to me, to everyone. It was the most bizarre concept and it left me contemplatively puzzled. Then, of course, a deep curiosity about life and how exactly DID we 'get here' became my norm.

When I was younger then 5, I have a perfect memory of myself standing in my yard, at the time, and looking at my feet on the grass. I was making a mental imprint of this experience of 'looking at my feet in the grass' in that moment. A few days later, I went to the exact same spot and again did the same thing of 'looking at my feet on the grass' and making an imprint 'in time' again. I then realized that those two 'imprints in time' where the exact same moments. Even though in reality a few days had passed, in my awareness these moments were not separated by linear time, they were exactly the same moment. I can remember a feeling of deep knowing and peace at my little discovery here in my backyard. It was something I just knew. And it made me feel really really good! Ironically, soon after my family was headed to America, a very very far place from this backyard...



We landed in upstate New York where I was to learn English and the new culture. My sisters went off to the French Lycee in Manhattan and I walked across the street to my little French-American School of a total of maybe 35 kids in the total school and attended the first grade. As fate would have it, I met Caroline there! At first sight you would have guessed we were identical twins, needless to say we became best friends right away! Our friendship developed beautifully with many memories of spending time at each other's house and going on family trips together. Soon thereafter, my family was moved again but this time to Florida, Boca Raton. My friendship with Caroline remained a constant as she came to Florida to visit me. The last trip she was suppose to make to come visit, well, she didn't quite make it. Caroline passed away when we were only ten years old. She was caught in an automobile accident and died.

The reverberation of this life-event for me was instrumental in fabricating my perspective on life! Now, at the early age of ten I knew that one day I too would die, we all would. It is a strange thing for a ten year old to think about. But in this too, I quickly learned about Angels. Caroline and I are still friends to this day. She held her human angelic form close to me for many years. Then I simply forgot about it, like letting go of a dream. Or maybe the abruptness of moving through puberty and family dynamics allowed my attention to go to teenage dramas! Which I will spare you the details of. I was nineteen when I moved to South Beach to attend The International Fine Arts College. For reasons unknown to me, it was at this time that my "senses" were to awaken and guess who was standing at the opening of the hallway to my spiritually awakening passage? Caroline. She had been waiting for me. Now I was ready and she was to be my Angel Guide.

In 1995 my awakening began. In very simple terms what happened is as follows... I was intrigued to start meditating to see the other realms. I knew they were there, now I wanted to go there and explore! So I began meditating, I was also a friend with someone who 'channeled' and I mean it in the sense that he would 'leave' and another intelligent presence would 'enter' his body and speak. This was absolutely



fascinating and mind-blowing to me. These meetings went on for 4 years. At the same time I was graduating from massage school with my own psychic and clairvoyant clairaudient experiences. Always geared towards healing and peace. At night I would have 'dreams' that really left me feeling altered for the rest of the next day or two. You know the 'flying' dreams, or breathing underwater dreams or the dreams where you have some kind of super power of levitation or walking through walls and meeting up with other people you know and doing something 'important' or significant. Well these were my experiences constantly. In the mornings I would FEEL very very differently. I just KNEW something else was going on in my sleep. 'It' had my interest and my attention. I remember a series of 4 nights in a row where exactly the same thing happened! After this 4-night experience I was convinced that I had been in some kind of spiritual energetic initiation process.

Here's what happened, in a nutshell...

I'm asleep. The next thing I know, I'm aware. I'm awake in my sleep and there is an extremely strong magnetic source of power out in the universe that is connected to my core, my stomach region of my body. The magnetism is pulsing within my entire being and 'pulling' me towards it. Yes, I am energetically being pulled through space, actually through our universe. I could not 'see' the source but it felt like a black hole and I felt powerless against it. Once I reached the black hole with high level of magnetic intensity that I simply had NEVER experienced before, everything completely changed. All the intensity of magnetism pulling on me simply vanished; I passed through the black hole and popped through to the other side. I arrived at a different universe. The 'space' of this universe was not black like ours with bright stars; it was like liquid ribbons of fluid colored light... iridescent, mystical, clear and clean! On the horizon out in space, I saw a Viking ship like structure about the size of Manhattan with a City of Lights on it. This was my destination. I was welcomed and guided to float through the buildings of light, stay and hang out as long as I wished. I knew this place. And I liked it. The following point of reference was me in my bed, eyes



sprung open, looking at my clock which read, 3:33 a.m. My first thought was, WOW! To my surprise and joy, this experience was to continue exactly the same way for four consecutive nights. Black hole magnetics, other universe, Viking ship, City of Lights and waking up each time with eyes sprung open looking at my clock, which read, 3:33 a.m.

In the week that follows I performed a spontaneous exorcism, graduated from massage school, started painting, writing journals and journals of automatic writing. Something was going on! My crown chakra had exploded open! I was literally in communion with other realms and dimensions. Information was coming into me faster than I could understand. I was also trying to have a normal life experience here now being in my early 20s. Because my education and knowledge of energy-consciousness was limited at that time, I had not learned how to properly channel all that was happening, by opening my rooting chakra accordingly. I developed agoraphobia and a fear of people. I was way too open and receptive to the energies of my surroundings. But this was my life, my process to go through. At the same time my dream state went through yet another shift. At this time my dreams were focused primarily on re-experiencing my past lives. This went on for a good twelve years or so. My last past life dream was in February of 2008. I will explain that one later. So these dream-experiences were specific in their common denominator... Yes I was revisiting my past lives, but always the last 5 minutes of them... meaning, I was re-experiencing how exactly I had died in each life. Not from an 'objective' perspective either. I was the subject. So I would have these experiences in my sleep of how it felt to die and then I would open my eyes be awake and have to process these energies for days on days! If not months, at times. I was processing the memories of how it feels to be murdered, tortured to death, raped, drowned, buried alive, shot in the back of the head and have my first born taken away from me by the church.

These past life recalls went on for about twelve years or so. Obviously influencing the development of my own psyche and understanding of



the nature of life and soul awareness. I asked a spiritual teacher of mine once why these things were happening to me? She told me something I had read somewhere before and that is 'part of the progression of soul evolution requires that one cleanses and purifies all past incarnations. To come to peace with through compassion and forgiveness all the wrong doings of our self. To purify through the sacred fire, that which your soul still carries and is burdened by.' It is a very similar process to the 'recall' that one experienced at the moment of passing on from this life. She went on to say, "You, Magali are an old soul. You are a teacher and a Star Child." This reminded me of one of my first psychic fair readings I went to where the psychic reader told me that I was a 'Star Child'. Hearing this I had no idea what she was talking about. She guided me to a book, 'Bringers of the Dawn'. I read it. It made total sense. Star Children, Indigos and Crystal Children refers to Soul Groups that incarnate with the memory of their 'mission' intact. Most go into metaphysic studies, astrology, yoga, energy healing, tarot reading, channeling, out of body experiences, etc. Their basic common denominator is the help shift the frequency of the planet. Sounds enormous, doesn't it?! It is. It is a life path that many people are aware of being on.

The wave of experience that follows has to do with some out of body experiences I had and what is known as Astral Traveling. It is good to note that at this time I was also a student of one of the leading energy healing schools in the world. A school I attended for six years with in-depth studies in human psych-spiritual development and energy perceiving and healing methods. The wave of experiences that followed was taking place in the realm of darkness. In other words I was having encounters with demons. Literally and simply. Through these experiences I discovered the realm of psychic attack from lower vibratory beings of consciousness. Traveling through these uncharted territories developing a broader understanding of the dynamics at play in our universe. I will not go into great detail over these events, as I do not wish to give them much attention. But I will share that in 2009 I was having in my sleep a series of confrontations for three nights in a row with these demonic beings. On the morning of the third night, I get



a phone call from my sister who lives across the country and she says to me, "Are you OK?" Let me share with you that my sister is considered a 'normal' person, she is not one who has had paranormal experiences I have. She continues by sharing with me a horrific dream she just woke up from where I was being confronted by a very low vibration being demon. I could not believe my ears! She had seen the energies I was dealing with. I proceeded by telling her what I had been going through.

In the same year I travelled to visit some family in Mexico at an unfortunate time when my young 3-year-old cat was dying of a feline disease. It was a very upsetting situating for me. While I was processing the pain of losing my cat I was somehow having a very intense energetic phenomenon occurrence. I remember taking an afternoon nap that day and falling into a really deep sleep. The kind of nap you wake up from and don't recall where or who you are for a few moments. Well that night while asleep I was visited by beings I had never seen before. These beings were about 4 feet tall. There were nine of them. But before I saw them, in my sleep, in my head, I heard, "Magali, you are about to have an uncomfortable experience." and before I could say, 'What?' A piercing painful beam of light the size and shape of a pencil was in front of me at the center of my forehead. And it pierced right into the center of my forehead. It felt like a laser beam, so much so, that in my sleep I was aware of trying to pull my covers over my forehead. The next thing I am aware of is the bedroom wall kind of disappearing in the center of it and seeing these 4-foot tall beings walking through. As they arrived I could hear and feel their frequency, they emanated a 'pitch'. I was freaking out! They were totally telepathic. They were dressed in some kind of dark bodysuit that had moisture to it. They walked over to my left; I was 'sleeping' in a fetal position on my right side. One of them placed his hand on my left raised shoulder; I experienced a brief 'exchange'.

My next awareness took me inside of a large ship, where I apparently seems completely natural, calm and very relaxed... can we say in a state of mild complacent sedation. The interior of this ship, where I



was, looked very similar to the gate area at an airport where you wait to board your plane, with many seats in rows sectioned off and many windows. My inclination was to go to the window to see what was outside and that is when I realized I was 'gliding' across as oppose to walking. There was absolutely zero tension in my body and my mind was completely relaxed as if partially sedated. I found this very interesting. As preceded to glide over to the windows I became aware of a room or space to my right. This indicated to me that I was in my Astral Body. As I looked-in, I saw a donut-shaped energy field the size of a house, with what appeared to be now very tall slender beings orchestrating the energy pulse of this donut-shaped energy technology. I since then researched and found that indeed there is such an energy technology shaped like a donut, it is called a Torus Field. It is the energy field structure that the earth has. [This kind of geometry, although very abstract, is closer to the real world than you might think. Einstein's theory of General Relativity describes the Universe - the whole of space and time - as a 4- dimensional manifold.

Space itself is not flat, but curved. The curvature of space is responsible for gravity, and at a black hole space and time are so curved they get knotted up. Everything in the universe - light, subatomic particles, pizzas, yourself - is described in terms of a geometrical structure on the space-time 4-manifold. Manifolds are used to understand the large-scale structure of the Universe in cosmology, and the theory of relativity introduced the idea of matter-energy equivalence, which led to nuclear power, and the atomic bomb. The universe is now considered to be a 12 dimensional nested manifold.]

After viewing this Torus, my next awareness was of myself in my bed at my parent's house, in Jalisco, Mexico. I was back in my bed! But my consciousness was still traveling back to meet my body, so I was not completely back and what was happening was that as I was returning layer through layer, dimension by dimension, different aspects of my consciousness where in dialogue with the voice that had originally warned me, "Magali, you are about to have an



unpleasant experience." the voice was explaining to me in great detail 'why' this had just happened to me and why I was able to remember this! I very slowly woke up feeling alarmed and a bit frightened. I got out of bed knowing that I was not alone! They were still in the room with me. It was dark outside, must have been around 4 a.m. everyone was asleep. I walked into the bathroom turned on the light and examined my body from head to toe. I was looking for something. Then I walked outside in the yard and just looked up at the sky and said to myself, 'I know you are there.'

That morning at the breakfast table, I told my parents what had happened that night. It was then that I was able to recall the last information that the voice and shared with me as to 'why' I was allowed to remember this.

In order for me to explain this we need to go back in time to February 2008, when I had my last past life recall. Yes this was another life where I recalled how I died, but what makes this one different from the others is that after I died, my awareness was still intact and I experienced my soul leaving my body and where and how it 'went'. The velocity is quantum! The point here is not on that past life or the time right after death, but on something else that happened during my waking state in that some month in 2008. I was in my senior year at the world-renowned energy healing school. It was an early evening and I was sitting at my table doing homework. I was deeply engaged in my own focus of perceiving energy fields and getting information out of that field.

To my left was a doorway into another room of the apartment. There was something very tall, to be exact, thirteen feet tall, standing in that doorway. Invisible to the naked eye. But palpable in the energy matrix. I took a deep breath and made a decision to treat it as a guest. In my mind's eye I projected a question: "Hello. Who are you and what do you want?" I received an energy response. I gathered the temperament and intention of this being to being sincere, calm and familiar. I then projected out my next question: "Would you like to come in and have a seat?" At the same time in another part of my





brain I'm saying to myself, yeah right Mags! You're just freaking nuts! I held the space in my own mind for both aspects to be a possibility.

Yes maybe I was completely nuts and just playing around with fantasy, in which case no harm really done. But if I were not playing with fantasy, then what implications does this have? So I challenged the situation. I asked for confirmation that what I perceived was in fact real and not fanciful. In that precise moment, my gaze shifted to the television at the time sitting on top of a table. The TV turned on. I then looked over at my phone and it turned on. I then looked at my iPod and yes it turned on. The electrical current that pulsated through my body for the weeks that followed was indescribable. I could not sleep, could not eat, my telepathy was off the charts! My emotional body was detoxing, gaining awareness of and confronting karmic past life traumas and pain like a ping-pong game. Before that evening came to end, I asked the thirteen-foot tall being of light to share with me who and where 'he' came from.

This is when I realized the familiarity of 'his' demeanor was the same as the energy I traveled through in 1995 in the 'City of Lights, 3:33 Voyage'. He is part of the council of the Guardians of the Light. It is his voice I heard before the abduction, it is his voice I heard explaining to me why I was having recall and the permission to understand what happens during an 'abduction'.

This is how I have learned to be a healer and a teacher working within the Realm of Universal Light. This is my abbreviated story.

This is simply my story, if any of this material does not resonate with your energy, simply disregard it, please only accept for yourself the truth in you! This is in no way an attempt to conjure your opinion or beliefs, my teaching and work is always open to those who seek it and connect to it from a place of inner free-will.



# Activating LightBody Within

## AquaMarine Pearl Level : Cosmic Love

### Anatomy Of Healing : AquaMarine Pearl Level : Cosmic Love

The Aqua Marine Pearl of Consciousness is a Liquid Matrix of Light. It is located energetically inside the physical Heart but can also be accessed through the center of the heart chakra. Because the heart chakra is the neutral chakra, in that it is where the Lower Triangle (the root, sacral and gut centers) and the Higher Triangle (the crown, third eye and throat centers) harmonize. The Aqua Marine Pearl is the main horizontal axis or directional energy flow, whereas the other chakras and pearls are more the vertical axis (in their spherical framework), the AquaMarine Pearl is the horizontal expression of Love throughout the Cosmos! It is the 'network' for Cosmic Love to radiate and penetrate the hearts & centers in all living things, throughout all dimensional spaces. It is the 'center' of the wheel of life!

When we contemplate how healing moves and happens in our body, in our psyche and in our life, we are gifted with the awareness and opening of the heart center and AquaMarine Pearl... duly noted, that one can not pry open or willfully express from the heart... this is a misinterpretation of how the nature of this heart expression is experienced. However, our own work or preparation involved in the



opening and expression of the AquaMarine Pearl is required through the cleansing, realization and unification of the Lower Chakra Triangle. In essence, the 'gift' of an experienced AquaMarine Pearl comes from the 'work' of the lower three chakras' inner resolve... As we purge, transform and strengthen the root, sacral and core centers ( Lower Triangle) in our body, in our psyche and in our life; then the natural flow of the Heart Chakra or AquaMarine Pearl can flow effortlessly through our body, psyche and our life!

Although access to this Pearl is always a constant YES i our trueness, as we regain the connectedness of this hallway or pathway (YES), we rediscover the ancient secrets our ancestors hold, the vibrationally harmonized frequencies of this Pearl. When activated or called upon, recognized and honored, awakening this genetic hallway or pathway where our ancestors await in non-time/space; our own reintegration. As we heal; here in the physical body, for this is where the healing happens, in this container called the human body, where our psyche and consciousness is at a free-will juncture... within our bodies lives the DNA information, through our body as we make this free-will choice to activate our AquaMarine Pearl and choose to heal through it's harmonics; we liberate the unexpressed healing of our grandparents and before them.

As grandparents stand behind us in the hallway of 'mirrors passed', we stand behind the generation in our 'mirrors forward' through this vibration we assist in holding the frequency for our children to transgress the limitations of our past and in our present lives. This is done through the vessel we call our human body and the consciousness of our AquaMarine Pearls... This Pearl is the center point of the Liquid Sphere of Consciousness comprised of our Lower Triangle and our Higher Triangle, our Auric Container and Cosmic Embryonic Sac (silver pearl).

It is through the AMPearl that time bends... for within our children in healing these ancestral or genetic templates and reconstructing the collective consciousness, that time bends; in healing our own ancestors because the children are Them (the ancestors). If we stand



in this moment in the center of the Liquid Sphere of Consciousness, our offsprings, our children, in their healing; are the reincarnated fragments of our great grandparents' generation. What our grandparents/ancestors could not give to us or to our own parents, is exactly what WE MUST give to them (our grandparents/ancestors; who are our offsprings); for they are ultimately US and WE are them! Where we fail to offer to them what they vibrationally need; will eventually be given to us, to learn, to absorb by our own children's children... for by then, our grandchildren's generation will have opened in their own DNA what we are struggling with today and may be unable to access through innocent ignorance... and so the loop of consciousness moves through us like a silk fiber from God's garments... for the entire human race consciousness is; or at the very least the Soul Clusters are united once again, reintegrated with the prior fragmentation now into oneness; while still individuated through an aware consciousness; as a Soul Cluster family it (we) can transgress together to the next evolutionary step. We need the presence of our ancestors, our great grandparents, our selves, our siblings and our children's children... We will come to the experience where we are unified through time and space because we are truly the same person, we are the same being, we are all coming from the silk thread of our own Creative Force. This is ultimately the essence of the AMPearl... to remember that we are one throughout our generations...

Once this is self-realized and absorbed, then this same viewpoint is expressed in expansive realities moving your consciousness beyond the human family and into the global, galactic and cosmic landscapes where other reality familiars are investigated, introduced and remembered as coming from the same oneness, the same thread of silk, the same familiar, the same genetic pool even if non-human, non-earthly, non physical in nature. The expansion of the AMPearl takes us into the Cosmic Love Radiance and our 'possible' origins therein. The space throughout time where duality is experienced in non-physical, non-earthly ways and the work of unifying is experienced through other dimensional realities, other lives and non-human incarnated experiences of the Self. What we transgress here inner human body



through our human DNA is commonly shared, experienced and inventoried throughout our dimensional realities and lives lived.

The matrix of the HUMAN DNA is sacred territory, the ONLY way of accessing is through a human body-being. The free-will activation is of utter importance when observing other dimensional realities and lives experienced. There are other non-human DNAs that do exist... but they lack in free-will zone, they have been forfeited, or robbed of the Original Intended Creative Force... In some aspect.

When the opposing forces in nature are harmonized, there is nothing that is 'outside' of ourselves. We become aware that we are and have always been eternally connected to the Original Intended Creative Force. As our consciousness expands, integrating our DNA activation, we begin to experience ourself in these dimensional realities and lives... as we access these memories, these inner knowings, we gain a greater piece of the experience of our souls here on earth, here in the cosmos and beyond that even. It is nothing actually new, it has been a constant through time and space.

When we re-member ourself, we gain a greater understanding of what we are doing and how our own healing through our own HUMAN FREE-WILL ACTIVATION creates the echo through- out the Cosmos. This echo is re-iterated back to us like a wave of conscious deliverance, penetrating through the Red Pearl of our DNA and the Earth. The Lover within us re-members the Original Intended Creative Force and a Cosmic orgasm is experienced and expressed through- out all creations... This is the power and original intention of our Human DNA... to create cos- mic orgasms... so the birthing of consciousness can expand and we remember who and what we really are as creative beings. So we begin HERE & NOW... The AquaMarine Pearl echoes throughout space and time; "I am Here with You!" Start now, start here... in our relations... we are all in this together because WE are the ONES We've been waiting for!



## **Pearls of Liquid Crystalline Light**

•**Red Gold : Root of rooting chakra** in the pelvis between the tailbone and the pubic bone. Point of incarnation and grounding into the crystalline core – womb of planet earth.

•**AquaMarine Gold : Root of heart chakra** in the center of the chest between your lungs deep in the ribcage. Point of Cosmic Love remembrance with our cosmic ancestors. Dolphin Chakra.

•**Silver Gold : Root of crown chakra** in the center of your head in between brain hemispheres. Point of direct information from spiritual guides, over soul and cosmic DNA downloading.

### • **Grounding (Red Pearl)**

From root chakra, DNA & crystalline core of Earth.

Womb of mother earth of 5th dimension. Crystalline body alignment.

### • **Conscious Breathing (AquaMarine Pearl)**

Being Presence!

Shifting brainwave patterns.

Transform emotional and mental patterns.

### • **Focusing (AquaMarine Pearl)**

Recharge, Realign & Reclaim!

Clarity & strengthening aura boundaries & integrity.

Attention to purpose = intention.

Cleansing Your Energy & Patterns!



# **You can't take your baggage with you!** (pg 13)

Chakra Dance & Meditation

Self Process Work

The Chakras & Symptoms of the LightBody

Clearing Ego Magnetism, Clears Karma

Thoughts = Electric

Emotions = Magnetic

3D vs 5D in the Here & Now

## **Red Rose Exercise** (Bedtime exercise, clearing the day!)

- Be Inside of You!
- Your Higher Mind Octave
- Breath in Liquid Light Through Back of Lungs
- Breath out AquaMarine Through Front of Heart Chakra
- Spin Pearls into 'The Trine'
- Activate GOLDEN RAY of Chakras
- One-sided Mirror Membrane
- Wisdom of Your Over-Soul, Guidance
- A Healer's Karma : Doing Your *Work*



# The Energy Chakra System (ECS) (pg 4)

\*Consciousness is expressed through the Manifested Body.

\*The Auric Field, Chakras and Nervous Systems are being affected as we 'Awaken' (become aware) to the deeper truth of our Truest Nature.

\*This natural process (becoming aware) is experienced uniquely through the expression of each Soul's experience in life; in one's own; *pace, timing, availability and behavior.*

\*By grounding-in and by beaming your Auric Field Vibration.

\*Having *authenticity* and *allowance* of one's inner authority towards self and in relation to external environment and with others.

**Chakra-** A 'valve' managing and regulating frequencies of the human body in; mind, emotions, beliefs and behavior.

The **frequency is specific** to each of the seven Chakras.

A **prism reflecting light**, different colors are simply the different frequencies of light being refracted **into space and consciousness.**

The **human body is a prism (a crystal)...**

And **consciousness is The 'Light'...** *The Human Flute.*

Your **personality** (mind, emotions, beliefs & behavior) **will determine** how the Light is to be refracted into space, your environment, your life & your relationships.

Any **distortions in the prism** (crystal) and the personality **will point the your compass into the direction of your healing** for your space, your environment, life & relations.





## **Chakra One : Red : incarnation, birth - age 3**

- Soles of Feet, ankles, knees, adrenals.
- Coccyx- Energy enters into perineum.
- Vitality energy needed for all functions of our anatomy.
- Metabolizing energy into all cells, organs and tissue.
- Main corridor for the dense (physical) aspects of being human.
- 'I am here!' in this earth plane dimension and body.
- Experiencing vitality and endurance is key to this chakra.
- Resonance to incarnate now.
- Survival instincts, fight or flight, reproductive sex, birthing canal.

Issues associated around security, belonging, housing and residency.

Depression; poor inner security

Ambivalence towards survival

Addiction, eating disorders

Cynicism & negativity

People pleasing

Poor judgment & risk taking behavior



## **Chakra Two : Peach : age 3-8,**

- One inch above the pubic bone. Urinary & lymph, sex organs.
- Sacrum and reproductive organs.
- Creates pleasurable experiences and feelings. Sensuality.
- Generates main feelings of self, sensual sexuality identity and ability to express creatively in ones body and environment.
- Experiencing pleasure and inner joy is the key to this chakra.
- Freedom of self expression through the arts, healing and artistic embodiment.

Issues associated with creativity and being able to express freely out into the world purpose and vocation.

Rigidity & inflexibility

Failure to nurture

Lack of balance

Lack of desire

lack of sexual satisfaction

blocked creativity

Pleasure-pain imbalance

Seeking & demanding attention



## **Chakra Three : Yellow : age 8-12,**

- Upper abdomen and stomach. Gut Center. Pancreas & Spleen.
- Embodying your truth, mental clarity and ability to 'digest' life's various experiences.
- Inner clarity and inner authority alignment. Strong sense of healthy boundary containment, inner authority and integrity of behavior.
- Generates intuition and accurate decision process.
- In this world and of this world, standing being in your truth.
- Knowing your self and your unique truth is the key to this chakra.

Issues associated with trusting gut instincts and intuition as the raw feelings of the gut are given sight through the 3rd eye or sixth chakra.

Misuse of power

Helplessness

Control

Lack of ambition or drive

Irresponsibility

Repeating negative emotions

Stagnant or overflowing

Stress



## Chakra Four : Pink Green : ages 12-16

- Chest and heart. Rib cage and lungs. Heartbeat! Thymus & immunity.
- The discovery and connection to 'the other' in life and environment.
- Ability to discern type of love experienced and patterned.
- Generates compassion and forgiveness from all wrong doings, hurts and pain. Through lifetimes, dimensions and relations.
- Healing all relationships both with the deceased and the living is the key this chakra. Bridge between the lower and higher planes.
- Ascension Key.
- Dolphin and whale frequency.
- Heart-based decisions. Bringing peace to karma.

Issues associated with emotional touch and the ability to transcend between our humanity and our divinity.

Difficulty with relations

Codependence

Pessimism

Destructive criticism

Lack of forgiveness

Holding grudges

Passive aggressive

Judgmental, hatred and revenge

Rescue others



## **Chakra Five : Sky Blue : ages 16-21**

- Neck and throat. Vocal cords. thyroid, tongue, vocal cords & bronchial plexus.
- Ability to take-in or reject life experiences.
- Express authentic needs and receiving fulfillment.
- Generates self expression out into environment and how capable you are of receiving and trusting what comes towards you.
- Metabolize higher dimensional frequency coming into the body. Breathing in and out consciously.
- Expression of your unique Tone into the environment from your auric field.
- Allowing your auditory tone to be heard and experienced is the key to this chakra.

Issues associated with hearing, speech, self-expression, intake of life events & creation.

Poor communication

Unwilling to update on new truths

Telling lies

Poor sense of humor

Taking ourselves too seriously

Blocked creativity

Difficulty in vocation success & joy



## Chakra Six : Indigo Purple : ages 21-26

- Forehead and pituitary gland. Occiput. Vision. Pituitary, eyes, ocular nerve.
- Ability to open vision through meditation, dreams or psychic experiences. Increasing sensing and information receptivity.
- Receiving or generating impressions in the mind.
- Seeing, hearing and receiving information from guidance, Spirit beings, your Over Soul.
- Opening to the communication between dimensions is the key to this chakra.
- Energy of your focus, intention, vision and your Higher Mind.
- Ability to manifest your intention with clarity and emotional detachment.

Issues associated with imaginative envisioning, psychic or precognition information.

Inability to follow through on creative inspirations

Blaming others of your shortcomings

Stunted or blocked envisioning

Ridicule

Putting others down

Lacking faith or spiritual connectedness



Stuck to the mundane world experiences

## **Chakra Seven : Violet White : ages 26-30**

- Crown of the head and pineal gland. A child's soft spot. Pineal. Melatonin and DMT secretion.
- Opposite end of Chakra One.
- Embrace divinity and its unique expression into your life and being.
- Generates unitive process from where we all came from. Your Soul's Place of Birth.
- Remembrance of where and what we were before 'birth' and after 'death' is the key to this chakra.
- Access to Council of Light, Guardians of the Light and other Cosmic Galactic Overseers of Time and Space perimeters and protectors.

Issues associated with the ability to integrate the whole system in neurological, energy and personality. Holds within it our past life bands until we eventually resolve the karma issues.

Psycho-somatic disorders

Mental imbalances

Disassociation from reality

Cognitive dissonance

Schizophrenia

Bipolar or split personality disorder

Lacking connection to oversoul and higher dimensional states

Fear of death

Blocked due to mental imprisonment or karmic conditioning.



# AquaMarine Pearl: Hands-On 'Pelvis'

Grounding into Crystalline Core

Chakra Dance

High-Sensory Scanning of Self & Other.

Energy Hand Activation. Attention=Intention

## Palpation Exercise Supine:

Body Scan

Organ Scan

Chakra Scan

Heels of Feet

Pubic Bone (\*Red Pearl)

Tan Dien

Iliac Crest

Iliopsoas

Pelvic Floor

Sacrum

Coccyx (\*Red Pearl)

Colon

Bladder

Sex Organs

Kidneys

Color
Tone
Image
Form
Density
Sound
Essence





# Working the Pelvic Region.

When you find yourself working on the tissue of the pelvis and the energy system, make sure you are approaching your client from a authenticity in your grounding and cyclical breathing. Remember we are working with the body and it's intelligence stored in the tissue with hidden or forgotten memories, images and belief systems stored away deep in the fascia of the pelvic girdle.

The activation of the 'Red Pearl' will assist in the opening of the rooting chakra and all somatic – emotional responses therein. Issues around existential existence (the big 'why am I here, why do I even exist') may surface in the client consciously or unconsciously. You as the therapist- healer need to hold this perplexing vibration with integrity of your own over-soul's wisdom and grace. Issues around Incarnating into a human life and any trauma surrounding the fetus stages of development and birth are associated with this region of the body and energy patterns.

Any possible unresolved incarnation or birthing issues still 'fragmented' can be a major point of deflection in allowing the LightBody to ground into this existence. The objective here is not necessarily psychological process work, but more of a vibrational invitation to simply SHIFT inner frequency by CHOICE.

By applying 'Conscious Bodywork' we invite the body at a cellular level to recognize it's vibrational potential. Shifting out of a lower resonance karmic mode of e-motional dependency and into the higher frequency of the LightBody's availability and purpose in healing us and our cycle of karma. As the Body's electrical system 'receives' more time and more waves of this higher vibration, it ultimately acquires the remembrance of it's natural potential and will aim to reach and sustain this by CHOICE.

While working the Pelvic region of your client's body it is important to allow room for duality of the 'bi-polar' processing between the two paradigms (Two hemispheres of the brain, two eyes, two hands, the



two halves of us.) As you see the reflection within yourself and your own personal process in allowing your LightBody vibration to permeate your own existence.

The associated organs of the pelvic region may also draw your attention; Colon: Bladder: Vagina: Ovaries-Fallopian Tubes: Uterus: Penis: Testicles: Scrotum: Intestines: The Fascia of the pelvic floor: Iliopsoas: Allow yourself to come into the resonance of each of these organ functions. As you energetically connect with each organ, feel into it's essence and create a brief dialogue to see if the organ is trying to 'communicate' something: an image, emotion, color, sound, tone, memory, life experience, belief system. Etc. And allow yourself to communicate back through touch, pressure, pulse, rhythm, depth, tone, color.

As you bring this part of your session to a completion, consciously ground-in to the tissue of the body the resonant Red GOLD Pearl of Consciousness deep into the tissue of the pelvis. Re- moving your physical hands, energy hands, energy, thoughts, memories completely out of the client's body and auric field, leaving between you only the resonance of the Blood GOLD pearl.



# AquaMarine Pearl: Hands-On 'Abdomen'

EyeBall Energy Directions

Focus Attention = Intention

Breath Awareness - Stay clear, open, On!

## Palpation Exercise Supine

Body Scan

Organ Scan

Chakra Scan

Heels of Feet

Pubic (\*Red Pearl)

Tan Dien

Core Point (\*AquaMarine pearl)

Diaphragm (\*Muscle of Respiration)

Stomach

Liver

Gallbladder

Pancreas

Intestines

Color
Tone
Image
Form
Density
Sound
Essence



# Working the Abdomen Region.

When you find yourself working on the tissue of the abdomen and the energetic overlay, make sure you are approaching your client from the authenticity in your grounding and cyclical breathing. Remember we are working with the body and its intelligence, the memory of the tissue with hidden or forgotten memories, images and belief systems stored away deep in the fascia of the Abdomen.

The activation of the Core Point of the GUT will enable the client to respond to issues relating to personal empowerment, inner authority and True POWER, and with all the psychosomatic– emotional responses therein. Issues around power struggles, manipulations (both in doing it and receiving it), freedom of personal-will in relationships may surface in the client consciously or unconsciously, but you as the therapist need to hold this perplexing vibration with integrity of your own over soul's wisdom and grace.

Issues around the right to be free in expression, making one's OWN decisions in life and knowing what is RIGHT for the Self-individual are associated with this region of the body and energy patterns. Any possible unresolved relational power struggle issues still 'being manipulated or manipulative' here will be a major point of deflection in allowing the LightBody to ground into the client's Core Point. The objective here is not necessarily psychological process work, but more of a vibrational invitation to simply SHIFT inner frequency by CHOICE.

By applying 'Conscious Bodywork' we invite the body at a cellular level to recognize its vibrational potential into shifting out of a lower resonance karmic mode of emotional dependency and into the higher frequency of the LightBody's availability and purpose in healing us and our cycle of karma. As the Body's electrical system 'receives' more time and more waves of this higher vibration, it ultimately acquires the remembrance of its natural potential and will aim to reach and sustain this by CHOICE.



While working the Abdomen region of your client's body it is important to know that many energetic parasites, energy vampires and other people's 'Hooks' will most always appear when working the Core Point of the client. It is in the Core Point that ATTACHMENTS are CONTAINED, both 'positive' and negative. The main issues associated with the Abdomen region are; invasion, boundaries & inner power-authority.

The associate organs of the abdomen region may also draw your attention. Stomach, Large intestine, Transverse Colon, Liver, Spleen, Pancreas, Diaphragm, Abdominal muscles and fascia. Allow yourself to come into the resonance of each of these organ functions. As you energetically connect to each organ and feel into it's essence. Create a brief dialogue to see if the organ is trying to 'communicate' something: an image, emotion, color, sound, tone, memory, life experience, belief system. Etc. As allow yourself to communicate back through touch, pressure, pulse, rhythm, depth, tone, color.

As you bring this part of your session to a completion, consciously ground-in to the tissue of the body the resonant Self-REALIZED Core Point deep into the tissue of the Abdomen. Removing your physical hands, energy hands, energy, thoughts, memories completely out of the client's body and auric field, leaving between you only the resonance of the client's Core Point Power Center.



# AquaMarine Pearl: Hands-On 'Chest'

Our most valuable and greatest ***currency exchange*** occurs between our blood cells and oxygen in our pulmonary arteries.

## Palpate Exercise Chest

Body Scan  
Organ Scan  
Chakra Scan

Heels of Feet  
Pubic (\*Red Pearl)  
Tan Dien  
Core Point  
Diaphragm (\*Muscle of Respiration)  
Sternum  
Ribs

Feel Connectivity to Heart Beat. (\*AquaMarine Pearl)  
Heart  
Lungs

Color
Tone
Image
Form
Density
Sound
Essence



# Working the Chest Region.

When you find yourself working on the tissue of the Chest and the energetic overlay, make sure you are approaching your client from a authenticity in your grounding and cyclical breathing. Remember we are working with the body and it's intelligence, the memory of the tissue with hidden or forgotten memories, images and belief systems stored away deep in the fascia of the Abdomen.

The activation of the AquaMarine GOLD Pearl of Consciousness will enable the client to respond to issues relating to Loving and the type of love that the client has experienced. Issues around grief, loss, ability to succeed and in the 'type of love reflection' the client has received over time may surface in the client consciously or unconsciously, but you as the therapist need to hold this perplexing vibration with integrity of your own over soul's wisdom and grace. Issues around obligatory love, deceit, betray and punishment are associated with this region of the body and energy patterns. Any possible unresolved karmic pattern of displaced self-love will be a major point of deflection in allowing the LightBody to ground into the client's AquaMarine Pearl of Consciousness. The objective here is not necessarily psychological process work, but more of a vibrational invitation to simply SHIFT inner frequency by CHOICE.

By applying 'Conscious Bodywork' we invite the body at a cellular level to recognize it's vibrational potential into shifting out of a lower resonance karmic mode of e-motional dependency and into the higher frequency of the LightBody's availability and purpose in healing us and our cycle of karma. As the Body's electrical system 'receives' more time and more waves of this higher vibration, it ultimately acquires the remembrance of it's natural potential and will aim to reach and sustain this by CHOICE.

While working the Chest region of your client's body it is important to remember that the Sacred Human Heart of the Soul's intention and



desire to incarnate was joined with the vibration shared with us by the Dolphins and Whales of the Cosmic Light Ray, acting as our Cosmic Cousins! The vibration of the wisdom of our ancestor resonates through the template of the Sacred Human Heart and is delivered right into our AquaMarine Pearl. This is the main point of releasing karma and soul elevation & true liberation. The associated organs of the chest region may also draw your attention. Lungs, Heart, Blood Vessels, Thymus Gland, Fascia of the rib cage and intercostal muscles.

Allow yourself to come into the resonance of each of these organ functions. As you energetically connect to each organ and feel into its essence. Create a brief dialogue to see if the organ is trying to 'communicate' something: an image, emotion, color, sound, tone, memory, life experience, belief system. Etc. and allow yourself to communicate back through touch, pressure, pulse, rhythm, depth, tone, color.

As you bring this part of your session to a completion, consciously ground- in to the tissue of the body the resonant AquaMarine Pearl of Consciousness deep into the tissue of the Chest. Removing your physical hands, energy hands, energy, thoughts, memories completely out of the client's body and auric field, leaving between you only the resonance of the client's AquaMarine Pearl.





## Responsibility of Energy Integrity as a Healer.

There are many challenges accompanied with being a conscious energy healer facilitator. Maintaining a clean auric field and knowing your boundaries are crucial to your longevity and the wellbeing of your clients as well as for your own inner peace. There are many mirrors on this journey!

- The emphasis is the **Responsibility of Integrity** as one major tool, enabling us to be happier, healthier vibrancy with a greater love, the foundation of integrity and Soul Ownership.
- **Affirmations**- Changes the *thought electricity*.
- **Lifestyle Adjustments**- Shifting *vibrational output*.
- **Integrity**- Know who you are! *Be you!*
- **Insight**- A form of communication between your *Self to your self*.
- Every shift you make within yourself will result in some change within the *relationship paradigm*, whether or not that was your intention. *Water-ripples affect the pond's ecosystem*.
- You are shifting electrically into the 5 dimensional body by changing the *electrical charge of your thoughts*, resulting in detachment from the lower emotional karmic noise.
- It is your free-will choice to *empower your mind* into a vibration of peace, certainty and inner command. This is a moment-by-moment process of being in the NOW.



- It is only in the *present moment that YOU can shift* into the 5 dimensional body, your light body. It is not in thinking about it, or imagining a time past or future.
- Your mind and your soul can never be imprisoned, but make sure the *power you use to empower yourself* is never used negatively towards anyone else.
- If you decided in the past that your only resource was to detach from someone, *blessing the past in the NOW will help to clear* any karma.
- You can heal the past by changing it's vibration from here in the present moment. You can not change the vibration of an event by thinking or wishing it to have changed. But *you can recall it here and now and change it from this point (NOW POINT) in the sphere of time.*
- The past life *events remain 'alive' within us due to our magnetic attraction* through the EMOTIONS and BELIEF SYTEMS we about it!
- Human *nature is conditioned* from the time we were in our mother's womb, *to listening to the 'commands' of our external authorities* (parents, teachers, siblings, government and religious leaders.) over the years develops into our subconscious system.
- The majority of *thoughts in our head are not our own!* Clearing out thoughts from your head on a daily level. Question your beliefs.
- Our *capacity and diversity in how we love develops* over our lives, and depends on the health and environment of our inner energy system.



- Practice *daily clearing out your energy system* is imperative to your spiritual development.
- In bed *before falling asleep*: Red Rose Clearing of the Day.
- Who left their *energy fingerprint* on you during the day?
- Where did *you leave your energy* during the day?
- Daily *water* ritual.
- *Morning* before leaving the house:
  - Set Your Intention!
  - Declare Ownership of Soul Frequency.
  - Know your boundaries.
  - Tune into your creativity.
- Be conscious of other people's *magnetic emotional hooks* of 3D noise.
- Learn to simply say '*No Thank You.*' with clarity and NO CHARGE AT THEM. This is very simple to do, but complex to maintain, it requires your complete inner attention.
- Once you discover the 5 Dimensional frequency, anytime your mind goes to thoughts that are less than YOUR SOUL's INTEGRITY, you will simply drop out of 5D and back into 3D. When you *disengage with the lower vibration thinking*, your energy *will once again 'rise' up to 5D*, naturally.
- You have always been a citizen of the 5 Dimension. *Your energy will tell you very directly* when you are doing something with your integrity, or not.



- Awareness of your body's intelligence will *give you the choice to reverse your direction*, to think different thoughts, release attachment to 3D memories and events, activating your LightBody in the present moment.
- Since the beginning on 2013, the Guardians of the Light have expressed that the 3D frequencies have completely dissolved out of the earthly terrains. The frequency portal of 3D vibration is no longer open. No children born now will ever be born in a 3D frequency world. The active portal now is from 5D frequency.
- The majority of the people on earth are unaware of this portal shift, that we are actually functioning for the first time in a human body through the 5th Dimensional Frequencies completely available to us. You will learn to place your attention in your intention and formulate a stronger auric field resonance. In doing so, our LightBody emerges from nowhere through our DNA.
- **Energy:** The seed (your body) within the fruit (your aura).
- **Aura:** Your Soul's Light expressed through your thinking, feelings, beliefs and behavior.
- **Your Personal Space** Protective Function & Cleansing Rituals.



### **A finely tuned aura...**

refines our perception as we monitor the space in which we live. Like having a personal radar, detecting changes in consciousness of our selves (and in others). Giving us information that is otherwise unavailable to us.

- Discernment is required.
- Which are your thoughts?
- Which are your feelings?
- Which are your beliefs?
- Which one is your truth?

You simply can not bring your baggage with you into the 5 Dimension. Baggage has a frequency that is simply not sustainable in the Higher Vibration. GUILT.

Walking through hallways of creation, we are vessels of transformation, it is through our relations that all heals. We are as vast as the Universe and as expansive as Galaxies... We are eternally breathing with God, as all creations re-member WHO and What WE truly ARE!

God is the space between You & I.



# Activating LightBody Within

## Silver Pearl Level :

### Cosmic Download

There is no logical interpretation for the Cosmic Download Experience... The Silver Pearl is your inner innate gift at birth, and before that! This is to simply know your truth, your Soul's truth, the Universal truth that; most often times, the human mind has difficulty imagining or comprehending... Why?! Because the Truth is a perplexing kaleidoscope of dichotomies and yet so simple.

We are GOD-self fragmented into the wormhole of existence called earth and the human life. The We-God is expanding through space-time faster than the speed of Light, faster than 'quantum jumping' and IT is the greatest trick! It is both the carrier wave and the particle possibilities... It resides, expresses and entangles us from within our very nature; our emotions and from within our thought processes; as we continuously are exploring, experiencing and individuating. IT is the Light coming into your eyes from the cosmos when you gaze up into the movie screen's holograph of our Majestic Universe... IT is the one breath and the absence of breathing that unites the fabric between our inner planet; our inner body, to the within of the cosmic grace found within the living being of each planet in our solar system, our galaxy and the universal spectrum... IT is found inside the Sun, the Central Sun, the Galactic Sun... IT echoes in our hearts, in our subconscious and through our blood. As it does so in the dimensions



we travel through as we surrender our human body back to the soil and the dirt here on planet earth. Where do we go?! What part of us stays here? What is the truth of Past life, or of past life purpose to our current consciousness!? Is it real? or is it simply a fabrication of images, emotions and beliefs that have been superimposed into our society, consciousness and stories... and if so, for what purpose? What has been the outcome of the recollection of past lives? How has this information, emotional imprinting and extra 'knowledge' benefited us?

There is no GOD without us and no us without GOD. We are the bubbling expression of a oneness that once was whole, solid and needing to express, expand and explore! The Cosmic Wave crescendoed and GOD gave birth to ITself... We are ITs offspring... separating, individuating, reacting, catapulting through space with no life jacket, no manual, a contractually exposed amnesiac mask of; personalities, life experiences, births, deaths, body and spirit, physical and non... The Game is ON! Full force and the quest is... to get back home! Shown through the accumulation of experiences as gifts of the soul. Enrichment into GOD's simplistically perplexing sense of humor, and daring motives... How will ITs children return back, how much space will it take them and how many times will they need to forget, in order to remember themselves?! It is the implosion of explosions repeated over Eons, Galaxies & Dimensions... GOD is IT. Everywhere. Nowhere. Everything. No-thing. And lastly, IT is simply not meant for us truly ever comprehend!

We do not completely understand the housing of the soul into the human body.... yet we accept this, engaging on a daily level with it, reproducing it, and actively utilizing this phenomenon. But we really don't and can not understand the complexities of how a soul is housed in a body... very much the same we can not understand GOD. Yet here IT is. Everywhere and nowhere. In us, while also outside of us.



# Tissue Associated with the Silver Pearl:

The central nervous system; the two brain hemispheres and the spinal cord along with the pineal gland and pituitary gland are the main body tissues associated with the silver pearl consciousness. As well as the tissues of the lining of the gut, which is also known as the \*second brain\* and the fascia of the body. Energetically, we are looking at the dorsal or back side of the chakras 2-6 as being associated with this pearl; which are discussed below.

An intricate network of inter-dimensional communication, in receiving and transmitting data from hyper dimensional space right into the brain from the crown chakra. The downloading of information from the Higher Self, Over Soul, Cosmos and Galactic frequencies first arrive in the body through the crown chakra into the pineal gland and at the gut center; the place of your gut instincts or psychic sense. Like a lightning bolt of light and electricity, we awaken into consciousness and the veils that were once the fabric of separation between us and the universal cosmic intelligence is now diminished. This may be experienced by the subject instantaneously or as a gradual unfolding and blossoming of the Higher Mind into awareness. Very rarely will this veil remain \*open\* throughout long periods of time lasting over the course of several months or years, as the human being needs the crown chakra to be in balance with the root chakra (or red pearl) to maintain sanity in human 3D living.

The complete electromagnetic field of the body, the mind, and of the spirit must be a congruent experience with a cohesive non-permeable membrane in order to function correctly and appropriately. This is the main reason most individuals will not have a consistently open crown chakra, and this is to protect the individual's sanity and correct production in life. However, moments of 'mind expansion' and inter dimensional or otherworldly experiences and information download can be very beneficial in 'cracking the egg shell open' in allowing a significant paradigm shift to occur within the individual's awareness. The person having this experience must be ready for this dynamic





exposure and with the ability to process and metabolize these energies all the way through the body and into the red pearl. It is imperative that one's rooting chakra or red pearl be well experienced and developed to ensure proper blossoming of consciousness through the entirety of the electromagnetic spectrum; the body, emotions, mind, spirit.

Otherwise a type of psyche 'splitting' will most often occur in the individual and is not always correctable; as in schizophrenia, in an extreme case. To have an expansive and open crown chakra and silver pearl without the proper base foundation can be very dangerous to the wellbeing of the individual. However if the process of mind expansion and paradigm shifting develops gradually within an individual's life experience, then most often times it is well integrated and organic.

In the instances where this awakening is more a blast or jolt, it is most often in alignment with a soul level contract and although the individual may experience a separation from or split in perception, the balancing and cohesiveness can be developed with care, attention and deep personal work.



# The Three Nervous Systems:

## Spinal-Cranial Nerves

- The term **spinal nerve** generally refers to a mixed spinal nerve, which carries motor, sensory and autonomic signals **between the spinal cord and the body**. Humans have 31 left-right pairs of spinal nerves corresponding to the vertebral segment of the spinal cord. The spinal nerves are part of the **PNS Peripheral Nervous System**.

- The **cranial nerves** are 12 pairs of nerves that can be seen on the ventral (bottom) surface of the brain. Some of these nerves bring information **from the sense organs to the brain**; other cranial nerves control muscles; **other cranial nerves are connected to glands** or internal organs such as the heart and lungs.

## 1) Sympathetic Nervous System

- Sympathetic nerves originate inside the vertebral column.**

Sympathetic fibers that end in the adrenal medulla secrete **acetylcholine**, which activates the great secretion of adrenaline (epinephrine) and to a lesser extent **noradrenaline** (norepinephrine) from it. Therefore, this response that acts primarily on the cardiovascular system is **mediated directly via impulses transmitted through the sympathetic nervous system**. STRESS FACTOR!

## 2) Parasympathetic Nervous System

**Parasympathetic Nerves are responsible** for regulating the **internal organs and gland secretion** occurring unconsciously. It is the “rest and digest” phase. The parasympathetic nervous system is complementary to the sympathetic nervous system aka “**fit or flight**” response.

Parasympathetic: SLUDD

(saliva, lacrimation, urination, digestion and defecation).



- S2, S3, S4 C3, C7, C9, C10 = **CranioSacral flow**.
- S2, S3, S4 = **pelvic splanchnic nerves** (from T12-L1 exit vertebral column at S2-S4 spinal nerves via sacral foramen).
- The **conus medullaris** is the tapered, at the lower end of the spinal cord. It occurs **between L1-L2**. The **pia mater that surrounds the spinal cord projects downward, forming a filament which connects to the back of the coccyx**. The tension that this filament provides **between the conus medullaris and the coccyx stabilizes the entire spinal cord**.
- PNS synthesizes glycogen**, made and stored primarily in the cells of the **liver and the muscles** and functions as the **secondary long-term energy storage**. **Muscle glycogen** is converted into glucose by muscle cells, and **liver glycogen** converts to glucose for use throughout the body including the central nervous system. **The uterus also stores glycogen during pregnancy to nourish the embryo**.

### 3) Enteric Nervous System:

- The **enteric nervous system** or intrinsic nervous system is one of the main divisions of the autonomic nervous system and consists of a **mesh-like system of neurons that governs the function of the gastrointestinal system**.
- The **enteric nervous system** has been described as a "**second brain**" for several reasons. The enteric nervous system **can operate autonomously**. It normally **communicates with the central nervous system through the parasympathetic via the Vagus nerve**. However **vertebrae studies show that when the Vagus nerve is severed, the enteric nervous system continues to function**. In vertebrates the enteric nervous system includes efferent, afferent and interneurons, all of which make the enteric nervous system capable of carrying reflexes and acting as an integrated center of the CNS. Through intestinal muscles, the motor neurons control peristalsis and churning of the intestinal contents and secretion of enzymes with **over 30 neurotransmitters such as acetylcholine, dopamine and serotonin with 90% of it located in the gut**.



The system is way too complicated to have evolved only to make sure things move out of your colon," says Emeran Mayer, professor of physiology, psychiatry and biobehavioral sciences at the David Geffen School of Medicine at UCLA. **The second brain informs our state of mind, a big part of our emotions are probably influenced by the nerves in our gut, butterflies in the stomach- signals in the gut as part of our physiological stress response.** GI turmoil can sour our mood, everyday emotional wellbeing may rely on messages from the brain below to the brain above. Given the two brain's commonalities, other Scientists are learning that the serotonin made by the enteric nervous system might also play a role in more surprising diseases. **Serotonin seeping from the second brain might even play a part in autism,** the developmental disorder often first noticed in early childhood. It could explain why so many **kids with autism have GI motor abnormalities in the addition to elevated levels of gut- produced serotonin** in their blood."

**The gut's brain or the "enteric nervous system" is located in the sheaths of tissue lining the esophagus, stomach, small intestine and colon.** Considered a single entity, it is a network of neurons, neurotransmitters and proteins that zap messages between neurons, support cells like those found in the brain proper and a complex circuitry that **enables it to act independently, learn, remember and, as the saying goes, produce gut feelings. The gut's brain is reported to play a major role in human happiness and misery.** Many gastrointestinal disorders like colitis and irritable bowel syndrome originate from problems within the gut's brain.

As light is shed on the circuitry between the two brains, researchers are beginning to understand why people act and feel the way they do. When the central brain encounters a frightening situation, it releases stress hormones that prepare the body to fight or flee. **The stomach contains many sensory nerves that are stimulated by this chemical surge -** hence the "butterflies." On the battlefield, the higher brain tells the gut brain to shut down. A frightened running animal does not stop to defecate, according to Dr. Gershon. Fear also causes the vagus nerve to "turn up the volume" on serotonin circuits in the gut. Thus over stimulated, the gut goes into higher gear and diarrhea results. **Similarly, people sometimes "choke" with emotion. When nerves in the esophagus are highly**



**stimulated, people have trouble swallowing. The human gut has long been seen as a repository of good and bad feelings. Perhaps emotional states from the head's brain are mirrored in the gut's brain, where they are felt by those who pay attention to them.**

Cranium Nerves (C3, C7, C9 & C10) Medulla: Lower part of brain stem.  
Gather at C5 (Trigeminal Branch) Vagus Nerve (C10)

- Involves the laryngeal, cardiac, esophageal plexus > nerves throughout the abdomen.
- Includes: pancreas, kidney, liver, gall bladder, stomach and GI track.
- Travels to midgut/hindgut junction
- Right before splenic flexure of transverse colon. Pelvic Splanchnic (S2 & S4)
- From T12-L1 gathering at Sacral > pelvis viscera.
- Urinary bladder, ureters, urinary & anal sphincter, uterus, prostate glands, vagina & penis Afferent Nerves: Signal from internal organs > CNS
- Sensory information is conducted via 'general visceral afferent fibers'.
- Unconscious visceral motor reflex sensation from hollow organs and glands that are transmitted to > CNS.
- The body will interpret the pain stimulus as somatic in origin via dermatomes that are at the same spinal nerve location to the visceral affected region.
- Efferent Nerves: Signal carried from CNS > internal organs.



# Fascia, The Crystalline Matrix

Fascia is a specialized system of the body that has an appearance similar to a spider's web or a sweater. Fascia is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein, as well as, all of our internal organs including the heart, lungs, brain and spinal cord. The most interesting aspect of the fascia system is that it is not just a system of separate coverings. It is actually one continuous structure that exists from head to toe without interruption. In this way you can begin to see that each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.

Trauma, inflammatory responses, and/or surgical procedures create Myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures. Fascia plays an important role in the support and function of our bodies, since it surrounds and attaches to all structures. In the normal healthy state, the fascia is relaxed and wavy in configuration. It has the ability to stretch and move without restriction.

When one experiences physical trauma, emotional trauma, scarring, or inflammation, however, the fascia loses its pliability. It becomes tight, restricted, and a source of tension to the rest of the body. Trauma, such as a fall, car accident, whiplash, surgery or just habitual poor posture and repetitive stress injuries has cumulative effects on the body. The changes trauma causes in the fascial system influences comfort and function of our body. Fascial restrictions can exert excessive pressure causing all kinds of symptoms producing pain, headaches or restriction of motion.

From Yogic philosophy as a form of feminine Shakti energy or "corporeal energy" Kundalini is described within Eastern religious, or spiritual tradition as an indwelling spiritual energy that can be awakened in order to purify the subtle system and ultimately to bestow the state of Yoga, or Divine Union, upon the 'seeker' of truth ”.

It is reported that Kundalini awakening results in deep meditation, enlightenment and bliss. This awakening involves the Kundalini physically moving up the central channel (Shushma) to reside within the Sahasrara



Chakra above the head. This movement of Kundalini is felt by the presence of a cool or, in the case of imbalance, a warm breeze across the palms of the hands or the soles of the feet. In physical terms, one commonly reported Kundalini experience is a feeling like electric current running along the spine.

## Connecting 101 community pulse.

- Contact**- State of touching or meeting.
- Listening**- Receiving the other, not necessarily agreeing.
- Defense Reaction**- Automatic in preserving the status quo.
- Response**- The ability to accept the flaws and still be loved and appreciated. Allows us to disarm our autonomic Defense Reactions.
- Image**- A limiting belief about life, our body and circumstances. Cramped energy, constricted emotions and defensive attitude that support the misconception.
- Positive Intention**- A choice for the unitive state motivate by love, truth, integrity courage harmony and joy.
- Transference**- A present situation evokes the emotional reaction that is not in proportion and stemming from a past.
- Boundary**- Our outer edge. Inter-independent communion with others. Repair, strengthen, flexibility. Where do you end and someone else begins?



•**Ego-**

\***In the positive:** Ability to make positive choices by commitments, differentiation, accepting frustration, making discernments.

\***In the negative:** A Hardened shell, a self-perpetuating machine. A container full of 'shoulds'. 'have to's.' the 'Parental voice.'

•**Witness-** An impartial detachment and perceiving. No judgment of what is. Create an open presence of awareness.

•**Surrender-** Willingly give over to a higher imperative.

•**Pleasure-** Physical and energetic opening of the heart to love, effortless intention and expression of our essence. Chakras 2, 4 & 6.

•**Expansion=** letting the life force move out into the world. But first positive contraction must be. Bringing to fruition what has been gathered from the inner. \*In the negative... war, aggression, impatience, over-activity.

•**Contraction=** A ripening phase, diving in deep what was experienced during the expansion. \*In the negative... holding back, dishonesty, cowardice, restriction is at work.

•**Stasis=** Preserving what has merged in the two prior waves, resting, state of being, timelessness, passivity in a healthy way.

\*In the negative... stagnation, inertia, where stagnation occurs, progress can not happen.

•The heart, lungs, bloodstream, Spinal fluids **have a pulse.**

•The mind, feelings & spirit **pulsate into existence.**

•A human being, an organism & the universe **are pulsing beings.**

•Harmony, sustainability, compliment & furthering one another.





# Chakras

Chakras **develop as the individual evolves and matures**. The chakras **represent the psychological patterns** of the individual's life. The development of **each chakra is formed by how we experience and move energy through us when we experience uncomfortable life situations**, where most people block, hold and stop the natural energy flow at this point. The **maturation of the chakra is then interfered with** and the **natural flow of energy begins its dis-functional pattern**. The chakra becomes clogged, distorted and the energy is stagnant.

**A clock-wise spinning chakra** is healthy and metabolizing energy form the unitive field/ universe. A clockwise spin draws energy IN.

**A counter clock-wise spinning chakra** will not be metabolizing its energy IN and therefore is blocked to receiving the current psychological reality. **The energy flow here is OUT and this is how we Project our reality out into the world as our image**. Working with the chakra pendulum to better understand physiological- visceral states is a tool of energy reading.

In a the healer deals with the unconscious (& past). For example, we know the **first chakra (front) to be the seat of our survival energy "I Am"**. Looking at a dysfunction here might show suicidal tendencies - the present. Looking at the rear of this chakra shows the past -- belief system, family patterns that are the basis for the current.

The front of the chakra responds to energy in a tangible "must follow the laws of physics" way. Whereas the rear of the chakra processes energy in a fashion unlimited by our conscious mind. **For example, if you want to get an apple, front side energy would process this by having you go to the store to buy one or climbing a tree to get one. Rear side energy would have the same end result of you having an apple but you may get it because one falls off a tree in front of you, a neighbor drops by with a basket of apples or one just shows up in any number of ways.** People who live with the back side of their chakras opened are the ones that "get all the breaks", draw abundance on all levels, etc.

So, as you can see, the back and **rear sides of the chakras are not identical but complementary**. The symptom that manifests in the front



side of the chakra is merely an extension of the belief that is held in the rear of the chakra. Both sides must be dealt with for health and balance.

## Pineal Gland & DMT

When we look at the external of the pineal gland, it looks like a pine cone. However, if we cut it open and look at its internal features,

it looks somewhat **similar to an eye**. The interior walls of the pineal gland are **made of rods and cones that are similar to those in the retina in our eyes**. These features of the pineal gland may be the reasons why ancient civilizations and spiritual teachers always associated the pineal gland with the third eye, mind's eye or inner eye.

Another important feature of the **pineal gland is that it produces dimethyltryptamine (DMT)**. DMT is a naturally occurring hallucinogenic chemical compound that can create hallucinatory effects similar to the effects of LSD. DMT and LSD should not be taken for long periods of time or in high doses, **because they may cause damaging effects on the brain**. The effects will vary depending on which type you are using.

Unlike our regular eyes, the pineal gland or third eye **has the ability to see both physically and intuitively**. The metaphysical properties of the third eye are most noticeable when we are asleep. **Have you ever had an experience when you were about to fall asleep and started seeing your surrounding with a 360-degree view?** This is your third eye being activated by your pineal gland. It is the all-seeing eye. This is why when you close your eyes and imagine hard enough, you can sometime see what you are imagining in your mind's eye.

Unlike much of the rest of the mammalian brain, **the pineal gland is not isolated from the body by the blood-brain barrier**. It has profuse blood flow, second only to the kidney.

The gland has been compared to the **photoreceptive partial-eye present in the epithalamus of some animal species**, which is also called the pineal eye or the third eye believed it to be the "**principal seat of the soul**".



**Endocrine glands secrete their products, hormones, directly into the blood rather than through a duct.** Hormone receptors are dynamic structures. Changes in number and sensitivity of hormone receptors may occur in response to high or low levels of stimulating hormones. Blood levels of hormones reflect a balance between secretion and excretion. The liver and the kidneys are the major organs that degrade hormones; breakdown products are excreted in urine and feces.

The Goddess and the God that reside in the classroom.... the aspect of the all knowing, the life path you are on, to the exact precision. The resonance of the natural state of frequency of the soul inhabitant in the human body. The silvery white pearl consciousness and the union of self in a unified field of existence within our relationships, dynamics in society, neighbors, workmates, etc. The pineal gland agreement in intimate relations to, physically, emotionally, psychologically and spiritually who are in your life to the intensity that your spiritual work is evoked... what are you here to learn about yourself about the God that is intertwined and unified with the Goddess that are unified within you ? What is the mirroring? Releasing the heritage chains of unconsciousness. The level of consciousness now in everyone, is exponential at this time as a visceral experience as we unify the Goddess and the God of the universe within us. How are we unlocking and dissolving our unconscious heritage bond? Limited frequency pattern of relationship dynamic? Can you identify the God and Goddess that resides within you as a vibration consciousness? Can you experience the cosmic unified within your physical visceral

body through the activation of your pineal gland/silvery white pearl of consciousness? The all- knowing aspect of each one of us. Perfectly clear in intentionality and precision of manifestation. Remembering this embodiment in each one of us with divine precision. Allowing relations to shift by forgiving the past, through forgiveness and acceptance and prayer and faith. True liberation of the soul.

The silvery white pearl of consciousness is the anchoring point of the crown chakra. It is the elixir of the Goddess-God, the all-knowing aspect of our self that has incarnated into the flesh world of duality and chaos. The point of individuation which first began as the soul made its first choice; to be



man or to be woman. Which of the two bodies will it manifest form into? And so the journey this time around began.

Through meditative practice and in simply reconnecting to the silvery white pearl, the brainwave shift, the internal noise dissipates, the nervous system rests and repairs, the chemicals and hormones come into homeostasis, the breath wave sedates the blood and a doorway into our own consciousness is unlocked like an old wooden chest opening again after a long journey out at sea. In this moment, the aura, the light, the intelligence of us from dimensions just beyond our fingerprints are being embedded deep into our spine and brain. From here it travels through the web of our nerves and cells as we sense the feelings from the intuitive mind flying over a forest like a raven with its bird's eye view of the landscape and terrain below.

A merging, an integration of the spirit is gestating inside our bellies, in our gut. We discover the ancient language of ancestors long forgotten as the intrinsic wisdom of our body comes to life as a force beyond our control equation. The logic that has sustained us must die at this time as our stomach acids decompose it food which will nourish us and the rest is wasteful toxicity that our intelligently designed body will simple defecate out.

DMT or Dimethyltryptamine, is a chemical compound that is found in the part of your brain called the Pineal Gland. The Pineal Gland is a pinecone shaped gland in the middle of your brain. So why is this important?

Dmt is responsible for something that baffles people as well as is a common occurrence every night, aka dreams. During your REM (rapid eye movement) cycle of sleep, this chemical is released into the bloodstream. This is what causes you to dream, and have a sense of "being" while you are in that dream process. Why this chemical is released during your REM cycle? That is one of the many mysteries surrounding this chemical compound.

Ayahuasca healing has a very holistic approach to illness. For a shaman, most of our diseases, whether you talk about physical, mental or emotional states, there is no distinction among the three, they all stem from a disease, an uneasiness, an imbalance in the wholeness of our being, which is made up of the three energies strictly interconnected. In order to cure, then,



the aim is to re-establish balance in the person considered as a unity, not to try and sort out the problem from a physical, mental or emotional point of view. That is why in this kind of medicine, the curanderismo, miracles happen, and they are not even considered as miracles, actually. They are just the result of a natural process of healing. There have been accounts of cure of illnesses like cancer, depression, diabetes, alcoholism. In most of these accounts during the Ayahuasca ceremony the people managed somehow to understand why they had their illness, and through a process of acceptance and choice they were able to heal themselves with their own energy and the energy of Nature, by recreating the balance in the subtle energies circulating in their whole being.

At the center of awareness lies a simple, natural molecule that potentially exists in all living organisms. A molecule that consistently produces a mystical experience, and may be the seed to the ultimate connection to It. Viewed through the lens of Entheogens, consciousness encounters the quantum world, generating and fostering Gnosis, but this state of consciousness can also be explored via a variety of ancient and esoteric knowledge around the world.

**Terence McKenna** (November 16, 1946 – April 3, 2000) was a modern philosopher, whose main interest was psychedelics and their role in society and existence beyond the physical body. This is one his best speeches where Terence teaches us to think for ourselves and to enjoy every moment of our lives. One of his many speeches that can change your perception of life and realize how we can enjoy our lives at its full capacity by enjoying every little thing that happens through our every day life. Do what you feel, not what your told. Think for yourself! Do not be afraid; you are a creator with unlimited potential!

Think about this. It was **Francis Crick** (English molecular biologist, biophysicist, and neuroscientist) who admitted to using small amounts of LSD to boost his power of thought, of which lead him to win a Nobel prize for his works on the structure of DNA. **Dr. Kary Mullis** (Nobel Prize in chemistry in 1993) was intermittently under the influence of LSD as he developed the polymerase chain reaction, a genetic sequencing technique through which scientists can detect certain infectious diseases, map the human genome, and trace ancestral heritage back thousands of years.

**Steve Jobs** called LSD “one of the two or three most important things” he'd



experienced. **Bill Wilson** claimed it helped to facilitate breakthroughs of a more soulful variety: Decades after co-founding Alcoholics Anonymous, he tried LSD, said it tuned him in to the same spiritual awareness that made sobriety possible, and pitched its therapeutic use—unsuccessfully—to the AA board. However, for decades, the U.S. government banned medical studies of the effects of LSD. We as human have the tools for unlimited potential, why must the governing law take them away?

Pharmaceutical-grade DMT is the gateway to a myriad trans-dimensional realms that hold the keys of mind-expansion and forbidden knowledge. **Spiritual people meditate to self produce DMT into creating a inner world of vision.** Dr. Rick Strassman has done a clinical study on this and published 2 books: DMT: The Spirit Molecule and Inner Paths to Outer Space. To learn more, these books are a good starting point.

## Pendulum Reading

Being in a neutral state is imperative in being able to receive an accurate pendulum reading. As the reader's energy field joins the pendulum's field it is likely possible to enhance or manipulate the energy outflow which in turn will disrupt the accuracy and the reading of the chakra will not be correct. Finding yourself in a neutral state of mind and emotional detachment is necessary to conduct the best reading.

A **clockwise** movement indicates the chakra open and metabolizing the energy from the field. A **counterclockwise** movement indicates that chakra and related psychological visceral state to be blocked from receiving energy flow from the field in a state of natural denial of current reality. A **elliptical** movement indicates a current state of flux and intense change happening for the person with possible major life decision process underway with the associated chakra and psychological qualities therein. Focus Exercise.



# Muscles & Bony Landmarks : Hands-On!

- Occipitofrontalis&Temporalis
- SpleniusCapitis&Cervicis
- TransversoSpinalis,Rotatores&Multifidi
- ErectorSpinaeGroup
- LevatorScapula,Scalenes&SCM.
- Tapezius,Rhomboids,Latissimus,QL,Intercoastals.
- GaleaAponeurotica,LigamentumNuchae,ThoracolumbarAponeurosis.
- CraniumBones,FacialBones,Cervical-Thoracic-Lumbar  
Vertebrae,Costals,Sternum, Sacrum, Coccyx, Pelvis.

## Techniques

- Coccyx Release:
- Sacrum tectonic:
- Color Transmission:
- Internal Movie Screen:
- Earth Chakra:
- Cosmic Chakra:
- Dolphin Chakra:
- God's Flute:
- Meditation: The 3 Pearls
- 4 Count Breath Breathing You:
- Chakra Scan Yourself:
- Body Scan:
- Organ Scan Skeleton Scan:



# The Backside Chakras...

Chakra 1: **Quality of physical energy** and will to live in this physical world. Physical potency. **Coccyx acts as an energy pump** on the etheric level. Presence Vitality Power. "I am here now."

Chakra 2B: **Quantity of sexual energy**. Sex drive as important and pleasurable. Orgasm bathes the body in life energy.

Chakra3B: Behind the solar plexus, **one's intention towards ones physical health** and well being. Healthy-Love towards physical body.

Chakra 4B: Between shoulder blades. Ego will, outer will. Going after what you want. **Positive attitude towards accomplishments**. Our will and the divine will in agreement.

Chakra 5B: Back of throat. Assimilating life experiences in the professional field. **Sense of self in society and with peers**. Satisfaction in career, reputation and living one's task. Professional success.





Chakra 6B: Occiput. Implementing the creative ideas formulated in the center of the forehead. **Ideas followed with appropriate action to create them into manifestation.** Step-by-step procedures.

Chakra7:Crown of head. Person's connection to his the Universe and Cosmos. **Integration of the whole being.** Cosmic knowing & belonging. Cosmic Human.

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In closing....

Trusting this process that we find ourselves to be in... perhaps for many lifetimes already. Take great care in how you treat yourself, have the courage to be patient and to trust the divine order that breathes inside your lungs, beats inside you heart and inspires you to live your life to the fullest integration of your Highest Self. The ability to experience the White Pearl is the byproduct of the end result of having the lower chakras and heart aligned, strengthened and incarnated. Having done and continuing to do the work of clearing out the lower energies needs tot be the directive to ensure a balanced, steady and grounded presence. The purpose is to incarnate fully, deeply, passionately and honestly. With this, the Silver Pearl is able to be expressed and experienced in its most natural and cosmic form. Find your balance and stay in your balance, even as it transforms and continues to develop. Arrive back to is sooner than later, as you find yourself swaying. Know that your grounding is the key into the crystalline body and into the earth. Your protection, safety and purpose is here, now. Strengthen and deepen into your rooting, create your expressions with joy and that even this will come and go.

Maga~

